

MMH NEWSLETTER

MARCH 2011



March 2011!

- 1 After School Skating at Nicholas Sheran
3:30-4:30
- 2* **Pink Shirt Day**
- 2 Grade 5 Curling 9:00 am
- 4 Grade 5 Curling 9:00 am
- 7 NO Kindergarten Classes
- 8 Spirit Assembly 8:30am
- 8 After School Skating at Nicholas Sheran
3:30-4:40
- 8&9 Safety City Presentations
- 9 School Council Meeting 7pm in the Staff Room
- 9-15 Healthy Living Program: Indoor Tennis!
- 11 Report Cards sent home
- 15 After School Skating at Nicholas Sheran
3:30-4:30
- 16 Hot Lunch!
- 16&17 No Kindergarten Classes
- 17 Happy St. Patrick's Day!
- 17 Grade 2-5 Parent/Teacher Interviews in evening
- 18 Grade 2-5 Parent/Teacher Interviews in morning
No Classes
- 22 Spirit Assembly—wear your school colors!
- 22 After School Skating at Nicholas Sheran
3:30-4:30
- 28 125th Day of School for Students!
- 28-1 Artist in Residence Program!
- 29 After School Skating at Nicholas Sheran
3:30-4:30
- 30 Petland visits our Kindergarten!

mmh.lethsd.ab.ca

Lethbridge School District #51

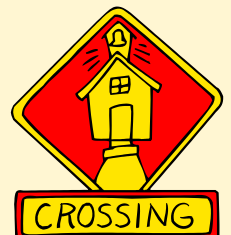
STUDENTS SAFETY

We ask that all parents take caution driving in front of our school. Watch out for our children as they may not be watching for you!

Some of the things being reported are:

1. "Double parking" as students exit vehicles;
2. Parking right on the crosswalk;
3. Illegal U-turns-sometimes right on the crosswalk;
4. Excessive speeds through the crosswalk.

We ask for your cooperation in order to make things as safe as possible for ALL students and adults at our school.



Conference Manager Instructions

Once again, we are pleased to be using the Internet to schedule Parent-Teacher Interviews.

The process for booking interviews is broken into the following steps:

Step 1 – You can Pre-Register at <https://mikemoutain.schoolsoft.ca> (DO NOT include “www” in the url) You can set up a Parent Account by following the link above. Click the REGISTER NOW button and complete the registration form. Your login credentials (email and password) will remain in the system to make it easy to access the Conference Manager in the future.

Please note that in order to enhance functionality and security, the Conference Manager requires you to use Internet Explorer 7 (or above), Firefox 3 (or above) or Safari 4 (or above). If you are using an older browser, the Conference Manager will automatically prompt you to update your browser and provide you with a link. This is a one-time process and only takes a couple of minutes.

In order to ensure that your email program does not block emails sent from the Conference Manager, we suggest adding appointments@schoolsoft.ca to your address book.

Step 2 – Conference Manager Opens to Parents – Monday, March 7th at 6:00 am.

You can access the Parent Login Page using the link in the Confirmation Email. If you do not receive a Confirmation Email, you can login by going directly to <https://mikemoutain.schoolsoft.ca>.

Step 3 – Book your Parent-Teacher interviews

Select the teachers with whom you want to book interviews. You will see each teacher’s schedule. After booking your appointments you can print off your schedule. You will also receive an email containing the teacher name, time and location of the conference. You can log into the system at any time to view your bookings, print, cancel or re-schedule appointments. You have the option of submitting comments or questions to the teacher as part of the booking process.

****Grade 1 teachers will be contacting parents to scheduling their “Open House” time.
Do NOT schedule your child through Conference Manager if in Grade 1***

Important Dates for Grades Kindergarten and 2 through 5:

Anytime – Pre-Registration (not required if you used the system for the first round of interviews)

Monday, March 7 – Conference Manager opens at 6:00 am

Tuesday, March 15 – Conference Manager closes at 6:00 am

Tuesday, March 15 – Grade 2 “Open House Interviews”

Wednesday, March 16 – Kindergarten Parent/Teacher Interviews

Thursday, March 17 – Kindergarten and Grade 3 through 5 Parent/Teacher Interviews

Friday, March 18 – Grade 3 through 5 Parent/Teacher Interviews

If you do not have Internet access, you are welcome to contact the office and we will schedule your conferences on your behalf. If you have any questions or need assistance, please feel free to contact the school at 403.381.2211.

Thanks and Farewell to Mrs. Houtekamer!

**Mrs. Tweela Houtekamer, our Elementary Liaison Counsellor, has decided to retire!
Her last day at Mike Mountain Horse will be on March 4th.**

Mrs. Houtekamer has been employed with Lethbridge School District No. 51 for 14 years. Her latest position has been as the Elementary Liaison Counsellor at Nicholas Sheran Community School and Mike Mountain Horse Elementary. She has been a very valuable member of our team at Mike Mountain Horse in supporting students and their families in numerous ways.

Please join us in wishing Mrs. Houtekamer well on her “new chapter” --- retirement!

Mike Mountain Horse as a new Elementary Liaison Counselor!

It is our pleasure to introduce Mrs. Cathy Kitagawa to Mike Mountain Horse as the new Elementary Liaison Counselor, replacing the retiring Mrs. Houtekamer. Mrs. Kitagawa comes to our school from Winston Churchill High School, and has a strong background in both teaching and counseling. She is planning to become very involved at our school and we look forward to her work with all our students.

She will be working at both Nicholas Sheran Community School (Mondays and Tuesdays) as well as Mike Mountain Horse on Wednesday and Thursdays. Fridays will be an “alternating day” for her.

So if you see a “new face” in the office, please welcome Mrs. Kitagawa to our Mike Mountain Horse family.

Ms. Jackie Waiboer, our school secretary, has resigned from her position at Mike Mountain Horse to assume a new position with Alberta Health Services.

Jackie has been at MMH for the past 3 years, and we'll be sorry to see her go! At the same time, we would like to wish her well with her new position at the "train station".

Ms. Waiboer's final day at MMH will be on March 11, 2011. If you happen to drop in the office before then, please say "hi" and shower her with "well wishes"!

Adopting a Citizen of Tomorrow

The Lethbridge Chamber of Commerce is once again operating the "Adopting A Citizen of Tomorrow" program. This program has been in existence for three years and Mike Mountain Horse is in its second year with this program. The Lethbridge Chamber of Commerce Business and Education Committee, along with school and business partners present certificates of citizenship to Grade 2, 3, 4, and 5 students throughout the school year.

The intent of the program is to reward citizenship and encourage positive social skills. With this in mind, the following criteria are used in selecting the deserving students:

- Positive Attitude
- Good Attendance
- Acts of Citizenship
- Best Effort (Most Improved)

The monthly presentation award is designed to provide motivation to the students.

The following are Mike Mountain Horses' business sponsors:

Grade 2- Enercon Water Treatment (Mr. Keith Dys)

Grade 3- Streetside Eatery (Mr. Ray Bonetti)

Grade 4- CIBC Wood Gundy (Mr. Kevin Sassa)

Grade 5- Holmes Ecowater (Ms. Judy Holmes)

RECIPIENTS FOR JANUARY

Grade 2—Jaxon Shigehiro

Grade 3—Tayson Cook

Grade 4—Madison Kopp

Grade 5—Demi Zalesak

CONGRATULATIONS STUDENTS!

This year the Royal Tyrrell Museum's Prehistoric Arts Contest received over 1000 entries and the judges chose the entries of two of Mike Mountain Horse Students as winners!

Congratulations to:

Ryleigh Leonard

1st Place

Hossen Al-Yazgi

Honorable Mention

ARTIST IN RESIDENCY

On March 28 our school welcomes professional actors Maureen Rooney and Paul Punyi for one week **Artist in Residency** program. Maureen and Paul are well known throughout the province for providing high energy drama experiences to school students. They will introduce themselves to the students through three exciting and humorous assemblies on Monday, March 28th. For the rest of the week they will visit each classroom once or twice providing one hour drama sessions where children will be able to explore the performing arts. The "Reading Show" Assemblies and any of the one hour sessions will be open to student's parents to attend. Keep watching for more information.

March 28th assembly times:

8:40—9:40 Kindergarten, Grade 1 and 3A (Burke)

9:40—10:40 Grade 4, 5, and 3B (Pickering)

12:45—1:45 Kindergarten, Grade 2, 3C (Pickett) and 3D (Prawdzik)

The Chinook Autism Society and Lethbridge Association for Community Living are happy to be bringing the Friend 2 Friend Association to Lethbridge. They are providing a Community Presentation the evening of **Thursday, March 10th at 7:00pm at Galbraith Elementary School.**

So come as you are, and invite your friends.

Presentation: Fostering Mutual Friendships for Children with ASD: The Friend 2 Friend Model

Presented by Marie-Claude Osterath with support from Friend2Friend Calgary Team members

Seminar Description:

The purpose of this 90 minute session is to illustrate the principles and practices of the Friend 2 Friend Teaching Model. The goal of this seminar is to help participants empathize with "what it feels like to have autism" and implement strategies in homes, schools and daycares that will foster mutual friendships between children with autism and their peers.

Participants will play a sensory and communication simulation game to experience the frame of mind of an individual with autism. In addition, participants will learn the importance of friendships and receive practical tips and suggestions on supporting socially inclusive classrooms and community environments. Using video, experiential game, stories and personal experiences, we will illustrate how to promote understanding, acceptance, empathy and friendships for individuals with autism within their peer group.

This seminar is suitable for parents, educators, therapists and other practitioners supporting children on the autism spectrum.

Please pass this email on to anyone you feel would be interested and benefit from seeing this . Please r.s.v.p. to spoerz@telusplanet.net

Nutrition Month March 2011

Spring is just around the corner, and we would like to remind you that March is Nutrition Month! This national campaign gives Registered Dietitians the opportunity to promote healthy eating messages to the Canadian public. This year's theme is a continuation of last years "***Celebrate Food... from Field to Table***" with four key messages and points to focus on.

1) Celebrate... Local foods

Many healthy foods are grown or raised in Alberta. Enjoy their taste and variety. Use them in your favourite recipes.

Eat with the seasons. Add root vegetables to soups and stews in the fall and winter.

Enjoy local berries in the summer.

Try new foods often. Balance your meals with servings from all four food groups.

2) Food... Cook it yourself

Plan ahead. Make a weekly menu to add variety and save time.

Prepare meals together. Cooking teaches important skills and makes for great family time.

Try a new recipe. Look for recipes that use more vegetables, fruits, whole grains and less fat, salt, and sugar.

3) Field.... Discover where healthy foods are grown

Plant a garden and enjoy your own vegetables and fruits from home. Invite others to join in the fun! Visit a local farm. Buy or pick your own produce. Learn about how foods are grown, harvested, or produced.

Read food labels. Look for "Product of Canada" on the package to choose foods grown in Canada.

4) Table... Enjoy meals together

Take time to eat meals with family or friends. Eating with others supports healthy habits and healthy bodies.

Connect with others. Start a lunch or dinner club to share conversation, culture and traditions.

Build a healthy plate. Fill half with different types and colors of vegetables and fruits.



Cooking together
is the recipe for fun!

nutrition2011.ca
Celebrate food...from field to table!



NUTRITION
DAIRY FARMERS OF CANADA

