



## 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,

Our mission at Meadowlark Christian School is to be a caring community committed to developing excellence in: **Learning** through academics, **Living** in Christ, **Leading** by serving others and **Loving** with strength of character. We would be challenged to fulfill this mission and vision without the support from many people who provide opportunities or who willingly share their time and talents with the students, staff and community of Meadowlark Christian School.

On Sunday May 10 it's Mother's Day, an opportunity to lovingly acknowledge the people who got us to where we are now. The impact mothers have had in each of our lives is profound and constant, whether it is as young children who rely on mom to meet all of their daily needs, or as adults who, while at times are less dependent, still can attribute aspects and characteristics of themselves as a direct result of their mother's love and guidance.

In this newsletter you will be able to read more about the life-changing grade 9 mission trip to Belize. During the 9 day duration of the trip, our grade 9 students, staff supervisors and parent volunteers were able to demonstrate leadership and love for others through serving the people in the area of Orange Walk, Belize. These young Christian leaders demonstrated how they live in Christ. By sharing their testimonies and faith, they had a positive impact on each other and the people they served in Belize.

On Thursday May 28, MCS will celebrate all of our amazing parent and community volunteers at our annual Volunteer Tea. From 8:45 a.m. until 2:30 p.m., all of our volunteers who served the school this year are invited to join us in the school library for refreshments and fellowship. The MCS students and staff want to take this opportunity to acknowledge and thank you for the leadership you have shown supporting the success of the most important members of our community - our students!

What do each of these three events have in common? They celebrate people whose contributions to both the school and to the broader world community define what our school's mission is about.

Darren Oskoboiny

Principal

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

### Hoop Camp

The sixteenth annual Hoop Camp will be taking place at West Edmonton Christian Assembly on **July 6-10**.

This camp is for girls and boys ages 7-14 years who enjoy basketball and want to improve their skills in a fun and encouraging environment. It is going to be another fantastic camp... you won't want to miss it!

Registration forms are available across from the main office, on SchoolZone under 'School News', or by e-mailing Kent Krikke at [kent.krikke@epsb.ca](mailto:kent.krikke@epsb.ca).  
*Register soon!!*

### Hot Lunch

The next hot lunch is Opa on May 21.



### Mission Trip

#### **BELIZE 2015**

#### **Find Yourself, Serving Others**

The grade nine Mission Team would like to say a huge **THANK YOU** to all of those who supported our Mission Trip through prayer and finances. We look forward to the opportunities coming in the months ahead when we can share our experiences and what God has taught us about Him, others and ourselves.

This year we embarked on a new adventure by hopping on an airplane and flying to Orange Walk, Belize! We had the opportunity to work hard at four different schools, pray and minister in a variety of situations and generally, spread God's Love through serving others.

The months of May and June will be busy as the grade nine students will be involved in several activities to continue the ministry of the Missions trip. They will be visiting their 'sponsoring' classes to tell them all about the exciting things that happened on the trip plus they have already hosted a Monday chapel at the school to share their experiences from the Mission. Along with these school activities there are a number of students who are sharing their experiences with their church families, youth groups and friends. We encourage you to take the time to chat with any of the members of our team to get a better insight into the value of a Mission trip like this.

If you need an ice breaker to get one of the Mission Team talking about the Mission trip just ask about things like: **working** on landscaping, making cement, cutting pipes, building fences, painting schools, refurbishing park benches, **worshipping** at a local church, at school chapels and on the Patio at the end of the day, **ministering** by hosting chapels at several schools, teaching Sunday school, street ministry in Orange Walk, reading with local children, sharing God's love on a Live National Radio talk show. Or inquire about our team praise and worship sessions every night, the plane ride home or the Mayan Ruins that we visited! They may even tell you about feeding the monkey, seeing the crocodiles or our encounters with some very friendly tarantulas!

God did many amazing things through the hard work and ministry of these wonderful grade nine students, and chaperones! Watch for student testimonials in the June Newsletter.

Darrell Regehr

#### **HOMEStay FAMILIES NEEDED**

Edmonton Public Schools' International Student Program works with Canada Homestay Network (CHN) to provide supportive homestay services to international students studying in our schools.

Can you provide a safe, welcoming and caring home environment for an international student between the ages of 15 and 18?

Homestay families are provided with orientation and support and receive a generous allowance as compensation for providing accommodations and three daily meals to an international student.

For more information and to complete a host family application, please visit the CHN website at: [www.canadahomestaynetwork.ca](http://www.canadahomestaynetwork.ca)

For questions please contact  
Shel Fraser at (780) 320-6479 ext. 2036  
or e-mail [eps@canadahomestaynetwork.ca](mailto:eps@canadahomestaynetwork.ca)

 The Canada Homestay Network  
for your Canadian Guest Family



### Outdoor Track and Field Team

Track and Field has started for grades 1-9! Practices for all athletes will be on Tuesdays from 3:35-5:00 and for grades 4-9 on Thursdays from 2:20-4:00. We will be training outside when weather permits. Information and registrations can be obtained on Schoolzone or at the office. I look forward to another incredible season!

Coach Timmer

## **Belize 2015 Mission Trip Financial Supporters**

As we stated on the pledge forms we would like to acknowledge those people who supported us financially and enabled us to go on the Grade Nine Belize Mission trip. Your generosity helped make this Mission a reality!

### **Platinum Sponsors (\$1000 or more)**

Dr. Layton & Karen Burkart	John & Courtney Rosendaal	Clair Hamgrad
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Anonymous (7)		

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### **Other Sponsors (up to \$100)**

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Anonymous (10)		





## Talking to Your Child About Sex and Sexuality

For many parents, talking to their child about physical changes and sexuality can be challenging and sometimes uncomfortable. There are several reasons why parents may feel this way. Some parents aren't confident in their knowledge of puberty and sexual health, some are unsure about what topics are appropriate to discuss with their child, and some simply don't know how to start the conversation.

Alberta Health Services understands these challenges and has created the website [teachingsexualhealth.ca](http://teachingsexualhealth.ca) to help you find the information you need to keep the conversation going with your child. The Parent portal of the website offers the following:

- Tips on how to discuss puberty, sexuality and sexual health with your child.
- Explanations on why and how to talk to your child about topics like sexual development and bullying.
- Outlines of the sexual health curriculum from grade 4 to grade 12.
- Webisodes (videos) that give examples of how to answer your child's questions about puberty and sexual health.
- Links to reliable resources and community agencies in your area of Alberta.



In school, your child will learn about a wide range of topics; from the basic parts of the human reproductive system, to the physical, social and emotional changes that occur during puberty, and much more. Sexual health is an important part of a person's health and wellbeing and influences a person throughout their life.

Bring the conversation of puberty and sexual health into your home for the benefit of your child's health and development. We encourage you to check out what [teachingsexualhealth.ca](http://teachingsexualhealth.ca) has to offer!

## Unstructured Free Play and Safety for School Aged Children

Unstructured free play is the time children spend being physically active on their own terms without guidance from adults, coaches or rules. It's kicking a ball with a couple of friends in the field, playing a game of hopscotch on the sidewalk, having a game of grounders at a local playground or skating with friends at the arena. Research tells us that unstructured play is very important for the normal development of physical, social, emotional and cognitive skills in school aged children. Simply put, kids need to learn naturally through play. Unfortunately, the amount of time children are spending in this type of activity is declining. Concern about safety is commonly described as a reason for not allowing free play. Parents may feel less control when their kids are outside playing, believing that organized sports and activities are safest.

How much supervision does your child require when playing outside your home? While babies and very young children are safest with an adult at arm's reach, you can allow your child more freedom as they get older. From kindergarten to grade 4, children playing outside should have an adult or responsible older child available and watching, but not hovering over them. For example, in a park, give your child boundaries and then position yourself where you can see them and they can see you. From grade 5 on, most children are ready to play outside with less adult supervision. Your child should demonstrate that they can safely cross a road on their own before you start to allow more independence. Start slowly by giving them boundaries close to your home (such as green space away from a busy road or a fenced in pavement area) and check on them at regular intervals. Gradually widen the boundary as both of you become more comfortable. Playing with a friend or group is safest. Always know where your child is, who they are with, and what time they are expected home.

## Help Youth Stay Hydrated to Perform Their Best

Eating healthy meals and snacks and drinking enough fluids (staying hydrated) are important for good health as well as school and sport performance. Drinking enough fluid helps the body to control its temperature. Not having enough fluid can increase the risk of injury, lead to low energy, and have an impact on performance. Active youth need to drink enough fluids before, during and after exercise to help the body work at its best.

Try these simple tips to help your teenager stay hydrated:

- Encourage your teen to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Youth should aim for 400–600 mL of fluid at least 2–3 hours before sports.
- Ensure that youth have easy access to free water:
  - provide water stations during sport events
  - encourage youth to bring water bottles to gym class and to keep at their desk
  - ensure easy access to water fountains
- Encourage youth to drink during activity and allow for regular water breaks. They need about 150–300 ml of fluid every 15 to 20 minutes. When an event lasts less than 1 hour, water is the best fluid to drink.
- If your teen will sweat a lot during a non-stop, intense activity (e.g. running, biking, swimming) for longer than 1 hour, they may need to have a sports drink during the activity to help replace energy stores, fluid levels and electrolyte losses. Teens do not need a sports drink before or after activity because water and food are the best fuel at these times.
- Encourage fluids after activity is over as well. Water, milk, and soups are great options.



Discourage your teen from drinking soft drinks, fruit juices, and energy drinks. These tend to be higher in sugar (which could cause stomach aches and tooth decay) and many also have caffeine. Healthy food and drinks play an important part in school, physical activity and sports performance. Active youth need plenty of fluids throughout the day, with extra water during and after activity.

## Smokeless Doesn't Mean Harmless

In Alberta, using spit tobacco (also known as smokeless tobacco) is a concern. As a matter of fact, spit tobacco use is higher in western Canada than in any other part of Canada.<sup>1</sup> In 2012, 40% of all spit tobacco shipments in Canada were sent to Alberta.<sup>2</sup> Spit tobacco is a mixture of tobacco, nicotine, sweeteners, salt, abrasives, and chemicals. It's highly addictive. As a parent, it's important to know that flavours, such as cherry and grape are added to mask the harsh taste of the tobacco. This creates "starter products" that are easier for new customers to use. Although spit tobacco was once used mainly by older men, it is now used most often by boys and young men.<sup>3</sup> Using spit tobacco is not harmless. There are over 3000 chemicals in spit tobacco, including at least 28 that cause cancer.<sup>4</sup> Because nicotine is so addictive, it can be very hard to quit using. Using spit tobacco can cause hairy tongue, a harmless but ugly raised stain on the tongue.

Spit tobacco has been linked to many serious health problems, such as:

- mouth cancer
- white patches inside the mouth, called leukoplakia, that may turn into cancer
- heart disease, high blood pressure, and heart attacks

For more information and support, visit [www.albertaquits.ca](http://www.albertaquits.ca) or call 1-866-710-QUIT (7848).

<sup>1</sup> Physicians for Smoke-free Canada. (2011). *Smokeless Tobacco: New Trends for an Old Product*. Retrieved from [http://www.smoke-free.ca/pdf\\_1/smokeless-2011b.pdf](http://www.smoke-free.ca/pdf_1/smokeless-2011b.pdf)

<sup>2</sup> Health Canada email correspondence to Alberta Health Services. (July 2012).

<sup>3</sup> Campaign for Tobacco Free Kids. (2013). *Smokeless Tobacco and Kids*. Retrieved from <http://www.tobaccofreekids.org/research/factsheets/pdf/0003.pdf>

<sup>4</sup> Oral Health America NSTEP National Spit Tobacco Education Program. (2013). *What you need to know*. Retrieved from <http://www.oralhealthmedia.com/wp-content/uploads/2013/04/What-you-need-to-know.pdf>

# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Sci-Fi costume day	5	6 Crusaders Got Talent	7	8	9
10	11 Gr. 9 LA PAT Part A - 9 am Parent Council Meeting - 7 pm	12	13 Gr. 6 LA PAT Part A - 9 am Track Meet – 11:30-3:26	14	15 <b>Teacher Day-in-Lieu - no school</b>	16
17	18 <b>Victoria Day - no school</b>	19	20	21 Hot Lunch - Opa	22	23
24	25	26 Zone Track Meet	27	28 Volunteer Tea	29	30
31						

## Important Dates to Mark on Your Calendars

June 1 - Gr 5 & 9 immunizations  
 June 5 - Grade 9 grad - West Meadows Church  
 June 8-10 - Gr 8 to Jasper  
 June 15 - Parent Council meeting 7 pm  
 June 17 - Gr. 6 LA PAT Part B 9:00am  
 June 18 - Hot Lunch - DQ  
 June 18 - Gr. 6 Math PAT 9:00am  
 June 19 - Gr. 6 Science PAT 9:00am  
 June 22 - Gr. 6 Social PAT 9:00 am

June 23 - Gr. 9 Science PAT 9:00 am  
 June 24 - Gr. 9 Math PAT 9:00am  
 June 25 - Gr. 9 LA PAT Part B 9:00am  
 June 26 - Awards Day