



February 2020



From the Office

The first school month of the year 2020 has come to a close but what a fun-filled month it was. Genius Hour kicked off on January 9th. Students are enjoying sessions ranging from floor hockey to math games, readers theatre to origami. We have also begun working hard on our Park Meadows Talent Show with students rehearsing during lunch hours to ensure they are ready for the big day. Our choir did a tremendous job singing our national anthem at the Lethbridge Hurricanes hockey game and represented our school very well. What an honour and privilege it was to be able to sing for our city!

January also had us experience our first long stretch of indoor recess! This is a great reminder of how quickly the weather can change in Southern Alberta. Please remember to always have your student come prepared for the weather with boots, mittens, toques, snow pants, and winter jackets. Keep your eyes and ears open for a special club that we hope to get started too - the Polar Bear Club encourages children to get out for recess everyday, regardless of the weather. More information will be coming home soon regarding this club so stay tuned!

February promises to be another exciting and busy month. Our grade 5 basketball teams have wrapped up their practices and are now playing two league games each week, on Mondays and Wednesdays. Please feel free to join us in our gym and cheer our teams on! Their season will conclude with a year-end tournament being hosted by Wilson Middle School on February 28th.

Be sure to dig out your best beach wear for Beach Day happening on Tuesday, February 11th. And don't forget to mark your calendar as our Park Meadows "Feel the Love" Talent Show will be held on Thursday, February 13th at 6:30 pm. Admission is a non-perishable food donation for an evening of amazing talent. Please also note that February break takes place from February 17th to the 21st during which students will not have school. During this time, teachers will spend two days at the Alberta's Teacher Convention to learn more about making learning for kids amazing. We will finish the month off raising awareness for bullying with Pink Shirt Day on February 26th.

Have you read any great non-fiction books lately? There are some wonderful non-fiction reads out there for kids. Check out <https://www.readbrightly.com/how-to-get-kids-to-read-nonfiction/> for some great non-fiction reading tips and book lists. Some of my favorites are cookbooks! Getting your child to read a cookbook can help them learn how to understand and follow directions and sequencing. It's also an amazing treat when your child can make their own snacks or maybe even help make dinner for the family! Enjoy!

2020-2021 Registration

- New EEP Students can register starting on February 3rd.
- Please bring a completed registration form, your child's birth certificate and \$40 cash.
- Grades 1-5 can expect to see Registration Packages sent home the last week of February.
- Please check our website for all registration requirements and information.

From School Council

We hope all of you enjoy the Family Day Holiday Week coming up this month. Our next School Council Meeting will be on February 25th at 6:30 pm. We are planning our next fundraiser, a "Bunny Hop" Dance-a-Thon on April 9 to help support the field trip programs. Come join us!

Park Meadows Elementary

February 2020 School Calendar

Mon.	Tue.	Wed.	Thu.	Fri.
3 2020-2021 EEP Registration Opens Drama Club 3:15-4:30pm Basketball Game 4:00-4:45 pm PM1@Leth. Christian AG @ PM2	4 Lost & Found Donated <i>Make sure you walk by the tables to see if anything belongs to your family!</i> Lunchtime Talent Show Rehearsal Choir 3:15-4:15pm Shelley Moore Presentation at Victoria Park High School. Register at www.lethsd.ab.ca!	5 Basketball Game 4:00-4:45 pm Galbraith @ PM1 PM2 @ Galbraith	6 Gr 4/5 Handbells 7:45-8:20am Lunchtime Talent Show Rehearsal KG/Gr1/Gr2&3/Mrs. Braun/Hamilton – LCI Dance Production Field Trip Snack Club Group 4 3:15-4:00pm Gr 5 Handbells 3:15-4:15pm	7 Hot Lunch Orders Due by 10:00pm
10 Basketball Game 4:00-4:45 pm PM1 @ Lakeview Lakeview@PM2 Drama Club (Last Day) 3:15-4:30pm	11 Beach Theme Day Lunchtime Talent Show Rehearsal Choir 3:15-4:15pm Lethbridge School Division Town Hall Meeting 6:30pm at Victoria Park	12 Basketball Game 4:00-4:45 pm Probe @ PM1 PM2 @ MMH	13 Gr 4/5 Handbells 7:45-8:20am 'Feel the Love' Talent Show 6:30-8:00pm <i>Remember to bring a non-perishable food donation</i> Snack Club Group 4 3:15-4:00pm Gr 5 Handbells 3:15-4:15pm	14 Valentine's Day Celebrations
17 No School – Family Day	18 No School – Reading Week	19 No School – Reading Week	20 No School – Teacher's Convention	21 No School – Teacher's Convention
24 Celebration Assembly 2:45pm Basketball Game 4:00-4:45 pm PM1@Sen. Buchanan Sen. Buchanan@PM2	25 Choir 3:15-4:15pm School Council Meeting 6:30pm	26 Pink Shirt Day Hot Lunch from Boston Pizza Basketball Game 4:00-4:45 pm MMH @ PM1 PM2 – No game	27 Gr 4/5 Handbells 7:45-8:20am Snack Club Group 4 3:15-4:00pm Gr 5 Handbells 3:15-4:15pm	28 Year-End Basketball Tournament at Wilson Middle School 12:30-4:15pm

*Panther Cheer Practices will no longer be included on the Park Meadows Newsletter. Please contact Perfect Storm directly with any questions regarding scheduling.



Park Meadows School

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January 31, 2020

Dear Family and Friends of the Park Meadows School.

Thank you so much for your help and support of our Market Day Fundraiser this past December. We hope you enjoyed it as much as we did. It was a big success in our thoughts.

As you may be aware, each year the School Council, with cooperation from the School Staff, plan and carry out Fundraising Events. These funds have been used to provide students with field trips (including bussing to and from venues), fine art presentations, special guests (such as scientists in schools), scooter racks, playground equipment, sporting equipment, and other needs within the school to enhance our children's educational experience that the school budgets do not cover. Each year we have the goal to raise \$20,000.00 to cover these expenses.

Over the past few years, we have approached community agencies and businesses to provide donations of gifts that we have used to support our fundraisers. We value our community members and businesses that have supported us in the past. To help us keep in good standing, we will NOT be approaching these same businesses ourselves this year. The types of fundraisers we can offer are limited due to gaming license laws. We are currently in the process of becoming a Society to register for a license so we can expand the types of fundraisers we will host.

In the meantime, our biggest fundraiser over the past few years has been our yearly dance-athon. We are currently planning to host this year's dance on April 9. If you are new to Park Meadows, the dance athon is a pledge-based fundraiser. Students will be asked to raise pledges to sponsor their dance time from family and friends (not door to door). Every dollar raised helps.

What many of you may not know is that the majority of the prizes we have awarded at the dance-athon event specifically have been purchased and donated by our parent council parents out of our own pockets to help keep profits high. We have awarded these "prizes" to our top seller (highest pledge total brought in), highest sellers in each class, and random draws of the students who participate in the fund raiser. These incentives are a fun way to thank the students and their families for their support in raising these funds.

This year, we are asking you, the parents and friends of Park Meadows School to consider donating a NEW unwrapped prize for us to use for this upcoming Spring Bunny Hop Dance-athon. Items may be small or large. Past years we have had everything from bubble blowing kits to scooters, craft kits to Lego Building Sets, Dollar Store items to Big Name Store items. Prizes for a variety of ages from 4 years to 11 years are what we are looking for. Gift cards are an option too if you would like. If you own a business and would like to donate a prize, we would love to have your company name attached for advertising. **We would like to start collecting these prizes at the school during the month of March to lead us up to the big event.** We will announce collection dates closer to that time. If you find a toy or item on sale now, go ahead and buy and store it away until that time please.

Thank you for your time and consideration. If you are able to help fill our request, or have any further questions, please contact Park Meadows School Council Chair Marylou Williams at parkmeadowsparentcouncil@gmail.com or Mark Blankenstyn, our principal.

Sincerely,
Marylou Williams and Mark Blankenstyn

Healthy Children

February 2020 Parent Newsletter



Articles

Early Specialization in Sport

Developmental Assets

Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development.

This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!



For more information visit
<http://canadiansportforlife.ca/parents>

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.



- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child - Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or

his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?

- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize

risky or dangerous situations and are they able to seek help from trusted adults?

- Encouraging your child to form a positive identity – Does your child feel good about themselves? Does your child seem curious about the world?



For the full list of developmental assets and to learn more visit
www.search-institute.org

**LCI ARTS ACADEMY DANCE
PRESENTS**



KHOROS

SHOWTIMES

FEB 6th 7:00pm

FEB 7th 5:00pm

FEB 7th 7:30pm

yates memorial center

1-403-329-7328

www.enmaxcentre.ca

**LCI //
Arts
Academy
Dance
//**



MATH FAIR



Saturday, Feb 8 2020 | 10AM - 2PM | SA7330
Outreach in Science Commons

Fun math activities for students in grades K-12

- * Platonic Solids
- * Math Games
- * Mathematical Colouring

Please drop in and have fun, everyone is welcome!

Pay parking - Lot S
Free parking - Lot N



Pacific Institute *for the*
Mathematical Sciences



VOLUNTEERS NEEDED

**Lethbridge School Division is Hosting
Athletes and We Need Your Help!**

**Volunteers are needed for
supervision in these locations**

- Chinook High School
- CCHS West
- Senator Joyce Fairbairn
- G.S. Lakie
- Mike Mountain Horse
- Coalbanks

July 23-26 2020

**4-6 Hour & 8 Hour
Shifts Available**



To sign up as a volunteer contact LeeAnne Tedder

Email: leeanne.tedder@lethsd.ab.ca | Phone: 403.380.5301

2020 OUTDOOR SOCCER REGISTRATION

Online Registration House League begins

February 1, 2020 at noon – Sunday March 15, 2020

www.lethbridgesoccer.com

403-320-5425(KICK)

Boys and Girls

U4 – U7 (Co-Ed) \$95.00

U9 – U19 (Leagues separated by gender) - \$145.00

Season to start April 20 – June 20, 2020

LFC Competitive information will be made available online at lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association.

LFC Registration will open online February 15, 2020





LETHBRIDGE LITTLE LEAGUE

2020 Spring Registration

Open January 13 – February 28, 2020

Lethbridge Little League is the newly formed organization following the merger of Southwest Little League and Lethbridge North Baseball as of November 2019. Any players from the City of Lethbridge will be registered with Lethbridge Little League going forward.

Register online at: www.lethbridgelittleleague.com

<u>AGE</u>	<u>DIVISION</u>	<u>FEE*</u>	<u>GAME DAYS**</u>
4-5	T-Ball	\$150	Mon/Wed
6-7	Coach Pitch	\$150	Tue/Thurs
7-8	Rookie	\$190	Mon/Wed
9-10	Minor	\$250	Tue/Thurs
11-12	Major	\$250	Mon/Wed
13	Intermediate	\$250	Tues/Thurs
14-16	Teenage/Junior	\$250	Mon/Wed

*Fee includes \$10 District One raffle ticket

**Make up games and tournaments may be scheduled on Friday/Saturday/Sunday

*** Please note **residency and school attendance eligibility rules** apply: **Players can play in the league where they either live or go to school.** For further information, please visit the website above or email info@lethbridgelittleleague.com.]