



MCS Meadowlark Christian School

December



Principal's Message

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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,

Please mark your calendars for Thursday, December 15, 2016 at 7:00 pm. We will be celebrating the birth of Christ MCS style with our presentation of the musical "All About that Baby: A sheepishly fun Christmas musical." This celebration will take place at West Meadows Baptist church (9333 - 199 St. NW).

We are well into the season of Advent. A time when we prepare to celebrate the birth of Christ. What a privilege to be able to openly share about our faith as part of a public school board. As you celebrate this season, please remember to share your thankfulness for our school board who embraces the existence of alternative schools. This is a blessing for us!

Come, thou long expected Jesus, born to set thy people free; from our fears and sins release us, let us find our rest in thee. Israel's strength and consolation, hope of all the earth thou art; dear desire of every nation, joy of every longing heart. Born thy people to deliver, born a child and yet a King, born to reign in us forever, now thy gracious kingdom bring. By thine own eternal spirit rule in all our hearts alone; by thine all sufficient merit, raise us to thy glorious throne. - Charles Wesley, 1744

Wishing you a wonderful Christmas holiday with your families.

Judy

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



EDMONTON PUBLIC SCHOOLS

Bright futures
begin here

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 Subway on December 9.



Christmas Musical

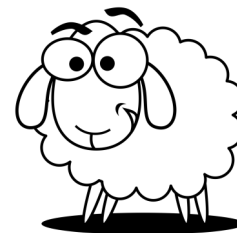
Thursday, December 15, Grades 1-6 present All About That Baby - West Meadows Baptist Church, 7:00. Special performances by Kindergarten and Junior Highs. The whole school is involved! Invite your

friends and family to celebrate Christmas with us!

All About That Baby

Angels and shepherds and...talking sheep? Oh, my!

People everywhere are making the journey to the place of their birth, in compliance with Caesar's decree that everyone should register for the census. This results in the little town of Bethlehem overflowing with people arriving from out of town. Nathaniel, a lovable but scatter-brained, late-for-work shepherd, bumps into two of those travelers, Joanna and Simone, as he rushes to take his shift at watching the flock. The other shepherds (his sisters Miriam and Abigail), along with Judah, are waiting for Nathaniel—late once again—to arrive. Thus begins a story that is **All About That Baby**, with some shepherds, angels, "out-of-towners"...and singing, talking sheep to guide us along the way!



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.

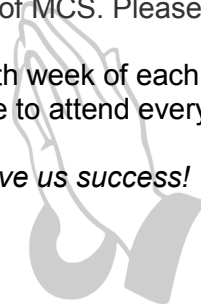
If you experience problems logging on to SchoolZone, please contact Susan in the school office, for assistance.

Parent Prayer Group

Upcoming prayer meetings: Dec 7, Dec 21. The purpose of these meetings is for parents to pray for the students, staff and families of MCS. Please meet at the office just before 9:00 am.

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.

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



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 crosswalks
 - 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

Operation Christmas Child is a fun and simple, hands-on project of Samaritan's Purse that anyone can participate in. Each gift-filled shoe box is used to bless the life of a child living in a desperate situation." Boxes are filled by people and then sent to children in distant countries.



Thanks to the hard work of the junior high Sports Service option students, there were 462 boxes delivered to the Beulah Alliance Church Samaritan's Purse drop off centre.

Thank you to all of those who participated by making a box, donating money for a box or encouraging others to participate. 462 shoe boxes were collected at MCS! That's 462 children who will be blessed by your generosity.

Cold Weather Policy

Students will be kept indoors at recess, at the principal's discretion, when the outside temperature is -23 degrees or colder including windchill based on the Government of Canada website (http://weather.gc.ca/city/pages/ab-50_metric_e.html)

Lunch Supervision

We have a few openings available for lunch supervisors. This is a paid position with a commitment of one hour per day(12-1 pm). If you are interested in providing lunch supervision once or twice a week (or more often), please contact the office for more information or to apply.

Need To Leave a Message For Your Child?

Although we do our best to get messages to students or staff, please know that we do not interrupt classes. If you phone after 2:30 PM with a message for your child or a staff member, they may not receive your message by the end of the day. If at all possible, before your child leaves for school, make arrangements regarding ride schedules and/or appointments. Thank you for your consideration.

Hand Washing

Anytime is hand hygiene time. Studies done by the Center for Disease Control have shown that if children wash their hands as few as four times during the school day they have up to 50% fewer colds, flu and sore throats.

There are five important steps:

1. Wet hands with warm water.
2. Apply enough soap.
3. Scrub for 20 seconds focusing on the thumb and fingertips.
4. Rinse off the soap and dirt.
5. Dry hands well.



The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use lotion if skin gets dry. If the dirt is visible, waterless hand gels do not work. The best way to keep the germs away is to use plain soap and water, spend the time and get good friction. Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

Tobacco and the Environment

Tobacco use is a leading cause of preventable death and disease around the world. However, it isn't just human health that is impacted by tobacco use. It is also harmful to the health of our environment.

Did you know:

- Around the world about 4.5 trillion cigarette butts are thrown away every year!
- Cigarette butts have many dangerous chemicals in them that leak into our soil and water.
- Cigarettes are not bio-degradable. They can take years to break down.
- Animals, fish, birds, and even kids eat tobacco litter – making them very sick.
- Every year land about the size of 200,000 football fields is destroyed for tobacco farming.
- The World Health Organization estimates that approximately 300,000 people die every year as a result of fires caused by smoking.
- Cigarette use world-wide has been linked to climate change due to the gases released during smoking!
- Smoking is a leading cause of house fires in Canada.
- Tossing cigarette butts out is littering and you can be fined.
- Kids under 18 years old are not allowed to buy cigarettes, but many children work on tobacco farms, exposed to toxic chemicals.

For more information on tobacco use and support to quit, visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

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)

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Progress re- ports posted to SchoolZone Gr 5 & 9 im- munizations	3
4	5	6	7	8	9 Hot lunch - Subway Ugly Sweater Day	10
11	12	13	14	15 Christmas mu- sical at West Meadows Bap- tist Church-7 pm	16	17
18	19 All school chapel - 12:50 pm	20	21	22 Feliz Navidad- Gr 6 Science Fair- Gr 5	23	24
25 	26	27	28	29	30	31
Christmas Break						

Important Dates to Mark on Your Calendars

December 24 - Jan 8 - Christmas Break
 January 9 - classes resume
 January 20 - Hot Lunch—Extreme Pita
 January 23 - School Council meeting - 7 pm
 February 3 - Interim report #2