



MCS Meadowlark Christian School

December

Principal's Message

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Principal

Mr. Scott Markine

Assistant Principal

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Superintendent of Schools

Mr. Darrel Robertson

Board Chair

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Ward E Trustee

Mr. Ken Gibson

The Christmas season is upon us, with all of its glitter, tinsel and bows. Our calendars become jammed with concert dates, office gatherings and family get togethers. All of the celebration is wonderful, even more so, when put in the context of Jesus' birth.

"When they saw the star they rejoiced!" Matthew 2:10

I know that most of you are aware of the Operation Christmas Child shoebox drive that we engaged in towards the end of November. I am pleased to share with you that MCS collected of 380 shoeboxes to be distributed by Samaritan's Purse Canada this holiday season. Well done MCS, what a great example of Leading by serving others!



Staying with the theme of celebration and calendars, make sure that you set aside December 14 for Meadowlark Christian's annual Christmas Concert. As in previous years, the concert will be held at West Meadows Baptist Church. The event itself starts at 7pm, but doors will open at 6:45 pm.

In the midst of all the celebration, we need to pause and take a moment to say thank you to our Grade 1/2 teacher, Mrs. Depeel. She recently was offered and accepted a Curriculum Coordinator position at Athlone School for the remainder of the year. Mrs. Depeel's last day at MCS was on Friday, December 9. We pray that you find every success in your new position Mrs. Depeel.

As we say goodbye to one, we say hello to another. Miss Arpita Jacob will filling the vacancy left by Mrs. Depeel, for the remainder of the school year at MCS.

Miss Jacob comes to MCS with experience in programming from multiple levels in children's ministry at her church, supply teaching at various schools in EPSB and working with students with Autism at the Center for Autism. Please help ease the transition for her through your prayers and encouragement. If you have any questions, or comments, please contact either myself or Miss Jacob through the school office.

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

Principal's Message (continued)

In October, part of my message was about pedestrian safety, specifically students crossing the street in the middle of the block. I would like to thank all of the parents who have been taking an extra moment every morning during the drop off before school to ensure their children are crossing the street in front of the school safely. I have noticed some parents:

- stopping closer to the corners rather than the middle of the block,
- driving north, in front of the school, rather than south so children can be dropped off on the school side of the street.

These little things go a long way to making sure all of the the MCS family gets into the building safely, not just to the front street.

The Parent Council has also worked to create some awareness pedestrian safety. They have created a list of "Safe Habits" and have asked me to share it with all of you.

Thank you for a great first part of the school year. Everyday, you take on, what is arguably the most difficult job in the world, raising children. Your daily efforts do not go unnoticed.

All of us here at Meadowlark Christian School wish you and your family a Merry Christmas.

A woman with dark hair, wearing a pink top, is holding a white sign with the text "WE CARE ABOUT YOUR KIDS SAFETY!" in bold, black, uppercase letters. The sign is positioned on the left side of a yellow-bordered box.

10 HABITS
OF
HIGHLY SAFE
MEADOWLARK KIDS
DROP OFF & PICK UP

- Arrive Early
- Don't Stop In Bus Parking
- Act as Guests in the Neighborhood
- Supervise Young Kids Crossing the Street
- Arrange an Older Sibling or Buddy to Help Out
- Do Not Block Crosswalks or Stop Signs
- Park in Parking Approved Areas
- Talk to Your Kids About Road Safety
- Be an Example for Your Kids
- Have No Regrets

BROUGHT TO YOU BY THE PARENT COUNCIL OF
MEADOWLARK CHRISTIAN SCHOOL

Scott Markine
Principal
Meadowlark Christian School

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!

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

As a school, we contributed **384 boxes**, which averages out at more than one box per student. That is fantastic!

Thank you families for participating. Although the boxes have been whisked away to Beulah Alliance Church for the next leg of their journey, please take a moment with your child to pray for the kids who will receive these gifts... that they will tangibly experience the love of Christ, and that ripples of blessing will roll into their communities.



Hot Lunch

The next hot lunch will be
Pizza 73 on December 15.



Healthy Children

December 2017 Parent Newsletter



Hand Washing

Anytime is hand hygiene time. Studies done by the Centre 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.

When it comes to hand washing, 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.

Articles

Hand Washing

Talking to Your Child about Tobacco

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



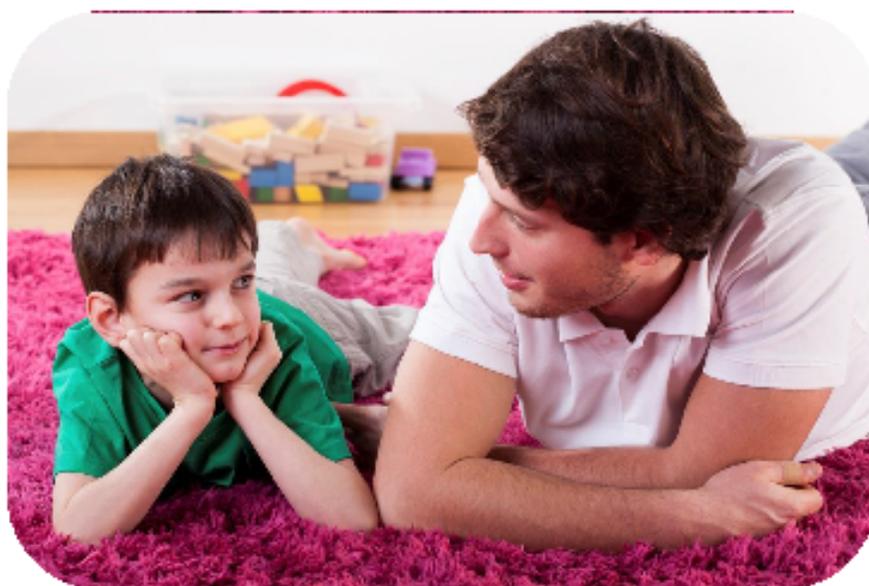
Talking to Your Child about Tobacco

One of the most important jobs as a parent is to keep your children safe – steering them away from staircases as toddlers, teaching them to cross the street when they go to school and, as they grow, protecting them from tobacco use.

Tobacco addiction is a serious health problem today. Kids will feel pressure to try tobacco from youth to adulthood. You can make a difference by talking to them about tobacco.

It's important for parents to talk to their children early and often about the side effects of tobacco use. New studies tell us that when young people make it to 19 years old without smoking they're unlikely to start. Plan to talk about tobacco many times throughout your child's developing years, as soon as they begin to be curious, if not sooner.

Whenever you have time together, you can share your thoughts about tobacco. It doesn't have to be formal. If you use tobacco, studies tell us that by talking to your kids about your use and how hard it can be to quit, you can help prevent



them from starting. It's important to know what matters to them. Use this list to make your conversations personal:

Staying healthy: Tobacco smoke has about 7000 chemicals in it - at least 69 of them cause cancer.

Making your own decisions: Tobacco companies target young people to get them addicted for life.

Looking attractive: People who use tobacco often have yellow teeth, more wrinkles and bad breath.

Grades in school: Young people who use tobacco tend to have

lower grades in school.

Playing sports: People who use tobacco have trouble breathing and slower reflexes.

Listen to what your child has to say about using tobacco. Ask about the pressures they are facing or how tobacco is portrayed in movies and on television. Talk about what they could do if they were offered tobacco. Let them know they can tell you what is happening and you can help.

▶ If you find out your child is using tobacco, don't panic. You aren't alone – we can help. Call AlbertaQuits at 1-866-710-7848 or visit www.albertaquits.ca

Healthy Teens

December 2017 Parent Newsletter



Hand Washing

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

When it comes to hand washing, 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.

Articles

Hand Washing

Smokeless Doesn't Mean Harmless

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.



Smokeless Doesn't Mean Harmless

In Alberta, using spit tobacco or 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. In 2012, 40% of all spit tobacco shipments in Canada were sent to Alberta.

Spit tobacco is a mixture of tobacco, nicotine, sweeteners, salt, aoratives and other 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.

Using spit tobacco is not harmless. There are over 3000 chemicals in spit tobacco,



including at least 28 that cause cancer. Because nicotine is so addictive, it can be very hard to quit using. Using spit tobacco can cause hairy tongue, harmless but ugly raised stains 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
- Heart attacks

➤ For more information and support visit www.a.borlaquits.ca or call 1-866-710-QUIT (7848)

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Christmas concert - West Meadows Baptist Church - 7 pm	15 Hot lunch - Pizza 73	16
17	18	19	20	21 Feliz Navidad @ 9:40 am	22	23
24	25	26	27	28	29	30
December 23 - January 7 - Christmas Break						
31	Jan 1	2	3	4	5	
December 23 - January 7 - Christmas Break						



Important Dates to Mark on Your Calendars

- January 8 - classes resume
- January 26 - Hot Lunch - Dairy Queen