

February 10, 2025

# Rochester School

#anexceptionalplacetobe



**Professor Wow was Engaging and Fun!**

## UPCOMING EVENTS

- February 12 - Rochester School Council Meeting @ 9:00 am
  - Crazy Hair Day
  - Transportation Boundary Review Meeting @ 6:00 pm
- February 13/14 - Teachers' Convention (No School)
- February 15 - Archery Tournament (RF Staples)
- February 17 - Family Day (No School)
- February 20 - Parent-Teacher Conferences
  - Basketball Tournament
- February 28 - Whole School Ski/Snowboard Day
- March 4 - Rochester Clothing Day
- March 5 - Regional Basketball Tournament
- March 7 - Regional Archery Tournament
- March 10 - PD Day

## It's a Busy Season

**Elizabeth Siemens, Principal**

February marks the start of the second semester, and while the number of school days from August 29 to January 29 is the same as from January 30 to June 25, the second half always seems to fly by more quickly.

February had a rough start with buses not running for three days, but we're hopeful that's the last of the cold weather!

January also kicked off school sports at Rochester School. Whether it's skiing/snowboarding, basketball, or archery, our students are staying active! Basketball and archery practices are in full swing as they prepare for upcoming tournaments.

The whole school will also get to enjoy two full days at Tawatinaw Valley Ski Hill, weather permitting. The first trip was last week, and the next one will be on February 28.

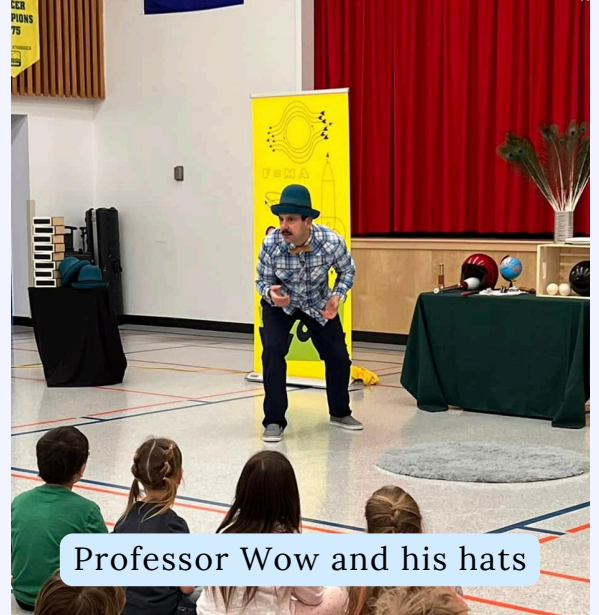
Towards the end of February or early March, students will make their first visits to schools in Athabasca as part of our transition plans. Finally, on March 12, we're taking the whole school on a special trip to watch the Edmonton Oil Kings take on the Calgary Hitmen in a thrilling Hockey Hooky game.

What a busy and exciting time!

# Highlights

## Professor Wow!

Friday, January 24th, Smith and Rochester enjoyed the performance by Professor Wow and learned about forces. There was a lot of laughter and engagement.



Professor Wow and his hats

## A Basketball Game with Smith

After Professor Wow, Smith stayed for lunch and then we ended the day in a junior high basketball game. The cheering from the crowd was awesome! It was a tight game, with a last minute shot making the win for Rochester!



Now he's inside the balloon!



## Parent-Teacher Conferences

Parent-Teacher Conferences are right around the corner on February 20, 2025!

You can book appointments with your child's teacher(s) by going to <https://asperviewps.schoolsoft.com/login>.

If you refer to book over the phone, please call the school office.

*Thank you for your continued support!*

# Other Goings On



## School Resources

School Counselor  
& Student Services Consultant

Jenifer Borgen  
School Office (780) 698-3970

## Community Resources

Athabasca Family Community Support Services  
(FCSS)  
(780) 675-2273

Northern Lakes Family Resource Network Hub  
Seniors Advocate  
Athabasca Family Center  
Family Wellness Center  
Family-School Liaison

Westlock Healthy Families Healthy Futures  
Parenting, Home Visitation, FASD and Thrive  
1-780-307-2444

Alberta Mental Health & Addiction Intake Line  
1-888-594-0211

## Crisis Lines

**Kids Help Phone**  
1-800-668-6868  
Text 686868

**Canada Suicide Crisis Helpline**  
Call 988

**Alberta's One Line for Sexual Assault**  
1-866-403-8000

**Alberta Crisis Text Line**  
Text "Connect" - 741741

**Emergencies**  
911

## Science Outreach

February 11, 2025 - The Microplastics in our Rivers and their Microbes with Srijak Bhatnagar, Assistant Professor, Comp Biology and Microbial Ecology. Held at Athabasca University Governing Council Chambers from 7 PM to 8 PM.

Please join us in-person at Athabasca University or watch for the link to be updated on our website to join virtually at the time of this presentation.  
FREE event for anyone to attend!

\*\*\* Any changes will be posted on our website. \*\*\*

Visit: <http://scienceoutreach.ab.ca/>  
Everyone is welcome... we are just a click away from learning about science!

## Transportation Boundary Review Presentation

Focus10, a consulting group is coming in person on **February 12, 2025** at 6:00 pm. Parents/Guardians are encouraged to come and share their thoughts and ask questions. This is an opportunity to provide feedback in addition to the survey that was sent by email on February 3.



The Rochester Royals played in their first basketball tournament at TCS on February 6.

# Aspen View Supports for Students

School Counsellors are essential in fostering students' academic, social, and emotional growth. Here's how our School Counsellors assist students, families, and staff:



## Social and Emotional Support

- Offering counselling services to guide students through personal, family, and social challenges.
- Providing support during tough times, such as family issues, peer conflicts, or emotional difficulties.
- Helping students enhance self-esteem, build self-confidence, set boundaries, develop social skills, and establish goals.

## Crisis Intervention

- Addressing immediate crises, including accidents, violence, or other school or community emergencies.
- Working alongside other school staff and community resources to deliver support in crisis situations.

## Academic Support

- Helping students cultivate effective study habits and improve time management skills.
- Identifying and tackling academic obstacles, including learning disabilities or behavioral concerns.
- Collaborating with teachers and parents to create tailored academic intervention plans.

## Collaboration with Stakeholders

- Partnering closely with teachers, administrators, and parents to support students fully.
- Collaborating with community resources like Alberta Health Services, FCSS, Family Resource Hubs, Family Supports for Children with Disabilities (FSCD), and FASD Alberta to provide additional assistance.

***Please contact the office if you want more information about any of these services!***



## Bus Notes

**Please contact the office by phone or email by 2:00 pm if your child is not taking the bus home after school.**

## School Office Hours

8:00 AM - 4:00 PM

School Days

## Office Phone Number

780-698-3970

## School Email

[rochester@asperview.org](mailto:rochester@asperview.org)