



MCS Meadowlark Christian School

September

Principal's Message

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Principal
Mr. Scott Markine

Assistant Principal
Mr. Darrell Regehr

Superintendent of Schools
Mr. Darrel Robertson

Ward C Trustee
Sheila Dunn

*"Love the Lord your God with all your heart and with all your soul and with all your mind; and love your neighbor as yourself."
Luke 10:27*

The school bell rang, the doors were unlocked and 343 students, some with their parents, came rushing in. The hallway was filled once again with the patter of feet, this year on freshly installed flooring, the excited smiles on faces after seeing friends for the first time in 2 months and backpacks full of finely sharpened pencils and clean unmarked erasers.

Welcome back MCS Families. It is an honor to serve your family again this year as your Principal.

I would first like to start by thanking the MCS Foundation for continuing to make sure that the students at MCS have a safe, warm and welcoming building in which they can learn. If you have been in, and are a returning family, you will have noticed the new floor. The project started with moving every piece of furniture into the gym at the end of June and was completed with 4 days left in the summer.

The MCS Foundation worked hard to ensure that everything was put back in place for the first day students returned in September. Thank you.

With a new year beginning there are a couple of items that I would like to take a moment remind families about safe drop-off and pick-up procedures:

- Doors open at 8:30am
- Classes start at 8:45am
 - ◊ There will be a 5 minute warning bell at 8:40am
- Entering the building
 - ◊ Junior High students use the front entrance
 - ◊ Grade 4, 5, 6 students use south entrance on the back tarmac
 - ◊ Grade 1, 2, 3 and K students use the north entrance by the playground
- If you are walking your child into the building
 - ◊ Find a safe place to park on 158 St., 157 St., 99 Ave, or 98 Ave
 - ◊ Please walk to the nearest corner to cross safely and model safe behavior.

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



EDMONTON PUBLIC SCHOOLS

Bright futures
begin here

- If you are dropping off your child:
 - ◊ Find a safe place to pull next to the curb
 - ◆ Please do not stop in the driving lane as you prevent the flow of traffic
 - ◊ Encourage your children to walk to the nearest corner to cross the street.
- School ends at
 - ◊ 3:20pm Monday, Tuesday, Wednesday and Friday
 - ◊ 2:25pm Thursday

Please refer to the Drop-Off and Pick-Up Map.

It is the mission of Meadowlark Christian School to be a car-community, committed to developing excellence in Learning through academics, Living in Christ, leading by serving others and Loving with strength of character. This mission is acted out in the work of the teachers as they make sure students are successful, both academically and spiritually.

Last year we worked as a collaborative team on answering two key questions:

- How do we as a school respond when students do not learn what we want them to learn?
- How do we as a school respond when students already know what we want them to learn?

It was our goal to make sure that all students get access to the additional time and support they need to be successful. What developed is a period of time each day called **WOLF Time**. **WOLF** stands for **Working On Learning Foundations** and is a 30-34 minute period each day where your child's teacher will be able to work with small groups of students giving them the additional time they need.

I will use the Junior High classes as an illustration of how this time works. Every morning between period 2 and 3, all junior high students are sent to the gym to be supervised by myself. The teachers in each subject area will keep back the 5-8 students that they have identified as requiring extra support and will work with them for the 34 minute WOLF Time. In the gym, the junior high students who have not been required to stay and work with their teachers will be working on a variety of items including unfinished classwork, projects that are due in the future, independent silent reading, and cross curricular extension projects.

WOLF Time will run at every grade level and set times throughout the day, with the difference in the elementary classes being that there will be only two classes grouped together and they will meet in the library. As of this week, the grade 5 and 6, as well as the junior high classes have all started using this time. The rest of the elementary grades will be starting next week once the teachers have had a chance to gather information about which students need the additional time.

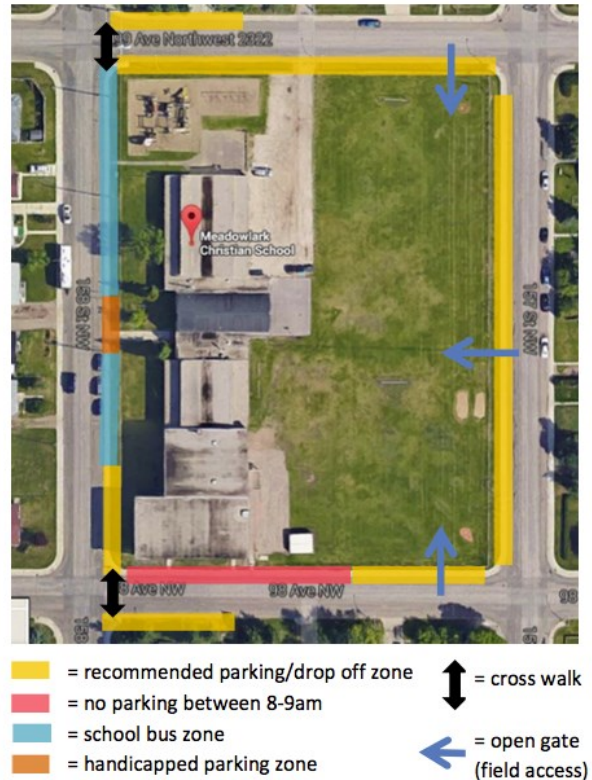
If you have any questions about WOLF Time or what this will look like for your child, please contact your child's teacher or myself at the school office.

We hope to see all of you at the MCS Foundation BBQ and Meet the Teacher night on September 11, however, if you were unable to attend you are invited to contact your child's teacher to schedule an alternative time where you can meet.

Thank you MCS families for a fantastic first week and I look forward to an exciting year seeing learning, living, leading and loving in action.

Scott Markine, Principal

Traffic and Pedestrian Infrastructure around Meadowlark Christian School



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Cookie Dough Fundraiser

It's the Cookie Dough fundraiser time of year! The students will be selling boxes of pre-formed and packaged cookie dough. There are 6 different flavors to choose from. The boxes sell for \$20/box and each box has 36 cookies or a tray of Muffins for \$24. Our goal is for each student to sell 20 boxes of cookies/muffins.

Our financial goal for this fundraiser is to raise \$20,000!!!!

Administrative details

To help me with the administration and tracking of the sales and money I would prefer the students bring in their money (cash and cheques) when they have completed their sales campaign. (October 1)

All cheques from customers should be made out to **Meadowlark Christian School and **NOT MCS**.**

Dates to remember

The fundraiser will run from *September 7, 2018* to *October 1, 2018* so that we can have all of the money collected and prizes awarded in early October.

We will put in our order for the cookie's as soon as our fundraiser is complete with an anticipated delivery date in late October 2018.

What will we do with the money?

The money raised from this fundraiser will be used to enhance the educational needs of your child. Some examples are: supplement the costs for Spiritual retreat days for elementary and Junior High students, more technology in the classroom, resources for a variety of musical or Phys. Ed. related activities, plus Elementary and Junior High needs.

This year we have three categories of sales incentives to help us reach our goal.

The three categories are:

- Individual student Incentives
- Family Incentives
- Classroom Incentives



These categories are explained on SchoolZone and in the letter sent home with the order forms..

We will need volunteers to help sort the boxes of cookie dough on the delivery day in mid October. Please contact me if you can help with the final leg of this project.

If you have any questions please contact me at darrell.regehr@epsb.ca or phone 780-483-6476.

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 3:35pm**. 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 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.

Field Trip Fees

Bill 1 does not effect how a school charges for field trips. At the office level we use a District software program called FMS (Fee Management System). This program tracks the fees for each student to ensure that the fees collected from a student are utilized for *that* student. If a student does not attend a trip or participate in the activity, the fee will not be taken out of their field trip fee account. A reconciliation of each child's field trip fee account will be provided to parents at the end of each school year and any outstanding balances will be returned to the parent.

- **Elementary** - Based on trips that have traditionally occurred, we calculated that a field trip fee of \$100/ per student will cover the costs of field trips for this year for the students in grades 1-6. Please make out your cheques to **Meadowlark Christian School**. These cheques will be due by Thursday, September 28. These fees may alternatively be paid through SchoolZone
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- **Junior High** - Due to the nature and variety of field trips that Division 3 students participate in, Junior High students will pay for field trips on a per trip basis. The amount for each individual field trip will be indicated on the field trip consent form.

Hot Lunch Program

This year we are excited to be welcoming the Lunch Lady into our school for our hot lunch program. A great benefit of the Lunch Lady program is they are able to accommodate almost all allergies so hopefully most people should be able to order hot lunch. You should be receiving a flyer home shortly on how to setup and order lunches for the year. In the meantime, you can get more information on the Lunch Lady and their program on the website at www.thelunchlady.ca.



Pull-Tab Project for Children with Diabetes

The Pull-Tab project is sponsored by the Lion's Club who convert the tabs collected into dollars which are managed by the Pediatric Diabetes Education Centre at the Stollery Children's Health Centre. By pulling the tabs, you can help a parent buy life-sustaining diabetes equipment and supplies for their child. Daily blood sugar testing and insulin injections will cost at least \$3400 every year for life. Yet if children have the tools they need to manage their diabetes and to stay healthy, they can avoid the terrible side effects of diabetes. Also, by pulling the tabs, you can help send a child to diabetes camp. Many children with diabetes feel alone. Many feel that no one understands what it's like to live with diabetes. Can you imagine poking your finger to check your blood at least four times every single day forever? Can you imagine having to take at least two insulin injections every day? Can you imagine always having to eat only the right kind of food, only the right amount of food, and only at the same times every day? Can you imagine being the only one in your family, school, neighborhood or community who has to live like this? Would you like to help a child with diabetes spend just a few days every summer feeling "just like a regular kid"? At camp, all the kids are doing finger pokes and insulin injections and following a meal plan. At camp, the child with diabetes is not alone and someone does understand completely.

Meadowlark Christian School has collections bins for these tabs. So keep those pop can tabs coming! These tabs, though insignificant in small amounts, become a lifeline to a child when collected in large amounts. The tabs help those families that are not able to cope with the costs that Type 1 Diabetic care has, enabling a child to have the tools necessary to survive this disease.

Thank you for your contributions, Corrine Timmer

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.

Healthy Children

September 2018 Parent Newsletter



5 Easy Ways to Tame Tech Use

What happens in your home when it's time to turn off the screens? Epic whining? Begging for just 15 more minutes? Dramatic allegations that you are the strictest of all parents? You are not alone. Flashy games, social media and endless online video content make technology very appealing to kids and adults alike. Parents often struggle with how to get their kids unplugged more often. It's not always easy but it can be simpler than you think. Here are five ways to tame tech use:

1. Make tech-free times. For example, at the dinner table or when guests are visiting.
2. Get out in nature. Nature can be a delightful distraction! Get out of cellular range for the full tech-free effect.
3. Make sure screen use doesn't cut

into important sleep time. Keep screens out of the bedroom.

4. Encourage a range of activities. As the old adage goes, variety is the spice of life.
5. Be a good role model with your own screen time habits. Follow the rules your family has agreed on.

Taming technology in your home doesn't mean your child can't play video games, watch movies or text their friends. What's most important is that families have plenty of media-free time to enjoy relationships, hobbies and memorable adventures.



For more information about screen time, visit

http://www.cse.ca/CMEFiles/Guidelines/CanadianSedentaryGuidelinesStatement_F_2012.pdf

Articles

5 Easy Ways to Tame Tech Use

Bike Safety: What should parents know?

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 www.amayouthrunclub.com/



**Alberta Health
Services**

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

Bike Safety: What parents should know

This fall, your child may want to exert some independence by biking to school or to another destination on their own. If you are trying to decide if your child is ready to bike alone, consider if they are ready to judge traffic and safety risks.

Your child's ability to ride on the road is based on their experience, environment and development. Most children are not ready to ride in traffic until they are between 10 and 14 years old. Before they can ride on the road they will need to learn safe practices, such as:

- Paying attention
- Using brakes and hand signals
- Learning car and traffic signals
- Staying away from major risks such as busy intersections or hidden driveways
- Passing pedestrians safely

Also consider the route your child will take to school. Is there



a lot of traffic or construction? Are there safe intersections to cross at?

Whether they are with you or alone, your child must wear a helmet. It is the law in Alberta. Bike helmets can protect your child from head injury by as much as 80%! But all helmets are not made equal. Ensure your child is wearing the right helmet for cycling. Other wheeled activities such as skateboarding require a different type of helmet. Also ensure your child's helmet is a good fit. The [AHS](#)

[Bike Helmet YES](#) test will help guide you in buying, fitting and using the helmet properly.

Be a role model by wearing your helmet on every ride. Teaching and practicing the rules of the road, and wearing the right gear will help make this biking season a safe one.



For more information about bike and small wheeled recreation safety, visit MyHealthyAlberta.ca

Healthy Teens

September 2018 Parent Newsletter



5 Easy Ways to Tame Tech Use

What happens in your home when it's time to turn off the screens? Epic whining? Lengthy negotiations? Dramatic allegations that you are the strictest of ALL parents? You are not alone. Flashy games, social media and endless online video content make technology very appealing to teens and adults alike. Parents often struggle with how to get their kids unplugged more often. It's not always easy but it can be simpler than you think. Here are five ways to tame tech use:

1. Make tech free times. For example, at the dinner table or when guests are visiting.
2. Get out in nature. Nature can be a delightful distraction! Get out of cellular service range for the full tech-free effect.
3. Make sure late-night online chatting, surfing and texting doesn't cut into important sleep

time. Ask your teen to give you their cell phone at a certain time at the end of the day so sleep is not interrupted.

4. Encourage a range of activities. As the old adage goes, variety is the spice of life.
5. Be a good role model with your own screen time habits. Follow the rules your family has agreed on.

Taming technology in your home doesn't mean your teen can't play video games, watch movies or text their friends. What's most important is that families have plenty of media free time to enjoy relationships, hobbies and memorable adventures.



For more information about screen time, visit

https://www.csepr.ca/CME/les/Guidelines/CanadianSedentaryGuidelinesStatements_-_2018.pdf

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Teen Driver Safety

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Teen Driver Safety

For many teenagers in Alberta, driving is often a big step toward independence. It is an exciting time, but also a risky time, as crashes are highest among teenagers in their first year of unsupervised driving. This is because most new drivers underestimate risks and overestimate their abilities.

Teens must know how to recognize and manage the risk of driving, like bad weather, unruly passengers and other drivers. In order to reduce the risk of crashes, teach your teen to take **Smart Risks** when they are driving.

Encourage your teen to **Look First**. This means being prepared to drive, every time by checking road conditions and mapping routes before they get in the car. It is also important to check tires, adjust seats and rearview mirrors before driving.

Teens must always **Buckle Up** their seatbelt, no matter how short the drive. It's the law.

Teens can **Get Trained** by taking a driver's education course and learning from an unbiased expert with years of experience teaching new drivers.

For teenagers, it's the law to



Drive Sober. Set a rule against drinking or taking drugs and driving for your teen. Aside from always encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe.

1. Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
2. In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
3. Stay informed about Alberta's graduated driving

license laws and start a conversation with your teen about them.

4. Use the Parent/Teen Driving Agreement with your teen to start and keep an open, honest dialogue about their driving behaviour. It will also help you work together to set boundaries, build trust and help your teen stay safe on the roads.



To access the Parent/Teen Driving Agreement, visit
<https://myhealth.alberta.ca/Alberta/AlbertaDocuments/n-i-is-niet-cho-parent-teen-driving-agreement-fo.pdf>



For more information about graduated driver licensing, visit
<http://www.transportation.alberta.ca/1852.htm>

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 BBQ & Meet the Teacher	12	13 Photo Day	14	15
16	17	18	19	20	21	22
		FYR				
23	24	25	26	27	28	29
30	October 1	2	3	4	5	6
	READ IN WEEK					



Important Dates to Mark on Your Calendars

October 8 - Thanksgiving Day - no school
 October 18 - Interim reports - gr 3-9
 October 19 - PD Day - no school
 October 23 & 24 - Parent/Teachers conferences