



Robert Warren School

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Weekly Message

Dear Robert Warren families,



We were thrilled to welcome two parent volunteers who enriched our *Día de los Muertos* celebration by sharing their personal experiences and family traditions. Through their stories and artifacts, they brought this vibrant cultural tradition to life, allowing students to see how language and customs shape celebrations that honor loved ones and ancestors.

They shared insights about *Hanal Pixán*, the Mayan observance of *Día de Muertos*, highlighting the celebration's rich, pre-Hispanic roots and offering a unique perspective on how it is observed. This meaningful experience aligned perfectly with our Spanish Language Arts curriculum, as students explored cultural representations, reflected on what they learned, and deepened their appreciation for the diversity within our community.

For many students, these traditions and stories resonated personally, fostering a powerful connection to their heritage and the larger cultural mosaic we celebrate. Engaging with these meaningful artifacts and stories helped students understand how traditions preserve memories and bring people together. We are immensely grateful for these contributions, which made our celebration both educational and unforgettable.

Have a wonderful weekend!

Kristal Derbyshire, Principal



Grade 6 Vaccinations

Public Health Nurses will be coming to the school on **November 14th**, to provide routine immunizations to students who have returned consent forms. Please have forms returned as soon as possible and no later than November 4th.

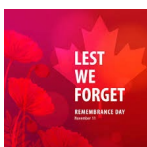
If your child has had any changes to their health status since returning the forms, please call your school's public health nurse to let them know. If you have previously agreed to the immunizations but have since changed your mind, please call your school's public health nurse prior to the immunization day to withdraw your consent.

Please ensure your child eats breakfast and wears short sleeves/layered clothing which would allow for easy access to the upper arm.

If you would like to speak with the school nurse, please contact Chris Ellis at Christopher.ellis@ahs.ca, or call at 403-512-3915. For ways to help reduce pain, fear and anxiety, or to help prepare your child for immunizations, please visit ahs.ca/vaccinecomfort or ahs.ca/immunize."

Remembrance Day Ceremony - Call for Cadets

In the past, cadets have served as the color guard for our Remembrance Day ceremony, Thursday November 8th. If your cadet is interested in participating this year, please reach out to Mr. Hall at kehall@cbe.ab.ca





Athletics

Basketball

Sr Boys

- Games – Tuesday at Robert Warren (4:30 vs Sherwood & 7:30 vs Wilma Hansen)
- Practice –Tuesday 7:30-8:30am & Thursday 3:30-5:00pm

Sr Girls

- Game – Monday at Robert Warren (6:00 vs Griffith Woods & 7:00 vs Rideau Park)
- Practice – Tuesday & Wednesday 3:30-4:45pm

Soccer

Congratulations to the Division Champions! A big thank you to the players, coaches, and parents for their dedication and support throughout a fantastic season!

Wrestling

Our school will participate in three Quad meets during the wrestling season, listen for an introductory meeting announcement at the beginning of the week!



Band

- The Beartracks Ice Melt fundraiser is now underway! For ordering information, please see the following link, [Beartracks Ice Melt](#)

Upcoming Dates

- November 7 – Remembrance Day Assembly
- November 8 – Non-Instructional Day
- November 11-13 – Fall Break
- November 18-22 – Spanish Immersion Week
- November 29 – Non-Instructional Day
- December 20 – Last Day before Winter Break

Child and Youth Well-Being

Family and Caregiver Fall/Winter Series

2024/2025

The Calgary Board of Education invites all parents and guardians to join us in a pre-recorded and live online series focusing on child and youth well-being. These sessions will be hosted in partnership with experts from Alberta Health Services and Recovery Alberta and will explore topics such as Peer Pressure, Healthy Relationships, Mental Health for Highly Sensitive Teens, and navigating Parent-Teen relationships.

Acting on feedback from participants who joined us during our live online sessions over the past two years, moving forward we invite all guardians and parents to listen to the pre-recorded or live sessions at their convenience.

Suggestions from the Well-Being team are listed below:

Upcoming Live Sessions:

1| November 20 | 1:00-3:00pm | *Can we Talk: Healthy Relationships* | Diana Wark (She/Her), Parent Program Coordinator for Centre for Sexuality – [Register Here](#)

2| November 21 | 12:00-1:30pm | *Building Resiliency in Today's Youth* | Andrea Halwas Larsen, PhD, CT, REACE – [Register Here](#)

3| November 28th | 10:00am-11:30am | *Mental Health for Highly Sensitive Teens; Unique Struggles for those Emotional Feelers* | Tracy Fields, MSW, RSW – [Register Here](#)

Pre-Recorded Sessions:

1| [Adolescent Brain Development and Navigating Parent-Teen Relationships](#)
Erin Dawson Myers

Description: In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

2| [Screen Time: The Good, The Bad, The Ugly](#) | Dr. Caroline Buzanko

Description: The effects of screen time on the developing brain. The behavioural outcomes of too much screen time and how and when technology can be beneficial.



3| [Understanding Autism & ADHD to Promote Long-Term Success](#)

Dr. Caroline Buzanko

Description: This session focuses on the complex nature of Autism and ADHD, as well as the associated strengths and challenges.

[Mental Health Literacy Series \(Pre-Recorded\):](#)

1| [Focused and Engaged: Finding Balance through Self-Regulation](#)

Information Sheet

[Click Here](#)

2| [Sleeping Your Way to Better Mental Health](#) | Information Sheet

[Click Here](#)

3| [Behavioural Challenges of School Aged Children](#) | Information Sheet

[Click Here](#)

