

# September 2011 Newsletter



## IMPORTANT DATES:

### August

31 First Day of class for students

### September

5 Labor Day– no school

8 Welcome Back! BBQ

14 School Council Mtg 6:30pm

22 LifeTouch Picture Day

23 Terry Fox Walk

28 Magazine Fundraiser

### October

4 After School Skating 3:30-4:30 NS Arena

5 World Teachers' Day!

6 Kindergarten skating at NS Arena

7 Gr 5 to Corn Maze

10 Thanksgiving- No school

Welcome back to Mike Mountain Horse, for what looks like will be another tremendous school year! The excitement and enthusiasm around our school is amazing!

Wow, what a summer! The new parking lot has been completed, and we have an amazing new playground. It was so great to see so many parents and community members coming together to create something tremendous for children! My sincere thanks go out to all those who helped out, in whatever way. What a great experience!

Our school continues to grow in numbers (we are approaching the 580 student mark), so we are asking for your help. Some of the following things can help ease the congestion a bit:

Drop your child off a block from school! This not only will enhance the safety of all our students and alleviate traffic congestion, but will also increase physical fitness! You may also want to designate a "meeting place" to pick up your children as well.

If you chose to use our new parking lot on the north side of our school, please be safety conscious. Drop students off at the curb, and encourage them to use the crosswalk areas provided. With everyone working together, I'm sure this will be a safe alternative for both dropping off and picking up children.

Your child has a specific door to enter and exit the building. Can you please reinforce this with them. If you are picking children up either in front of the school or in the new parking lot, your children should be exiting through their designated doors and walking around the school. This will assist our caretaking team in keeping our school clean!

Your children are in good hands with our staff. They are amazing educators and great people. Get to know them and show them your support. Volunteer in your child's classroom. Perhaps you can help drive students for field trips. In short, get involved! By working together, great things can be accomplished!

If you have concerns, or perhaps questions of your child's teacher or school administration, don't hesitate to contact us. We'd love to meet with you to make this the best year ever for your children!

I look forward to a terrific year of learning and being part of the Mike Mountain Horse School Community.

***Paul Bryant, Principal***

## Monthly Newsletters

We will be emailing the monthly newsletter to those families that provided us with email addresses with the registration packages back in the spring. If you did not include an email address in your registration or you have made changes, and you would like to be included in the mailouts, please contact the school office at 403-381-2211.

## Welcome Back BBQ—Thursday, September 8

The Welcome Back BBQ and Meet the Teacher Night will be held on Thursday, September 8, from 5:30-7:15pm. Please come out and take this opportunity to check out our school and meet your child's teacher. We have requested you complete a BBQ voucher as an indication that you are coming — please DO NOT send money with this. We will collect the money at the BBQ. Cost is \$3.00 per package including hamburger, drink, carrots, and chips. Thanks to our Grade Five Leadership Team in helping out at this event.

It is our hope that this will be a great "kick-off" to the school year. Thank you for being so supportive of our school. It's a great place to be!

## Student Medical Concerns

If your child has a medical condition of any kind, please contact the office with the specific information. There are district policy forms that need to be completed each year. Contacting your child's teacher is also a great idea to keep everyone informed and our school a safe place to be.

## Playground Grand Opening—Thursday, September 8, 6pm (during our BBQ)

(6:00 at the new playground!)

Wow, what a monumental effort by so many to create a great play space for our children and our community. This will be a time to thank those most involved, as well as those providing funds to make this project happen!

*Join us for the ribbon cutting!*

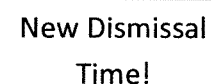
## School Hours

Kindergarten (Monday to Thursday) AM 8:20 to 11:33 PM 12:03 to 3:16

Grades 1 to 5: 8:20am to 11:45am / 12:25pm to **3:05pm**

All Grades 1 to 5 students are dismissed at 11:45am on Fridays—No school Friday afternoon

New Dismissal  
Time!

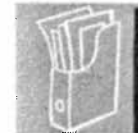


## Student Insurance -Industrial Alliance Pacific Insurance Form

Although our school board provides basic insurance for all students, should parents wish enhanced coverage, you may purchase it through this company. Please contact the school office if you would like a form for this additional coverage.

## Fundraiser Information

The School Council annual Magazine fundraiser will be on October 1. If you have been receiving renewal notices in the mail please remember that CCRP will honour the cost quoted on the renewal notice as long as it is handed in with the student's order for this year. If you would like to go online to view the magazine choices, please go to [www.ccrp.ca](http://www.ccrp.ca) and use our school code of AB1633.



## MIKE MOUNTAIN HORSE FAMILY CARE TEAM!

The purpose of this team is to provide support and early intervention to children and families so as to ensure the best educational experience possible. This team hopes to provide individual, targeted group and whole school support to the children and families of MMH. This team is made up of:

**Teacher-Counsellor:** the role of the teacher-counsellor is primarily **child advocacy**. The teacher-counsellor aims to provide a comprehensive guidance and counselling program that promotes the holistic development of students. This would include: **educational planning, personal and social development, career preparation** (although not entirely relevant at the elementary level). Counsellors work with children, parents, teachers and community agencies to help students acquire the knowledge, skills, attitudes, and habits that enable students to reach their potential.

**Making Connections:** Hi my name is Kristine Savage, I am the new Making Connections Worker assigned to MMH Elementary School. My office is located to the right of the front doors, directly across from the main office. I am working 2 full days at the school Tuesday/Thursday. I can be reached either through the main office phone or on my cell phone. 403-381-2212 (MMH) 403-892-9499 (cell). The Making Connections program provides early intervention, prevention and health promotion to the children and families of MMH School. Connecting children and families to Community Resources ex: Alberta Mental Health, Kidsport/Jumpstart Applications, Food Bank, Family Centre, YMCA/YWCA, Family Physicians, Dentists, Health Specialists. Developing Connections to families through universal and targeted programs ex parent groups, parent/child evening activities, anxiety/worry groups, dealing with a loss in the family, ect.

**FNMI Liaison—Candace Bradford:** Building and supporting healthy relationships between Students/Families and the School. Create an environment supporting FNMI Cultural Awareness and inclusion. Supporting student growth and success through one on one, group, and/or universal programming. Community referrals e.g. Opokaa'Sin, Medicine Tree Centre, Medical Specialists, Food Bank, AB Mental Health. Outreach services, YWCA/YMCA.

Also joining this team where need arises: The school resource officer, the MMH learning support teacher, and the school nurse personal.

Filling these positions this year is:

Teacher-Counsellor: Cathy Kitagawa

Making Connections worker: Kristine Savage

FNMI Liaison: Candace Bradford

School Resource officer: Const. Chris Robinson

Learning Support Teacher: Nicole Baker

School Nurse: Sheena Watson

## Student Absent or Late Reminder

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**

## **FROM THE COUNSELLING OFFICE:**

Welcome back to all students and families of Mike Mountain Horse. It's great to see kids arriving with excitement and renewed possibility! Some strategies for maintaining the energy and commitment:

### **S.W.E.E.P!**

*...your way to a great school year!*

**S-** Sleep. Work towards getting 8 – 10 hours of sleep/night...both parents and children!

**W-** Work hard! Give it your all; each and every day!

**E-** Express yourself. Try to be clear about your needs both at school and at home. Honesty matters!

**E-** Eat well! In order to learn our best we must ensure that our bodies receive the best possible fuel!

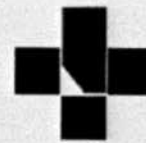
**P-** Play! Have fun...in all that you do!

### **Fair Notice of Risk/Threat Assessment**

Lethbridge School District No. 51 believes in creating safe and caring environments for students and staff. Any incident where a student engages in behaviour which threatens or appears to threaten the safety of others will be investigated. Administrators can implement a Risk Assessment for behaviors that are worrisome including writing or drawings with violent themes; references to or involvement in violent activity at school; or an increased interest in activities that are deemed as dangerous to the safety of others. A Threat Assessment is implemented when a student threatens to kill or injure others, brings a weapon to school, or makes direct verbal or written violent threats to others. The Threat/Risk Assessment regulations are outlined in Policy 504.9 in the School District Policy Handbook available at [www.new.lethsd.ab.ca](http://www.new.lethsd.ab.ca).

### **Terry Fox Walk**

This year's Terry Fox Walk will be held on Friday, September 23. We will be walking around Nicholas Sheran Lake and meeting other students from Dr. Probe and Nicholas Sheran schools. Everyone is welcome to take part in our walk. Wear your school colors—blue and gold that day! More information will be sent home in the near future.



### Welcome back to the 2011 - 2012 school year!

Alberta Health Services staff from Public Health, Healthy Weights, Addictions and Mental Health, Health Promotion, Dental Health, Tobacco Reduction and Safe Communities will be contributing to our newsletter pages.

We work in partnership and focus on promoting the health of students, staff, and families in the school community.

If you are looking for general health information contact **HEALTH LINK** at 1-866-408-5465.

Have a safe, healthy, and happy school year.



### Does your child have a chronic medical condition?

Some tips to help keep your child safe and healthy:

- Inform the school of your child's condition
- Provide a Medic Alert® bracelet for your child
- Provide the school with current medical instructions as recommended by your physician
- Provide the school with up-to-date auto-injectors and keep them current
- Provide information to school and teachers
- Participate in the development of an emergency response plan for your child

For more information, contact your school's public health nurse or discuss with the school principal.

### For information on:

- Allergies/Asthma [www.aaia.ca](http://www.aaia.ca)
- Anaphylaxis [www.anaphylaxiscanada.ca](http://www.anaphylaxiscanada.ca)
- Diabetes [www.diabetes.ca](http://www.diabetes.ca)

### Terry Fox National School Run Day Wednesday, September 28th, 2011

*Get out your running shoes and run for a cause!*

In 1980, Terry Fox faced huge challenges while running a marathon a day for 143 days during his **3,339 mile** Marathon of Hope. Terry challenged himself every day with one goal in mind: raise the most money he could to end cancer. Now it's your turn. Join your school community in celebrating Terry's heroic effort by promoting health and taking part in the National School Run Day on September 28th!

Schools are invited this year to "Take the Terry Fox Challenge" and unite by issuing a school challenge. Challenge ideas include: costume runs – dress up like a superhero or a rock star, obstacle course or dance challenge and many more.

Check out [www.terryfox.org](http://www.terryfox.org) to find out more and get involved!

### Breakfast for Learning

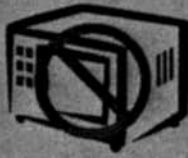
With students heading back to the classroom makes September a great month to focus on healthy eating. We know well-nourished children have improved memory, problem solving skills and creative abilities – overall they perform better in school.

A healthy breakfast should contain at least 3 of the 4 food groups, such as a bowl of whole grain cereal with milk and fresh fruit. You may also try whole grain toast, a hardboiled or poached egg, celery/carrot sticks and a glass of milk.

Take the time to get your children off to a great start with a nutritious breakfast every morning.

For more information and ideas on Breakfast for Learning visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca).

# NO Microwave? NO Problem!



Preparing kids lunches is considered a dreaded chore by many parents. Not having access to a microwave at school can add to the challenge, but there is still hope! **READ ON.....**

## **Plan, Plan, Plan:**

We all eat healthier when we plan our meals and snacks in advance. Plan a weekly menu with your children and stick to it as best as you can. Build your shopping list from the menu to make sure you have all the foods you need for the planned menu.

## **Reinvent The Sandwich:**

- Make a regular sandwich more interesting by using whole wheat wraps, pita bread, subs, english muffins, buns or bagels.
- Pack cubed bread, cheese, meat and raw veggies in a container for a non-sandwich sandwich.
- Try a banana dog – a whole banana served in a whole wheat hot dog bun with peanut butter. Mmmmmm!
- Have you ever heard of a Tuna Ball? It is a popular dish in many countries and adds a twist to the typical tuna sandwich (recipe on the back).

**Mix It Up:** Try some of these simple ideas to put some pizzazz back into the lunch bag:

- Slice of pizza with a piece of fruit
- Dry cereal, milk and fruit
- Bran muffin, cream cheese and applesauce
- Salad topped with beans or cold chicken, served with crackers and cheese
- Raw veggies, hummus, milk and whole grain crackers (i.e. Triscuits, Stone Wheat Thins or Melba Toast)
- Bread sticks, nuts, fruit and a cheese stick
- Hardboiled egg, yogurt, 100% fruit juice and a carrot muffin
- Yogurt parfait (pack separate containers of yogurt, diced fruit, granola & nuts that can be mixed on-the-spot by your child)
- Brown beans, pita triangles, raw veggies and chocolate milk
- Baked tortillas, salsa, cheese, bean dip and raw veggies
- Oatmeal raisin cookies, fruit, beef jerky and a yogurt tube
- Salad topped with tuna or salmon, served with bread and yogurt
- Party mix (Cheerios, Shreddies, nuts, pretzels, dried fruit) and milk
- Rice pudding and a fruit cup
- French toast fingers, yogurt and fruit
- Veggies and dip, melba toast, low fat Laughing Cow cheese and sliced meat

Start a list of the favourite lunch items in your household – when you can't decide what to have for lunch, just refer to the list!

## Do Yourself a Favour – Buy a Thermos:

Invest in a wide-mouth thermos and you won't be disappointed. Foods can be heated in the morning and will stay piping hot until lunch time. Soups, stews, chili and leftovers can all be packed in a thermos. A thermos is a worthwhile investment because it adds so many options to your lunchtime menu!

## Remember Food Safety:

Remember to keep lunches safe. Keep cold foods cold by placing a frozen juice box or ice pack in the lunch bag. Keep hot foods hot in a thermos. Use an insulated lunch bag to keep food temperatures where they should be.

## Recipes: Kid Friendly to prepare & NO HEATING required at Lunch Time!

### Pasta Salad

Boil pasta. Whole wheat pasta is healthiest! Let pasta cool. Add any of the following ingredients to the cooled pasta.

- Chopped veggies
- Mixed or black beans
- Cheddar cheese or feta chunks
- Tuna or cooked chicken chunks

Top with your favourite dressing & refrigerate. It tastes best after the salad has soaked in the dressing for a few hours.

### Fruity Maple Porridge

1 cup oats  
1 cup buttermilk (can add lemon or lime to regular milk for same effect)  
1 cup plain yogurt  
2 Tbsp maple syrup  
1 tsp cinnamon  
2 Tbsp chopped nuts/dried fruit

Combine all ingredient in a bowl. Put a lid on the bowl & put in the fridge over night. Add fresh fruit on top.  
Mmmmm!

### Fruit Or Veggie Skewers

Add a selection of fruit or vegetable pieces to bamboo skewers for a fun snack.  
Use Yogurt as dip for the fruit and your favourite dressing as dip for the veggies.

### Tuna Balls

(alternative tuna sandwich)

- ◊ Cook sushi rice according to directions and cool.
- ◊ In a separate bowl, mix a can of drained tuna, 3 Tbsp mayo, pepper & 1 tsp of celery and onion.
- ◊ Make flattened circles (size of a small pancake) out of the rice.
- ◊ Add a scoop of tuna salad to the middle of the circle and form the rice into a ball around the tuna.

Serve cold, just like a tuna sandwich!

### Party Skewers

Poke the following items onto a bamboo skewer to create a fun lunch.

**Savoury Skewer:** Rolled up lunch meat or chunks of chicken or ham, cheese cubes, cherry tomatoes, radishes, cucumber chunks.

**Sweet Skewer:** Berries, chunks of banana or pineapple, grapes, melon balls.

A couple of savoury skewers & a couple of sweet skewers can make a balanced, healthy & fun lunch.

### Pita Triangles & Hummus

- ◊ Cut a whole wheat pita into triangles.
- ◊ Dip into your favourite flavour of hummus.

This is a great snack. Add a glass of milk and some fruit and veggies for a complete meal!

### Chicken Nuggets

Young kids will need help from an adult. These are yummy served cold as well as heated.

- ◊ Cup chicken breast into strips & roll in a mixture of bread crumbs & spices (pepper, lemon pepper, parsley, cajun).
- ◊ Bake breaded chicken until golden & crisp.

Serve with your favourite dipping sauce, breadsticks, salad or raw veggies.