

NEWSLETTER

May 2011

Mike Mountain Horse
Elementary School



Important Dates....

May

2-6 — Education Week.. See page 3 for more information

- 2 — Miss Finnie's class to Galt Museum
- 3 — Mrs. Gast's class swimming 12:45pm
- 4 — Mrs. Baker's class to Galt Museum
- 4 — Mrs. Seaman's Kindergarten Mother's Day Tea 11am
- 5 — Gr 5 Drama club
- 5 — Mrs. Morton and Mrs. Stromsmoe's Mother's Day Tea 11am and 3pm
- 5 — Mrs. Johnson's class swimming 12:45pm
- 6 — Gr 5s to GS Lakie Orientation
- 6 — Mrs. Baker's class swimming
- 9 — Mrs. Gast's class to Galt Museum
- 9 — Mrs. Payne's class swimming 1:45pm

10 — Spirit Assembly 8:30am

- 10 — Gr 5 Parent Orientation evening at GS Lakie
- 10 — Gr 1 students going to AGGIE Days
- 11 — Gr 2 students going to AGGIE Days
- 11 — Museaus Performance am

11 — School Council Meeting 7pm—everyone invited!

- 12 — Mrs. Johnston's class swimming 1pm

13 — School Based Learning Day—NO SCHOOL FOR STUDENTS

- 16 — Mrs. Payne's class swimming 1:45pm

17 — Gr 3 PAT—LA Writing

- 17 — Gr 4 classes to Southminster Leth. Symphony performance 11:25am
- 17 — Gr 1 classes going to "Feel the Beat" 9:30am
- 17 — Gr 4/5 classes going to "Feel the Beat" 11:30am
- 17 — Mrs. Gast's class swimming 12:45pm

18 — Admin Assemblies pm

- 18 — Preschool to "Feel the Beat"
- 18 — Gr 2 classes going to "Feel the Beat" 10am
- 18 — Gr 3 classes going to "Feel the Beat" 12pm
- 19 — Gr 5 Drama Club
- 20 — Mrs. Bakers' class swimming

23 — Victoria Day Holiday—NO SCHOOL

- 24 — Tsentouro's class to SAAG 10am

24 — Spirit Assembly 12:45pm

- 25 — Craddock's class to SAAG 10am
- 25 — GS Lakie band and guitar group 11am
- 25 — Hot Lunch

28 — Garage Sale at Exhibition

- 30 — Payne's class swimming 1:45pm
- 30 — Mrs. Johnston's class to Galt Museum 1pm

- 31 — Mrs. Nelson's class to SAAG 10am

- 31 — Mrs. Payne's class to Galt Museum 1pm

June

- 1 — School Council AGM and meeting 6:30pm

- 1 — Miss MacDonald and Mrs. Peak-Vout's class to Galt Museum

- 1 — Mrs. Van Roon's class to SAAG 10am

- 2 — Gr 5 Westside activity day

- 2 — Mr. Wever's class to Galt am

- 2 — Mrs. Neeve's class to SAAG 10am

- 2 — Miss Finnie's class swimming am

- 3 — Mrs. Johnston's class to Helen Schuler am

- 6 — Mrs. Payne's class swimming 1:45pm

7 — Pancake Breakfast 7am to 8:15am

- 7 — Mrs. Craddock's class swimming 1:30pm

7 — Spirit Assembly 12:45pm

- 8 — Mrs. Neeves' class swimming pm

- 8 — Mrs. Nelson's class swimming pm

- 9 — Mrs. Tsentouros' class swimming am

- 9 — Mrs. Van Roon's class swimming am

- 9 — Kindergarten Father's Day Celebrations 11am and 3pm

- 13 — Mrs. Gast's class to Helen Schuler pm

- 13 — Mrs. Payne's class swimming pm

14 — Gr 3 PAT—LA Reading

- 14 — Gr 4 to Crowsnest Pass

- 14 — Mrs. Payne's class to Helen Schuler am

- 14 — Mrs. Baker's class to Helen Schuler pm

- 14 — Miss Finnie's class swimming am

- 15 — Miss Finnie's class to Helen Schulerpm

16 — Gr 3 PAT — Math

- 16 — Gr 2 boat launch N.S. am

- 16 — Gr 4 swimming am

- 20 — Gr 3 year end activity

- 21 — National Aboriginal Day

- 21 — Gr 5s to Calgary

- 23 — Last day of Kindergarten

- 27 — Kindergarten Orientation for September 2011 students

- 27 — Farewell Assembly 9am

- 28 — Year End Assembly 10:30am

Easter Break

Friday, April 22 to Sunday, May 1
Students return to school on
Monday, May 2

Kindergarten Registration for 2011/2012

We are now taking registrations for next year Kindergarten.

Please remember to bring your child's Birth Certificate and Alberta Health Care Number



School Council News: Letter Writing Campaign

The following is a copy of the draft letter re: recent provincial education budget announcements.

Feel free to adapt, customize, and edit this copy - or simply send it as is. The addresses of where to send the letter are included, below.

1. Enter your name & address at the top,
2. copy & paste the political Rep's address, and
3. *Voila* you're ready to send them off via email or regular post.

Dave Hancock (Minister of Education)

#224 Legislature Building

10800 97 Ave. NW

Edmonton, AB T5K 2B6

email address: dave.hancock@gov.ab.ca

Ms. Bridget A. Pastoor

MLA for Lethbridge-East

Constituency Office

2816 – 5th Avenue North

Lethbridge, AB T1H 0P1

Greg Weadick

402 8th Street South

Lethbridge, AB T1J 2J7

email address: lethbridge.west@assembly.ab.ca

February 9, 2011

Greg Weadick

402 8th Street South

Lethbridge, AB T1J 2J7

email address: lethbridge.west@assembly.ab.ca

Dear Mr. Weadick:

I am writing to you regarding the Recent Provincial Education Budget Announcement. I am deeply concerned as a parent of a child who attends Mike Mountain Horse elementary school here in Lethbridge.

The recent announcement could have very serious implications for our young children. This budget will lead to increased class sizes, staffing cuts and diminished programs like co-curricular programs. Class sizes are already at large proportion at Mike Mountain Horse elementary school (average # students/class) and this is a concern as it makes it difficult for teachers to provide 'a hands on' teaching approach as opposed to a lecture style. Another concern is with students in Kindergarten to grade 3 where children are developing their solid base for future learning and we know the research shows that having smaller class sizes has a huge impact on their learning. Staffing cuts are a scary thing as most parents will tell you that the classroom is already under staffed for its needs. There are kids, both at the top of the scale and at the bottom, who are lacking in instruction to meet their potential. We believe that teachers at Mike Mountain Horse have gone over and above their teaching jobs by providing co – curricular on a daily basis. By increasing class size and increasing supervision the impact on students will be massive.

We, as parents, are willing to work hand in hand with our local School District No. 51 to re-examine priorities and work together to protect the interests of our students. At the same time we feel it is important that our local government understands how the provincial budget has impacted our students and their learning.

We would like to invite you to respond to our concerns or, even better, invite you to attend one of our Parent Council Meetings to discuss and/or educate us on what this Education Budget holds for us exactly and what we can do about it. Please let us know if this is something you are able to do for us.







Thank you for your support.

Sincerely,



Education Week at Mike Mountain Horse School

Education is the heart of our community and here's how MMH is going to celebrate!

Monday May 2	Tuesday May 3	Wednesday May 4	Thursday May 5	Friday May 6
<p>Education Week Begins! Listen to announcements for details!</p> 	 <p>Guest Readers at MMH!</p>	 <p>Dress Like Your Future Career Day!</p> 	<p>Read-A-Thon get Mr. Bryant and Mr. Platt off the school roof!!!</p> 	<p>Skip for School!</p> 

CONGRATULATIONS!

BLAST Summer Program
Online Registration will be starting
on Wed May 4th.

Please go to our website
www.itsablastprogram.com
for more information.



Citizen of Tomorrow
April 2011 recipients

Grade 2- Trishanna F.
Grade 3- Rama A.
Grade 4- Litzy E.
Grade 5- Thomas J.

FREE CLOTHING EXCHANGE

WHEN: MONDAY, MAY 9

TIME: 3:30 to 7:30

WHERE: DR. PROBE SCHOOL GYM



- PLEASE COME AND PICK OUT AS MANY CLOTHES AS YOU CAN CARRY.
- YOU DON'T HAVE TO DONATE ANY ITEMS TO RECEIVE ANY ITEMS.
- ALL DONATIONS OF CLEAN CLOTHING AND SHOES NEED TO BE DROPPED OFF BEFORE MAY 6.



FROM THE COUNSELLING OFFICE

Hello families! I recently attended a week long training workshop in Edmonton called "Triple P". This is a program out of Australia that is being piloted by Alberta Education. Triple P aims to promote positive parenting strategies. Specifically, Triple P suggests simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works and uses the things you already say, think, feel and do in new ways that:

- Create a stable, supportive and harmonious family.
- Encourage behaviour you like.
- Deal positively, consistently and decisively with problem behaviour.
- Build positive relationships with your children, so that conflict can be resolved.
- Plan ahead to avoid or manage potentially difficult situations.

Take care of yourself as a parent



THANK YOU'S

The MMH School Council would like to thank the following parents who provided dessert and other goodies for the staff appreciation lunch on March 28th:

Teresa Vanee
Janine Dublanko
Edwina Geisbrecht
Jennifer Lohman
Janie Westlund
Lisa Kopp



Sarina McColloch
Corry Lorenz
Cynthia Allum
Corinne Steele
Jenn Flexhaug
Stacy Deys
The Guesthouse Restaurant

Classroom Placement for 2011-2012



The process for establishing classroom lists for the 2011-2012 school year will begin soon. The teachers spend a great deal of time preparing the class lists for the next school year. There are a wide variety of factors that are taken into consideration that have a major impact on student learning.

Teachers are trying to create the best possible learning environment for all students, while at the same time considering learning styles, numbers of boys and girls in a class, and grouping students who work well together. Conversely, teachers must also consider those students who, for whatever reason, do not work well together and try to balance the number of behavioral concerns in a classroom.

At times, the parental requests may negate much of this preliminary work and create learning environments that are imbalanced. **PLEASE**, do not request a particular teacher unless you have an educational reason. The teachers at Mike Mountain Horse continually strive to make the best possible educational decisions for all students. Staff will, if asked, simply **direct the parents to write a letter to Mr. Bryant outlining the specifics of the program they would like for their child. Letters need to reach Mr. Bryant by June 3rd.**

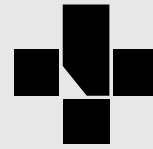
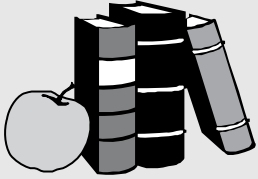
The following criteria will be used in setting class lists:

1. A balancing of boys and girls in each class.
2. A balancing of the learning and behavioral needs of children in each class. We want each class to be as heterogeneous as possible.
3. Recognition of the fact that there are some children who, for whatever reason, do not get along with one another and it is best to split them up.
4. Parental requests will be considered in the context of the above criteria. The Principal has the final say in deciding on placements.
5. Once established, it is recommended that the class lists be adhered to unless a situation emerges which is disruptive to the classroom setting and one which we have been unable to resolve. In this circumstance, the option of an inter-school transfer could occur.



STAFFING 2011-2012:

Kindergarten:	Mrs. Fallwell (a.m./p.m.), Mrs Morton (a.m./p.m.), and Mrs. Krista Seaman (a.m. only).
Grade One:	Mrs. Jacquie Fleming, Mrs. Linda Payne, Mrs. Rita Johnston, Mrs. Sarah Neeve
Grade Two:	Ms. Kelly Jo Craddock, Mrs. Megan McMillan, Mrs. Lori Nelson and Mrs. Lois Van Roon
Grade Three:	Mrs. Jennifer Burke, Mrs. Lisa Prawdzik, Ms. Corrina Pickett, and Mr. Gary Pickering
Grade Four:	Ms. Erin Horvey, Mr. Mike Wevers, Mrs. Angie Kubik, and <u>TBA</u>
Grade Five:	Mrs. Karen Bourassa, Mrs. Sheanne Cox, and Ms. Megan Peeke-Vout
Learning Support:	Mrs. Nicole Baker
Early Literacy:	Ms. Elizabeth Nevels
Grades 1-3 Music:	Ms. Elizabeth Nevels



Stress Awareness

Stress is a normal part of life. We all experience it from time to time, but it's what we do about it that makes the difference. Here are some tips for improving your mental health:

Take care of yourself physically: put some activity into your day, even a walk can help clear your head. Eat healthy foods and drink plenty of water.

Breathe and relax: when you feel stressed, slow it down, close your eyes and focus on your breathing. Each time you breathe out, relax your body. Do this for a few minutes until you feel calm and relaxed.

Stay connected: Spend time in caring and supportive relationships with family and friends.

Develop or improve your skills: Learn to prioritize, deal with conflict, communicate assertively, and don't sweat the small stuff.

For more information, go to

www.albertahealthservices.ca/mentalhealth.asp

Which Helmet?

Why helmets are important?

For many recreational activities, wearing a helmet can reduce the risk of a serious head injury and even save your life.

How can a helmet protect my head?

During a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain.

Are all helmets the same?

No. There are different helmets for different activities. Each type of helmet is made to protect your head from the impacts common to that particular activity or sport – bike helmets are not the same as hockey helmets. Be sure to wear a helmet that is appropriate for the particular activity you're involved in. Some helmets may not protect your head as effectively. To find out which helmet to use go to:

www.thinkfirst.ca/safetyinfo.aspx

World No Tobacco Day – May 31

Smoke free environments like homes and vehicles are important for the health of children. Growing up in a smoke free environment reduces the risk of cancers and respiratory diseases such as asthma and lung infections. These are many health benefits children can experience by growing up in smoke free world.

Growing up smoke free spaces also goes a long way in **preventing children from becoming tobacco users themselves** (Regardless of whether their parents or guardians smoke).

On World No Tobacco Day, May 31, consider or making your home and vehicles smoke free.

For more information visit:

www.albertahealthservices.ca/2460.asp

Three Underrated Foods

Sunflower seeds. Sunflower seeds are rarely in the spotlight. That's a shame, because sunflower seeds are as good as most nuts...and they're cheaper. For a snack, buy sunflower seeds in the shell. For tossing on salads or yogurt, buy them unsalted and shell-free. Roast them for richer flavor.

Plain yogurt. Plain yogurt has a tartness that's a perfect match for the natural sweetness of berries, bananas, or peaches AND it has more protein, potassium, calcium, zinc, and B vitamins than sweet yogurt. Add a dash of vanilla for even more flavor.

Watermelon. Two cups of watermelon has 38 percent of a day's vitamin C and 32 percent of a day's vitamin A for only 85 fat-free, salt-free calories. Bonus: watermelon is one of the fruits with the fewest pesticide residues.

Garage Sale

We will continue to accept donations for our Garage Sale Fundraiser for the new playground until Thursday, May 27th. You can drop your items off in the foyer of the school under the Playground bulletin board. We are asking for well cared for, quality items packaged as they will be sold. The majority of items at the sale will be priced at a Toonie, however there will also be a \$5-10- section for your larger items. Please keep donation quantity within reason as space will be limited to no more than 3 tables per home room.

We are in need of more **parent volunteers** to help on sale day. You can sign up for a shift on the sign-up sheets outside your child's classroom door. It will be tough to manage all involved with the limited number of volunteers thus far. If you can give an hour or two-it would be greatly appreciated!

Sale Date: Saturday May 28th

Time: 9:00 a.m. – 3:00 p.m.

Place: Lethbridge Exhibition – in the Main Pavilion



THANK YOU !!!

We would like to express our most sincere thanks to the following local businesses who have made such generous donations toward our raffle and silent auction portion of the event. You can preview these items that have been donated on our school website:

ABBA Mini Storage & Storage 2 You

Bakers Appliances

City of Lethbridge Rec. Dept.

New West Theatre

Astro Jump Chinook Country

Westwinds Gymnastics Club

University of Lethbridge

Beaners Haircuts for Kids

Classic Dance & Skatewear

The Painted Cottage

Jennifer Alexander Photography

The Oak Market

Harold's Auto Service Ltd.

BOS SOD

Calaway Park

Sears

Crazy Cakes

Party Central Party Supplies

Ashley Furniture Homestore

United Furniture Warehouse

Lethbridge Hurricanes Hockey Club

Bert & Macs Source for Sports

Delta Calgary South Hotel

The Cheesecake Cafe

Galaxy Bowling

Calgary Zoo

Lethbridge Country Club

Land o' Lakes Golf Club

Panda Flowers

Another Pretty Face

Gas King

Fire Stone Restaurant

Sun Seekers

Lethbridge Soccer Centre

Ricki's Clothing

London Drugs

Rick's Grill

Pasta Fresco

Home Hardware

Ramada Inn

Sears

Michaels

Anna Banana

Best Buy

Calgary Zoo

Chinook Mall





F.N.M.I.



Oki, Tansi, Greetings!

May 2011

Hope you have all endured our very long winter. It is now time for great summer weather!

In our school district there have been many changes made, and changes forthcoming, to our district programming. Unfortunately our **Annual Honour Night** and **FNMI Graduation** will no longer take place as it has in the past. Schools will have an FNMI honour and recognition program available to FNMI learners however; the changes will be that the event will be school-based and designed by each individual school. This is a departure from our one combined event that has taken place annually in late May or early June at LCI.

Our department and our schools are very excited to have the celebrations at the school where all students can view and even participate in the awards program. These awards will be presented alongside your schools existing recognition and/or awards programs that take place at the end or various times of the year.

If you should have any questions about this process, the changes, or if you would like to volunteer in the process, please do not hesitate to your FNMI Home/school Liaison at your school.

Ira Provost

Blackfoot word (or phrase) of the month

“**school**”: [iitaisksinima'tstohkio'p](#) (pronounced: ee-duss-kin-ee-ma skee-ope)

Great Websites

<http://www.naaf.ca/> The website for the National Aboriginal Achievement Foundation who profiles and honors many of our Canadian Aboriginal role models and leaders.

<http://www.aboriginalcanada.com/firstnation/dirfnab.htm> A directory of First Nations in Alberta and their contact information.



MIKE MOUNTAIN HORSE SCHOOL COUNCIL—FUNSCRIPT FUNDRAISER

The second round of gift card purchasing is coming in May!

You can support our playground fund-raising efforts when you make your everyday purchases. Purchase these gift cards and spent them like cash—a rebate comes back to our school automatically.

NO ADDITIONAL COST TO YOU!

Gift Card order forms will be coming home the first week of May 2011.

