



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:

meadowlarkchristian.epsb.ca

Principal
Mrs. Judy Krahn

Assistant Principal
Mr. Darrell Regehr

Superintendent of Schools
Mr. Darrel Robertson

Board Chair
Michael Janz

Ward C Trustee
Mr. Orville Chubb

Dear Parents,

I want to begin by thanking all of you who came out to our Parent Teacher Conferences on October 26 & 27, 2016. It is important to maintain communication between home and school and these conferences, all though only one part of that, are an important part.

Progress Reports will be released on Friday, December 2, 2016. Please ensure that you spend some time with your students celebrating and discussing their movement towards their goals.

On Wednesday, November 9, 2016 at 10:40 am we will be having a whole school Remembrance Day assembly. This time is set aside to observe and honor the sacrifices made by the many Canadians who have served our country. Parents are welcome to join our assembly.

For the Fallen

They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning
We will remember the.

Laurence Binyon (1869-1943)

Thank you for your continued prayers and support as we work to provide a great learning environment for your students.

In Christ,
Judy Krahn

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

Student Safety

In our ongoing efforts to keep all of our students safe, we remind parents and students that **there is no supervision provided before 8:30 am or after 3:41pm**. Students who are not picked up after school will need to wait in the main office until they are signed out by their parents.

In order to facilitate safe entrance and exit to our building, Division 1 students are to use the north doors (near playground), Division 2 are to use the southeast doors, and Division 3 students are to use the front doors. This may mean that your students will need to walk around the outside of the building in order to enter through the assigned doors depending on where you choose to park for drop off.

Your Ward C Trustee is
Orville Chubb

Hot Lunch

The next hot lunch will be Dairy Queen on November 4.



SchoolZone

SchoolZone is the delivery method of choice for providing school information to parents and students. Access to Transportation route changes 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.

Online payment is now available through SchoolZone for field trip and bus pass fees.

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

Field Trip Fees

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 fees are now overdue. These fees may now be paid through SchoolZone

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.

Parent Prayer Group

A bi-monthly prayer meeting started on Wednesday, October 12. The purpose of these meetings is for parents to pray for the students, staff and families of MCS. Meetings are presently scheduled for every second and fourth week of each month, for one hour (9:00--10:00 am). If parents are not able to attend every meeting they are still welcome to drop in as they are able. Please meet at the office just before 9:00 am.

Psalm 118:25 Save us, we pray, O Lord! O Lord, we pray, give us success!

MCS Founders Awards 2016

The awards – each \$500, will recognize and encourage the efforts of students who give their time and talents to reflect our 4Ls mission statement: Learning, Leading, Loving, Living in the community. The application form can be found in School News on SchoolZone. Deadline for submission of form is November 15, 2016.

PARKING AND TRAFFIC

Streets around our school are often very congested during morning drop-off and afternoon pick-up. To help keep our students safe, we need you to do your part by slowing down and following traffic safety laws.

30 km/h school zones

A lower speed limit in school zones is in effect in Edmonton. You must slow down to 30km/h around schools between 8 a.m. and 4:30 p.m. on school days where signs are present. Speed limits will be strictly enforced by both the Edmonton Police Service and the City of Edmonton's Office of Traffic Safety during posted hours.

General safety reminders

- Remain courteous and patient
 - Drive slowly and watch for students crossing the road
 - Abide all traffic signs and laws
 - Use designated cross-walks
 - Respect school staff and volunteers assisting with drop-off and pick-up
 - Park further away from the school and walk the rest of the way
- Use Edmonton Transit or other ways to get to school (walk, ride a bike or roll!)

For information about getting to school, visit epsb.ca/schools/gettoschool.

Operation Christmas Child

Empty shoe boxes have arrived at MCS. Please fill them and return by **Wednesday, November 16**.

Together MCS is making a difference in our world! Thank you for your support of Operation Christmas Child and the MCS outreach mission.

If you need any information on this campaign, please go to <http://www.samaritanspurse.ca/operation-christmas-child.aspx>, or speak with your child's homeroom teacher.



Coffee Fundraiser

Christmas season is coming and that means cold weather, dark mornings, Christmas presents, teacher gifts, tired parents, and COFFEE!

What if you could purchase top quality coffee and make a difference beyond our school walls and outside our borders? Meadowlark Christian School family and friends have the opportunity to purchase "Good Coffee" that will raise some funds for our school and make a difference around the world.

'Good Coffee' connects coffee growers with coffee drinkers by paying farmers 20-35% above fair trade wages, and by giving coffee drinkers some of the best coffee on the planet. 'Good Coffee' also reinvests 25% of their profits back into the coffee growing communities through innovative projects.

Order forms were sent home in late October and can be found on School-Zone. Orders are due by Wednesday, November 9. Coffee pick up will be Friday, November 18. Out of town orders can be made online at: <https://app.moonclerk.com/pay/abrgop2nq3b> and will be delivered directly to their address.





Pack a Healthier Lunch with Less Litter

On average a child or youth taking a lunch to school will throw away packaging that can create 30 kilograms/67 pounds of litter in a school year. It's clear that lunches with less packaging will help reduce this litter, but they are also a chance to pack healthier foods. Some pre-packaged foods can have more sugar, salt, and fat than foods you choose and package yourself. Also, these ready-to-go options may not have a lot of fibre, vitamins, minerals, and other nutrients.

Here's one idea to reduce litter and pack a healthier lunch.

- Instead of buying a small pre-packaged lunch with meat and cheese, a fruit drink or pop, and a candy bar, try this tip:
 - In reusable containers pack:
 - whole grain crackers, lean meat, and lower milk fat cheese
 - water in a reusable water bottle
 - a piece of fruit or cut vegetables



These simple changes may provide more fibre from choosing whole grain crackers, bread or wraps and fruit or vegetables. The changes may also help you to use less fat by choosing lean meats, lower milk fat cheese, and less sugar by sending water instead of a sugar sweetened drinks, and it is all done without throw away packaging!

For more information on lunch ideas you can pack visit

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

Making Time for Play

School is a great new adventure for most children and a place where they learn, play and interact with other children. Play is child-led, unstructured, spontaneous, and flexible with no purpose or goal. It builds healthy bodies and minds and is important for your child's healthy development. During play, children are exposed to life skills such as communication, problem solving, cooperation, boundaries, perseverance and sharing. Your child's day is structured to fit around school, with lots of rules to follow. Sometimes parents worry that their child isn't doing enough structured activities after school. In fact, play where children decide for themselves what they want to do and how to do it is really valuable because it gives children time to:

- let their thoughts and imaginations roam
- explore ideas and think creatively
- develop social, language and communication skills
- develop physical skills

School-age children still learn through play. Plenty of play helps balance the structure of school lessons and also gives kids a chance to unwind after the routines and rules of school. When it comes to play and your school-age child, keep the focus on fun, rather than on learning. Let your child take the lead with play. Learning follows naturally when play is fun.

Is Your Teen Considering Body Art?



Did you know that Alberta has health regulations to prevent the customers who get body art from getting sick? Since the 1990's the provincial government has had regulations that artists have to follow. If your teen is considering getting a piece of body art or piercing here are some things to ask:

- Is the shop clean?
- Is there hot and cold running water?
- Is the shop separate from where people live?
- Are the tools single service or reusable? If the tools are reusable then how are they sterilized?
- Did the artist wash his hands before putting gloves on?
- What pre and post skin care are you getting?

Body art does require consent. Removal can be more painful than application, so it is important to talk to your teen about choosing the right shop, the right artist and the right body location.

Teenage Tobacco Use

According to the Canadian Tobacco, Alcohol and Drugs Survey (CTADS) from 2013, the most recent available, 11 out of every 100 teenagers aged 15-19 smoke cigarettes in Canada. Of those, five percent reported smoking every day and six percent reported occasional smoking.

There is no safe level of tobacco use, even for those who report occasional use. When burned, tobacco contains about 7000 chemicals. About 70 of those are known to cause cancer.

Tobacco contains the drug nicotine, which is a powerful stimulant and is highly addictive. Nicotine reaches the brain within seconds and releases chemicals in the brain that bring on feelings of pleasure and relaxation. Research shows that nicotine exposure impacts brain development, and since teenage brains are still developing, this is a concern. Areas that seem to be most affected include problem solving and behaviour.

It can be hard for teens to understand the long term health consequences of tobacco use. Cancer, heart disease and other chronic illness can be things they don't feel will happen to them. When talking with teens there are areas that can be motivating for them to improve their health and well-being. By quitting they will notice:

- Their hair and clothes will smell better
- They will have more money to spend on other things
- Their sense of taste and smell will improve
- They will see an improvement in their breathing

For information and support, visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Hot lunch - Dairy Queen	5
6	7 K-6 attending "Fiddle Cat" performance	8	9 Remembrance Day chapel- 10:40 am	10 Teacher Day- In-Lieu - no school	11 Remembrance Day - no school	12
13	14 non instructional day - no school	15 non instructional day - no school	16	17	18	19
20	21 School council meeting - 7 pm	22	23	24	25	26
27	28	29	30			

Important Dates to Mark on Your Calendars

December 2 - Progress reports posted to SchoolZone
 December 2 - Gr 5 & 9 immunizations
 December 9 - Hot lunch - Subway
 December 15 - Christmas musical at West Meadows Baptist Church
 December 24 - Jan 8 - Christmas Break
 January 9 - classes resume