MCS Meadowlark Christian School

November

Principal's Message

HOW TO CONTACT US

Office: 780-483-6476

Fax: 780-487-8992

Email:
MeadowlarkChristian@epsb.ca

Mail:

9825 - 158 Street,
Edmonton, AB

T5P 2X4

School Website:
http://www.k-9christian.com/

Principal
Mr. Darren Oskoboiny

Assistant Principal
Mr. Darrell Regehr

Superintendent of Schools
Mr. Darrel Robertson

Board Chair
Ms. Sarah Hoffman

Ward C Trustee
Mr. Orville Chubb

Dear Parents,

November has arrived and once again we made it through the month of October without snow on the ground! Having this great weather is such a blessing as it allows our students to continue playing outdoors and being active, during their recess breaks and in their physical education classes - which I know has a very positive impact on their learning, health and overall well-being.

I want to thank all of the parents and guardians who have already pre-booked their parent/teacher interviews upcoming on Tuesday, November 4 & Wednesday, November 5, from 3:45 p.m. – 6:45 p.m. If you haven't yet called the office to schedule interviews, please do so as we value your partnership in education and the support you give to your children and to the staff at Meadowlark Christian School. I also want to take this opportunity to remind you that the first full progress report card for this year will be posted to SchoolZone on Friday, November 28. Please also remember that we will be having an extended fall break this year with no school on Friday, November 7 through Tuesday, November 11.

A chapel will be held on Thursday, November 6 starting at 10:40 a.m. to observe Remembrance Day. This provides us with an opportunity to reflect and honour the sacrifices of all those who have served this great country in past conflicts and who continue to work for peace today. Recent world events and tragic stories in Ottawa and Montreal remind us of the sacrifices made by others to keep our world free and safe. At MCS, we teach our students to be empathetic Christian leaders in our society - dedicated to seeking peace, justice, hope and charity. Christ taught us a message of peace, modelled respect for others and to value the dignity and worth of every person. Pray for these values to prosper in our community and also for those parts of our world where currently there is no peace.

"Lest we forget"

Darren Oskoboiny
Principal

Scholastic Bookfair

Join us on Tuesday, November 4 and Wednesday, November 5 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.
Corinne Hansen
Bookfair Coordinator

Gift Card Fundraiser

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.

Hot Lunch

The next hot lunch is Subway on November 20.

Parent/Teacher Conferences

Parent/Teacher conferences will be held on Tuesday, November 4 from 3:45 - 6:45 pm and Wednesday, November 5 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.

Congratulations MCS!

The Cookie Dough Fundraiser has been a HUGE success this year. The school is buzzing with excitement as we sold 2368 boxes of cookie dough! That means we were able to make over $18,000!!!!
The money raised from this fundraiser will be used to enhance the educational needs of your child. We have already ordered 35 new Chromebooks and a storage/charging cart with the proceeds!!
We will also be tithing a portion of the profits to support local and foreign missions organizations.
Thank you for all of your hard work and go enjoy some freshly baked cookies!!!

Congratulations to the New Grade Nine Prime Minister

The grade nine class spent the first part of term one participating in a hotly contested election for their class Prime Minister. The class was divided into 12 ridings and the election process lasted for two weeks. During that time every student had to conduct a poll about the election, lobby each of the four candidates and write 2 separate articles concerning the election issues. It was an exciting time and I would like to congratulate Lauren D as she was elected Class Prime Minister. The grade nines are looking forward to the year with Lauren as their newly elected leader!
Congratulations Lauren!!!

Operation Christmas Child

The empty shoeboxes have arrived. The deadline to return the boxes to the school is: Friday, November 21, 2014. Together MCS is making a difference in our world! Thank you for your support of Operation Christmas Child and the MCS outreach mission.

Meadowlark Christian School Clothing Orders Being Accepted Now!

Your family should have already received an order form for school clothing, but if you did not these can be picked up at the office. If you would like to place an order, please ensure that your completed form is returned to school **NO LATER** than Friday, November 14th, (Elite has told us that this date will ensure a clothing delivery date before December 19th). Please include payment in full and make cheques payable to Meadowlark Christian School.
Our clothing campaigns have been developed to simply celebrate our school community. They ARE NOT fundraisers. Prices are as close to wholesale cost as possible after accommodating the shipping, handling and art costs billed to us by the manufacturers. If you have any questions, or would like to see sizing samples, please email shyann.ethier@epsb.ca. Thank you for being an important part of what makes Meadowlark Christian School a great place to be!

Alberta Health Services

Healthy Children
Parent Newsletter
November 2014

Healthy Parents, Healthy Children

Is your child a picky eater? How much screen time should you allow your 5 year old? When should you schedule your child's next check up? Alberta Health Services' *Healthy Parents, Healthy Children* print and online resources makes things simple.

Providing reliable, up-to-date information about pregnancy and being a parent in the early years (0-6 years of age), *Healthy Parents, Healthy Children* includes two books available for expectant parents in Alberta, plus a comprehensive online presence at HealthyParentsHealthyChildren.ca that includes webisodes, an e-magazine and other web-based tools. *Healthy Parents, Healthy Children* also provides support through social media on both Twitter and Facebook.

All resources were developed in partnership with parents, health care professionals and childhood development experts from across Alberta. As a result of this collaboration, these resources are relevant, credible and accessible to parents.

Through exploring the resources you will learn about topics such as:

- growth and development milestones
- nutrition and physical activity recommendations
- parenting at different ages

All of this information and much more is right at your fingertips. Please visit www.healthyparentshealthychildren.ca today; like us on Facebook at Healthy Parents, Healthy Children; and, follow us on Twitter @AHS_HPHC
For more information or to provide comments, please contact hphc@albertahealthservices.ca

Family Meal Time

Having healthy family meals can benefit you and your children. There is evidence to show that kids who eat with the family are more likely to:

- Eat a healthy, balanced diet
- Get good grades at school
- Have a healthy body weight

Tips for getting started:

- **Plan ahead** –Plan a weekly menu and use your menu to make a grocery list.
- **Make it quick and healthy** – Use frozen vegetables, canned beans, whole grain pasta, canned fish (salmon or light tuna) or bagged salads for quick meals.
- **Plan for leftovers** – Make a double batch and freeze the extra for a meal later in the week.
- **Make it a priority** – Choose a few days a week to be your meal days. Turn off cell phones and electronics during the meal so everyone can focus on the food and the family.

Family meals can become a tradition that your kids can learn to love and continue to do.

Concussion Prevention

Sport-related injury is the leading cause of emergency department visits in Alberta among teens aged 15-19 years[1]. Concussion is a common sport related injury that often occurs during hockey, football, skiing and snowboarding. A concussion is a brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect hit to the head or body.

After suffering a concussion, a person may experience many different symptoms. These may include, headache, ringing in the ears, nausea and/or vomiting, disorientation, emotional and personality changes, dizziness, poor balance and/or coordination, poor concentration, light sensitivity, irritability, fatigue and sleep complications. In order to reduce the risk of a concussion, encourage your teen to take the ***smart risk*** approach and ***look first*** when engaging in a risky activity, such as hockey. Preparation, good sportsmanship and fair play all help to reduce the risk of injury, including concussion.

Teens should also ***wear the gear***, such as a helmet that fits correctly and is secured on the head throughout the sport. Always replace your teen's helmet after impact or as instructed by the manufacturer. In high impact sports such as hockey, teens should wear a face and mouth guard. To manage a concussion, encourage your teen to take the ***smart risk*** approach and ***seek help*** from a coach, teacher or parent immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until it has been approved by their doctor.

For more information visit:

http://www.albertahealthservices.ca/InjuryPrevention/hi-ip-pipt-smart-risk-ahs-approach-teen-risk-mgmnt.pdf

Get Moving with the AMA Youth Run Club! *The Alberta Medical Association (AMA) Youth Run Club is a free, school-based running program designed to get children and youth active across the province. For more information on getting your child's school involved, visit: www.everactive.org/alberta-medical-association-youth-run-club*

Parents! You Have More Power Than You Know...Improve School Health Today!

Did you know your involvement at school can have a huge impact on the health of the *entire* school? If you have lots of time to commit, great! If not, take advantage of the simpler ways to make your child's school a healthier place. It's easier than you might think!

- Wave hello or have a quick, friendly morning chat with school staff.
- Support Physical Education, active classrooms, and active field trips.
- Encourage your teen to walk, bike, rollerblade, or skateboard to school (join them if they'll let you!).
- Be supportive of staff wellness programs – they are important role models!
- Nominate a student or staff member for a recognition award.
- Volunteer for a school event.
- Share a healthy fundraising idea with Parent Council.
- Talk to your teen about the qualities of a good friend.
- Lead by example; eat healthy meals as a family, participate in physical activities you enjoy, and demonstrate positive ways of handling stressful situations.

To learn more about the role of parents in school communities, visit http://www.healthyalberta.com/644.htm.

[1] Alberta Centre for Injury Control & Research, 2013

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Parent/ Teacher Conferences 3:45-6:45 pm Scholastic Book Fair	5 Parent/ Teacher Conferences 3:45-6:45 pm	6 Remembrance Day Chapel-10:40 am	7 Teacher Day Off-no school	8
9	10 Teacher Day-In-Lieu-no school	11 Remembrance Day-no school	12	13	14	15
16	17 School council meeting - 7 pm	18	19	20 Hot Lunch – Subway	21	22
23	24 PD Day-no school	25	26	27	28 Progress Reports posted to Schoolzone	29
30						

Important Dates to Mark on Your Calendars

December 11 - Christmas Concert at West Meadows Baptist Church-7 pm
December 15 - Immunizations Gr 5 & 9
December 18 - Hot Lunch-Booster Juice
December 20 - January 4 - Christmas Break
January 5 - classes resume