

Busby School Memo

February 1, 2012
Issue 21

Achieving Excellence - Child by Child - Day by Day - Together
www.busbyschool.ca

Compassion

Compassion is the virtue for the month of February. This is a virtue that I am happy to say that Busby School students excel at! We see countless examples of compassion every day. Whenever someone is hurt, at least one other student brings them to the office for ice, a Band-Aid or a hug. Our students are also very good at talking and helping out the other students in the school if they look sad or feel left out. We are so proud of them!

What is Compassion?

Compassion is understanding and caring about someone who is in trouble or has made a mistake. It is being kind and forgiving because another person really matters to you. It is feeling sorry when someone is hurt (it might be you) and needs someone to understand. It is forgiving someone who hurt you because you understand why they hurt you and care more about that person than your own hurt. It is feeling the pain of someone who is in trouble even if you do not know that person than your own hurt. It is feeling the pain of someone who is in trouble even if you do not know that person. It is caring deeply and wanting to help-even if you do not know that person. It is caring deeply and wanting to help-even if all you can do is to listen and say kind words.

Why Practice Compassion?

When people feel bad or find themselves in trouble, they usually feel very much alone. Feeling alone can make things even worse. At such times people start to believe that no one understands or cares about them at all.

Being compassionate tells a person that they are not alone. It makes you a friend when someone needs a friend. It gives you a good feeling and makes you useful at the same time. It helps you to understand other people and yourself.

Without compassion the world is a hard and lonely place. With compassion we are all connected and hard times are much easier because other understand and care.

How do you Practice it?

Compassion begins by paying attention to yourself and to others. Notice when someone looks sad or is having some trouble in his life (it could be an animal or person).

Go up to that person and show that you understand and care by:

Sitting close by, letting him know that you are there and that he is not alone.

- Listening if he wants to talk.
- Sharing your own experience if you had a similar one.
- Understanding and forgiving him if he hurt you without meaning to.
- Doing what you can to help.
- "The Family Virtues Guide", Linda Kavelin Popov

Check out the results of the skating rink survey and other community news on the Busby Community Association blog at <http://busbycommunityassociationnews.blogspot.com/>

DATES TO REMEMBER

FEBRUARY



- 3 Ski Trip (gr. 4-6)
Fun Day (gr. K-3)
- 9 & 10 Teacher's Convention
No School
- 15 Hot Lunch - \$3.00 charge
Bobcats play at Westlock
- 16 Swim Lessons begin for
Gr. 2,4, and 5 from 11-12
- 20 Family Day - No School
- 21 PAC Meeting @ 7:00pm
- 23 Swim Lessons 11-12
Clyde vs Bobcats at Busby
- 24 Gr. 5/6 Assembly @ 2:30
- 28 Bobcats @ Dapp
- 29 Early Dismissal

EVENTS IN OUR COMMUNITY

If you have an event you would like posted here please contact the office at 780-349-2464

Scrapolicious - Scrapbooking Retreat
At Teen Time Ranch - March 23, 24, and 25th. Whole weekend \$165.00 - Fri/Sat \$120.00 - Saturday only \$80.00. For more information or to register please call Aimee at 780-307 5437 or Kyli at 780-349-8568 ckford@mcsnet.ca

Attention K - 3 Parents:

While the grade 4-6's are skiing we will be having some winter fun here at the school. On Friday afternoon, the children will have the opportunity to skate (no sticks please), sled (provided we have snow), make snow angels and snowmen and even some snow art. After we will enjoy some popcorn, hot chocolate with marshmallows (generously supplied by Cathy Sehn and the Busby Busy Bee store) and a wintery movie in the gym. Please send extra mitts, socks and a change of clothes as we may get very wet.

SKATING INFORMATION

Dear Parents,

Thanks to the Busby Volunteer Fire Department, the ice is in and we are looking forward to using the skating rink here at school. Students will only be allowed to skate if they have an ASA approved hockey helmet. (Bike helmets, etc. will not be allowed) It would be great if your child has their own helmet and skates but if not, we do have quite a few helmets and older skates here at school that students can use.

We have set up a weekly skating schedule but, of course, we may not be able to skate on all scheduled days because of the weather. When it gets too cold and especially on days when there is a wind chill, we will not be skating.

The grade 1 class will be skating on Thursdays from 2:15 to 2:50. The grade 2 class will skate on Fridays from 1:20 to 2:00. The grade 3 class will skate from 1:25 to 2:15 on Thursdays. The grade 4 class will skate from 2:20 to 3:15 on Tuesdays and the grade 5/6 class will skate on Fridays from 2:25 to 3:15. The kindergarten class will not be skating on a weekly basis but may have a chance to go skating a couple of times during the winter.

We would appreciate any parent volunteers who are willing to come and tie skates and even go skating with the different classes. Also, if you have any unused hockey helmets or skates that have been outgrown, please send them to the school as we can always use them.

Students are only allowed to bring their skates on the bus if they are in a canvas carry on bag. Some classes allow their students to play hockey during skating time but others don't. Your child's teacher will let their class know if this is allowed. Hockey sticks are not allowed on the bus, however, so you must transport them to school.

Thanks,

Mr. Mueller



SKATING INFORMATION

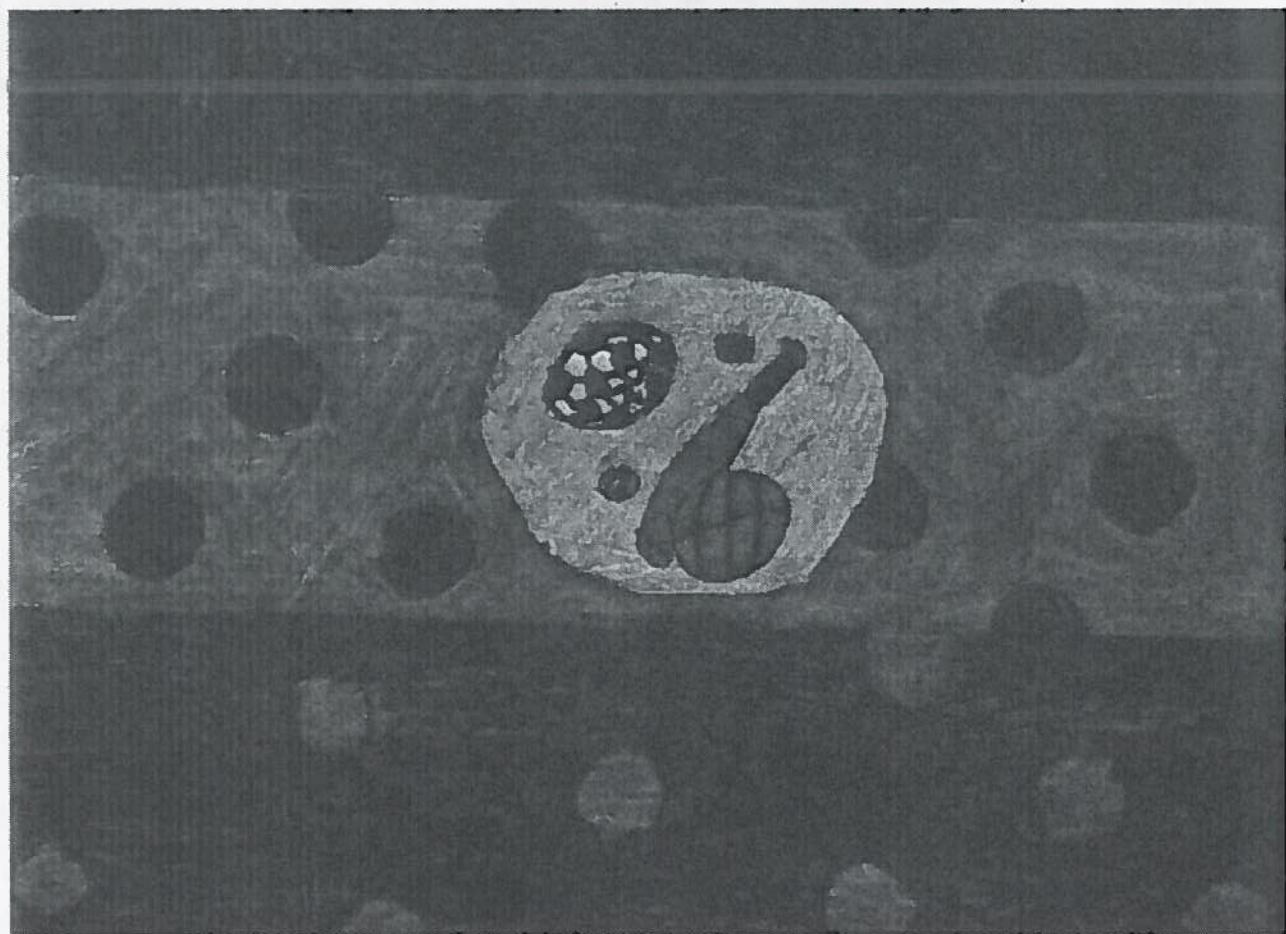
There may have been some confusion regarding skating and hockey sticks, hopefully this will help. **Grades 3 to 6** are allowed to use hockey sticks. **Grades K to 2** are **NOT** allowed to use hockey sticks during their skating times. Very often the younger classes have too many different levels of skaters to allow sticks to be used safely.

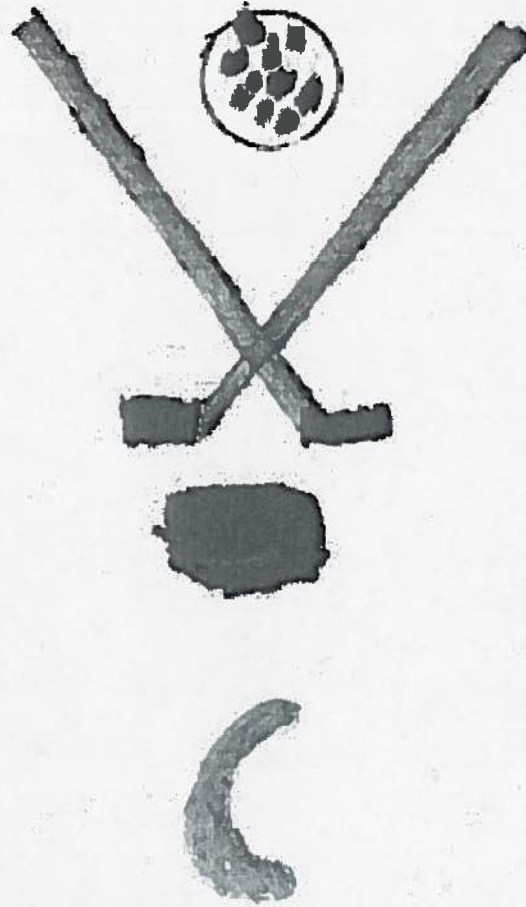
Submitted by Grade 4



Agnes

Elise





Colton

Brenden

