



## Principal's Message

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Principal

Mr. Darren Oskoboiny

Assistant Principal

Mr. Darrell Regehr

Superintendent of Schools

Mr. Darrel Robertson

Board Chair

Ms. Sarah Hoffman

Ward C Trustee

Mr. Christopher Spencer

Dear Parents,

Wow! For me the first month of school seemed to come and go in a blur and I am sure that many of you feel the same way. As both a parent of two children in school and a teacher, I find the month of September always a very busy time. Some events on the September MCS calendar included: assemblies, field trips, the MCS Family BBQ, school photos, Fall Youth Retreat at Camp Nakamun, Parent Council and Class Theme day. I have met many people associated with this wonderful school and the message I hear from Meadowlark Christian students, parents, and community members is consistent: Meadowlark Christian is a great school!

Thanksgiving is a short time away and when I reflect back on my first month here, I realize I have so much to be thankful for:

- A staff that is committed to ensuring that all students will be successful.
- Parents who volunteer their time and energy supporting the mission of this school.
- Students who are striving to do the best they can and who demonstrate through their behaviour a commitment to Learning, Living in Christ, Leading, and Loving with strength of character.
- The MCS Foundation whose board members support the mission and values of our community.
- Excellent achievement and survey results!
- People who pray for us, the work we do, and the people of our community.

These are only a few of the many things we all have to be thankful for and I hope that no matter how busy life is, you take a moment to be thankful for all your blessings. Ephesians 5:20 reminds us to give thanks always for all things to God the Father in the name of our Lord Jesus Christ.

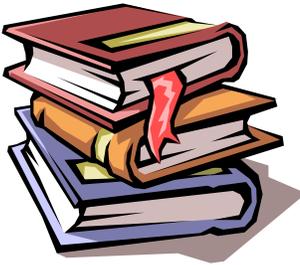
Darren Oskoboiny  
Principal

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

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## Scholastic Bookfair

Join us on Tuesday, October 29 and Wednesday, October 30th from 3pm to 7pm in the MCS Library for a Scholastic Book Fair. This is a great opportunity to get some reasonably priced books into the hands of your readers while at the same time supporting MCS. We make a 40-50% profit on every book sold, which helps get more books into MCS classrooms and in the library. Thank you in advance for your support.



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Get to know your Ward C Trustee, Christopher Spencer:

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

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## Hot Lunch

The first hot lunch is Dairy Queen on October 17.



## Parent/Teacher Conferences

Parent/Teacher conferences will be held on Tuesday, October 29 from 3:45 - 6:45 pm and Wednesday, October 30 from 3:45 - 6:45 pm.

Parents of students in kindergarten through grade 6 must call the office to schedule an appointment with each teacher they would like to see. Junior High conferences are in the gym on a first come/first served basis.

## SchoolZone

SchoolZone is the delivery method of choice for providing school information to parents and students. Access to monthly newsletters, Provincial Achievement test results, HLAT results, IPP's, Interim Reports, Progress Reports, school news, and homework are some of the many things available for viewing through SchoolZone.

### Remember to check for:

- the monthly school newsletter will only be available on SchoolZone.
- Progress Reports will be posted to SchoolZone in the Student Profile tab. The first progress report will be posted on November 22. No paper copies will be printed.
- Transportation route changes are posted to SchoolZone in the Student Profile tab. Parents of students whose route has changed will be notified via email indicating a change. Information can then be accessed through SchoolZone.

If you experience problems logging on to SchoolZone, please contact Susan in the school office, for assistance.

## Field Trip Fees

Over the course of the school year your child will be involved in many field trips or activities for the purpose of enhancing the curriculum. Edmonton Public School Board policy stipulates that "schools may charge students or their parents fees to cover costs such as field trip transportation, admissions, subsistence, and use of facilities."

Edmonton School Board Policy also states that, "funds collected to pay for field trips shall be itemized and accounted for separately from other fees." We use District software called FMS (Fee Management System) to track the fees for each student to ensure that the fees collected from a student are utilized for *that* student. If a student does not attend a trip or participate in the activity, the fee will not be taken out of their field trip fee account. A reconciliation of each child's field trip fee account will be provided to parents at the end of each school year and any outstanding balances will be returned to the parent.

Based on trips that have traditionally occurred, we calculated that a field trip fee of \$100/per student will cover the costs of field trips for this year. Please make out your cheques to **Meadowlark Christian School**. These cheques will be due by Thursday, October 31<sup>st</sup>.

## MCS Foundation

### Cash Payments:

Please note that if you are paying fees by cash we require you to submit the exact amount as we do not keep change on hand in the office. **The preferred method of payment for Alternative Program fees is either by preauthorized bank withdrawal (PAW) or cheque.** If you would like to set up a preauthorized withdrawal for your account please contact our Business Manager, Sandra Di Cesare, at the school.

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Need some easy Christmas gift ideas? Want to support MCS at the same time?

Watch for School Council's gift card fundraiser coming early in November.

Gift cards for purchase include: Starbucks, iTunes, Aeropostale, Gymboree, Bath and Body Works, Safeway, Sobeys, Pottery Barn, Esso, Sears, Montana's, Swiss Chalet, Cineplex, and many, many more. We earn a percentage from every gift card purchased. Order forms will go home early in November, with gift card delivery the first week of December.

### **Anti-Idling Bylaw**

As you may know, City Council passed a bylaw in May that prevents vehicles from idling in designated areas near schools and hospitals. The bylaw took effect on January 1, 2013. The bylaw only applies when the temperatures rise above zero degrees Celsius. Under the bylaw, drivers cannot idle for more than three minutes within any thirty minute period when parked in an area designated as no idling. Bylaw exemptions apply to vehicles licensed to provide public transport, such as school buses and taxis; emergency vehicles; and vehicles transporting medically fragile people.

We all deserve clean air. With your help, we'll be able to create a healthier environment for our students and school communities.

**Thank you in advance for your co-operation!**

### **Parking**

Meadowlark Christian School has plenty of room to drop off students safely as long as drivers are courteous, take their time and follow some basic driving rules/laws.

Some important safety considerations to keep in mind:

- don't double park
- only park/stop in zones that are legally safe to park/stop in (i.e.- don't park in "Bus", "No Parking" or "Handicapped" zones)
- pull over to the curb to drop students off
- do not perform U-turns anywhere near the school
- do not park or stop in the staff parking lot

It is very convenient to park in the front of the school to drop your child(ren) off, but please consider other, less congested and safer areas to drop them off. The east side (157 street) of the school is a good drop off zone. It is not as busy, there is a gate that children can enter the field and you are able to watch your child(ren) all the way to the playground. The north side (99 avenue) of the building is also a good alternative to the front of the building. Please keep in mind that bylaw officers make regular rounds of schools although we haven't seen one yet this year. If one visited our school, they would be able to issue many tickets on a daily basis. Most of these tickets would be for parking in the restricted areas that have been mentioned above.

### **Cookie Dough Fundraiser**

As you know, this year we sold cookie dough and muffins as our fundraiser for grades 1 to 9. The students sold boxes of pre-formed and packaged cookie dough. The fundraiser was a huge success as we sold well over 2000 boxes of cookie dough and made over **\$18,000** for our school!

The last step of this fundraiser is to actually deliver the product to those who purchased the cookies. The cookie delivery date to the school will be:

**Thursday, October 17<sup>th</sup>**

We are expecting delivery around 9:30 am so that we can have all of the boxes sorted and ready to go by dismissal at 2:10pm. If your child sold any boxes of cookies they will need to be picked up at the school on this date. Please do not request early pick up on that day as we will need the time to organize the 2000+ boxes.

**We need volunteers** to help sort the boxes of cookie dough on Oct. 17th. Please contact me if you can help with the final leg of this project.

Thanks again to all of those who worked so hard to make this fundraiser a success.

Mr. Regehr

If you have any questions please contact me at [darrell.regehr@epsb.ca](mailto:darrell.regehr@epsb.ca) or phone 780-483-6476.



*Milk is well-known source of vitamin D.*

## Are You Getting Enough Vitamin D?

Vitamin D helps build strong bones and teeth.

Children and adults can get vitamin D from food, supplements (pills), and sometimes from the sun. If children don't get enough vitamin D, they can develop a disease called rickets (soft bones).

The following foods have vitamin D:

- Cow's milk and fortified soy beverage
- Fatty fish, such as salmon, herring, rainbow trout
- Egg yolk
- Margarine
- Yogurt that is fortified with Vitamin D.

*Canada's Food Guide* recommends that everyone aged 2 and up drink two cups (500 ml) of fluid cow's milk or fortified soy beverage daily to help meet vitamin D needs. Two cups of cow's

milk or fortified soy beverage provides about 200 IU (international units) of vitamin D.

It's not possible to safely get all the vitamin D we need from the sun (tanning beds are not safe either) and it may not be possible to get enough vitamin D from food sources alone.

Therefore, everyone needs to get vitamin D from food and supplements. In Alberta it is recommended that children and adults (1-70) take a 400 IU vitamin D supplement and get 200 IU of vitamin D from food, each day.

When choosing a vitamin D supplement, always read the label and **ensure you give the right amount**. Check with your health care provider if you have questions.

## Have a safe and healthy Halloween!



Halloween can be an exciting time for children and with the distraction of candy and costumes, it's easy to forget how to keep Halloween safe and healthy. Here's some simple tips:

### *From flossing teeth ...*

- Limit candy-eating to once or twice a day.
- Have children age three and up brush with fluoridated toothpaste twice a day. Help children aged 8 and under with brushing.
- After eating Halloween treats make sure your child brushes with fluoride toothpaste.
- Floss daily.
- Eating a piece of cheese after Halloween snacks helps neutralize the sugar in the mouth.

### *... to crossing the street!*

- Children under the age of nine should be accompanied by an adult or responsible older child.
- Teach your child to stop at the curb, look left, right and left again, and to listen for oncoming traffic.
- It's unsafe to cross between parked cars or other obstacles.
- Stay on the sidewalk or path when walking from house to house and if there is no sidewalk, walk beside the road, facing traffic so drivers can see you.
- Select costumes with bright colours to increase your child's visibility and choose face paint instead of masks.

*Visit [www.parachutecanada.org](http://www.parachutecanada.org) for more information on how to make this Halloween your safest one yet!*

# October

| Sun                                     | Mon                                | Tue | Wed | Thu   | Fri                              | Sat                      |
|---|------------------------------------|-----|-----|---|----------------------------------|--------------------------|
|   |                                    | 1   | 2   | 3   | 4<br>Hot lunch orders due        | 5<br>World Teacher's Day |
| 6                                       | 7                                  | 8   | 9   | 10  | 11                               | 12                       |
| Read In Week                            |                                    |     |     |   |                                  |                          |
| 13                                      | 14<br>Thanksgiving Day - no school | 15  | 16  | 17<br>Hot Lunch<br>Cookie Dough pick up after dismissal | 18<br>Interim Report #1 - gr 3-9 | 19                       |
| 20                                      | 21<br>Photo retake day             | 22  | 23  | 24  | 25                               | 26                       |
| 27                                      | 28                                 | 29  | 30  | 31  |                                  |                          |
| Parent Teacher Conferences 3:45-6:45 pm |                                    |     |     |   |                                  |                          |



## Important Dates to Mark on Your Calendars

- November 1 - PD Day - no school for students
- November 8 - Remembrance Day Chapel
- November 11 - Remembrance Day - no school
- November 21 - Hot Lunch day
- November 22 - Progress Report #1 posted to Schoolzone