

MIKE MOUNTAIN HORSE

OCTOBER 2011 NEWSLETTER

DATES TO REMEMBER

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|---------------|--|
| October | October is International Walk to School month! |
| October 4 | After School Skating at NS Arena 3:30-4:30 p.m. |
| October 5 | World Teacher's Day |
| October 6 | Kindergarten Skating begins |
| October 7 | Grade five classes to Corn Maze |
| October 10 | <i>Thanksgiving Holiday (No School)</i> |
| October 11 | After School Skating at NS Arena 3:30-4:30 p.m. |
| October 12 | School Council Meeting (7:00 p.m. in the staff room) |
| October 13 | Admin. Assemblies in p.m. |
| October 13 | Kindergarten skating |
| October 13-14 | Scholastic Book Fair |
| October 17 | Gymnastics Unit begins |
| October 18 | After School Skating at NS Arena 3:30-4:30 p.m. |
| October 19 | Hot Lunch |
| October 20-21 | Professional Learning for staff - NO SCHOOL |
| October 25 | Picture Retake Day! |
| October 25 | After School Skating at NS Arena 3:30-4:30 p.m. |
| October 27 | Kindergarten skating |
| October 31 | Halloween Parade at 12:45 p.m. |



Mike Mountain Horse T-Shirts

If your family has school t-shirts and your child(ren) has grown out of them please donate them back to the school. We will give them to other Mike Mountain Horse families for their use. Let's pay it forward.



Outside Recess

Just a reminder that every recess the students will be going outside unless it is extremely cold. Please make sure your child comes prepared for all types of weather each and every school day.



Medical Conditions

If your child has a medical condition, please contact the school to inform us and provide details on safety procedures. There are policy forms at the school office that need to be completed.

Student Agendas

Student agenda cost is \$10. If you haven't made this payment, please do so at the school office as soon as possible. Every student in grades 1-5 has already received their student agenda.

From the Counselling Office:

Off to a great start this school year...how can families keep that momentum going? Stay involved in your child's education!

Staying Connected to Your Child's School

In today's busy world, staying connected to your child's teacher and school isn't always an easy task. American and Canadian research has shown that the children of parents who become actively involved in their children's education tend to do well in school. Studies have shown, for example, that increased parental involvement can boost achievement levels, make children more responsible learners, help them earn more credits in high school, ensure that they experience fewer discipline problems and improve their attendance. Clearly, building a relationship with your child's school is a worthwhile activity.

Building a relationship between home and school requires an effort on the part of both parents and teachers. However, parents who take the time to establish this relationship will find that they have more input into their child's education. Such a relationship will also give parents and teachers a better understanding of the pressures that the other party faces and provide each with a chance to articulate concerns and discuss responsibilities.

A child's success in school is a shared responsibility. For that reason, communication between the home and the school is always a two-way endeavour. Today's schools use a variety of tools—websites, newsletters, progress reports, e-mail and conferences—to engage parents and facilitate communication. Parents need to remember, however, that these tools, though extremely useful, are no substitute for actively participating in their child's school by serving on the parent council, accompanying students on field trips, helping out in the classroom and volunteering on sports days. Share your time and experience where you can. A little goes a long way, and both your child and your child's teacher will appreciate your efforts.

Here are some strategies and tips for communicating effectively:

- 1. Connect early:** Rather than waiting for problems to arise, contact your child's teacher early in the school year, introduce yourself and have a general discussion.
- 2. Volunteer:** If your schedule permits, offer to help out in the school. Teachers will appreciate your support, and you will have a chance to see how your child and his or her teacher interact.
- 3. Visit the school:** Many schools welcome parents on an informal basis. Find out if such visits are an acceptable practice at your child's school.
- 4. Use technology:** Take advantage of e-mail, websites, online tracking and monitoring programs, and the phone to stay in touch with your child's school. Remember, however, that there is no substitute for face-to-face communication.
- 5. Communicate often:** The frequency of your contact with the school will depend on your child's situation. If you have serious concerns, weekly communication may be necessary.
- 6. Be positive:** Both parents and teachers should communicate positive events and accomplishments to one another. This type of dialogue can do much to boost a child's self-esteem.

Taking the time and effort to communicate with your child's school in a variety of contexts and settings will help you to build a relationship with your child's teacher and give you a chance to participate in your child's education.

Visit the following website for more information on school involvement:

•Communities and Schools Promoting: This gateway resource contains valuable information on the role that coordinated school-based and school-linked programs play in promoting the health, academic achievement and social development of students.

<http://www.safehealthyschools.org/parents/parents.htm>

Taken from the Alberta Teachers Association Website:

<http://www.teachers.ab.ca/Teaching%20in%20Alberta/Resources%20for%20Parents/Parent-Friendly%20Articles/Pages/Staying%20Connected%20to%20Your%20Childs%20School.aspx>

Items in need..

The school is looking for donations of plastic spoons and plastic forks for those students who forgot to bring one to eat their lunch.

The Art Room is in need of the following items...

- Plastic Yogurt and Cottage Cheese containers (750g)
- Round plastic lids (from milk caps to large ice cream containers)

It's a BLAST Program



Still has openings for programs at Mike Mountain Horse. Go to the website for more information and to register www.itsablastprogram.com

LARGE ITEMS ON City Transit School BUSES

The school bus operation regulation of the **Motor Transport Act**, which deals with the carrying of luggage, equipment and tools (such as band instruments, sports equipment) states “they shall not be carried in the interior of a school bus” unless “they can be stored under the seat, do not block aisles or emergency exits, cannot be dislodged when the brakes of the school bus are applied, during acceleration of the school bus or in the event of an accident involving the school bus”. The driver is responsible for ensuring that items are transported in accordance with this section.



As these items cannot be secured, (tubas, trombones, saxophones, French horns, skate boards, skis, hockey sticks, scooters, large hockey bags, and curling brooms, suitcases with wheels, large shop projects etc.) THEY WILL NOT BE ALLOWED ON THE BUS.

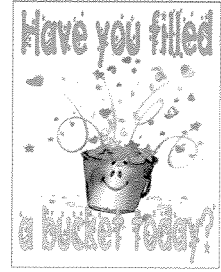
Students may only carry those items which can be held safely on their laps. The items must not stick up above the seat and must not be wider than 33 cm x 33 cm x 59 cm (13"x13"x23") so as not to intrude in another student's space or stick out into the aisle. Items allowed on the school bus must be held on the students lap at all times.

Peanuts at MMH

We have a lot of students at Mike Mountain Horse, and some of them have mild to severe allergies to peanuts. We are not able to state that our school is a “peanut-free” environment, as it is not possible to completely control what is brought into our school. We can, however, educate students and parents about potential dangers and help in this way. If you are bringing in a “class snack”, be sure to check with your child's teacher to see if there are any allergies to be aware of. Thank you in advance in assisting to make Mike Mountain Horse a safe environment for all students.

The Bucket Philosophy:

Parents, your scholar may have already mentioned that we are a classroom full of 'bucket fillers'. In fact, our entire school is working toward becoming a 'bucket-filling school'! What does this mean?



The idea of Bucket Fillers is based on Dr. Donald O. Clifton's metaphor of the bucket and the dipper. The first person to bring this idea to a school setting was "The Bucket Man", Merrill Lundgren.

Several books have been written about bucket fillers. The book we are reading and are working with was written by Carol McCloud, it's called "Have You Filled A Bucket Today? (A Guide to Daily Happiness For Kids)". The premise of the book is the idea that we all carry an invisible bucket that contains our feelings. When our bucket is full, we feel great. When our bucket is empty, we feel sad. A bucket filler is someone who says or does nice things for other people. By doing this, they are filling other people's buckets and filling their own bucket at the same time.

On the other hand, a bucket dipper says or does things to cause other people to feel bad. A bucket dipper empties their bucket when they say and do mean things.

Click [here](#) to view a reading of the book!

You may wish to check out the following website for more information:

[Bucket Fillers 101](#)

According to this site, the mission of a community promoting this philosophy is:

- To create safer, kinder, more respectful school cultures where children are ready to learn
- To create communities where all children grow up confident, resilient, caring, and responsible
- To strengthen, encourage, and support families to become bucket-filling families
- To create positive, supportive workplaces
- To make bucket filling a habit and a way of life, resulting in individuals with full buckets who are healthy mentally, emotionally, and socially.

Halloween Parade

The annual parade at Halloween with students moving around the school displaying their costumes will take place on Monday, October 31st at **12:45 p.m.** It is hoped that students will not be dressed in their costumes for the morning (morning kindergarten classes will be the exception) to allow for maximum use of instructional time.

Students will be able to change into costumes during the lunch break from 12:00-12:25. We are asking parents to help out by:

- Not sending students in costumes in the morning (except a.m. kindergarten classes)
- Simplifying costumes to facilitate this quick change at lunch

Thanks in advance for your cooperation.

Scholastic Book Fair



Dear Parents,

We are hoping that all of you can make it out to support our school library, because we all know how important literacy is. We want to provide an environment where children not only **learn to read but learn to enjoy reading**. The more they enjoy it, the easier it will be for them in the future. You can help in our goal by coming out and buying books for your child and/or your child's classroom, or even for some family members and friends.

There will be a large selection of books, from preschool to grade 5, "Hot Picks", "Great Gifts", "Adult" other specialty packaged selections organized by Scholastic Book Fairs.

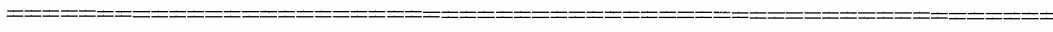
We will be doing our "Classroom Wish List" again this year, in hopes to help build our classroom collections as well. This is great idea as an early seasonal gift alternative.

A flyer is being sent home to give students and their families a small preview of what this year's book fair has to offer. Please ensure that your child has filled out the entry form on the back with their name and their teacher's name, for a chance to win free books for themselves as well as their classroom. These entry forms must be returned by October 12th.

Our Scholastic Book Fair will be held October 13th (8:30-11:45/12:25-3:45) and 14th (8:30-11:30).

If you have any questions please contact Miss. Renner at 403-381-2211, or sarah.renner@lethsd.ab.ca

We are also looking for some volunteers to help with the set-up, organization and tear-down of this event. If you feel you can spare some time, even if it is only an hour or so, please fill out the form below and return it to the school no later than Friday, October 8th.



Name: _____

Phone #: _____

Please choose preference(s)

Set-up ____

Tear-down ____

Thursday AM ____ PM ____

Friday AM ____



Mike Mountain Horse ADS

CHILDCARE

In need of afterschool Childcare:

- Tammy Neoil-Kitagawa...need care for Monday, Wednesday, and Friday afterschool until 4:30pm. Contact: tammy.nevil@albertahealthservices.ca

Available Childcare:

- Janine Dublanko...space for one child full-time after school and space for casual care for two children. Contact Janine_marie@telus.net or 403-330-3809
- Teresa Laing...I run a dayhome on the westside, 2 blocks from MMH, transportation to the school everyday – I have all school aged kids in my dayhome. One spot available mon-fri afterschool and Professional learning days. Contact 403-394-1228 or tjlaing@telus.net
- Shameem Ali...available child care Monday to Friday, 4, after school. Contact maali_ku@yahoo.com
- Melissa Gillam...has space after the new year. Full time days age 1-4, 1-2 kids, possibly after school care for siblings. Contact 403-394-9657 or mel_artsyfartsy@yahoo.ca
- Karen Geddert... available childcare for 2 children, after school till 5pm. Contact home24design@gmail.com
- Vanessa Livingstone...available child care 7am – 6pm Monday to Saturday. 403-327-1510 or ness447200@hotmail.com
- Kerry Jensen...offering childcare from 3:00pm to 6pm for 3 kids. Contact jkcao@telus.net or 403-329-6256



Children's CARE Services is offering: **PARENTING THE STRONG-WILLED CHILD**

6 – Week Parent Course

WHO: Parents of children ages 2 – 6 years of age whose behavior is challenging.

COST The course is free. You may purchase the book for \$20.00

Childcare is NOT available for this course. Please make your own arrangements.

Through group discussion and practice you will learn the following skills:

- 1. attending**
 - 2. rewards**
 - 3. ignoring**
 - 4. giving directions**
 - 5. using time out**
- These five skills that when put together, will create a more positive atmosphere in your home.

To Register or ask questions:
Please contact Debra Weikum or Beth Moulton at (403)388-6575.

debra.weikum@albertahealthservices.ca
beth.moulton@albertahealthservices.ca

Course dates: Thursday evenings October 6-November 10, 2011.



September 2011



Dear Parents:

This year marks the 14th anniversary of the Campbell's Labels for Education program, and with your help, Mike Mountain Horse Elementary School can make this year the best ever! The Labels for Education program is a great way to earn FREE merchandise for our school, and label collection and redemption is so easy.

Participation in the program is simple - save labels from eligible Campbell products and send them to the school. Products eligible for redemption in the program include:

- Campbell's condensed soups
- Campbell's Easy Cooking Sauces
- Campbell's Chunky soups and chilis
- Gardennay
- Campbell's Soup at Hand
- Campbell's Ready to Enjoy soups
- Healthy Request soups and microwavable bowls
- Prego sauce
- Campbell's Ready to Use broth
- Pepperidge Farm Goldfish crackers
- V8 beverages and soups
- Habitant soups
- Pace salsa

Select Campbell's Foodservice Products qualify for redemption.

Let's amplify our efforts by asking friends and family to collect labels on behalf of our school!

Don't forget to visit www.labelsforeducation.ca for a complete listing of eligible products and more information about the program.

Thank you for your ongoing support. Together with Campbell's Labels for Education, we can build a better school - one label at a time.

Sincerely,

Mike Mountain Horse School Council





Healthy Schools Healthy Futures



VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to www.opto.ca.

SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAILm>.

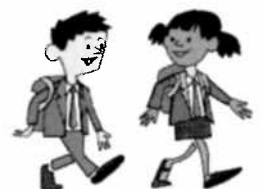
INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

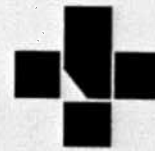
International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: www.iwalktoschool.org





What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.



Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

| Symptoms/ Description | Influenza | Common Cold | Stomach Flu |
|--------------------------------|-------------------------------------|----------------------------------|----------------------|
| Fever | Usually high | Sometimes | Rare |
| Chills, aches, pain | Frequent | Slight | Common |
| Loss of Appetite | Sometimes | Sometimes | Common |
| Cough | Usual | Sometimes | Rare |
| Sore throat | Sometimes | Sometimes | Rare |
| Sniffles or sneezes | Sometimes | Common | Rare |
| Involves whole body | Often | Never | Stomach / bowel only |
| Symptoms appear quickly | Always | More gradual | Fairly quickly |
| Extreme tiredness | Common | Rare | Sometimes |
| Complications | Pneumonia (can be life threatening) | Sinus infection or Ear infection | Dehydration |

How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at www.albertahealthservices.ca or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.

Feed the Bug!



Mike Mountain Horse is excited about participating in the “Feed the Bug” program this year! It is a yearly food drive by a number of schools in our school district where students and staff fill up a Volkswagon beetle (or any car) with non-perishable items.



These items will be then given to local food banks for distribution for families in need. This event will take place between **October 24-28, 2011**. Collection bins will be placed in your child’s classroom! Please plan to join in and share our school’s “*special spirit*” with our community!

MAKING CONNECTIONS FALL CLOTHING EXCHANGE

MAKING CONNECTIONS is holding its semi-annual clothing exchange.



Come shop for FREE!!!

This is a recycling event offered to all families in the community.

Date: October 17, 2011

Time: 4 – 8 PM

Place: Galbraith School (1801 - 8A Avenue North) AND Dr. Probe School (120 Rocky Mountain Blvd. West)

DONATIONS of CLEAN, GENTLY USED CLOTHING will be accepted till October 12th.

North side donations can be dropped off at **Galbraith School**.

South and Westside donations can be dropped off at **Dr. Probe School**
For more details and/or information please call Tracey @ 403-320-9768.

A HUGE  THANK
YOU TO ALL THOSE WHO DONATE TO THIS
SPECIAL EVENT!

We couldn't do it with out your support.