



MCS Meadowlark Christian School

May

## Principal's Message

Dear Parents,

Is winter finally over? I see the sun shining and the birds chirping now, but reflecting back on the past month, the old rhyme "April showers brings May flowers" might be adapted to "April flurries brings May floweries" to more accurately describe the experience.

I am not sure about what spring means to your family, but to mine it is a combination of relief from a busy hockey, basketball, dance or other activity children are enrolled in during the winter and gearing up for a busy baseball, spring hockey, soccer, dance competition season or other activity children are doing during the spring. It is a balancing act. In the midst of all of that, I want to thank you in advance for making sure your children continue to come to school rested, ready to learn each and everyday, so we can finish the year with the same enthusiasm as we started it with.

I would also like to thank all the volunteers that have been giving of their time this year.

The work that you do tirelessly to make sure students and staff are supported, is appreciated. Know that without it, Meadowlark Christian School would not be the fantastic place it is.

May brings the first couple Provincial Achievement Tests (PATs) of the year, in Grade 6 and 9. Here is a complete timeline of all the PATs for grade 6 and 9:

- Tuesday, May 9 - Grade 9 English Language Arts Part A
- Thursday, May 11 - Grade 6 English Language Arts Part A
- Monday, June 19 - Grade 6 English Language Arts Part B
- Tuesday, June 20 - Grade 6 Mathematics Part A and B
- Thursday, June 22 - Grade 6 Social Studies
- Friday, June 23 - Grade 6 Science
- Monday, June 26 - Grade 9 Social Studies
- Tuesday, June 27 - Grade 9 English Language Arts Part B
- Wednesday, June 28 - Grade 9 Mathematics
- Thursday, June 29 - Grade 9 Science

I also want to remind parents that this year the May long weekend is extended. In addition to Victoria Day, May 22, there will be no school on May 23rd and 24th. A great opportunity to reconnect with family and friends as we look forward to seeing the successful completion of another school year.

Please join me in continued prayer for wisdom and endurance as we work to support all the learning needs of the students at Meadowlark Christian School.

Sincerely,  
Scott Markine, Acting Principal

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Assistant Principal  
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Superintendent of Schools  
Mr. Darrel Robertson

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Michael Janz

Ward C Trustee  
Mr. Orville Chubb

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

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### MCS Track and Field

The Indoor Track and Field Season was a great success! We had many top ten placings, and even earned some medals, competing against athletes from all over Alberta! At the Running Room Indoor Games, our 8x200m Mixed Junior High Relay Team won the Gold in an MCS record time of 3:49.29. Congratulations to Miko, Kimberly, Brianna, Jade, Chloe, Anne-Marie, Daniel and Brendon (alternates - Dylan and Kerley) for running excellent races. Congratulations also to Brendon for winning the Gold in the 200m, competing against all Junior High boys across Edmonton and area, with an MCS record breaking time of 24.58! I am so proud of our athletes! God is good!! The Outdoor Track and Field Season is starting April 11th. This season is open to students in Grade 1-9. Practices are on Tuesdays and Thursdays after school. Registration and Information is posted on SchoolZone. Come be a part of an incredible team!

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Your Ward C Trustee is  
Orville Chubb

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### Hot Lunch

The next hot lunch will be Dairy Queen on My 26



### Kindergarten Immunization

Diphtheria, Tetanus, Pertussis and Polio Booster Second dose Measles, Mumps, Rubella and Varicella Vaccine Immunizations protect your child from serious childhood diseases. Diseases spread more easily when children are together in a group. Ensure your child is protected from vaccine preventable diseases by having his/her immunizations up to date. Kindergarten immunizations are given at the Public Health Centres.

After their 4th birthday most children should have:

- A booster dose of dTap-IPV (diphtheria, tetanus, pertussis and polio) vaccine
  - A second dose of MMR-Var (measles, mumps, rubella and varicella) vaccine
- If immunization is needed, call your local Public Health Centre for an appointment. For 24/7 nurse advice and general health information, call Health Link at 8-1-1. Or visit [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca) or [www.immunizealberta.ca](http://www.immunizealberta.ca) for health information online. eRPHF 04-356 (Revised 08 2015)

### 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.

### MUCHAS GRACIAS

The Belize 2017 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 the Junior High year theme was 'BREAKTHROUGH' and it was fun to see our grade nines step out of their comfort zones and Breakthrough a lot of personal 'comfort zones' for God! We were able to pray for and with, many people in a variety of settings, interact with local school kids, led worship in different locales and work hard to complete a very physically demanding job of building an aquaponics system for a local community.

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 will host a Monday chapel at the school to share their experiences. 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 Team talking about the Mission trip just ask about things like: **working** on the aquaponics project, digging post holes, mixing cement by hand, cutting metal posts, laying cement blocks, **worshipping** at several church services, and at 3 different schools, **ministering** by sharing on the radio, school ministries, leading Sunday school, puppet plays, skits, songs and face painting, **feeding** school kids, playing and developing relationships with kids, Pastor Antionette and Pastor Tony. Or inquire about our team praise and worship sessions every night outdoors under the stars, the boat ride to the Mayan ruins, feeding monkeys or breakfasts in our gazebo by the river.

Watch for student testimonials in the June Newsletter.

## **Belize 2017 Mission Trip Financial Supporters**

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)

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Anonymous (6)		



## Backyard Safety



As the warmer weather nears, so do long hours of afterschool and weekend outdoor play! The summer is a great time for your kids to enjoy playing outdoors with family and friends. It is during this time that new friendships are formed, new skills and activities are learned and life-long memories are made. This is also a time during which kids are faced with some dangerous risks related to the outdoors. This sounds scary, but many of these risks are predictable and injury is preventable. Many kids spend their time playing in the backyard. Here are some potential hazards and ways to prevent injury from them.

**BBQ's** – Children are attracted to fire, and summer brings an increase in burn injuries from outdoor grills. Always supervise your children around a BBQ that is on and never let them operate a BBQ.

**Pools** – Most pool drowning or near drowning incidents involve home pools and most victims are under the age of four. Always supervise your children when they are playing in or near the pool. Remember to empty the water or cover your pool after each use.

**Trampolines** – Falls from play equipment are the leading cause of injury in backyards. Many of these falls are from backyard trampolines. Almost all trampoline-related injuries to children involve backyard trampolines. Supervision by adults and trampoline nets are not enough to

prevent these serious trampoline injuries to children. The Canadian Paediatric Society, the Canadian Academy of Sports Medicine and Parachute Canada recommend that children and youth do not use backyard trampolines.

Proper supervision and awareness of hazards will help reduce the risk of injury to children in their own or in someone else's backyard, allowing you to enjoy safe and active time outdoors! For more information on backyard safety, visit:

[www.parachutecanada.org/injury-topics/item/home-safety-play-time#sthash.cZUtME54.dpuf](http://www.parachutecanada.org/injury-topics/item/home-safety-play-time#sthash.cZUtME54.dpuf)

<https://myhealth.alberta.ca/Alberta/Pages/trampoline-safety.aspx>

<https://myhealth.alberta.ca/alberta/Pages/backyard-safety-for-children.aspx>

## Ways to Build Your Child's Confidence

As a parent or caregiver, you play the greatest role in nurturing your child's self-image. Influences such as the child's academic and athletic ability, teachers, or peers affect how your child may feel about him or herself. You can help your child feel more confident by doing and saying things that will strengthen their own feelings of self-worth.

Providing encouragement and support helps to strengthen your child's confidence. This is something almost all parents do instinctively from the time their children are babies by praising them for their first steps or applauding their first word. As your child grows older you may sometimes find more to criticize than to praise. It's easy to forget that children need praise and encouragement at every stage of development.

Children need to know that they are loved and appreciated, no matter what may happen in the world around them. For example, when there are troubles in the family children might think they have somehow caused the problems. You can help your child build a stronger sense of self-worth by assuring them that adult problems are not their fault, and by telling them often that you love them.

Children who know they are loved and who have a strong sense of their value as individuals have a better chance of leading happy and fulfilling lives. Children who feel neglected, unloved or insecure know something is missing from their lives and may try to fill that emptiness by turning to alcohol or other drugs when they are older. By showing your love and encouragement every day, you're building your child's sense of identity and self-worth. Your child will be better equipped to cope with challenges they encounter and are more likely to make healthy choices in the future.

## Concussion Prevention



Concussion is a common sport-related injury that often occurs during hockey, football, snowboarding and skateboarding. 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 can 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 contact sports. 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. In high-impact sports such as hockey, teens should wear a face and mouth guard. Finally, always replace your teen's helmet after impact or as instructed by the manufacturer.

In order 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 on concussion prevention visit:

<http://www.albertahealthservices.ca/iniprev/Page4938.aspx>

<http://www.sportmedab.ca/alberta-health-services-capital-health>

## Talking to Your Teen About Alcohol

Inviting conversations about alcohol can help give teens the support and guidance they need to make healthy decisions. That being said, talking to your teen about alcohol can be challenging and it may be hard to know where to start. Before you broach the topic it is important to remember that children tend to mimic the behaviour of those they love and admire, especially that of their parents. It's likely that your drinking habits are the ones your child will adopt later on. If drinking while dining is a part of your life, your child will grow up assuming that this kind of drinking is the norm. If you abstain from drinking, or if you drink moderately, your choice will set an example for your child. On the other hand, if your own drinking is excessive, your child will learn from that choice too.

When starting a conversation it may be helpful to:

- Be concise and objective when explaining the facts about alcohol and discussing the pros and cons of alcohol use.
- Phrase your questions in a way that require more than a one word answer.
- Encourage questions.
- Expect that you'll be asked about your own drinking and experiences.

For more information about how to talk to your teen about alcohol, please refer to the AHS resource titled *Talk to Your Children About Alcohol* (<http://www.albertahealthservices.ca/assets/info/hp/edu/if-hp-edu-amh-talk-to-your-children.pdf>)

If you think your teen is drinking, take action to monitor them more carefully and don't be afraid to ask for help if you are unable to communicate, or if you feel like you are losing control of the situation.

For individuals looking for information or support the AHS Addiction Helpline is available 24/7 at 1-866-332-2322.

# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Volunteer Ap- preciation— drop in be- tween 8:30 &:2:30	5	6
7	8	9	10	11	12	13
14	15	16	17 Zone track & field	18	19	20
21	22 Victoria Day - no school	23 Teacher Day- in-Lieu - no school	24 Board approved non-instructional day - no school	25	26 Hot lunch - Dairy Queen	27
28	29 School council meeting - 7 pm	30 JH City track & field	31			

## Important Dates to Mark on Your Calendars

June 2 - Gr 5 & 9 immunizations  
 June 16 - Hot lunch - Booster Juice  
 June 19 - PAT Gr 6 LA  
 June 19 - School Council meeting - 7 pm  
 June 21 - Aboriginal Day  
 June 22 - PAT Gr 6 Social  
 June 23 - PAT Gr 6 Science  
 June 26 - PAT Gr 9 Social  
 June 27 - PAT Gr 9 ELA Part B  
 June 28 - PAT Gr 9 Math  
 June 29 - PAT Gr 9 Science