



September 2011

Principal's Message

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Principal

Mr. Darren Sweeney

Assistant Principal

Mr. Darrell Regehr

Superintendent of Schools

Mr. Edgar Schmidt

Board Chair

Mr. David Colburn

Ward C Trustee

Mr. Christopher Spencer

Dear Parents,

The first month of school has been very exciting. Our enrollment numbers are strong, we have retained most of our staff members, our achievement results were excellent and students have been working diligently in their studies.

We have a dedicated staff that is continually going the extra mile as they strive to ensure that **all** kids succeed in a Christ centered learning environment. Under the umbrella of a Christ centered learning environment, we believe that high academic and behavioral standards coupled with strong teaching strategies are the key to student achievement. As students succeed, their sense of self worth and value is positively impacted.

We encourage parents to be actively involved in their child's education and in the life of the school. We know that parents play a key role in helping their children to develop the attitudes they need to experience success at school. We also encourage and welcome the non-parent and business community to become involved. One of the areas where we need some parents to become involved in is on our School Council. If you would like to serve on the School Council please call me or come to our first meeting on Monday, September 26th at 7:00 p.m. Stefanie Thera is our School Council Chairperson.

Some exciting changes have occurred at Meadowlark Christian School over the summer that are all meant to enhance the learning opportunities and environment for your child(ren). Our library was repainted and new carpet was installed. A wireless network was also installed and there are hard wired access points in each classroom and most work spaces. Students and staff are now able to use wireless devices anywhere in our building. We also took delivery of 24 Dell netbooks for students and staff. These will be available for student use very soon. These enhancements have all been made possible through the funds raised by MCS Shines events over the last several years.

We look forward to an exciting new school year.

Mr. D. Sweeney

LEARNING through academics **LIVING** in Christ **LEADING** by serving others **LOVING** with strength of character

Campus Crusade For Christ (Breakthrough Prayer Ministry)

We are a group of parents at Meadowlark Christian School who are members of Campus Crusade For Christ (Breakthrough Prayer Ministry), which is dedicated to encouraging and supporting schools through prayer. Anyone is welcome to join us for prayer Tuesday mornings at 9:00, upstairs in the staff room, to pray for the students and staff.

If you are interested in finding out more or have any prayer requests please give Carol Milner a call at 780-470-3659 or email at milners@airsurfer.ca

Get to know your Ward C Trustee, Christopher Spencer:

<http://www.epsb.ca/trustees/ctrustee.shtml>

We welcome Barbara Gotaas as our new hot lunch coordinator. Look for forms to be coming home soon!



Cheques Payable To:

Please check correspondence information any time fees are required, to ensure that cheques are made out to the correct payee. Failure to do so will result in the cheque being returned for correction before it can be processed. When you are paying fees for Registration, Alternative Program or Mexico Mission, cheques must be made payable to **MCS Foundation Ltd**, not Meadowlark Christian School or MCS. Most other cheques for field trips, bus fees, and fundraising are made payable to **Meadowlark Christian School**, not MCS.

Thank you for your cooperation in this matter.

Pull-Tab Project for Children with Diabetes

The Pull-Tab project is sponsored by the Lion's Club who convert the tabs collected into dollars which are managed by the Pediatric Diabetes Education Centre at the Stollery Children's Health Centre. By pulling the tabs, you can help a parent buy life-sustaining diabetes equipment and supplies for their child. Daily blood sugar testing and insulin injections will cost at least \$3400 every year for life. Yet if children have the tools they need to manage their diabetes and to stay healthy, they can avoid the terrible side effects of diabetes.

Also, by pulling the tabs, you can help send a child to diabetes camp. Many children with diabetes feel alone. Many feel that no one understands what it's like to live with diabetes. Can you imagine poking your finger to check your blood at least four times every single day forever? Can you imagine having to take at least two insulin injections every day? Can you imagine always having to eat only the right kind of food, only the right amount of food, and only at the same times every day? Can you imagine being the only one in your family, school, neighborhood or community who has to live like this? Would you like to help a child with diabetes spend just a few days every summer feeling "just like a regular kid"? At camp, all the kids are doing finger pokes and insulin injections and following a meal plan. At camp, the child with diabetes is not alone and someone does understand, completely.

So . . . keep those pop can tabs coming! These tabs, though insignificant in small amounts, become a lifeline to a child when collected in large amounts. The tabs help those families that are not able to cope with the costs that Type 1 Diabetic care has, enabling a child to have the tools necessary to survive this disease.

Thank you for your contributions,
Corrine Timmer



Uncles & Aunts at Large (Edmonton Area) Society is pleased to offer the SNAP® program to Edmonton schools. Stop Now and Plan (SNAP®) is an award winning evidence-based program helping children and their parents deal effectively with anger by teaching them how to respond in a way that makes their problem smaller, not bigger.

The SNAP® Program helps children with potentially 'at risk' behaviours to strengthen constructive planning and decision-making skills. Since September 2009, we have worked with a variety of challenging behaviours. Many children in our program have not expressed significant antisocial behaviour at school but were in need of extra individual and family support.

The program focuses on providing families with additional support, a sense of belonging, and a positive community experience conducive to learning and building new skills.

This September a new group of boys and girls will meet with a trained team to complete this internationally recognized 12-week program. Additionally, the SNAP® program offers a parent education component which helps parents develop positive parenting skills, individual, and community support.

Uncles & Aunts at Large is currently looking for boys and girls ages 6-11 who would benefit from the program. The program is offered at no cost to participants.

For more information, or to register for the fall program, please contact the **Uncles & Aunts at Large office (780-452-5791)**.

For more information on SNAP® check out the website at <http://www.stopnowandplan.com>



Free Admission Day Is a Thank You To Families in Edmonton!

Sunday, September 25, 2011 – 10:00 am – 6:00 pm

The City of Edmonton, in partnership with the YMCA, is hosting the annual "Free Admission Day" on Sunday, September 25th, 2011 from 10am to 6pm. This event is a thank you to Edmontonians and a celebration of recreation in our city.

Kids can visit Lucy at the Zoo, take a train back in time at the Fort, play in the Tegler Discovery Zone at the John Janzen Nature Centre, skate or visit one of many pools and gyms located throughout Edmonton. See the long list of participating facilities below!

Visit www.edmonton.ca for more details about Free Admission Day, call 311 or email 311@edmonton.ca.

Free Admission Day Participating Facilities 2011	
FACILITY	FREE ADMISSION DAY HOURS
City of Edmonton Archives at Prince of Wales Armouries	10 am – 6 pm
Fort Edmonton Park	10 am – 6 pm
John Walter Museum	10 am – 6 pm
John Janzen Nature Centre	10 am – 6 pm
Muttart Conservatory	10 am – 6 pm
Edmonton Valley Zoo	10 am – 6 pm
City Arts Centre	10 am – 6 pm
Londonderry Arena	10 am – 6 pm
Mill Woods Arena	10 am – 6 pm
Kinsmen Sports Centre	10 am – 6 pm
Jasper Place Fitness & Leisure Centre	10 am – 6 pm
Londonderry Fitness & Leisure Centre	10 am – 6 pm
Mill Woods Recreation Centre	10 am – 6 pm
St. Francis Xavier Sports Centre	10 am – 6 pm
Tenwillegar Community Recreation Centre	10 am – 6 pm
YMCA – Don Wheaton	10 am – 6 pm
YMCA – Jamie Platz	10 am – 6 pm
YMCA – William Lutzky	10 am – 6 pm
YMCA – Castledowns	10 am – 6 pm

Welcome/Tawow to The Gift of Reading



Practical strategies that are real and achievable for every family... a great way to kick off *READ IN Week* (October 3 - 7, 2011).

Edmonton Public Schools' Partners in Education program is pleased to present an evening with David Bouchard: storyteller, literacy advocate, recipient of a 2009 Order of Canada award and Métis author of over 50 books. David is very clear in teaching parents and families how a person becomes a reader. And he offers strategies that are real and achievable for every family.

David says: "The greatest gift we can give our children is the gift of reading and there is no magic in giving it. There is no toy or program that will do the job for us. It takes time, commitment and most of all, fire. We cannot hope to light a fire in the hearts of others without a fire burning in our own. Light and stoke yours, then spread the flame fast and furious. Let literacy be your legacy."

For more information about David, visit www.davidbouchard.com.



Monday, October 3, 2011 from 7 to 9 p.m. (refreshments in the Atrium to follow)

**McCauley Chambers
Centre for Education, One Kingsway**
(Blue building across from the Royal Alexandra Hospital)

There is **FREE underground parking** (front of building, down the ramp)

Sign-in begins at 6:30 p.m. Session begins promptly at 7 p.m.

This event is **FREE**, but space is limited so pre-registration is required. Please note that this session is for adults only.

To register online, visit tinyurl.com/Gift-of-Reading or call Kim McEwan at 780.429.8040 to register by phone.

Please check out and share our Facebook event page with others tinyurl.com/EPSP-GiftOfReading.

Visit our website at www.epsb.ca/familiescommunity for more information on how Edmonton Public Schools is working together with families and communities.

Note: Photographs may be taken at this event, which may be used on the District's website and in other publications.

Public board meetings at the Centre for Education, One Kingsway



Ward A Cheryl Johner	Ward B Ken Shipka	Ward C Christopher Spencer	Ward D Dave Colburn	Ward E Heather MacKenzie	Ward F Michael Janz	Ward G Sarah Hoffman	Ward H Catherine Ripley	Ward I Leslie Cleary
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Edmonton Public Schools' Board of Trustees

invite you to participate in the board policy review process and attend board meetings to stay aware of matters affecting the school district. As parents and community members, you play an important role in supporting public education.

Visit us online:

BOARD MEETING AGENDAS / COPIES OF REPORTS are posted the Wednesday prior to each meeting at www.epsb.ca/board/agenda.shtml.

If you can't join us in person, you can watch the webcasts of the board meeting at www.livestream.com/edmontonpublicschools.

You can also join us on:



WE WANT YOUR FEEDBACK ON POLICIES

To view policies under review, click on the "Give us your feedback" button at www.epsb.ca.

SEPTEMBER MEETINGS

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER MEETINGS

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Note:

- The annual Organizational Board Meeting takes place on September 13, at which Trustees determine their roles and responsibilities for the 2011-2012 school year.
- Board meetings will begin at 2 p.m. for the 2011-2012 school year.

Please note: The schedule of board meetings is subject to change. If you wish to confirm the date of a particular board meeting, contact the Board Office at 780-429-8021. Free underground parking is available.

Alberta Health Services works together with parents, schools and community agencies to provide a range of coordinated health services for school age children and their families. Our common goal is to improve students' health and learning outcomes. A variety of health services are provided.

Nursing

Promoting Health

Registered Nurses work with school staff and families to:

- support teachers with their core health education curriculum such as sexuality, hygiene and body image
- provide health resources for teachers
- assist with referrals for health concerns such as vision and hearing
- link children / families with community agencies
- promote health in areas such as: Healthy Eating, Active Living, Mental Health, Injury Prevention, Tobacco and Addictions prevention and reduction, Dental Health and Sexual Health

Communicable Disease Control

Registered Nurses also provide:

- communicable disease follow-up for students and staff
- infection control consultation
- influenza disease surveillance through monitoring of school absenteeism rates

Immunizations

Registered Nurses and Licensed Practical Nurses provide the following immunization to school students:

- Grade 1: Diphtheria, tetanus, pertussis, (whooping cough) polio, and measles, mumps, rubella for children who have not had a booster dose between 4 and 6 years of age
- Grade 5: Hepatitis B immunization
- Grade 5 & 9: Human Papillomavirus immunization program for girls
- Grade 9: Diphtheria, tetanus, pertussis (whooping cough) immunization booster, meningococcal (Groups A, C, W-135Y) conjugate vaccine
- Tuberculosis Skin Testing for students who have come from an endemic area within the past year
- Immunization for children in kindergarten is provided at Public Health Centers. It is preferable that immunization for diphtheria, tetanus, pertussis (whooping cough), polio and measles, mumps, rubella is done prior to beginning kindergarten.

Dental Health

In all schools:

Consultations can be arranged for children with suspected dental concerns and assistance in finding a dentist may be provided if needed.

In designated schools:

Dental screenings and fluoride varnish application for Kindergarten – Grade 2 Students and follow-up with parents of Students with urgent concerns.

Speech and Language

Research shows that speech and language skills are best learned everyday, in every way. Therefore, Speech, Language, Pathologists (SLP) and SLP Assistants work with parents and school staff to promote everyday opportunities to learn and use speech and language skills.

SLPs can provide support to students, families and teachers in a variety of areas, including:

- understanding words and sentences (e.g. following classroom instructions and routines, learning new vocabulary)
- using words and sentences to express themselves (e.g. telling stories, participating in classroom discussions, relating to friends)
- pronunciation
- pre-reading and sound awareness skills (e.g. rhyming, breaking words into sounds, etc.)
- stuttering, voice and resonance concerns

We offer a broad range of services, including:

- assessments (to identify students' strengths and needs)
- general suggestions and tips for encouraging speech and language development
- workshops for parents and teachers
- in-class sessions on particular topics
- consultation to parents and teachers
- direct intervention for those students who require more specific support

For more information, please talk to your school, or call 780-735-3030.

Occupational Therapy

OT's in the schools collaborate with parents, teachers, students and other health professionals to help students in the areas of:

- written communication
- school routines
- managing belongings
- engagement in learning
- play and social skills

How can OT help?

- model strategies for teacher and parent
- adapt teaching strategies to meet various learning preferences, i.e., visual, kinesthetic, auditory
- integrate motor development into curricular lessons
- bridge between education and health information
- share information and resources with families and school staff
- liaise with school resource staff

Types of Service

- classroom programs
- teacher / parent workshops
- group intervention
- individual supports

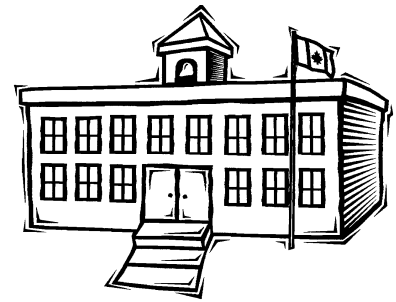
For more information, talk to your school, or call, 780-408-5881.

The Alberta Health Services website provides up to date health information, resources and forms relating to school health.

<http://www.albertahealthservices.ca/edmschoolhealth.asp>



Alberta Health Services



Health News for Parents
Edition 1 September 2011

West Jasper Place School Health Team
Phone: (780) 342-1285

Immunization at School

Your school health team is working hard planning and preparing for the three immunization rounds in grades five and nine. We rely on the co-operation of school staff and parents to make our school immunization program successful.

- Your school has confirmed the three dates that we will be visiting your school. Staff has been hired to facilitate the administration of the needles. Before you book any future events for grades 5 or 9, please check your events calendar.
- Our first round of immunizations will start in mid-November 2011 and round three will finish in June 2012.
- Immunization consents will be distributed at your school mid-October.
- Please ensure all students return their signed consents or the child can not be immunized.

Any parent/guardian, who declines immunization for their child, must provide the school nurse with a written note and a day time telephone/cell number.

Influenza Immunization

- All individuals older than six months of age qualify for an annual influenza immunization. Influenza is part of the regular immunization schedule.

- All families are urged to have their yearly influenza immunization.

Influenza immunization in the west-end will start October 17, 2011 at the WESAC. (West End Seniors Activity Centre). Please plan to attend.

Urgent News! Wellness Funding Available!

There is a new call for the Healthy School Community Wellness Grants. The timelines are short, so please submit a proposal before the grant deadline, **Tuesday October 18, 2011**, before 4 P.M. **Here's the website link for more info and the application forms:** http://www.achsc.org/wellness_fund.htm

Healthy Eating Active Living

- New school year, new lunch menu! It is time to shake things up and try something new!

Visit www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-whats-for-lunch.pdf. For ideas including healthy hot lunches, unique sandwich ideas and kid friendly recipes.

Teacher's Resource List

- School Health Services can help teachers and parents with health information, resources and support in addressing health issues for children and youth. The following pages offer a one-stop resource centre that can guide teachers and parents to the start line.

Visit <http://www.albertahealthservices.ca/edmschoolhealth.asp> -The list will be under "**School & Teacher Resources**" in the left column.

Head Lice Awareness

- What to Do. How to Do it. Things you can do to scratch out Head Lice!

Visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwId=hw51114> additional information can be found in your "**Healthy Schools Information and Resource Manual**" Section 8 "Head Lice".

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 First day of classes	2	3
4	5 Labor Day No school	6	7	8 Commissioning Service at St John's Cultural Centre 3:30-6:00 pm	9	10
11	12	13 Gr. 5 & 6 to Gymnastics	14	15	16	17
18	19	20 Gr. 5 & 6 to Gymnastics	21	22 MCS Foundation BBQ/Parent Meeting	23	24
25	26	27 Gr. 5 & 6 to Gymnastics <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">JH Youth Retreat</div>	28 Elem. Run: Millwoods Park @ 4:45	29 Cross-country practice- 2:20-4 pm	30	

Important Dates to Mark on Your Calendars

- October 3-7-Read In Week "All Ages, All Stages"
- October 4 - Jr. High Run, Snow Valley 4:15 pm
- October 5 - World Teacher's Day
- October 10 - Thanksgiving Day - no school
- October 15 - CAHPER Run, all grades, 11-3 pm
- October 13 - School Photo Day
- October 20-21 - ACSI Convention-regular school day for students
- October 31 - Crusaders Got Talent