



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. Orville Chubb

Dear Parents,

Once again, the first month of school has come and gone in a blur, I know the month of September has 30 days, but they all seem to have blended together. Sometimes it feels like this might be the story of my life, perhaps you might at times feel the same way.

Stories have been at the front of my mind recently. Each week, a staff member leads a devotion and my first devotional with MCS staff this year focused on the importance of stories in our teaching. We discussed how Jesus recognized the importance of using stories to share his message, of how teachers use stories to help our students learn and the importance of listening to the stories our students have to share with us. The current sermon series at my church is based on The Story, an abridged, chronological version of the bible and this week's staff devotional had MCS staff sharing good news stories with each other.

The annual Fall Youth Retreat (FYR) for our junior high students was held at Camp Nakamun on September 21-23 and the theme this year was Speak Life: Hope, Love, Live. Workshops at this camp challenged our students to know their story, who they are in Christ and the importance for them to go out and encourage others with positive words and actions.

Meadowlark Christian School also has a story, a wonderfully positive story. It is the story of: a public school system embracing and supporting a Christian Alternative Program; the members of the MCS Foundation whose efforts support the building, our students, our staff and the Christian programming we offer; academic achievement and survey results that we can all be very proud of and finally of families whose commitment to their children and this school help make it the great school it is.

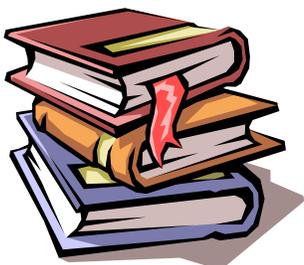
When I meet with students and families who are new to MCS this school year, I am so proud to hear how this wonderful community has welcomed them and we invite and encourage their active participation in the story of Meadowlark Christian School.

Darren Oskoboiny
Principal

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

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



Hot Lunch

The first hot lunch is on October 30.

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.

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 28. 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. In the past most of these field trips/activities were paid for by fundraising initiatives. These fundraising initiatives have not occurred in the last number of years and those funds have now been depleted.

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." At the office level we use a District software program called FMS (Fee Management System). This program tracks 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.

Elementary - 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 for the students in grades 1-6. Please make out your cheques to **Meadowlark Christian School**. These cheques will be due by Thursday, October 30.

Junior High - Due to the nature and variety of field trips that Division 3 students participate in, Junior High students will pay for field trips on a per trip basis. The amount for each individual field trip will be indicated on the field trip consent form.

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/stop 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 enter 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. 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 restricted areas.

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 23.

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 October 23. 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. If you have any questions please contact me at darrell.regehr@epsb.ca or phone 780-483-6476.

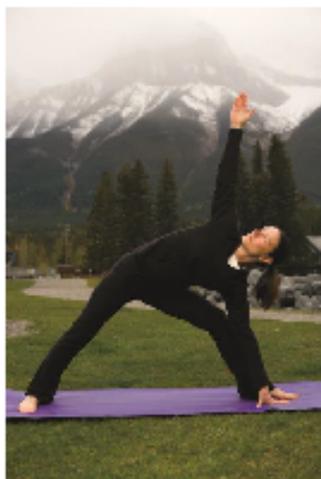
Mr. Regehr

MCS Foundation

In order to qualify for the lump sum payment discount, Foundation fees were due on September 30.

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.

Alternate Physical Activities



Are your kids tired of main-stream sports and looking for something new to try? There are many physical activity options that improve fitness and flexibility and help strengthen muscles. Here are some activities they could try:

YOGA - The practice of yoga is used to train your mind, breath and body to work together by moving through a series of postures and breathing exercises. The most common form of yoga is called Hatha. Benefits of yoga include improved flexibility, balance, range of motion and coordination.

ORIENTEERING - This sport is often called the 'thinking sport' because it involves map reading and decision making while being physically active. Participants have to navigate a course using a map and a compass in the shortest amount of time. Orienteering can be done by foot, bike, or skis. It includes relay, short, middle and long term races. In addition to improving fitness, other skills such as decision making under stress or fatigue, self confidence and problem solving are improved.

KICKBOXING - Kickboxing is a blend of several forms of martial arts. The most popular is called cardio kickboxing which combines the basics of boxing, martial arts and aerobics. Kickboxing helps improve stamina, flexibility and strength.

RACQUETBALL - A fun alternative to racquet sports is racquetball. Racquetball can be played as a singles sport (2 players) or a doubles sport (2 teams of 2 players). The goal is for players to alternate hitting the ball to the front wall, but the ball must be hit before it bounces twice. Racquetball is often thought of as an easier alternative to squash, as the ball and racquet are larger and the ball bounces more than a squash ball.

Reminder: Immunization consent forms will be sent home this month with Grade 5 and 9 students. Please watch for them!

As the best defense against influenza infection & illness, annual influenza immunization is recommended for all Albertans six months of age and older. For more information about immunization visit <http://www.albertahealthservices.ca/influenza.asp>

Fluoride and Your Teens Teeth

Fluoride is a mineral found in soil, water (both fresh & salt) and various foods. Fluoride is important because it prevents and can even reverse tooth decay that has started! Your teen can get fluoride from:

- Fluoride toothpastes
- Tap water with natural or added fluoride
- Fluoride mouth rinses
- Professional fluoride gel, foam or varnish treatments

Alone or in combination, these fluoride sources may be beneficial in prevention of tooth decay for your teenaged child.

Tips to obtain fluoride for prevention of tooth decay:

- Brush two times per day with a fluoride toothpaste
- Choose tap water with fluoride instead of bottled water
- Ask your dentist about fluoride treatments and use of a fluoride mouth rinse

For more information visit: <https://myhealth.alberta.ca> and search "basic dental care"

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Foundation BBQ & Meet the Teacher- 5:15 –8 pm	3 PD Day–no school	4
5	6	7	8	9	10	11
Read In Week						
12	13 Thanksgiving Day-no school	14	15	16	17	18
19	20 Photo Retakes School Council meeting-7 pm	21	22	23	24 Interim Report #1	25
26	27	28	29	30 Hot Lunch	31	

Important Dates to Mark on Your Calendars

- November 4 & 5 - Parent/Teacher Conferences - 3:45-6:45 pm
- November 6 - Remembrance Day Chapel
- November 7 - Teacher Day off - no school
- November 10 - Teacher Day-In-Lieu - no school
- November 17 - Parent Council meeting - 7 pm
- November 20 - Hot Lunch
- November 24 - PD Day - no school
- November 28 - Progress Report #1