



SEVEN PERSONS SCHOOL

WOLFPACK

Seven Persons School

24 3 Ave

Seven Persons, AB

T0K 1Z0

403-832-3732

SPSSecretary@prrd8.ca

Catherine Usher

Principal

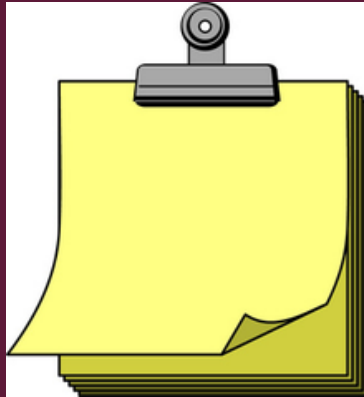
catherineusher@prrd8.ca

Kristine Vizza

Vice-Principal

kristinevizza@prrd8.ca

Principal Notes:
Dear Seven Persons Families and Community,



Hello November!

Strengthening Executive Functioning Skills in Children

At Seven Persons School, one of our goals is to help students become confident, independent learners. A big part of that growth comes from developing **executive functioning skills**, which are the brain-based abilities that help children manage their time, stay organized, make good decisions, and handle challenges calmly.

Think of executive functioning as the brain's 'control centre'. These skills help students plan ahead, stay focused, and regulate their emotions - all essential for success both in and out of the classroom. Like any skill, they can be strengthened over time with patience, practice, and encouragement.

Here are a few ways families can help build these skills at home:

1. Establish Routines. Predictable morning and evening routines help children of all ages manage their responsibilities more smoothly. Encourage older students to take charge of their own schedule or use reminders on a phone or planner.
2. Set Small Goals. Whether it's reading for 15 minutes, completing a project, or saving money for something special, setting and achieving small goals helps build motivation and follow-through.
3. Talk about thinking. When you face a problem, share your thought process aloud: "Hmm, that didn't work - what could I try next?" Modeling this kind of flexible thinking teaches children how to problem-solve on their own.
4. Encourage organization. Younger children can practice putting toys or school items in their 'home spots'. Older students can use folders, colour-coding, or digital tools to keep track of assignments and deadlines.
5. Pause and reflect. Take a few minutes each evening to talk about what went well and what could be improved tomorrow. These short reflections build self-awareness and emotional regulation.






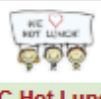
By helping children strengthen their executive functioning skills, we're giving them lifelong tools - not just for school success, but for navigating friendships, responsibilities, and the ups and downs of growing up.

Until next month,
Catherine Usher

SPS

Important reminders:

November 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 Soup Order Opens	4	5  Antonios Lasagna	6	7	8
9	10 Remembrance Day Ceremony - 10:30	11 No School - Remembrance Day	12  Subway Soup Order Closes Parent Council Mtg 630	13	14  Zones for A Boys Volleyball - SPS Zones for A Girls Volleyball - TBA Soup - Taco	15 Zones for A Boys Volleyball
16	17 December Hot Lunch Opens	18 Toonie Treats	19  Domino's Pizza	20	21 Soup - Chicken Noodle	22
23	24	25	26  Hotdogs/Smokies	27 December Hot Lunch Closes	28  PC Hot Lunch - Taco in a bag	29



PRAIRIE ROSE PUBLIC SCHOOLS HEART & HOME PARENTING SERIES PRESENTS:



DOES YOUR CHILD STRUGGLE TO FOCUS, STAY ON TASK, OR MANAGE IMPULSIVITY?

Join us for an empowering evening designed for parents of children with attention challenges-including ADHD. Together, we'll explore the brain-based and environmental roots of attention struggles, learn what helps (and what hinders) kids with inattention and hyperactivity, and discover practical, relationship focused strategies to support them at home and school. You'll leave with tools and resources to help your child thrive!

NOVEMBER 13 @ 6:00PM ISABEL F. COX SCHOOL GYM

ENJOY FREE CHILD CARE, COMPLIMENTARY SNACKS AND A CHANCE TO WIN PRIZES! ALL PARENTS/GUARDIANS WELCOME!

ON A DEVICE?

[Click Here](#)



A SPECIAL THANK YOU
TO FCSS TOWN OF REDCLIFF



The Institute of Child Psychology was created by a shared passion to empower parents and caregivers to help children lead emotionally healthy lives. Scan the QR code above to learn more!

REGISTRATION
ENCOURAGED TO
ATTEND THIS FREE
SEMINAR

SCAN ME



November News

from PARENT COUNCIL & PARENT ASSOCIATION

Introductions:

Hi! For those who don't know me, my name is Danielle Pluth, I am the Chair of the SPS Parent Council since 2024. I have been part of Council since 2016. I am passionate about community and building relationships. I have spent many hours working towards having consistent events such as dances, bingos, Christmas Market, Community Christmas, Movie night, Teacher appreciation, and Bus Driver Appreciation through establishing committees to help bring the community together. I do not do this job in isolation and I have a great team that includes:

Parent Council:

- Catherine Dennison (Vice Chair)
- Megan Wisnowski (Secretary - position open!!)
- Myrna Bushell - Community Member
- Ashleigh Murray - Events Coordinator

Parent Association:

- Kelsey Haubrich (Chair) with Tammy Burgevitz (Immediate Past Chair)
- Krista Lawson (Treasurer)
- Julie Waye (Casino Chair)
- Karen Murray (Hot Lunch Coordinator)
- Marcie Sweet (Fundraising Coordinator)

In the coming months, we will be working to update our Bylaws from 2004 to take into consideration how our role has evolved and to set out specific guidelines for new technologies such as the SPS Facebook page, virtual meetings and virtual decision making processes for in-between meetings. Come on out to our next meeting to see current processes and plans to evaluate these. If at anytime you have questions about Parent Council or would like to be more involved, please reach out to myself or any of the members above! Thank you!!

Special Teacher Thank You's to:

- Welcome back to all Teachers, we have missed you! Let us know how we can help the transition!
- Mrs. Copeland and Mrs. Shigehiro for coaching "A" girls and "B" girls volleyball! Good Luck at "A" Zones!

Check out September Parent Council Minutes Copy and Paste the Link:

<https://sevenpersons.myprps.com/folder/4f215d34-920a-4eb8-8ff0-38f1cd8cb51c>

Odds, Ends & Info :

Special Parent Thank You's to:

- Volleyball Parent Coaches: Jerod Pluth for "A" boys and Brianna Cramer for "B" boys. Good Luck at "A" Zones (Hosted at SPS Nov 14th weekend)!!

Parent Council Meeting

November 12th, 2025 at 6:30pm
Still Needed: Secretary (PA and PC)

Parent Council Hot Lunch

November 28, 2025
Gr. 4 Parents needed 10:45-1:00

Includes Free Lunch!

Still Needed: Hot Lunch Organizer - all set-up!

Stay in touch :



Find us on Facebook at SEVEN PERSONS SCHOOL COUNCIL



To volunteer, add items to the agenda or be added to **Parent Council What's Ap**, email: daniellepluth@advanceot.ca

LIBRARY NEWS

I AM HAVING SO MUCH FUN FILLING IN FOR MRS. NOGA WHILE SHE IS RECUPERATING. GET WELL SOON! BESIDES FALL BEING MY FAVORITE TIME OF THE YEAR, I'M LOVING GETTING TO READ SOME OF MY FAVORITE BOOKS TO THE CLASSES.



HERE IS A LIST OF LIBRARY DAYS TO HELP YOU REMEMBER WHEN TO REMIND YOUR CHILD(REN) TO PACK THEIR BOOKS IN THEIR BACKPACK:



MONDAY GRADE 1/2

TUESDAY KINDERGARTEN GRADE 3

WEDNESDAY GRADE 6 (MOLIN)
GRADE 4

GRADE 5 (REGEHR & SHIGEHIRO)

THURSDAY JK
GRADE 1 (DAVIES)

GRADE 2

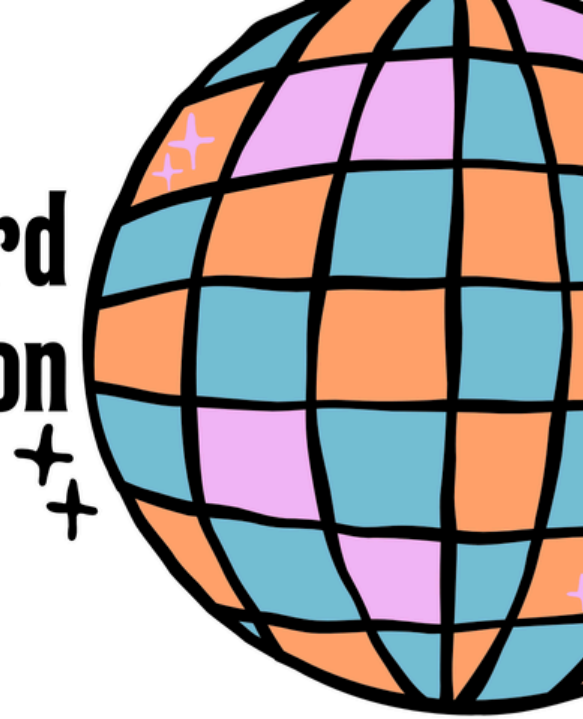
FRIDAY GRADE 6 (DECK)

IF BY CHANCE THEY FORGET THEIR DAY, THEY CAN RETURN IT TO THE LIBRARY AT ANY TIME THROUGH THE DROP SLOT IN THE FRONT OF THE DESK. IF THEY'D LIKE TO EXCHANGE, THEY CAN COME DURING THE FIRST RECESS.

THE BOOK FAIR WILL BE IN THE SPRING THIS YEAR...WATCH FOR MORE INFORMATION!

MRS. DREFS

Report Card Information



Nov 7 - PowerSchool will be closed in preparation for
report cards

Kindergarten - Grade 3 will receive their printed report cards on November 28
Grade 4 - Grade 9 will be able to view their report cards online in PowerSchool on
November 28. We will not be printing them.

**If you have not been able to connect to PowerSchool
for your students grades, please contact Mrs Hanson
Parent Teacher talks will take place
December 3 and 4 from 3:30-6:30, sign up information to follow.





Housekeeping items:

*If your student is away,
please make sure you call or use the absence reporting
* Seven Persons School Absent Reporting

*If your student is not on the bus, please text your bus driver

*Check your School Cash Online for Hot Lunches and Fees

Reminder

The best time to start
your success journey is
right now.



Christmas 2025

CHRISTMAS MARKET

**WE WILL BE HOLDING THE CHRISTMAS
MARKET THURSDAY DEC 5.
PLEASE BRING DONATION ITEMS TO THE
SCHOOL DURING PARENT TEACHER
INTERVIEWS ON DEC 3/4**

