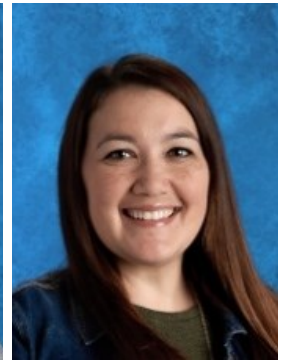




June 2020...page 1/2



From the Office

And here we are. Beginning June and bringing the end to the school year in just a matter of weeks. This was definitely an interesting school year that brought its own unique challenges in the form of COVID-19.

Over the course of the past two months, our teachers became on-line teachers, navigating technology and programs they had not used before in order to get learning in the hands of our students and grappling with not seeing their kiddos in person on a regular basis... and they did it with heart and passion.

Our parents and families became school teachers, guiding their children through on-line learning and shifting their role to both parent and teacher in order to help with this new learning format... and they did it with courage and perseverance (and a few hardships along the way, I am sure.)

Our students became at-home learners, surrounded by the distractions of video games, pets, and the beautiful sunshine calling their name. Even though they missed their teachers, their friends, and the routine of a normal day... they did it with excitement and the drive to learn (and I am sure a bit of resistance ;)

The bottom line is this... our community is THE best. Through the challenges, the anxiety, the worry, we pulled together and made this work. And for that, we thank you. We know it wasn't easy, but we appreciate the effort, the communication, the heart you all poured into a difficult situation. While we do not know what the Fall will bring, we rest assured by the fact that our community cares and loves our students and cherishes education. Together we can ensure we are all supported and cared for.

As May concluded, the winds of change blew once again. This time, carrying me away from my Park Meadows family. It is with a very heavy heart that I leave my Park Meadows students, parents, and staff. The memories and relationships I have gathered over the past few years will be cherished for years to come and held closely in my heart. I want to thank all of my students, their families, and the staff for welcoming me, supporting me, and loving me along this journey. I will never forget you and my time here as you have touched my life forever. Change is hard. Sometimes it doesn't make sense; however, it is important to find its purpose. Change brings growth and learning. Change introduces us to people who need us at just the right time. Change encourages us to face new challenges and see new perspectives. I will take all that I have learned during my time at Park Meadows, all that you have taught me, and do good with it. I will help others to grow, just as you have helped me to grow.

With that, I say "Thank you, and see you later" for this is not a goodbye. Perhaps one day I will be back at Park Meadows when the winds shift again. I love you all and thank you for an amazing six years.



Virtual Grade 5 Farewell

Although COVID-19 has posed some unique challenges, we would still like to celebrate the accomplishments of our Grade 5 students and send them off to Middle School with a proper farewell. As such, we have decided to hold a virtual Grade 5 Farewell on YouTube, which will go 'live' on June 17th, 2020 at 11:00 a.m.

Recorders

In Grade 4/5 students are expected to have a recorder for music class. If your child does not already have a recorder, or if it has been lost, you can purchase one through the school. Recorders will be available through [SchoolCashOnline](https://www.schoolcashonline.ca) for \$6.00 until June 10.

Park Meadows Pedals

On Wednesday, June 10th we are planning "Park Meadows Pedals". Starting at 12:30pm Park Meadows staff plan on biking and walking through the neighbourhood to wave hello to students. Please see the map for the planned route on page 3. (The rain date is June 11th). We hope to see you outside!

Next Year Teachers

Early Education Program—Miss Teagan

Kindergarten—Mrs. McCrady

Grade 1—Mrs. Watson & Mrs. Hegland

Grade 1/2—Miss Thielen

Grade 2/3—Mr. Williams, Mrs. Reimer, Mrs. Lynch, Mrs. van der Meer

Grade 4/5—Mr. Entz, Mrs. Braun, Ms. Wagar, Miss Krawchuk, Mr. Ellison

Parker's Place LST—Mrs. Hamilton

Learning Support Teacher—Ms. Morris & Ms. McMurren

Music Teacher—Announced at a later date

School Leaders—Mr. Blankenstyn & Ms. McMurren

Online Report Cards

Report Cards with teacher comments will be available [online at ps.lethsd.ab.ca/public](https://ps.lethsd.ab.ca/public) on June 25.

You can find instructions on using PowerSchool on our [website pm.lethsd.ab.ca/parents/powerschool-for-grades-attendance](https://pm.lethsd.ab.ca/parents/powerschool-for-grades-attendance).

Upcoming Events

Wednesday, June 10—Year-End Parade

Wednesday, June 10—Last day to order your recorder on [SchoolCashOnline](https://www.schoolcashonline.ca) (for students in grades 4/5 next year)

Tuesday, June 16—Disney Character Theme Day (send us your pictures!)

Wednesday, June 17—Grade 5 Farewell on YouTube

Friday, June 19—Last Day of Online Classes

Sunday, June 21—Father's Day

Thursday, June 25—Report Cards available through [PowerSchool](https://www.powerschool.com)

Tuesday, September 1—First Day of 2020-2021 School Year!

PARK MEADOWS PEDALS

June 10

Starting at
12:30 p.m.



Good Oral Health

Healthy Together



Welcome to [Healthy Together](#), your guide to family and home life during COVID-19. Read the [archive](#).



Children like to copy the grown-ups in their lives; they need to see you brushing and flossing.

A Safe Routine for Brushing & Flossing

Saliva (spit) can contain bacteria and viruses such as COVID-19. They spread through saliva droplets created when you brush and floss.

Follow these tips to help prevent the spread of COVID-19 and keep up with your daily oral hygiene.

- Wash your hands with soap and water for 20 seconds before and after you clean your mouth
- Rinse your toothbrush well and let it air dry after using it (viruses can live on moist surfaces)
- Never share your toothbrush with anyone
- Store your family's toothbrushes so they do not touch (for example, in separate glasses)
- Practise physical distancing when brushing and flossing to avoid the spread of COVID-19 through saliva droplets
- Clean counters and other nearby surfaces after you brush and floss; saliva droplets can travel six feet from your mouth
- Follow the advice on [How to Care for a COVID-19 Patient at Home](#) when helping with mouth care.

Prevention is key—good oral health habits are less expensive than repairs or surgeries. The cornerstones of prevention are daily brushing and flossing.



Get Back into the Routine

COVID-19 has pushed many daily routines out the window. Think of the days you realize it's noon and you haven't brushed or flossed yet. Or the nights you fall asleep watching a movie and wake up with plaque-covered teeth.

You're not alone, we've all been there.

The time is ripe to forgive yourself and get back into the routine of healthy oral care. Here's how:

- Brush with a fluoride toothpaste twice a day; use a pea-size amount of paste for anyone over the age of 3 and a grain of rice-size of paste for children under 3
- Brush for at least two minutes to remove plaque
- Remember your tongue likes a good brush, too
- Floss daily
- Drink water for thirst and eat a variety of healthy foods, including vegetables and fruits, whole grains and proteins
- Limit sugary snacks and drinks
- Avoid smoking and using other tobacco products; they increase your risk of gum disease
- If you have a dental emergency, contact your family dentist or check the [Alberta Dental Association and College](#) website
- Need a detailed refresher on brushing and flossing? See [How to Brush Your Teeth and Floss](#) at MyHealth.Alberta.ca
- See our sidebar on brushing and flossing to prevent COVID-19.

Caring for Kids' Teeth and Gums

If you're a parent, being a good role model for dental care can set your children on a path of good oral health for life. Alberta Health Services' [Healthy Parents, Healthy Children](#) promotes starting to brush your child's teeth with fluoride toothpaste when they get their first tooth.

[MyHealth.Alberta.ca](#) offers these tips for a strong start to your children's oral health.

- Start routines early: Wipe your infant's gums from day one; keep oral hygiene routines throughout childhood

- Take charge of the toothbrush: Parents need to brush their children's teeth from the time their first tooth appears to the age of 8, when children can do it themselves
- Use toothpaste with fluoride to prevent tooth decay--brush twice a day, use a pea-size amount of paste for children over the age of 3 and a grain of rice-size of paste for children under 3. You'll have to put the toothpaste on their brush and teach them to spit it out. Keep toothpaste out of reach when it's not being used
- Set an example: Children like to copy the grown-ups in their lives; they need to see you brushing and flossing
- Eat well: Set the right path for lifelong good health habits; avoid sugary snack foods and drinks
- Play safe: Wear proper, well-fitted safety gear and mouth guards for all sports and activities to avoid dental injuries (at any age)
- See a dental professional: A first visit is recommended when your child turn 1 or six months after their first tooth appears.

Prevention is key—good oral health habits are less expensive than repairs or surgeries.

Read [Fluoride Toothpaste Tips for Kids](#) as a reminder about fluoride toothpaste.

Good Oral Health is Tied to Good Health

Many people only think of healthy teeth when they hear the words “oral health,” but it's about more than your teeth. Oral health is being able to smile, speak, chew, swallow, touch and express feelings and emotions without pain, discomfort and disease. It gives you the confidence to live, work and play.

Oral health and general health have a two-way relationship. Oral diseases can cause poor general health. And poor general health can lead to oral health problems. For example, diabetes increases the risk of gum disease and gum disease can make diabetes harder to manage.

The most common oral diseases are tooth decay, gum disease and oral cancer. These are chronic oral diseases that can be prevented. Risk factors for oral diseases include poor oral hygiene, an unhealthy diet, using tobacco and tobacco-like products and drinking too much alcohol. These risk factors and others are also risks for heart disease, cancer, chronic respiratory diseases and diabetes. By taking action on these risk factors we improve our oral and general health.

Remember to brush and floss regularly, eat healthy food, drink water avoid tobacco and tobacco-like products and limit alcohol.

Alberta's dentists and registered dental hygienists play a critical role in helping you prevent oral disease. Their regular services are closed during the COVID-19, but emergency dental help is available.

To learn more, see [Your Mouth, Your Body, Your Health](#) at MyHealth.Alberta.ca.