

# MMH NEWSLETTER

November 2011

## November

- Nov. 4      Grade 3 (Mrs. Barker) swimming
- Nov. 8      After School Skating 3:30-4:30 p.m. at NS Arena
- Nov. 9      Remembrance Day Assembly 10:30 a.m.
- Nov. 9      School Council meeting at 6:30 p.m. in the staff room
- Nov. 10     No School: Fall Break
- Nov. 11     Remembrance Day Holiday: No school
- Nov. 14     No Kindergarten classes
- Nov. 15     After School Skating 3:30-4:30 p.m. at NS Arena
- Nov. 16     Pajama Day: Assembly at 8:30 a.m.
- Nov. 16     Hot Lunch
- Nov. 17     Kindergarten report cards sent home
- Nov. 18     Grades 1-5 Report Cards sent home
- Nov. 23-24   No Kindergarten classes due to interviews
- Nov. 24 a.m.   Staff Learning Day: School-based
- Nov. 24 p.m.   Parent-Teacher conferences in p.m. Evening Interviews
- Nov. 25     Parent-Teacher Interviews: No classes for students
- Nov. 30     Character Education Assembly hosted by Grade 4 Team on "Friendship"

## December

- Dec. 15     Christmas Concert at Southminster United Church 6:30 p.m.
- Dec. 16     Bingo!
- Dec. 16     Grade Four classes skating at NS Arena
- Dec. 19-23   Christmas Caroling in the gym 8:30-8:50 a.m.
- Dec. 20     Spirit Assembly at 8:30 a.m.: (Dress Like Christmas!)
- Dec. 22     Grades 1/2 Christmas Skating Party at NS Arena in p.m.
- Dec. 22     Grade 5 Swim at Max Bell 1:30-3:00
- Dec. 23     Last day of classes for 2011!

- ◆ If your child is going to be either away or late for school, please call the office and leave a message.  
Office phone 403.381.2211
- ◆ We ask that all the students at MMH enter the school through their classroom assigned doors. With winter approaching this will put you at your own boot-hall and will keep our school safe and dry. Thank you!



Parent/Teacher Interviews ...are being scheduled online.  
See page 3 or the handout that will be sent home for instructions



mmh.lethsd.ab.ca  
Lethbridge School District #51

## School Council Magazine Fundraiser UPDATE!!

The MMH School Council would like to extend a BIG THANK YOU to Marnie Rogstad and Stacy Deys for taking over and organizing the magazine fundraiser that has just come to a conclusion. Stacy and Marnie had some much appreciated help from Lisa Kopp (who organized this successful fundraiser for many years previously - thank you so much, Lisa), Christina Spooner and Teresa Vane. This is a large task as it is our major fundraiser for the year. With the participation of many students, we were able to EXCEED our subscription goal of 665 subscriptions and we sold a grand total of 729!!! This enabled us to receive the grand prize of one Google Tablet that will be drawn for amongst the sellers. We raised approximately \$7800 for the school! Way to go organizers and congratulations MMH students! WOO HOO!



### **Upcoming Junior Choir performances:**

**What:** Kick Off for Lethbridge Angel Tree Campaign.

**When:** November 16<sup>th</sup>, 2011

As parent drivers will be needed, a volunteer request form will be going home Tuesday, November 1<sup>st</sup> with choir students. As the ceremony begins around 10:00, we plan to leave the school by 9:30. The estimated return time is 11:00.

Junior Choir will also be performing at the MMH Remembrance Day Assembly on Wednesday, November 9<sup>th</sup> at 10:30. Children are asked to wear a white shirt with dark skirt or trousers.

---

### **Donations needed:**

Our music program is currently in need of approximately 30 wooden broom handles to make lummi sticks. If you have an old mop or broom that you no longer need please consider donating it to the school. Handles can be dropped off at the stage music room.

Our music program is currently in need of a working stereo system with turntable. Our current amplifier has an electrical short in its wiring and needs to be replaced.

Speakers are not needed as our current speakers are in good condition. If you know of anyone who has a good quality stereo system please contact Ms. Nevels.

# Mike Mountain Horse Conference Manager



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://mikemountain.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](mailto:appointments@schoolsoft.ca) to your address book.

**Step 2 – Conference Manager Opens to Parents – Monday, November 14<sup>th</sup> at 8:00 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://mikemountain.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.

## **Important Dates:**

**Anytime – Pre-Registration begins**

**Monday, November 14<sup>th</sup> – Start scheduling your interviews at 8:00 am.**

**Thursday, November 24<sup>th</sup> – Conference Manager closes at 6:30 am**

**Wednesday, November 23<sup>th</sup> – Kindergarten Only – Parent Teacher Interviews**

**Thursday, November 24<sup>th</sup> – Parent Teacher Interviews—afternoon & evening**

**Friday, November 25<sup>th</sup> – Parent Teacher Interviews — morning only**

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.



# SCHOOL CLOTHING

Dear Parents:

Back by popular demand, we are once again offering clothing with our school logo and colors. These have been requested by many for special events, sports days, Terry Fox Run, and our own school color days! This year we are partnering with the "Logomotives Group" and expanding our options!

You can order for the whole family if you like, but don't put it off! Orders will be accepted at the school office from **Monday, November 21<sup>st</sup> to Monday, November 28<sup>th</sup>**.

There will be samples on display for sizing in the front foyer of the school on November 23<sup>rd</sup> (all day), Nov. 24<sup>th</sup> (p.m. only), and Nov. 25<sup>th</sup> (a.m. only).

*Sorry, but late orders will not be accepted*

The order form is attached. Please make sure to fill it out carefully! It would be easiest for us at the school to have a separate order for each of your children (if you have more than one child at MMH).

One cheque per family will suffice (if you have more than one child you are ordering for). If paying with cash, please enclose the EXACT amount required, as "change" is not available at the school.

(If you are intending your order to be a GIFT, and to NOT have your child know about it, please indicate this clearly on your order form!)

## MMH ADS — Child care

- ◆ Do you need 4 morning/week of childcare? You can share my two (2) day home spots. Please contact Nicole Baker @ [nicole.baker@lethsd.ab.ca](mailto:nicole.baker@lethsd.ab.ca)
- ◆ Available day care... space for 2 children before and after school care or 1/2 days (kindergarten). Transportation is available. Call for references. Has Criminal Record Check. Call Julianne Daniels @ 403-388-3964.

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Home Phone: \_\_\_\_\_



PLEASE NOTE: ALL PRICING INCLUDES GST.

ITEM	COLOR	ADULT SIZE					YOUTH SIZE			DESIRED LOGO	PRICE
		S	M	L	XL	2X	S	M	L		
										MMH Logo	

**ONLY ONE STUDENT PER ORDER FORM**  
 PLEASE MAKE ALL CHEQUES PAYABLE TO Mike Mountain Horse School

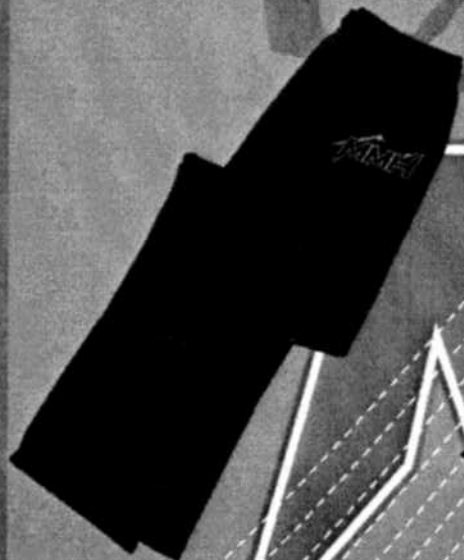
**TOTAL**

--

Embroidery • Screenprinting • Signs & Decals  
You imagine it...we create it!  
403.381.3211



FEATURED ITEM	IMPRINT	COLORS AVAILABLE	PRICE
Gildan Full Zip Hoody	Embroidered	Navy or Sports Grey	\$35.00
Gildan Pullover Hoody	Printed	Navy or Sports Grey	\$32.00
Shorts	Embroidered	Navy Blue	\$20.00
Sweatpants	Embroidered	Navy or Sports Grey	\$30.00
Mens and Youth T-shirt	Printed	Navy or Sports Grey	\$15.00
Toque	Embroidered	Navy or Gold	\$12.00



## School Council News

This year one of the things School Council is focusing on is re-energizing the role of the Classroom Rep. With so much going on in our school we want to make sure we all stay connected. Your Class room Rep will be contacting you soon to see if you want to be on the School Council information email list. If you don't receive this email, feel free to ask your teacher to put you in contact with your Classroom Rep. Classroom Reps will be bringing back information from the council meetings to keep everyone informed on the activities going on throughout the year and recruiting volunteers if needed. We are still in need of a few classroom reps, if you would like to be apart in this way please contact your teacher!

### Classroom Reps

Kindergarten	Mrs. Morton AM	Kristin Sturgeon
	Mrs. Morton PM	
	Mrs. Seaman	Lee Hunt
	Mrs. Fallwell AM	Tracy Baker/ Christina Spooner
Grade 1	Mrs. Fallwell PM	Kristi Wolsey
	Miss Uilly	
	Mrs. Johnston	Corinne O'Neill
	Mrs. Neeve	Warren Taylor/ Shaunlee Pack
Grade 2	Mrs. Payne	Lindsey Still
	Miss Craddock	
	Mrs. McMillan/Tsentouros	Stacy Deys
	Mrs. Nelson	Michelle Conrad
Grade 3	Mrs. Van Roon	Sheena Watson/ Kim Earl
	Mrs. Burke	Marnie Rogstad
	Mrs. Prawdzik	Erin Moland
	Miss Pickett	Carrie Netzel
Grade 4	Mr. Pickering	Robin Saar
	Miss Horvey/Miss MacDonald	Gwen McTavish /Sheila Thibault
	Mrs. Kubik	Chris Preddy
	Mr. Wever	Katherine Risling
Grade 5	Mrs. Bloudoff	Jennifer Flexhaug
	Ms. Bourassa	Ahmed Ali
	Mrs. Cox	Sarina McCullough
	Miss Peeke-Vout	Darli McAulay



### Halloween Candy Buy Back

Select Dental offices will be buying the kids leftover Halloween Candy for \$1.00 per pound to send to the troops overseas in their Christmas care packages. The UPS Store on the Northside by Save-on-Foods will be helping us out with the shipping. The following dental offices are participating and the times to bring candy are posted. Any questions call Connie 403.393.7226.

***Lethbridge Dental Surgical Suites, 515-5<sup>th</sup> Street South, 8:00am-7:00pm***

***All West Dental, #5 - 15 Micmac Blvd West, 8:00am-4:00pm***

***Boehme Dental Centre, 2931-20 Avenue South, 9:00am-5:00pm***

***Crownsnest Dental, Blairmore, AB, 8:00am-5:00pm***

***Magrath Dental, Magrath, AB, 8:00am-5:00pm***

## FROM THE COUNSELLING OFFICE

Should you require additional information...this information was respectfully sourced from:

<http://www.mymentalhealth.ca/Home/Learn/tabid/836/Default.aspx>

***Mental illness, just like physical illness, is part of the human condition. People of all occupations, incomes, and cultures, regardless of their education or level of success, are affected. At some point in life, all Canadians are likely to be affected by a mental illness, either through a family member, a friend, a colleague – or through personal experience. Learning more about it can alleviate common fears and help to improve the quality of life both for those experiencing mental illness and for those who care about them.***

### **Mental Health Tips**

Learn the facts about mental health and spread accurate information that helps to decrease stigma and promote understanding. This is especially important because, at its worst, stigma can stop people with mental illnesses from getting the help they need.

Learn your family's medical history. It may be helpful for health-care professionals to know about illnesses and treatments of other family members

Learn to take control of your own life and health. Try not to let your environment control you. If you feel like a hostage in a bad relationship or workplace, seek help in developing a plan to change your situation for the better.

Learn to say "no" to outside demands when you are feeling overextended or overly stressed.

Learn to accept yourself. It's not always easy, but try not to compare yourself with other people. If you have suffered or do suffer from a mental illness, be careful about basing your self-acceptance or improvement on what other's say about your condition.

Carl Orff Canada is a national organization for music teachers. This fall our Lethbridge Chapter of Carl Orff Canada is having a fundraiser in order to bring in Orff music specialists who will provide in-service for local music teachers. We are selling a very special cookie cookbook called "The Best of Country Cookies". It's beautifully illustrated and quite inexpensive. Recipes in this cookbook were chosen from a national contest of over 34,000 entries and each recipe is a family favourite. Come and take a look at the sample Miss Nevels has in her classroom. If you'd like to purchase one of these cookbooks for yourself or as a Christmas gift, please contact Miss Nevels.

[elizabeth.nevels@lethsd.ab.ca](mailto:elizabeth.nevels@lethsd.ab.ca)

# Sensory Play Workshop

**What:** Sensory Play Workshop

**When:** Saturday November 5, 2011 at  
2:00pm - 3:30pm

**Who:** Southwest Alberta CFSA -  
Centre of Excellence  
Members

**Where:** Family Centre - "Towards a  
Brighter Future" Presentation  
Room

We will be discussing the importance  
of integrating Sensory Play in Early  
Childhood settings. There will also be  
time to "play" with Sensory materials.

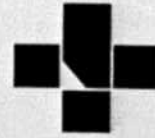


Please sign up early as this work-  
shop is limited to 20 people. Call  
Nicole at 403-320-4232 Ext 204 or  
E-mail

[nicole.nugent@famCentre.ca](mailto:nicole.nugent@famCentre.ca) to  
book your spot!



Coming soon... Die Cut ideas Workshop, Think Outside the Box Workshop  
and Show and Share Workshop.



**Addictions Awareness Week Nov. 13-19**

*Some tips for parents who want to prevent substance use by their children*

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

**Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.)** Information and giveaways will be available.

**Hand Washing to Prevent Influenza**

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

**When to clean your hands**

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

**What to use**

- Use regular soap and water **or**
- Hand cleanser or sanitizer with alcohol in it.

**How to wash your hands**

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit [www.kidshealth.org](http://www.kidshealth.org) Search "hand washing"

**Tobacco: Talk About It!**

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
- Be honest about the long term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit [www.albertahealthservices.ca/2544.asp](http://www.albertahealthservices.ca/2544.asp)

**Osteoporosis**

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit [www.osteoporosis.ca](http://www.osteoporosis.ca).