



MCS Meadowlark Christian School

November

Principal's Message

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Mr. Darrel Robertson

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What a welcome to winter we have had this past couple weeks. With winter comes a frenzy of digging the winter gear out of it summer hibernation as we bundle up and hurry off to school. I remind parents and students to be extra cautious during the morning drop off and afternoon pick up times. I have noticed that a number of parent have taken to dropping children off either at the corners, on the school side of the street or have encouraged their children to walk to the corners to make sure they get across the street safely. Stopping times will be longer and with the time change it will be darker at both ends of the day.

I have made inquiries with EPSB planning department and the City of Edmonton regarding a crosswalk in front of the school, but that is a lengthy process. In the meantime I have contacted AMA Safety Patrol about starting this program at Meadowlark Christian School. Thank you for your safety mindedness and cooperation in making sure our students get to school safely.

I would also like to take a moment to thank the members of the Parent Council who organized the Scholastic Book Fair during Parent Teacher Interviews in October. Judging by the number of students I saw in the library after school each day it was open, the sale was successful. The poster draws won by guessing the number of mini chocolate bars was an extra bit of fun! Thanks for all your hard work.

On behalf of the staff, I want to thank parents for purchasing the classroom books for teacher's classroom libraries. Christmas came a little early this year as teachers received the delivery of the stack of book you purchased for addition into your child's' classroom library.

November also brings with it a solemnity that is Remembrance Day. As we think about all the sacrifices made by countless people, meditate on this verse from Philippians 2: 3-4:

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

As we move through the rest of the month, we have a couple other important items to take note of:

1. November 9, 10 and 13 - No school - Fall Break
2. November 24 Progress Reports released on School Zone
3. November 27 - No classes - PD Day for staff

As always, please feel free to contact me, either by phone (780) 483-6476, or email Scott.Markine@epsb.ca if you have any comments, concerns or feedback.

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

Christmas Musical

On Thursday, December 14, Grades 1-6 will present "Jingle Bell Beach" at West Meadows Baptist Church beginning at 7:00 pm. There will also be special performances by Kindergarten and Junior High students. Please plan to arrive at 6:45 pm.

The whole school is involved! Invite your friends and family to celebrate Christmas with us! For Jingle Bell Beach - the dress code for grade 1 - 6 is beach wear i.e. shorts and Christmas-y T-shirts (colors - red/green/metallic and Christmas logos).

Jingle Bell Beach

Once again it's that time of year, when aspiring young vocal groups from around the country make their way to Jingle Bell Beach for the famous Jingle Sing competition. Hosts Sandy and Sonny

Peppermint welcome the contestants for this year's competition: the Snowflakes, the Starfish, and the Electrons! Get ready for a competition of epic proportions!

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 3:37 pm**. Students who are not picked up after school will need to wait in the main office area until they are signed out by their parents.

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 option, field trip and bus pass fees.

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

Operation Christmas Child: let's LOVE our world!!

Empty shoe boxes have arrived at MCS. Please fill them and return by **Wednesday, November 15**.

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.



MCS Founders Awards 2017

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 for these awards can be found on SchoolZone. Deadline for applications is November 22, 2017.

Mission Trip 2018

Grade 9 students and parents,

Our Mission Team organizing committee has been hard at work preparing for our school's Mission Trip for 2018!

The deadline for application forms to be handed in for the Mission Trip 2018 is November 17th! This deadline is for both the student applications and the parent volunteer applications.

We had a great meeting on October 24th where we discussed the times, dates and requirements for both the students and the volunteers who wish to participate on this trip.

Please pray that the preparations will continue to go smoothly and that the trip will be what God wants it to be. We are all very excited to see where God leads us on this trip and we know that Team 2018 will be faithful ambassadors of Christ.

Please hand in your applications to Mr. Regehr or the front office.

Mission 2018
Organizing Committee

Hot Lunch

The next hot lunch will be
Mary Brown's on November 24.



Healthy Children

November 2017 Parent Newsletter

Consent and Touch

Consent is an important concept for children to learn about from an early age. Consent is permission for something to happen or an agreement to do something. It can lead to better relationships with family, friends, peers and eventually romantic partners.

It's important to talk to your child about consent when they're still young. Here are some tips to start the conversations:

- Help your child understand that their bodies are their own and that they have the right to make decisions about their body. This includes making your child hug or kiss a family member or friends if they don't want to.
- Encourage your child to pay attention to other people's cues about personal boundaries by watching others' body language. For example, a person may take a few steps back to protect their space or they may move over slightly when someone sits too close to them.
- Encourage your child to ask for consent (e.g. ask first if you can give someone a hug).
- Teach your child to respect the 'no' messages. For example, if your child is roughhousing with another child, and the other child says "stop" they must respect that message.



Good Touch vs. Bad Touch

Good touches are important because they make us feel loved and cared about (like hugs, kisses, cuddles, a pat on the back and high fives).

Giving hurtful touches isn't okay. It's not okay for people who take care of kids to give them hurtful touches. It's also not okay for kids to see other people getting hurtful touches. This includes touches like punches, kicks, slaps, bites or anything else that leaves a mark on their body.

➤ For more information please visit **Alberta Health Services**
www.teachingsexualhealth.ca

Articles

Consent and Touch

Movement
Guidelines for the
Full 24-Hour Day

Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



To find an electronic copy of this newsletter visit www.ahs.ca/esh

Healthy Children

November 2017 Parent Newsletter

Movement Guidelines for the Full 24-Hour Day

Physical activity is an important part of a child's healthy lifestyle. As a child's day is filled with a variety of activities, we need to remember that every hour counts. It is important to consider the full 24 hours in a day when supporting your child with healthy movement choices in order to ensure they have optimal time to sweat, move and rest. The *Canadian 24 Hour Movement Guidelines for Children and Youth* outline what a healthy 24-hour day should look like and recommend that 5–13 year olds should:

Sweat: Aim to get 60 minutes of heart pumping activity each day.

Step: Spend several hours in structured and unstructured light physical activity such as walking, playing, household chores and exploring outdoors.



Sleep: Get 9–11 hours of quality, uninterrupted sleep each night.

Sit: Reduce sitting time as much as possible and limit screen time to 2 hours per day.

Health benefits come from being active every day and from getting a restful sleep each night. Even if your child is active for the recommended 60 minutes per day, it is important

to recognize how the other 23 hours of the day are being spent. By achieving the right balance of movement patterns across an entire day, we can ensure that children get optimal amounts of exercise, sleep and inactive time.



For tips on how to meet these guidelines, visit

<https://www.participation.com/en-ca/norfolk-ids-parenting/24-hrs-for-meeting-the-24-hour-movement-guidelines-for-kids> **and** <http://bulldogunitedday.norfolkparticipation.ca/>

Healthy Teens

November 2017 Parent Newsletter

Surviving the Cut: Staying Active When your Teen Doesn't Make the School Team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants. You could consider sports development camps in order to further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how



playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.

Articles

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Understanding Consent

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Understanding Consent

As a parent, you may have heard the word 'consent' but might not know what it means or what it includes. Simply put, consent is permission for something to happen or an agreement to do something. When talking with teens, the conversation about consent needs to include sexual activities.

Sexual consent means both partners agree to the sexual activity and understand what they're agreeing to. Sexual activity includes kissing, sexual touching and sexual intercourse (oral, anal and vaginal). Consent is the foundation of healthy sexual relationships, and must be given for every sexual activity, every time.

Consent is freely given, affirmative and enthusiastic. Agreeing to do something is consent only if it's voluntary. If a person feels forced or bullied, or there's something to lose by saying "no" (e.g. safety or a relationship), it's not consent.



Consent is ongoing. One person asks permission for an activity and another person gives it. This conversation continues as the activity continues or changes. The person who starts the sexual contact or who wants to move to the next level of intimacy is the one who must ask for and clearly get consent before continuing with the sexual contact. Sexual activity (even kissing) without consent is sexual assault.

It's important to talk to your teen about consent. Here are some tips for talking about sexual consent:

- Discuss family values about sexuality.
- Talk about personal boundaries. Ask your teen to think about situations where they might have to be clear about personal boundaries.
- Talk about sexual consent, coercion, pressure, harassment, manipulation and sexual assault. Tell your teen they have a voice and you'll listen to them.
- Talk about the legal, social and emotional consequences of committing sexual assault.



For more information about consent and sexual assault, please visit Alberta Health Services

www.teachingsexualhealth.ca

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Picture retakes	3	4
5	6	7	8	9 Board Ap- proved Non- instructional days - no school	10 Board Ap- proved Non- instructional days - no school	11
12	13 Day-in-lieu - no school	14	15	16	17	18
19	20 School council meeting—7 pm	21	22	23	24 Progress re- port #1 Hot lunch - Mary Browns	25
26	27 PD day - no school	28	29	30		



Important Dates to Mark on Your Calendars

December 14 - Christmas concert - West Meadows Baptist Church - 7 pm
 December 15—Hot lunch - Pizza 73
 December 23 - January 7 - Christmas Break
 January 8 - classes resume