

September 2010

e-mail Address: rossglen@sd76.ab.ca

Reporter No. 1



ROSS GLEN STUDENT PLEDGE

I pledge to show good
character in my school.
I will be kind and

responsible and follow every rule.

I will show self-control, discipline, courtesy and respect.

I will treat others with kindness,
the way *I* would expect to be treated.

I will always act in fairness.

I will do what I must to keep Ross Glen School a
caring place that is safe for us all.

**PLEASE WALK YOUR BIKES ON
SIDEWALKS AND ON SCHOOL PROPERTY.
Please avoid bringing bikes onto the school
grounds.**

IMPORTANT DATES

- ❖ **OCT 3 – Grade 5 Immunizations**
- ❖ **OCT 4 - SCHOOL COUNCIL MTG 7:00 PM**
- ❖ **OCT 5 – International Walk to school day**
- ❖ **OCT 7 – District PD day – NO SCHOOL**
- ❖ **OCT 10 – Thanksgiving – NO SCHOOL**
- ❖ **OCT 21 – SPIRIT DAY**
- ❖ **OCT 27 – HALLOWEEN DANCE**
- ❖ **OCT 31 - HALLOWEEN ACTIVITIES**

PRINCIPAL'S MESSAGE – Welcome to a new school year. We hope you all enjoyed the "Welcome Back Barbecue". What a great turnout and a wonderful evening. The weather was indeed on our side. We enjoyed meeting all of the parents, and we hope it gave you a chance to see the classroom, tour the school and meet your child/children's teachers.

We would like to welcome the following teachers who are new to our staff this year:

Miss M. Macanowicz – Grade 5A Teacher
Mrs. K. Dion – Preschool development teacher

On October 3rd, the Fire Prevention assembly will inform the students about ways to stay safe. On **October 7th**, there will be **NO SCHOOL**. This is a District Day, where teachers will be working on various topics included under Professional Learning Communities that incorporate Instructional Intelligence strategies to use in the classrooms. In the afternoon, we will have our staff meetings. We are off to a GREAT start!

FLU SEASON - Please note we are in flu season. We ask parents and students to be sure to try and prevent the spread of flu by hand washing for 15 – 20 seconds, coughing and sneezing into your arm, and please stay home if you are ill.

ALLERGIES - Parents are reminded that we have several children at Ross Glen School that have extreme allergies. These allergies are to nuts (especially peanuts). The slightest contact with these substances can be life threatening to these students.

WE ARE A NUT FREE SCHOOL.

**REMEMBER NOT TO BRING PEANUT SNACKS
TO OUR PLAYGROUND WHILE OUR
BEFORE/AFTER SCHOOL PROGRAM IS
IN SESSION. PEANUT RESIDUE MAY BE
TRANSFERRED TO THE EQUIPMENT.**

STUDENTS ABSENT FROM SCHOOL

Parents please be reminded that you should be calling our school office any time your child will be absent from school. Please let us know your child's name, grade and reason for the absence including symptoms of illnesses (so we can track what illnesses are in our school) Our telephone answering system is available 24 hours/day and 7 days/week to record your message.

INTRAMURAL PROGRAM – Mrs. L. Matthews

It's that time of the year again..... grab your running shoes and get ready for Ross Glen's Intramural Program! Activities will commence **October 3, 2011 from 12:10 – 12:35 pm** Teachers will be provided with an activity calendar and a team list.

Typically, the color group you belonged to in the previous school year, will remain the same for the current school year.

The best part about Intramurals is being with all of you and watching you grow in the Program. The best part about Intramurals for you is earning participation points simply by having fun while staying fit, playing games with Ross Glen's students and staff. You may learn a new game or skill or perhaps improve in your favorite sport, but best of all, you get to hang with your friends! For Ross Glen's enthusiasts who want to get a jump start on earning individual and team points you can join Mr. Hopkins's running club.

Here's something else to look forward to.....at the end of the Intramural Program we will have an Awards Assembly to introduce Ross Glen's top female and male "participation" winners for each team. These winners will receive a "participation" award and /or "athletic" award for Intramurals. It's that simple!! Whatever your "favorite" sport may be, there's a new skill to be learned within every sport that will compliment your "favorite" sport.

Our "NEW" Intramural Leaders are as follow:
BLUE – Savannah Zee and Tyson Goldie
GREEN – Rhiannon Ware and Caydin Cleland
RED – Abby Lunge and Spencer Braconnier
YELLOW – Jessica Schmitt and Ishaan Patel

Please welcome Ross Glen's Leaders by making their journey a fantastic one!

SCHOOL PHOTOS AND RETAKES - Individual photos were taken on September 19th. Previews will be sent home. If you wish to purchase these items, please remit payment to your child's teacher as per instructions on the form that comes with the pictures.

ROSS GLEN CLOTHING FOR SALE - Ross Glen has some fantastic new clothing available for you to purchase. Help show your school spirit. Watch for a detailed list and order form and/or contact Miss Bohonos.



THANKSGIVING – Thanksgiving Day is on Monday, October 10, 2011. There will be **NO SCHOOL** on this day. Enjoy the long weekend. Eat lots of Turkey.

NEW!!!!

Professional Development days will now be held once a month and will be district wide.

There will be **NO SCHOOL** on these days. Octobers PD will be Oct. 7/11.
WE **WILL NOT** BE OFFERING THE **ALL DAY PROGRAM (Before and After School Care Program)** ON THESE DAYS.

STAFF MEETING AND COMMON PLANNING TIME FRIDAYS

This year all the schools in the Medicine Hat School District will have one full Friday a month in which students do not attend so that teachers can attend their staff meetings and partake in collaborative planning and public learning committee meetings. This means no early dismissal Wednesdays for our school. Please watch the calendar as these days do not always fall on the third Friday of the month.

Please note the following seven benefits to students and teachers of collaborative planning time:

- ✓ Having teachers participate in collaborative planning is a powerful example to students about the importance of learning together.
- ✓ Collaborative planning gives teachers an opportunity to experience a way of learning that they can use with their students.
- ✓ Working with colleagues on issues focused on student learning builds a sense of trust in a school.
- ✓ Collaborative time together in the school is more efficient than pulling teachers from their classrooms and sending them to workshops to learn.
- ✓ Collaborative time together allows teachers the opportunity to share with each other their knowledge and skills.
- ✓ Some of the best learning that teachers can do involves working on researched-based instructional projects together.
- ✓ Even excellent teachers can benefit from working with other teachers and continue to learn about improving their practice.

As a school, we are looking to use this regular monthly collaborative planning time to allow teachers the time they need to address important issues and projects to help improve student learning.

SCHOOL COUNCIL SPIRIT DAY – Spirit Day is scheduled at noon on Friday, October 21 2011.

STUDENT REGISTRATIONS – Students returning to Ross Glen School this fall would have had a registration form completed for them in the spring. **PARENTS ARE ASKED TO PLEASE LET US KNOW IF THERE ARE ANY CHANGES TO YOUR CHILD'S INFORMATION CONCERNING ADDRESSES, TELEPHONE NUMBERS OR EMERGENCY CONTACT INFORMATION.**

PARKING LOT – We wish to thank parents for their continued cooperation in **parking and traffic safety**. The School Council and the staff are committed to the safety of all children at Ross Glen School and we appreciate your help in this endeavor.

Please check for new signs that have been posted for Bus Parking and NO Parking zones.

Please find below two separate letters included by the Medicine Hat Police Services regarding Parking:

To Whom It May Concern:

Near the end of the 2011 school year, the Medicine Hat Police Service received numerous complaints about traffic violations occurring around area schools. The purpose of this letter is to remind parents / guardians of the importance in practicing safe driving habits in these areas to ensure the safety of the children and other users of the roadways.

The Service will be increasing enforcement of all traffic and parking laws in the area with a zero tolerance approach to infractions. Officers will be monitoring crosswalks, parking and speed in school and playground zones throughout the city.

To keep children safe, motorist should do the following:

- Use caution when approaching intersections or mid-block crosswalks. Parked or stopped vehicles may hide pedestrians trying to cross the road. The fine for failing to yield to a pedestrian in a crosswalk or passing a vehicle stopped at a crosswalk is \$575 and four demerit points.
- Watch for the school safety patrol in their orange vests and stop as directed. Patrollers play a vital role in directing the children safely across the street.
- Bus safety is also important. Watch for alternating flashing amber lights which indicate that the bus is slowing down to a stop. Be prepared to do the same.
- Obey all posted parking signs. Do not park where it is prohibited, for example designated bus and staff parking areas. Double parked vehicles (parked on the street side of a parked vehicle) create a significant safety hazard preventing other children and other drivers from seeing students crossing the road. Parking fines range from \$50 to \$500. For more information about parking regulations and associated fines please visit the MHPS website at www.medicinehatpolice.com and review the City of Medicine Hat Traffic Bylaw 2434. Please also be reminded that while school zone speed limits are in effect from 8:00 am to 4:30 pm ALL school zones throughout the city are also considered playground zones where the 30 km/hr speed limits are in effect from 8:30 am until one hour after sunset.

If you have any questions or concerns please feel free to contact me directly at 403-529-8471 or by email at gersad@medicinehat.ca.

Regards, Sgt. Gerald Sadlemyer, Supervisor i/c Traffic Unit
To whom it may concern:

Near the end of the 2011 school year, the Medicine Hat Police Service received numerous complaints about traffic violations around area schools. This letter is to provide education to the parents/guardians of the students and to provide information on common infractions and the fines associated.

The Medicine Hat Police Service will be continuing with enforcement in these areas in the 2011-2012 school year in order to ensure the safety of the children and other users of the roadways. If you have any questions or concerns please contact the Medicine Hat Police Service Traffic Unit at (403) 529-8471.

VIOLATIONS	FINE
Park on private property*	\$50
Park within 5 meters of intersection	\$57
Park within 5 meters of fire hydrant	\$57
Park within 1.5 meters of alley	\$57
Park within 5 meters of a yield/stop sign	\$57
Park within 1.5 meters of a private driveway	\$57
Park facing the wrong way/ on the wrong side of the street	\$57
Double park (park on street side of parked vehicle)	\$57
Park within 5 meters of a cross walk	\$57
Park on sidewalk	\$57
Park where prohibited by sign (no parking zone)	\$57
Park in handicapped zone	\$100

*Private property includes parking in staff/teacher designated areas

LUNCH PROGRAM - If your child gets missed with a menu for our program, we have extra copies available outside the office.

Please also note that we do not supply spoons or forks unless your child has purchased a meal. Please send utensils if you are sending food items requiring them.

Students are **not allowed** to bring microwavable popcorn to be made in the microwaves.

FROM THE LIBRARY - THE ROSS GLEN BOOK FAIR was another huge success! Thanks to your generosity in purchasing books, our library has received some free books that will be a great addition to our library. What a great event to start off the new school year. Enjoy your books!

Congratulations to Jackson Stoyke and Ms. Algie in 2A for winning the Family Event Draw! Each of them won themselves \$25.00 worth of FREE books from the Book Fair.

Miss Foster could always use some help in the library shelving books, so if you are interested in helping out, please call her at the school or just pop into the library.

PRINCIPAL'S PALS –The following students were drawn for the September Principal's Pals Luncheon:

- 1A – Laaibah Ali
- 1B – Emma Simichison
- 2A – Quaid Wilson
- 2B – Rowan Ware
- 2C – Jayden Picray
- 3A – Carson Zerff
- 3B – Keiryn Straub
- 4A – Logan Terrill
- 4B – Michelle Pinder
- 5A – Kyla Kearley
- 5B – Theo Vander westhuizen
- 6A – Brittany Smith
- 6B – Cayden Cleland

The following students earned **EXEMPLARY STUDENTS** for the month of September:

- | | |
|----------------------|-------------------------|
| Ryan Sweet – 1A | Cameron Starke – 1A |
| Tianna Carney – 1B | James Carlin – 2A |
| Teagan Thorpe – 2B | Rowan Ware – 2B |
| Keegan Shannon – 2C | Gabrielle Campbell – 3A |
| Emery Wilson – 3B | Cloe Lund – 4A |
| Emma Smith – 4A | Megan Harbidge – 4B |
| Natalie Johnson – 5A | Taylor Hanaghan – 5B |
| Sarah Stober – 6A | Abby Lunge – 6A |
| Niamh Hogan – 6A | Ishaan Patel – 6A |
| Jessica Schmitt - 6B | Spence Braconnier – 6B |

INSTRUCTIONAL MATERIALS FEES – Parents are reminded that all textbook rental and instructional material fees are to be paid during the month of September.

Fees for this year are **\$100.00** for Grades 1 – 6. The Kindergarten Fees are **\$110.00**

Our school is required to send a statement to our Associate Superintendent, Business Administration and Secretary-Treasurer regarding monies collected and outstanding accounts by October 8th, 2010. Should anyone have a problem with the above mentioned deadline, please contact Mrs. Bullin at the school to make alternate arrangements. Your cooperation on this matter is appreciated.

HEALTH NURSE – Mrs. Darla Fauth will be Ross Glen School's Health Nurse for the 2010/2011 school year. We look forward to working with her this coming school term.

BEFORE AND AFTER SCHOOL SUPERVISION – The registration forms for this program are available outside the main school office doors. Due to government staffing guidelines, we remind all parent/guardians that **parents unable to book for the entire month must register before noon on the previous Wednesday of the week you wish to register for and we will accept registrations only if space is available.**

INTERNATIONAL WALK TO SCHOOL DAY IS OCTOBER 5, 2011 - We are inviting all Ross Glen staff, students, community partners and parents to join in with millions of people from over 40 nations around the world as they celebrate the many benefits of walking. Even if students are being dropped off by parents or by bus, they can be dropped off further down the street so that they may take part by walking to, or around the school. By participating you are showing that our school community is concerned about the environment, physical activity, health and well-being, and traffic congestion around the school. For more information go to www.shapeab.com or www.iwalktoschool.org

NEWS FROM OUR SCHOOL COUNCIL

Welcome back everyone! We have another great year planned and are looking forward to many exciting events.

Congratulations to **Natasha Straub** and family who were the lucky winners of our family movie pass at the Welcome Back Barbeque. We had a great response to our survey. Thank you to all who filled it out and volunteered your time and talents. I'm pleased to say that we have more than 45 people who have volunteered to bake treats for our bake sale. Wow! We plan to have a bake sale once each month. We are in the process of

selecting these dates and will communicate them to you as soon as possible.

Thanks to Mrs. Mandel and her grade 5 class who have offered to coordinate and run the bake sales this year.

Due to the school's Gold Card fundraiser, we are not going to run our **magazine campaign** this fall. However, if you wish to renew a magazine or order a new one, our school will still benefit. Simply go to www.ccrp.ca and use our school code which is **AB2516**. Thanks!

We still need **Classroom Reps** for many of our classes. If you are interested in this very easy position, please contact Elizabeth Gebhardt at elizabeth.gebhardt@gmail.com.

School Council has already booked the **Alberta Opera** and **Science in Motion** for this school year. Watch for details! We are also planning a **Family Dance** in October. Why not join us at our next School Council meeting and help to plan this and other events? Our first meeting will be held on **Tuesday, October 4 at 7pm in the staff room. Childcare is provided.**

The 5 W's of Parent Association

Who: Parent Association is open to all parents of Ross Glen students.

What we do: As a fundraising branch of the Ross Glen School Council, the Parent Association organizes and works at Casinos with Alberta Gaming. With the proceeds we provide financial assistance with projects for Ross Glen School. We are obligated to follow strict government guidelines as to how this money may be spent.

When: We generally meet the first Friday of the month at 1:30pm. If you are interested in joining us, please call the school to confirm the date and time.

Where: Meetings are held in the Ross Glen School staff room or library.

Why: Parent Association is dedicated to providing funds to support field trips, co-curricular events and programs, and to help purchase equipment and technology that will enhance the educational experience of our children.

ACHIEVEMENT TEST RESULTS – Grade Three and Grade Six Students wrote Provincial Achievement Test during the month of June. All teachers will be reviewing the test results and will be submitting their analysis to Central Office at the end of October.

The parents of these students will receive a letter from the province providing analysis of their child's grade results plus an individual student profile. Please watch for this information.



Children's Health & Developmental Services

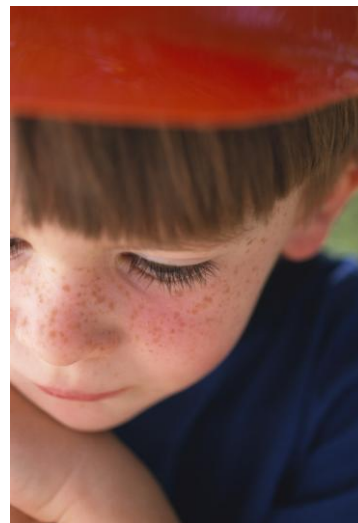
JULY 2011 UPDATE

Our Program is Changing

For the past 18-months, the CHADS Behavior Services team has been engaged in an analysis of our program. In this regard, given that the community-based "Love and Logic" Parent Program, "Triple-P Parenting" and other parenting courses are now going strong and are being offered on a routine basis to families throughout our region, we are pleased to announce that we are now able to increase our clinical services by discontinuing the provision of our "123 Magic & More" and "Intensive Parent Training Course", effective September 01, 2011.

It is felt that by streamlining our services to ensure there is no duplication of parent-training services, the CHADS Behavior Services team will be more able to focus on filling identified gaps in clinical assessment and treatment services to young children and families. We will be forwarding our community partners additional information regarding our upcoming programming initiatives in the near future. Should you have any questions concerning the changes in our CHADS Behavioral Services Program, please do not hesitate to contact Dr. Jill Ravanella (Clinical Supervisor, CHADS Behavioral Services at 403-529-8996).

Children's Groups



KIDS IN CONTROL:

This is a seven-session anger management and emotional expression training program for children ages 4 to 7 years of age. (Separate groups are held for 4-5 year olds and 6-7 year olds.) We believe that an empathetic, professional facilitator and same-age peers can help children understand anger and find appropriate ways to

respond, express it and manage it, instead of lashing out with verbal or physical aggression. Through art, games and activities, children in the group will learn self-

SAFETY PATROL NEWS – Thanks to all of the students who have signed up to be Safety Patrollers this year. We are so excited by the enthusiastic response from our Grade Five students. We are looking forward to a great year with this new bunch of patrollers. We would like to extend a sincere thank you to many of our former Grade Six patrollers who have volunteered to assist our new patrollers in learning their new roles.

Going back to school means crossing the street several times a day. We want to remind you to always use the crosswalk whenever you cross the street, and always to **Point, Pause and Proceed**. If you cannot remember how to do Point, Pause and Proceed, here's how. When you get to a crosswalk, stop and POINT your arm across the street. Then PAUSE while you look all ways for traffic. Wait for all vehicles to stop, and then make eye contact with each driver. Then PROCEED across the street, keeping your arm up and pointing in the direction you are walking. Remember to watch for vehicles in each lane as you walk across the street. There it is... Point, Pause and Proceed, the easy and safe way to cross the street.

For more information, contact Mrs. Mandel or check out www.ama.ab.ca/SchoolPatrol.

VOLUNTEERS – Ross Glen School values its parent volunteers. Many of the programs and activities that we undertake could not proceed without you! For those who are volunteering for the first time, here are a few guidelines and expectations that will help define the role of a volunteer.

Volunteers work with a teacher, helping the teacher with various projects and are working with children, or even working on a one to one basis. The students that work with you must comply with your directions and remain in close proximity to you.

NEW: When you come into the school, please sign our book in the office. This lets us know that there are other adults present in the building in case of fire drill and lockdown.

CONFIDENTIALITY is a huge concern for all of us who work with children. The Freedom of Information and Protection of Privacy Act (FOIPPA) has legislated that everyone having access to information about people (and in particular children) is compelled to safeguard and maintain the confidentiality of that information. As volunteers, you are bound by this legislation.

Please sign the Oath of Confidentiality when you come in to volunteer.

calming methods and other constructive ways to express their feelings. In the group, children will have the opportunity to enhance their social skills, feelings of competency and personal effectiveness in the area of anger control while reducing self-defeating behaviors.

KIDS IN BETWEEN: This is a seven-session program for children aged 6 and 7 years who are experiencing parental separation or divorce. Children who have been affected by parental separation and divorce are often struggling with a variety of unfamiliar and even uncomfortable feelings to which they don't know how to respond. They will sometimes feel that they are the only ones experiencing these feelings and that no one will be able to understand them. It is for this reason that CHADS has established this program, with the understanding that an empathetic, professional facilitator and same-age peers can help these children understand feelings about their parents' separation or divorce, and then appropriately respond to those feelings. Through art, games and activities, children in the group will have the opportunity to express their feelings pertaining to their parent's separation or divorce and have these feelings validated by other members in the group. The children will also learn positive coping strategies to assist them in grieving the loss of their nuclear family and in dealing with divided loyalties.

PLAY THERAPY GROUPS: Two play therapy groups are offered for children ages 3 to 5 years and their parents. Both groups consist of six sessions. The purpose of the play therapy groups is two-fold: to provide parents with a demonstration of how to use the play therapy skills to help children manage difficult feelings; and to provide children with a safe environment to express themselves, try new things, learn more about themselves, and work through difficult feelings and problems through play. The four play therapy skills used in these groups are: structuring; empathetic listening; imaginary play; and limit setting. All of these skills are important for a child's healthy development and, when used together, result in effective parenting and positive parent-child relationships. In the **BRAVEHEARTS - BUILDING COURAGE THROUGH PLAY** group the skills of empathetic listening/play and imaginary play will be highlighted, as they are viewed to be most helpful in addressing children's fears, sadness and anxiety. In the **COOL CUBS - LEARNING LIMITS THROUGH PLAY** group the skill of limit-setting will be highlighted, as it is viewed as being a critical skill in helping children channel their aggressive feelings in positive ways, with their parents' acceptance and support.

Upcoming Groups:

Kids in Between: Nov. 14-24

Kids in for 4-5 year olds: Sept. 19-29

Kids in Control for 6-7 year olds: Oct. 17-27

Bravehearts – Building Courage Through Play: Sept. 13-
Oct 18



DINO KIDS – 10 PIN (AGE 5-6)
BOWL 14 WEEKS/1 GAME PER WEEK
COST IS \$70.00 (INCLUDES PRIZE MONEY)

PEEWEEES – 10 PIN (AGE 7-9)
BOWL 14 WEEKS/2 GAMES PER WEEK
COST IS \$125.00 (INCLUDES PRIZE MONEY)

BANTAMS, JUNIORS & SENIORS – 10 PIN (AGE 10 & UP)
BOWL 30 WEEKS/3 GAMES PER WEEK
\$149.00 AT REGISTRATION (INCLUDES REGISTRATION, YBC
& CTF FEES, & CHOCOLATE MONEY)
6 POSTDATED CHEQUES OF \$60.00 FOR THE MONTHS OF
OCTOBER- MARCH
CAN PRE-PAY \$489.00 INCLUDING REGISTRATION &
CHOCOLATE MONEY

ALL LEAGUES ARE ON SATURDAY AT 10 AM.

STARTS SEPTEMBER 11TH, 2010

IF YOU CAN'T BOWL A WEEK YOU CAN PREBOWL, SO NO
MISSING OUT AND LOSING MONEY!

CALL PANORAMA LANES TO REGISTER AT (403) 526-2008.



After reading the bulletin with your student please return this portion for our monthly draw. (Draw box in hallway outside of the office).

My child(ren), _____ in

Grade(s) _____ A / B, and I have read the

Road Runner Reporter.

PARENT/GUARDIAN SIGNATURE

Back To School

September



Fun Healthy Lunches

Why lunch matters

Between grade 1 and the end of high school, a student may eat more than 2,400 lunches at school.

Nutrition plays a key role in optimal health, growth and intellectual development for children.

Making healthy food choices each day can help with concentration and enhance learning.

A healthy lunch includes at least one food choice from each of the four food groups in Canada's Food Guide.

Vegetables & Fruits: Vegetable sticks; fresh fruit, canned fruit packed in its own juice, salad, fruit salad, 100% pure fruit/vegetable juice.

Grain products: Whole grain breads, bagels, tortillas, muffins, crackers, pasta, rice cakes, high fiber cereal.

Milk and Alternatives: Milk (1% or 2%), yogurt, cheese, cottage cheese.

Meat & Alternatives: lean chicken, turkey, beef or pork; lentils, beans, peanut butter, eggs, tofu.

Choose most often:

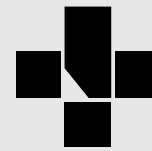
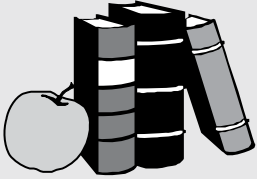
- ✓ Foods that are not artificially flavored, coloured or processed
- ✓ Foods that are not deep fried
- ✓ Foods or beverages with very little or no added sugar.
- ✓ Foods low in salt or sodium
- ✓ Remember adequate fluids. Water is ideal!



Lunch Ideas



The Day	The Filling	The Crisp	The Sweet	The Smooth
Monday	Ham & cheese tortilla wrap	Carrot Sticks	Banana	Apple Juice
Tuesday	Chili with a dinner roll	Green pepper strips	Cantaloupe	Yogurt
Wednesday	Chicken salad sandwich on rye	Cucumber slices	Canned peaches	Cheese string
Thursday	Tuna sandwich on kaiser roll	Celery & Cheese	Sliced oranges	Vegetable soup
Friday	Hummus & mini pitas	Cherry tomatoes	Fresh apple	Milk/chocolate milk



Welcome back to another school year!

Hopefully everyone has had a relaxing and enjoyable summer. I am looking forward to being out in the schools again and welcome any questions or comments you may have for your schools Public Health Nurse, Darla Fauth. I can be contacted by phone at 502-8408 or by e-mail at darla.fauth@albertahealthservices.ab.ca

Have a safe, healthy, and happy school year.

Darla Fauth, PHN
Alberta Health Services



Students with medical conditions

Students with chronic medical conditions such as diabetes, asthma and severe allergies can and do lead a normal childhood. Some tips parents can follow to help keep their child safe and healthy are:

- Inform the school of their child's condition
- Provide a MedicAlert® bracelet for their child
- Provide the school with current medical instructions as recommended by their physician
- Provide the school with up-to-date auto-injectors and keep them current
- Provide information to school and teachers as requested
- Participate in the development of an emergency response plan for their child

For more information, contact your school's public health nurse or discuss with the school principal.

For information on

Allergies/Asthma www.aaia.ca

Anaphylaxis www.anaphylaxiscanada.ca

Diabetes www.diabetes.ca

Walking School Bus

Is traffic congestion a problem around your school? Why not consider a Walking School Bus as a way to reduce traffic congestion and get more students walking to school safely?

A Walking/Cycling School Bus is an organized program that sees students walking or cycling to and from school in a group along a designated route under the supervision of an adult volunteer.

SHAPE Alberta (Safe Healthy Active People Everywhere) can enhance your school travel planning with print resources, workshops, and presentations made to your school or community.

<http://www.shapeab.com/WalkingSchoolBus.asp>

Why Pack a Healthy Lunch?

Most parents would agree that healthy foods will help make their child's body strong and healthy but healthy foods are also important for thinking and can help a child do better at school.


Be sure to pack something from each group of Canada's Food Guide. Include such foods as fresh fruit and vegetables, whole grain bread, lean meat and alternates and low fat dairy products. These foods contain vitamins, minerals and energy to fuel a child's body and brain throughout the day. Keep treats like candy, chips and pop to a minimum so children will not fill up on these and miss out on the nutrients they need.

For more information on healthy eating check out:

www.everactive.org/healthy-eating

October 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 INIRAVRAIS BEGIN Fire Prevention Assembly 1pm Grade 5 Immunizations	4 SCHOOL COUNCIL MTG 7:00 PM	5 International WALK TO SCHOOL DAY	6	7 No School District PD day	8
9	10 NO SCHOOL THANKSGIVING DAY 	11	12	13	14	15
16	17	18	19	20	21 SPIRIT DAY LUNCH AND ASSEMBLY	22
23	24	25	26	27 HALLOWEEN DANCE	28	29
30	31 HALLOWEEN ACTIVITIES PM ONLY					

OCTOBER 2011

All color groups (12:10-12:35pm)

Monday JUNIOR (grade 1 &2)	Tuesday INTERMEDIATE (grade 3&4)	Wednesday SENIOR (grade 5&6)	Thursday GRADE 1-3	Friday GRADE 4-6
3 Crab soccer	4 Big Net Soccer	5 Soccer	6 Open Gym (Grade 1-3)	7 NO SCHOOL
10  NO SCHOOL	11 Balloon volleyball	12 Volleyball	13 "Make-up Day" Junior (Grade 1&2) Balloon Volleyball	14 Open Gym (Grade 4 -6)
17 Big Net Soccer	18 Two Net Soccer	19 Soccer	20 Open Gym (Grade 1-3)	21 SPIRIT DAY No Intramurals
24 Balloon Volleyball	25 Volleyball	26 Volleyball	27 Open Gym (Grade1-3)	28 Open Gym (Grade 4- 6)
31  No Intramurals				