

# New Horizons School Newsletter

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## Being Perfect

### Understanding perfectionism and responding to it.

Perfectionism is a term that is often associated with the gifted child, but not all gifted students are perfectionists. Nor do gifted students have a monopoly on perfectionism – it can occur in any population. While we do have students who exhibit perfectionist tendencies, many students do not, but instead have a healthy drive to strive towards excellence.

As is the case with [overexcitabilities](#), it is not uncommon that gifted students experience and respond to the stimuli in the world around them with intensity. On occasion, perfectionist tendencies can become pervasive and intense.

Much has been written about perfectionism. This brief article is intended to direct you to some of the literature on the topic and to provide you with some insights into perfectionism – what it is and tips that

may help to reduce some of the more negative aspects of perfectionism.

In “[Helping Gifted Students Cope With Perfectionism](#),” Michael Pyryt provides a brief explanation about what perfectionism is. He then describes key concepts that perfectionistic students need to internalize to reduce the negative aspects of perfectionism. He also provides tips for parents to help students internalize those concepts.

Dr. Linda Silverman explores perfectionism in “[Perfectionism: The Crucible of Giftedness](#).” Those who are familiar with Dabrowski’s [overexcitabilities](#) may know that he theorized about them in his larger theory of personality development called the [Theory of Positive Disintegration](#). Much of Silverman’s article explains the role of perfectionism in Dabrowski’s theory.

Silverman offers some insightful perceptions on before she begins her discussion on perfectionism and Dabrowski’s theory. Her article begins with an exploration of the concept of perfectionism, arguing that perfectionism can be a positive characteristic. She also summarizes some of her previous research that identifies six reasons why gifted children can be prone to be perfectionistic.

The above articles were found on [Hoagies Gifted Education Page: Perfectionism and the Gifted Child](#). The page has links to more articles and other books that parents may find helpful.

~ Ted Zarowny

## OUR SOCIAL CONTRACT

*Our school is a place of learning. It is a place where we treat each other with respect and honesty. It is a place where we play in a way that is safe and fair.*

New  
**Horizons**  
School

# Provincial Achievement Test Results -

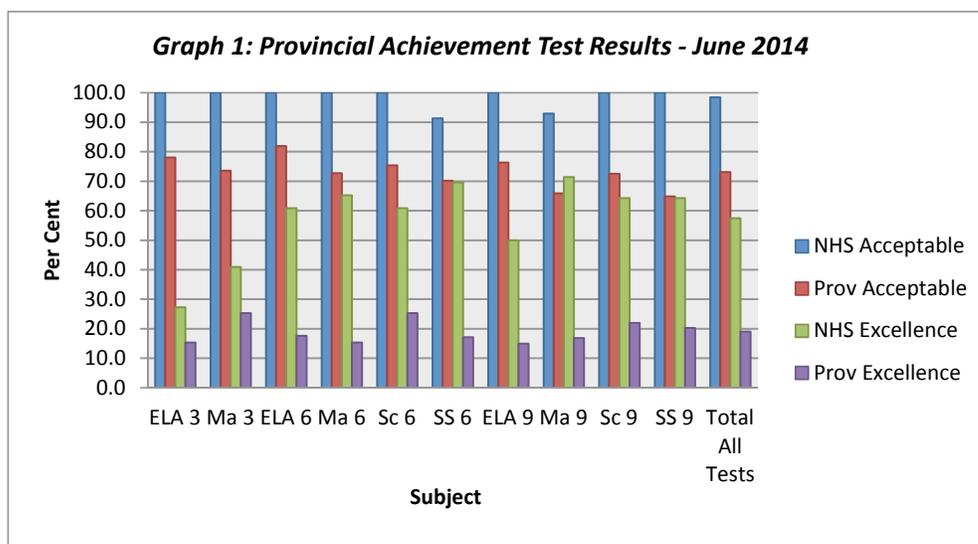
Results for the June 2014 administration of the provincial achievement tests (PATs) were released on October 9, 2014. Results for students enrolled at New Horizons School, as well as for the province as a whole, are presented in the tables and graphs below.

Table 1 and Graph 1 show the results achieved by students in the June 2014 PAT administration, first for students enrolled at New Horizons School and then for students in the province as a whole. Table 2 and Graph 2 (next page) show mean scores for the past five years.

For those not familiar with provincial achievement tests, student achievement is reported in terms of the percentage of students who reach the acceptable standard on each test and the percentage of students who reach the standard of excellence. The scores needed to attain the acceptable standard and standard of excellence respectively are set in accordance with Alberta Education’s standard-setting procedures. Although these “cut scores” vary somewhat from test to test, they are generally in the range of 50% for the acceptable standard and 80-85% for the standard of excellence.

As you will see in the tables and graphs below, our students have consistently achieved at a high level on the PATs, when compared with students across the province. In several cases, for example, the percentage of New Horizons’ students achieving the standard of excellence approximates or exceeds the percentage of students achieving the acceptable standard across the province as a whole (eg Social Studies 6, Math 9, Social Studies 9, Science 9). We are certainly pleased to see this very high level of achievement.  
(continued on next page)

Table 1: Provincial Achievement Test Results - June 2014				
-----Percentage of Students Achieving Standards-----				
	NHS Acceptable	Prov Acceptable	NHS Excellence	Prov Excellence
ELA 3	100.0	78.0	27.3	15.3
Ma 3	100.0	73.6	40.9	25.3
ELA 6	100.0	81.9	60.9	17.6
Ma 6	100.0	72.7	65.2	15.3
Sc 6	100.0	75.4	60.9	25.3
SS 6	91.3	70.2	69.6	17.1
ELA 9	100.0	76.3	50.0	15.0
Ma 9	92.9	65.9	71.4	16.9
Sc 9	100.0	72.5	64.3	22.0
SS 9	100.0	64.8	64.3	20.3
<b>Total All Tests</b>	<b>98.4</b>	<b>73.1</b>	<b>57.5</b>	<b>19.0</b>



## DATES TO KEEP IN MIND

**OCTOBER 23**  
**PICTURE RETAKES**  
 6:30 p.m. at the school

**OCTOBER 27**  
**BOARD MEETING**  
 7:00 p.m.

**OCTOBER 27-28**  
**PARENT-TEACHER INTERVIEWS**

**NOVEMBER 6**  
**EARLY DISMISSAL**  
 2:10 p.m.

**NOVEMBER 10-14**  
**FALL BREAK**

**NOVEMBER 28**  
**REPORT CARDS**

**DECEMBER 5**  
**CHRISTMAS CONCERT**

For the most up-to-date calendar, visit our school calendar page by [clicking here](#).

# Provincial Achievement Test Results - 2014

(continued from previous page)

The school administration and teaching staff will now review the results to identify specific areas of weakness. The school's Education Plan, which identifies goals, priorities, and strategies for the school's instructional program, and which is approved by the Board of Directors, will then be adjusted in accordance with this analysis.

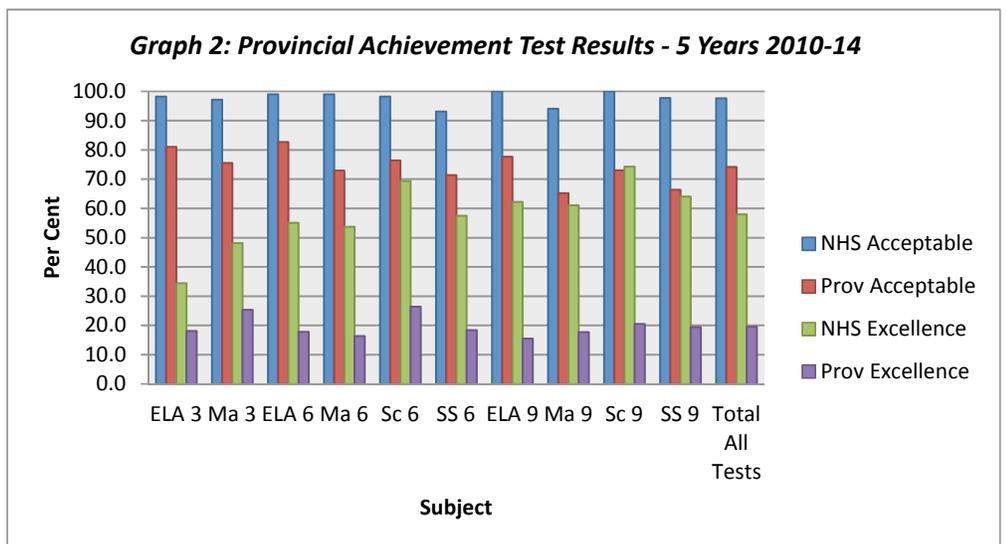
Parents are reminded that the provincial achievement testing program is in the process of being phased out. June 2014 marked the final administration of the PATs for grade 3, with the final administrations for grades 6 and 9 to occur in 2015 and 2016

respectively. The PATs will be replaced by a new testing program, entitled Student Learning Assessments.

More information on Provincial Achievement Tests can be found online at <http://education.alberta.ca/admin/testing/achievement.aspx>. Information on the new Student Learning Assessments can be found at <http://education.alberta.ca/admin/testing/student-learning-assessments.aspx>.

~ Mr. Don Falk  
 Superintendent

	-----Percentage of Students Achieving Standards-----			
	NHS Acceptable	Prov Acceptable	NHS Excellence	Prov Excellence
ELA 3	98.2	81.0	34.4	18.1
Ma 3	97.2	75.5	48.1	25.3
ELA 6	99.0	82.7	55.1	17.8
Ma 6	99.0	72.9	53.7	16.4
Sc 6	98.2	76.4	69.4	26.4
SS 6	93.1	71.4	57.5	18.4
ELA 9	100.0	77.7	62.2	15.5
Ma 9	94.1	65.2	61.1	17.7
Sc 9	100.0	73.0	74.3	20.5
SS 9	97.8	66.4	64.1	19.4
<b>Total All Tests</b>	<b>97.7</b>	<b>74.2</b>	<b>58.0</b>	<b>19.6</b>



## STUDENT RECOGNITION

If your child has an accomplishment that you are willing to share, please pass the good news onto us by contacting [administration@newhorizons.ab.ca](mailto:administration@newhorizons.ab.ca)

## School Calendar Input Opportunity

Because of the extent to which our school calendar is integrated with the calendar for Elk Island Public Schools (due primarily to busing), New Horizons' parents are invited to participate in an EIPS survey that is presently underway with respect to its calendar for the 2015-16 school year.

Parents who would like to participate in this process are requested to view a short video presentation, found at [http://app.emaze.com/626675/calendar-ppt-2015pptx?utm\\_source=systememail&utm\\_campaign=sharepresentation&utm\\_medium=view-link#1](http://app.emaze.com/626675/calendar-ppt-2015pptx?utm_source=systememail&utm_campaign=sharepresentation&utm_medium=view-link#1). The video concludes with a link to an online survey that

parents are invited to complete. It is suggested that the video presentation works best when opened in a Chrome browser. We have been advised that the survey will remain open until November 15.

Parents should keep in mind that our school calendar is established by the NHS Board of Directors, so although our calendar may turn out to be very similar to that of EIPS, it will not necessarily be exactly the same. Our school's 2015-16 calendar will be approved by the NHS Board of Directors early in 2015, at a date following the approval of the EIPS calendar.

### Message from the Chief Medical Officer of Health

Attached at the end of this newsletter is a letter from James Talbo, Chief Medical Officer of Health. Please take the time to read it as it has important information regarding the following:

- immunizations due for 4-6 year olds;
- the protocol for children and adults who are not immunized for measles when a staff member or child has been in school while infectious;
- update on influenza vaccines;

### U of A Student Teachers at NHS

We are pleased to welcome Savana Wygiera (left) and Miss Shayel MacKinnon (right) to New Horizons School. Both are Advance Field Experience (AFX) students working on their final practicum in their education training through the University of Alberta.

Miss Wygiera is working with the grade 3 class with Mrs. Asquini, and Miss MacKinnon is working with Ms. Vigfusson (grade 4) and Mrs. Watson (grade 5).

Welcome to our school!

[www.newhorizons.ab.ca](http://www.newhorizons.ab.ca)

## Cre8tiv Club

October 16 was the first meeting of the Grades 1 to 3 Cre8tiv Club. With great enthusiasm and a little help from the Tuesday / Thursday Kindergarten children, the creative abstract styles of Jackson Pollock (“Splash and Drip painting”) and Wassily Kandinsky (“Several Circles”) were explored with relish. Hope everyone had fun and is looking forward to next week’s adventure into creativity. ~ Krista Radstaak



October 17 was the first meeting of the Grades 4 to 6 Cre8tiv Club. The creative abstract styles of Pollock and Kandinsky were explored with this group as well. New forms of human and canvas expressionist artwork were also invented by these striving young artists.



## Student Voice

Students from Grades 3 to 9 are invited to apply to be a part of Student Voice. Student Voice will be a group of student representatives who will meet on a monthly basis to share their ideas and concerns (along with possible suggestions) with Mr. Zarowny. This forum will also be used to get student feedback on various school-wide topics such as technology.

The student representatives will be expected to

- meet on a monthly basis during lunch time
- bring forward issues that reflect their classmates' thoughts
- provide feedback/student impressions on school initiatives
- share meeting information with their classrooms

### How To Apply

Students and parents will be provided with a link to an online form available Friday, October 24. Deadline for application is Friday, November 7

## Poster Competition

Our school's social contract has been with us since 2007. It was created by having everyone (students, staff, and parents) submit five words that describe how we want to interact with each other.

We took all the words that were suggested most frequently and posted them in the hallway. Students, teachers and parents were then given five "stickies," and they used the stickies to vote for the five words they thought were most important by placing a sticky on their five favorite words. The words that received the highest number of votes were the following:

- Learning
- Respect
- Honesty
- Safety
- Fairness

Those words were then phrased into what we call our social contract - an agreement of how anyone who enters the school agrees to treat oneself and others.

Our school is a place of **learning**.

It is a place where we treat each other with **respect** and **honesty**.

It is a place where we play in a way that is **safe** and **fair**.

We are considering making posters of the key words in our social contract. The posters will be made available to all classrooms in the school.

Students are invited to submit their ideas to Mr. Zarowny by Friday, November 7. Here are some things to keep in mind:

- The key word may be printed by a computer, but the accompanying image should be hand-drawn.
- The accompanying image should in some way represent the word.
- The image should fill as much of the page as possible.
- Students may submit posters for any one word, or students *may want to submit a series of all five with a common theme*.
- Submissions should be on white 8 1/2 X 11 paper.
- Student name and grade should appear on the back only.
- Please submit entries to Mr. Zarowny

SUBMISSION DEADLINE: Friday, November 7

## Ardrossan Recreation and Agricultural Society (ARAS) Membership Drive

ARAS is looking for new members! Come be a part of an organization that strives to enhance the quality of life in Ardrossan and area through agricultural, recreational, and cultural opportunities.

The Annual General Meeting of Membership will be held Wed, Oct 29 from 7-9 p.m. at Memorial Hall. Memberships are available to all who would like to support ARAS. For more information, contact Diana, at 587-590-2727.

## Teen Talk

Your child may be interested in Teen Talk.

Organized by the Strathcona County Family and Community Services Teen Talk is a an opportunity for teens to get together to talk about what is on their mind. It takes place on a monthly basis. The first one is on October 29.

For more information, contact Family and Youth Services.

Phone: 790-464-5044

Email: [youth.outreach@strathcona.ca](mailto:youth.outreach@strathcona.ca)



**"Teen Talk" is an opportunity for youth from Strathcona County to come together and participate in youth lead discussions about issues facing youth today.**

**Last Wednesday of every month**

**Starting October 29, 2014**

**6:30 - 8:00 p.m.**

**Check out the full 2014/2015 schedule at**

**[www.strathcona.ca/youth](http://www.strathcona.ca/youth)**

**FIND US AT:**

**Boys and Girls Club of Strathcona County  
3 Spruce Avenue, Sherwood Park**

Family and Community Services  
780-464-4044  
[youth.outreach@strathcona.ca](mailto:youth.outreach@strathcona.ca)



## Reminder: When Your Child is Absent

When your child is absent, please remember to inform the school office. You can inform the school by

- emailing the school : <http://www.newhorizons.ab.ca/contact/>
- phoning the school: (780) 922-8087

The office phones parents when a child's absence is not excused in order to ensure that your child is safe. We would appreciate your assistance by informing us when your child is absence in order to reduce the number of calls our office staff has to make. With fewer calls to make, we can more quickly identify that child is missing and respond to the incident.

Thank you for your cooperation.

## Christmas Concert

Our Christmas Concert will be held on **Friday, December 5** at the Agora in the Strathcona County Community Centre. Because of some rescheduling we had to make, we are unable to have the concert on our traditional day, the Thursday night before the Christmas Break.



## Parent-Teacher Interviews

Parent-Teacher interviews are being held on October 28 and 29 from 5-8 p.m. Parents of elementary students received notices to book a time for their interview. If you did not receive a notice, please contact the school.

Junior High interviews will occur on the same evenings. Interviews with Junior-High teachers occur on a first-come first-served basis.

Once again, we are holding interviews in advance of Term 1 report cards which will be issued on November 28.

## Halloween at NHS Friday, October 31

### Treats

Halloween is a day for treats, but we would appreciate your cooperation in keeping treats to a manageable amount. Before bringing treats to school, please contact your child's teacher.

Please keep in mind to  
**bring in only nut-free treats.**

Your child's teacher will be updating you on how Halloween Day will be organized in his/her class.

### Costumes

Students are invited to wear costumes on Halloween. Please consider the following when helping your child choose a costume for school.

- Ensure that your child can manage his or her costume independently.
- Students will still be expected to participate in Physical Education and go outside for recess.
- Students who have toy weapons as a part of a costume are expected to have them in their possession only for the Costume Parade.

**Boo!**



Office of the Chief Medical Officer of Health  
10025 Jasper Avenue NW  
PO Box 1360, Stn. Main  
Edmonton, Alberta T5J 2N3  
Canada  
[www.health.alberta.ca](http://www.health.alberta.ca)

September 24, 2014

TO: ALL SCHOOL BOARDS AND SCHOOL PRINCIPALS

Vaccines are the most effective way to prevent vaccine-preventable diseases and are responsible for saving more lives than any other medical intervention.

Some people are hesitant when it comes to immunizing themselves and/or their children. Vaccines are safe and effective. Vaccines are passed through a rigorous testing process before they are approved for use in Canada. The risk of not being immunized is far greater than the rare side effects of vaccines.

For immunization to protect a community such as a school, the majority of that community must be immunized. The more people immunized, the less opportunity disease has to spread.

Immunization is especially important when starting a new school year. Parents of children between the ages of four and six years are reminded that their child may be due for any or all of the following vaccines:

- measles, mumps, rubella and varicella (MMRV);
- diphtheria, tetanus, pertussis, polio (DTaP-IPV);
- pneumococcal (PCV13)
- meningococcal C (Men C)

Measles can spread rapidly within a school. It is an extremely contagious and potentially severe illness. In addition to fever, ear infections, rash and pneumonia, some rare complications can also occur such as encephalitis (brain swelling), seizures and death. The best way to protect children and adults from measles is to make sure their measles immunizations are up to date.

It is important to note that if a school has a staff member/child who has measles and has been in the school while infectious, other staff and children will need to show proof of immunity to measles. If staff and students do not have proof of two doses of measles vaccine, they will not be able to return to school until three weeks after the last case of measles detected in the school, unless they are assessed as immune by local public health. If a child contracts measles, they are also required to stay home until four days after the onset of the measles rash.

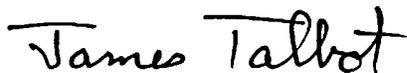
October brings influenza season and as per *Alberta Influenza Immunization Policy*, the influenza vaccine is provided free-of-charge to all Albertan residents. You may access the influenza vaccine through your local public health office during the numerous influenza drop-in clinics that will be available beginning October 20, 2014. More information is available on Alberta Health Services' influenza website: [www.albertahealthservices.ca/influenza.asp](http://www.albertahealthservices.ca/influenza.asp).

Albertans who are uncertain of their immunization history or their child's immunization history, can call their local public health office or Health Link Alberta (1-866-408-5465) to discuss. For students and staff who were immunized outside of Alberta, it is highly recommended that they obtain a copy of their immunization record and have it readily available and translated into English, if the record is in a different language.

For further information please visit Alberta Health Services' immunization webpage at: [www.immunizealberta.ca](http://www.immunizealberta.ca).

Thank you for your attention to this significant health issue and please share this information with your administrators, school staff and parents/guardians.

Yours sincerely,



James Talbot, MD, PhD, FRCPC  
Chief Medical Officer of Health