

# MMH NEWSLETTER

February 2012



## February 2012!

- 2 Ground Hogs Day!
- 2 Miss Craddock/Miss Tsentouro's classes swimming
- 6 **Lethbridge School District No. 51 Town Hall Meeting** (6:30-8:30 p.m. at Victoria Park High School)
- 7 Character Education Assembly and "Family Time" activity in p.m.
- 8 **Winter Walk Day:** School wide walk at 1:30 p.m.
- 8 **School Council Meeting 6:30 p.m.**
- 10 Staff Learning Day: No school for students
- 13-17 Clay for Kids Part Two! (painting their tiles)
- 13-17 Random Acts of Kindness Week
- 14 Happy Valentine's Day!
- 14 Valentine's Assembly 12:25 p.m. (**Dress in Red**)
- 14 Grade 3 Skating 1:15-2:15 p.m. at NS Arena
- 15 Steve Harmer: Motivational Magic presentation in a.m. on "Character Education: Courage, Character and Caring"
- 20 Family Day
- 21-22 Family Day break: School Closed
- 23-24 Teacher's Convention (No School for students)
- 29 **Pink Shirt Day** (and Happy LEAP YEAR!)
- 29 Grade 5 Curling begins!

## March

- 1 Grade 4 Tobacco Program
- 5 No Kindergarten classes
- 6 Quest Theatre presents: "For Art's Sake" at 1:30 p.m.
- 8 Healthy School's Expo hosted by MMH

[mmh.lethsd.ab.ca](http://mmh.lethsd.ab.ca)

Lethbridge School District #51

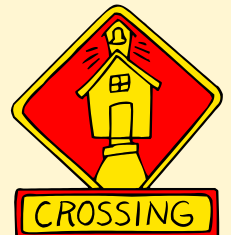
### STUDENTS SAFETY

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.



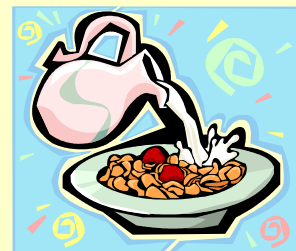
# Mike Mountain Horse Breakfast Club

Mike Mountain Horse has begun it's first breakfast club. This will run five days per week from 8:00 to 8:20 a.m. The intent of this program is to help out with students who have not, for whatever reason, had breakfast. Of course we are not prepared to feed 600 students, but for those who really need that energy boost to help them meet a day full of learning opportunities in the classroom!

## Can you help????

We'd appreciate any donations for this program, either in time or breakfast foods! Contact the office (403-381-2211) for more information. Some ideas:

- ◆ Volunteer one or more mornings a week.
- ◆ Donate items like: cereal, granola bars, juice boxes, jams, peanut butter, fruit, or any other "breakfast-type" food
- ◆ Donate funds to MMH (cheques payable to "Mike Mountain Horse")



## 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. Steve Oseen)**

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

**Grade 5- HSBC Bank of Canada (Ms. Laurel Spriggs)**

### RECIPIENTS FOR NOVEMBER

Sariah H. —Grade 2

Chelsea U. —Grade 3

Dewuni D. —Grade 4

Emmitt S. —Grade 5

### RECIPIENTS FOR DECEMBER

Kyra H. —Grade 2

Kennedy M. —Grade 3

Cody S. —Grade 4

Kale F. —Grade 5



# Lethbridge School District No. 51 Town Hall Meeting

The Lethbridge School District No. 51 will be hosting its fourth annual Town Hall Meeting on Monday, February 6, 2011 from 6.30 – 8.30 pm. The meeting will be held at the Victoria Park School Gymnasium (429 – 15 Street South).

The purpose of the meeting is to seek feedback to assist the District and Board of Trustees in planning for the future. The question that will be discussed at the 2012 Town Hall Meeting is:

*What specific activities can trustees be involved in to best engage the community in order to receive feedback or suggestions?*



## Winter Walk Day

**February 8th** has been designated “Winter Walk Day”! We are planning a school-wide activity to encourage physical activity in the great outdoors (our school’s neighborhood!). Each class will be walking on a designated route on the pathways around our school, beginning at 1:30 p.m. You are more than welcome to tag along!

Celebrate winter by walking at least 15 minutes outside your home, school, workplace, or favorite area!



## Pink Shirt Day

Bullying is an issue that cannot be ignored, and Pink Shirt Day is an opportunity to show your support for putting an end to this unacceptable behavior in our schools, workplaces, homes and anywhere else where people gather and associate. We will celebrate Pink Shirt Day on Wednesday, February 29th.



For the latest information and updates on Pink Shirt Day in Lethbridge, please visit [www.bgclethbridge.com](http://www.bgclethbridge.com). To learn more about the origins of Pink Shirt Day and how this movement is spreading across the country, please visit [www.pinkshirtday.ca](http://www.pinkshirtday.ca).

## Thanks to Save-On Foods!

Colin and Mike at the new Save-On foods have been incredibly generous in assisting our school start up a breakfast club. We appreciate them so much as they were so willing to lend us a hand with a variety of breakfast foods!

Watch for Save-On Foods “pie sale”, as order forms will be sent home with the youngest child in each MMH family.



# KINDERGARTEN AND PRESCHOOL REGISTRATION 2012/2013

**We are now taking registrations for the Kindergarten programs for the school year starting in the fall of 2012; and starting February 1 we will be taking registrations for the Preschool program.**

Please bring with you a copy of the child's Birth Certificate, Alberta Health Care number, and complete contact information for 3 emergency contacts (including home address).

Preschool also requires a copy of immunization records and a \$40 deposit cheque made to Mike Mountain Horse.

For further information about either program please contact the MMH Office at 403.381.2211



## A Hot Lunch Tale!

It's a practice at our home to have our children earn money towards, and plan each month's hot lunch purchase. It is a great exercise in money management, and certainly gives our kids the idea that "money does not grow on trees"!

This last month our son had to make some tough choices. He really wanted certain items offered "on the menu", but quickly realized he did not have enough cash for them all. It was very neat to hear him "talk through" his choices, and get the best bang for his buck!

What a teachable moment!

*(One of many stories heard from parents of MMH regarding Hot Lunch!)*



# Alberta Education Surveys

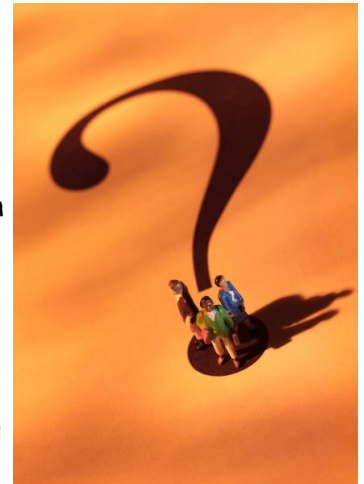
As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grades 4, 7 and 10 (*change to grades 4-12 if applicable*) will receive a survey from Alberta Education. In February, students in grades 4, 7 and 10 (*change to grades 4-12 if applicable*) and all teachers will be completing their surveys online at school.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2012, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.





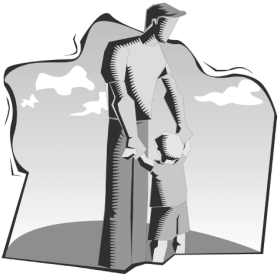
**3<sup>rd</sup> ANNUAL  
CHEER CAMP**

**Family Week Event**  
**February 21-23, 2012**  
**10 A.M. to 3 P.M.**  
**G.S. Lakle Middle School**

**\$85**  
includes T-shirt & Pom Pom's

**Ages 8 - 13 Welcome**

For Registration forms, visit GS Lakle's School Website or  
email: [llat.corbiere@lethsd.ab.ca](mailto:llat.corbiere@lethsd.ab.ca)



A monthly publication provided by your child's school in recognition of your role as a partner in education.

# Resources for Families

January 2012

## Ten tips on how to unspoil your child

Nearly 95 per cent of parents feel like they are overindulging their children, but feel powerless to stop themselves. Harvard Medical School psychologist Richard Bromfield advises parents to keep in mind that overindulging is a sign of the times, not bad parenting.

Bromfield says, "The forces of consumerism and media are like tidal waves that children and their parents swim against. While it is not parents' fault that these influences swamp them, they can do something about it. It is never too late to unspoil a child, and can be done rather quickly." Bromfield's 10 quick tips for taking back control:

1. **Commit to unspoil.** The surer your lead is, the quicker your children will follow. They will see through tepid and weak gestures to unspoil. Unspoiling can go quickly, but requires fortitude.
2. **State your case clearly.** Tell your children what you expect in no uncertain terms and follow through. Speak in specifics, as teachers do in the classroom.
3. **Create a bribe-free home.** Bribes work in the moment, but parents (and children) pay a high price for bribery in the long run. You may have to pay for every ounce of co-operation in the future.
4. **Avoid deal-making.** Negotiations have their place, especially in the courtroom, car dealership and so on. Show your child first-hand that not every aspect of life and its demands is a deal to be fought and wrangled about till midnight.
5. **Be the boss.** I don't mean a cruel, tyrannical Marine boot-camp-officer kind of boss. I mean a boss who understands and is comfortable with the leadership and authoritative role of a parent. Because I say so would not be an especially good mantra for all of parenting and home life, but it sure has its place at times.
6. **Buy less for the kids.** Obvious, but as true as it can be difficult. For one week tally how much you spend on the children, including toys, books, school supplies, clothing, snacks, treats, sports equipment, entertainment, learning enrichment, music lessons, and so forth. You may be surprised.
7. **Buy less for you, too.** Some parents roll their eyes at their children's indulgence, even as they spend much of their days buying, shopping and lamenting that they do not have bigger homes, better cars and such.
8. **Reward effort not product.** The self-esteem movement was a bust. Children do not gain self-confidence by shallow flattery and trophies for doing little. True competence comes through learning real skills and lessons that teach the child he or she can handle things and life.
9. **Invest time in your children.** Seek experiences and activities that, rather than cost money, involve time: bike riding, hiking, gardening, building a birdhouse, helping do projects around the home or for others, and so forth. Maybe spend less time at the mall and more in the woods or at the park.
10. **Take pride in the new you.** Your children are obliged to protest and throw wrenches in your unspoiling efforts. But you know better than to surrender to their tears and tantrums. Your parenting will become more as you wish it to be, and will give your children a different kind of gift that lasts a lifetime.

*Richard Bromfield, PhD, is author of "How to Unspoil Your Child Fast: A Speedy, Complete Guide to Contented Children and Happy Parents". Tips used with permission of author.*

## ***FROM THE COUNSELLING OFFICE...***



**BELL LET'S TALK DAY IS FEBRUARY 8** – Bell will donate

5¢ to mental health for every text and long  
distance call made by Bell customers on February 8

2011 total to beat is

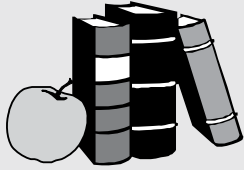
\$3,303,961.80

The campaign invites all Canadians to talk  
about mental illness in order to fight the lingering stigma that keeps too many people  
from  
seeking the help they need.

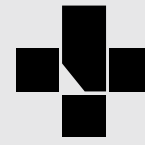
**"Mental Health is Everyone's Concern": Taken from Canadian Mental Health Association website...**

[http://www.cmha.ca/data/1/rec\\_docs/3206\\_CMHA\\_MentalHealthIsEveryonesConcern.pdf](http://www.cmha.ca/data/1/rec_docs/3206_CMHA_MentalHealthIsEveryonesConcern.pdf)

Most of us have heard the terms mental illness or mental disorder or psychiatric condition. These terms are used to describe a wide range of different conditions but what they have in common is that they all affect a person's emotions, thoughts and behaviours – how they see themselves, see the world around them, and how they interact in that world. The key difference from "having a bad day or week" is both the duration and magnitude of the impacts on your life. There are many different kinds of mental disorders. One in five Canadians, over the course of their lives, will experience a mental illness and what that ultimately means is that every single family in Canada will in some way be affected. There is nobody in Canada who can stand up and say, "Not my family, not my aunts or uncles or cousins or grandparents, children, siblings, spouse or self." And yet the reluctance to talk about mental illness, to acknowledge it openly, to treat it as a form of human suffering like any other illness, relates in part to how threatening this set of illnesses is to our sense of who we are. Mental illness cuts across all age, racial, religious, or socio-economic categories.



# Healthy Schools Healthy Futures



## Alberta Health Services

### Have a Heart...Build Resilience in youth

Here are some tips for building resilience, preventing addictions, and promoting positive mental health.

Talk **with** your children and really **listen** to what they have to say

**Encourage** their "sparks" or passions and interests

Focus on your child's **strengths** and let them know often that you are proud of them

Be a positive and healthy **role model** for children and youth

**Teach** your children how to make healthy decisions, resolve conflict, and set boundaries

**Involve** children and youth in family decisions, plans, and expectations

**Believe** in a child and show them **caring and support** everyday.

For more information on building resilience, check out

[www.albertahealthservices.ca/addiction.asp](http://www.albertahealthservices.ca/addiction.asp)

### Travel Outside of Canada

International travel can expose you and your family to infectious diseases not frequently seen in Canada.

Based on your current health status, immunization history, and anticipated itinerary, a healthcare provider can assess your individual health risks and advise you on vaccination requirements, your need for preventative medication (e.g. for malaria), and personal protective measures.

Contact an Alberta Health Services travel medicine clinic at your local Public Health Unit, a pharmacist specializing in travel health, or your physician at least 6 weeks before departure for an individual health assessment.

[www.travelhealth.gc.ca](http://www.travelhealth.gc.ca)

### Winter Walk Day – February 8, 2012

Walking is great for your health, the environment, reducing traffic and building community.

In an attempt to promote physical activity in the winter months each year, schools, workplaces and communities are encouraged to get outside for the Winter Walk Day Challenge.

Pre-register your class or school and receive a participant giveaway for students. You can also enter an exciting contest sponsored by AMA. Everyone can participate by walking at least 15 minutes outside your home, school, workplace, or favorite area!  
Step Up Alberta!

[www.shapeab.com](http://www.shapeab.com)

### February is Heart Month

Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly.

Heart disease is a group of conditions affecting the structure and functions of the heart. The good news is that heart disease is preventable and manageable.

Your best defense is controlling the risk factors that could lead to heart disease

Be smoke-free.

Be physically active.

Know and control your blood pressure.

Eat a healthy diet that is lower in fat, especially saturated and trans- fat.

Achieve and maintain a healthy weight.

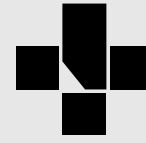
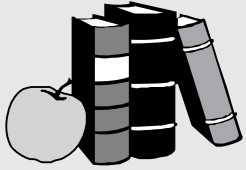
Manage your diabetes.

Limit alcohol use.

Reduce stress.

Visit your doctor regularly and follow the doctor's advice.

[www.heartandstroke.ab.ca](http://www.heartandstroke.ab.ca)



### **How much sleep is enough?**

Sleep— or lack of it — is probably the most-discussed aspect when raising children. How much sleep is enough? It all depends on your child's age.

Kids ages 6 to 9 need about 10 hours of sleep a night. Children ages 10 to 12 need a little over 9 hours of shuteye a night. Teens need about 8 to 9.5 hours of sleep per night.

Children/teen who don't get enough sleep may experience:

- poor attention span
- bad moods

hyperactivity

For more information on sleep for all ages of children <http://kidshealth.org/parent/general/sleep/sleep.html>

### **What's wrong with dieting?**

Everyone has a set-point weight where they feel healthy and this is based on your genetics!

Your set point weight can increase from repeated dieting!

The dieting industry is a multi-billion dollar industry and they want one thing- your money!

Fad diets slow your metabolism over time.

Instead of blaming the diet, people often blame themselves and try a new diet (yo-yo dieting).

Avoid recommendations that promise a quick fix.

Avoid recommendations that eliminate food groups, like carbohydrates.

**For further information please contact:**

### **If you don't talk to your teenager about smoking, they could start by their 15<sup>th</sup> birthday.**

Despite the impact of movies, music, and TV, parents can be the GREATEST INFLUENCE in their kids' lives. Take a stand at home, early and often. Talk directly to children about the risks of tobacco use; if friends or relatives died from tobacco-related illnesses let your kids know. If you smoke, chances are you've tried to quit at least once before. Tell your child about it- how hard it is to quit and why you wish you could. Share your experience.

To learn more tips about talking to your children regarding tobacco, alcohol, and other drugs visit: <http://www.albertahealthservices.ca/addiction.asp>



**we engage**

## Your voice matters.

Alberta Education invites you to play an important role in your child's education.

By completing this survey, you are giving your school, your school authority and your provincial government important information to gauge the quality of education your child is receiving and make improvements where needed.

When you fill out the attached Accountability Pillar survey, you're adding your voice to the future of education in your school and throughout Alberta. Results are used by schools, school authorities and government to see what's working and what needs to be improved.

Thank you for your participation.

Thomas A. Lukaszuk  
Minister of Education  
MLA, Edmonton - Castle Downs

Your voice is a priceless resource.

If you have any questions, please contact:  
Keith Bowen, Alberta Education  
E: [Keith.Bowen@gov.ab.ca](mailto:Keith.Bowen@gov.ab.ca)  
T: (780) 422-4750  
(toll-free access within Alberta by dialing 310-0000 first)

Please return your completed survey in the enclosed, pre-paid envelope by February 24, 2012.

**Government of Alberta**  
Education

# A true picture of our success.

## Measuring the quality of your child's education

We want to know that our children are receiving a quality education in a great school. Grades are important, but there's more to it.

A great school helps every child to make the most of their talents and abilities, is caring and secure and allows parents to play a key role. It's all about each student's success.

While it's easy to agree on such goals, how do we measure our progress toward them?

The Accountability Pillar is an innovative and straightforward way to measure our learning goals as schools, school authorities and as a provincial government.

School authorities receive a results report that is colour-coded and easy to read. At a glance, it points out successes and areas of concern from both a local and provincial perspective.

The results report shows which measures have improved, remained consistent and which have declined. It allows everyone — parents, teachers, school authorities, students and the province — to celebrate successes and respond to challenges together.

The Accountability Pillar looks at:

- **Survey results** — every year between January and March we survey students, their parents and teachers to see how they perceive the quality of education they receive and take part in
- **Student learning indicators** such as dropout rates, high school completion rates and the number of students eligible to receive Rutherford Scholarships
- **Student results** from Provincial Achievement Tests and Diploma Exams

Details about the Accountability Pillar and how to obtain results are available online at <http://www.education.alberta.ca/accountability>

Alberta

Government  
of Alberta  
Education