

ASAA SEPTEMBER CONNECTIONS

WELCOME BACK!

First, I'd like to welcome back all the students and families here at ASAA. I can't wait to meet you in the halls and classrooms. Let's make this school year filled with exciting discoveries, growth, and wonderful memories.

ABOUT ME

I am Miss Ellesar, your Family School Liaison Worker! My role here revolves around building bridges between the school and the families it serves. I'm on a mission to ensure that our families have all the tools and support you need for your children's growth and success. Beyond my school day, you might spot me walking with my daughter or checking out all the parks in Beaumont. Being outside and surrounded by loved ones keeps me motivated to give my best.

BOOK OF THE MONTH

Beginning a new school year can be scary for a lot of students. There are so many new things happening! This month try listening on Youtube to "Ruby Finds A Worry" by Tom Percival. After listening to the story with your child, complete the following activities:

1. Everyone has worries about work or school, health or family. Talk about some of your worries.
2. Look at the picture of Ruby with her worry. Talk about how it feels to have a worry that big. Draw a picture of your worries.
3. Please see attached additional activity!

Important Dates:

September 4th: Labour Day, No school

September 15th: PD Day, No school

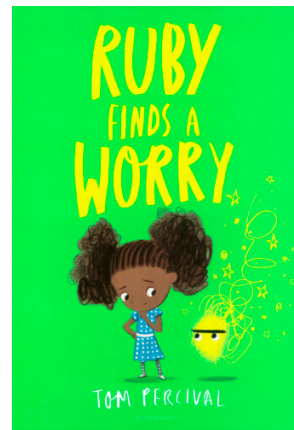
September 29th: PD Day, No school

September 30th: National Day for Truth and Reconciliation



EVENTS AND WORKSHOPS

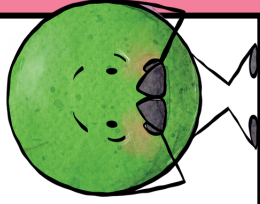
- Free Beaumont programs and activities encouraging active and healthy lifestyles can be found here <https://www.beaumont.ab.ca/293/Free-Programs>. On this page you can find other funding options for programs.
- Beaumont Family and Community Support Services (FCSS) has partnered with Tacit Knowledge to deliver a series of FREE online Zoom workshops that focus on important mental wellness factors. The upcoming workshop series explores effective anger management. More information can be found on the Beaumont FCSS Facebook page. To register, contact Beaumont FCSS at 780.929.1006 or email fcss@beaumont.ab.ca.



1

FEELING WORRIED

Something that makes me feel
worried is...



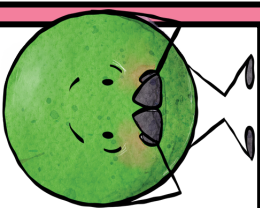
The Colorful Apple

© Sara Soucy 2020

2

FEELING WORRIED

What can you do when you feel
worried?



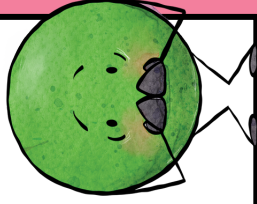
The Colorful Apple

© Sara Soucy 2020

3

FEELING WORRIED

Why shouldn't you ignore a
worry?



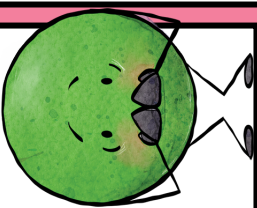
The Colorful Apple

© Sara Soucy 2020

4

FEELING WORRIED

Who is someone that helps you
feel better when you are
worried?



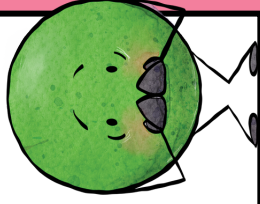
The Colorful Apple

© Sara Soucy 2020

5

FEELING WORRIED

How does your body feel when
you are worried?



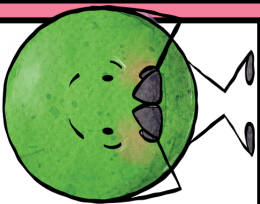
The Colorful Apple

© Sara Soucy 2020

6

FEELING WORRIED

What can you tell yourself when
you feel worried?



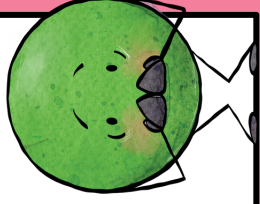
The Colorful Apple

© Sara Soucy 2020

7

FEELING WORRIED

Is it okay to feel worried
sometimes?



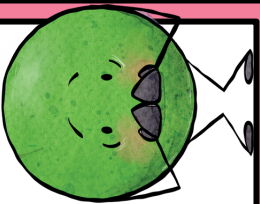
The Colorful Apple

© Sara Soucy 2020

8

FEELING WORRIED

If you know that someone is
worried, how can you help
them?



The Colorful Apple

© Sara Soucy 2020

Name: _____

RUBY FIND A WORRY

FEELING WORRIED

Write your answer to each task card in the boxes below.

| | |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |