



MCS Meadowlark Christian School

May

Principal's Message

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Principal
Mr. Scott Markine

Assistant Principal
Mr. Darrell Regehr

Superintendent of Schools
Mr. Darrel Robertson

Board Chair
TBA

Ward E Trustee
Mr. Ken Gibson

Meadowlark Christian School is a caring community committed to developing excellence in:
Learning through academics
Living in Christ
Leading by serving others
Loving with the strength of character

Spring has finally sprung!! Bring on the cleansing rain showers and green grass.

11 being strengthened with all power according to his glorious might so that you may have great endurance and patience. Colossians 1:11

Before we jump into May, I need to share how the Grade 9 Belize Mission Trip students lived out "Leading by serving others." It is truly amazing to hear these students articulate how their time in Belize has impacted their lives. This years group brought over 25 boxes of supplies consisting of over \$800 in school supplies and over \$1000 dollars in books for school libraries. You may have seen an excerpt on Global News last week. In case you missed it, here is the link: [Our YEG at Night: Leaving a Legacy in Belize](#)

At MCS another way we show "Living in Christ" is through scripture memory work. A number of students have already completed the scripture work, but for those still working on it, not to worry, you have until May 31st.

Even though there is only two months left, we are not slowing down. This time of year means we are we are planning classes and timetables for next year while at the same time keeping our eyes on this year's goals by preparing this years students so they can finish this year strong.

Pre-enrolment is usually only talked about leading up to April, however, I want to share with all of you that we able to accommodate every family that registered at MCS through the Pre-enrolment process. That is great news! We will have a number of new MCS families to welcome into our fold in September.

"Learning through academics" does not ease up as we approach the end of the year. You will see a transition between May and June as we shift from learning new material to re-viewing and solidifying what we have learned in the previous nine months. May brings the first segment, Part A, of the Language Arts Provincial Achievement Tests for students in Grade 6 and 9. The dates students will be writing Part A are:

- Grade 6: May 8, 2018
- Grade 9: May 10, 2018

Parents, as always, if you have any questions, comment or concerns about any part of the Meadowlark Christian School day, please let me know by email at scott.markine@epsb.ca or by phone at (780) 483-6476.

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



EDMONTON PUBLIC SCHOOLS

Bright futures
begin here

MUCHAS GRACIAS

The Belize 2018 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 it was fun to see our grade nines step out 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, **worshiping** at several church services, and at 4 different schools, **ministering** at schools, leading Sunday school, puppet plays (chicken), skits, songs and face painting, **feeding** school kids, playing and developing relationships with students, Pastor Antionette, Pastor Tony, Doug or Phil. You could also inquire about our team praise and worship sessions every night outdoors under the stars, the boat ride to the Mayan ruins or scaling the temples themselves. Watch for student testimonials in the June Newsletter.

Belize 2018 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!

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Healthy Children

April 2018 Parent Newsletter



A Healthy Home

Staying healthy all year long includes many things such as physical activity, eating well, social interaction and other factors. One area you might not have thought of that can help keep you and your family healthy is the home you live in.

In Alberta, there are regulations that apply to any place a person rents to another person to live in. This could include an apartment, a house or a basement suite.

Both landlords and tenants have responsibilities. The tenant must pay the rent on time and not cause damage. The landlord must make sure that the home is safe to live in, has a proper toilet,

plumbing and safe water, heat is provided, there are rooms to sleep in and the appliances in the home work properly.

If you do not have shelter to live in that meets certain minimum requirements, it can affect your health. If you have a concern about a place you are renting you can contact Alberta Health Services Public Health Inspectors and an inspection can be done.



For more information or to contact a Public Health Inspector visit
www.ahs.ca/epi

Articles

A Healthy Home

Healthy Relationships

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and or existing run clubs. To learn more visit

<http://www.ama-youthrunclub.com/>



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

Healthy Children

May 2018 Parent Newsletter



Spending Quality Time Together

It's important for families to share experiences and quality time together. Quality time is interactive rather than something passive, like watching television. One way to increase quality time together is by setting aside at least one evening a week as a family. Play games, have a family book club, make dinner together, or go on walks taking a different route each week. Set aside media-free family time on evenings and weekends. Read aloud together, toast marshmallows, listen to music, play outside, go on an outing...you get the idea! On those days when life is especially busy and a board game or a game of tag isn't possible, try to honour mealtimes as 'connecting times'.

Children and youth who have close bonds with their families are often emotionally healthy and perform better in school. Even though a family is strengthened by its togetherness, it shouldn't come at a cost to each person's need for independence. A healthy family balances connectedness with independence allowing everyone some room to be their separate selves. It's both the differences and sense of belonging that creates the model for children to thrive.

Making time to spend together as a family might require cutting back on other activities or shifting your current schedule.

Articles

Spending Quality Time Together

Help Keep This Summer *Ouch* Free

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.



Healthy Teens

April 2018 Parent Newsletter



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Healthy Teens

May 2018 Parent Newsletter



Articles

Self-harm in Teens

How to Talk to Your Teen about Marijuana

Self-harm in Teens

Self-harm is when a person hurts themselves on purpose without necessarily wanting to die by suicide. It is also referred to as Non-suicidal Self Injury (NSSI). This behaviour is more common among teens than any other age group.

Some common self-harming behaviours are cutting, burning and hitting oneself. Self-harming behaviours can result from a combination of life stressors such as drug abuse, mental illness and low self-esteem. Teens may self-harm to:

- Get rid of or decrease painful feelings (e.g. fear, depression, anger, feeling anxious, guilt, feeling lonely, self-loathing)
- Feel pain
- Manage stress
- Distract oneself from overwhelming emotions and difficult situations

- Use their skin to communicate with others about a problem they can't express in words
- Punish themselves
- Gain a sense of control over their body
- Experience a release of chemicals (endorphins) that improve mood and increase tolerance to pain

If you learn that your teen is self-harming, offer support without judging or criticizing; be aware of and keep your own emotions under control. Let them know you want to listen to them by asking if they want to talk and creating opportunities for them to talk. Help your teen create a plan for safer coping methods when pressures are strong. Learn about self-harm, understanding the behaviour makes it easier to talk about it. It may also be helpful to get

professional help from a mental health therapist or psychologist.

It is also important to ask if your teen is considering suicide by asking clearly: 1) Are you thinking about suicide? 2) Do you have a plan? And 3) Do you have a way to carry out your plan? If your teen answers yes to any of these questions, get help. Use your instincts to identify whether the risk is immediate. If it is, call 911 or take your teen to the nearest emergency department. If the self-harm injuries are severe, help them get medical attention.

➤ If your teen is suicidal, but risk isn't immediate, contact a crisis centre in Alberta <http://www.alberta.ca/alberta-crisis-centres/>



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

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Elementary Chapel –12:30 pm	8 PAT Gr 9 LA Part A	9	10 PAT Gr 6 LA Part A	11	12
13	14	15	16 Div 2 Ringette presentations JH Track meet	17	18 Teacher day-in -lieu No school	19
20	21 Victoria Day No school	22 Teacher day-in -lieu No school	23	24	25 Hot Lunch - McDonald's 	26
27	28 EPSB Zone track meet - Rollie Miles Field	29	30	31 Volunteer Appreciation— 12:45-2:00 pm		

Important Dates to Mark on Your Calendars

June 1 - Gr 5 & 9 Immunizations

June 1 - Gr 9 Farewell - 6:30 - 9 pm - West Meadows Baptist Church

June 4 - Elementary Chapel - 12:30 pm

June 11 - JH Chapel - 12:30 pm

June 15 - Hot lunch - Booster Juice

June 18 - PAT Gr 6 ELA Part B

June 19 - PAT Gr 6 & 9 - Math

June 25 - PAT Gr 9 ELA Part B

June 26 - PAT Gr 6 & 9 SS

June 27 - PAT Gr 6 & 9 Science

June 28 - Last day of classes & awards