



# January 2019



## From the Office

2019!!! A New Year! We are excited to have everyone back at school for Monday, January 7<sup>th</sup>. Let's get ready for more learning! January brings a lot of new excitement to our building, as many activities get underway. For example, our Grade 5 Basketball Season will start again. Also, Genius Hour will be back. For those of you new to our school, Genius Hour is a time when students get to choose what they want to learn for one hour each Thursday afternoon for 4 sessions. More details are coming soon. Our School Council will be meeting on Tuesday, January 15<sup>th</sup> at 6:30pm. Everyone is welcome. And... our Dance-a-Thon happening on February 14<sup>th</sup>, is just around the corner! See below for a message from our School Council.

We want to welcome some new and returning staff to our school. A big welcome back goes to Mrs. Ashley Lynch, who has returned from her maternity leave and is back in her classroom in Grade 2/3. We also want to welcome Miss Delaney Auer. Miss Auer is an Intern Teacher that will be working with Mrs. Lori Braun's Grade 4/5 class from January until April. Miss Auer is in the last stages of obtaining her official teaching credentials and we are glad that she will spend this time learning and growing alongside Mrs. Braun. Welcome, Miss Auer.

Here are a few useful home-reading tips when reading aloud: Establish daily routine story times and use expression, changing your tone of voice and adjusting pace, so that your child can build a mental picture. For a change of pace, offer your child audio books and listen to them together while in the car. Check the public library for titles. Talk about what you are reading during and after a read-aloud session. Help your child relate books to their own experiences.

- Mark Blankenstyn, your Principal

## 2019-2020 Registration Dates

**January 14 – Kindergarten Registration** Opens for children living in our boundaries, who will be 5 years old on or before December 31, 2018.

**January 21 – EEP Registration** Opens for children who were enrolled in a Lethbridge School District #51 program in 2018-2019.

**February 4 - EEP Registration** Opens for children new to EEP who will be at least 3 years old on or before September 30, 2019.

**April 5—Grade 1-5 Registration** Packages sent home

## School Information

For more information and for access to these hyperlinks, view our newsletter online at [www.pm.lethsd.ab.ca/newsletter.php](http://www.pm.lethsd.ab.ca/newsletter.php)

## School Council Update

Our next School Council meeting will be January 15, 2019 at 6:30 pm, in the Staff Room. We invite interested parents and guardians to join us. We will be planning the upcoming Valentine's Day Dance-a-Thon Fundraiser scheduled for February 14, 2019.

Parents and students, more information and pledge sheets will be coming home later in January. Start planning your Valentine's Day Themed Clothes for this big day! Think Red, Pink, and White! We give a big Thank You to Hall Dental for sponsoring our live DJ again this year for our Dance-a-Thon.

Happy New Year to all staff, parents, students, and families from your Parent Council.

# JANUARY

## Park Meadows Elementary School Calendar 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4	5
<b><u>Winter Break No School December 24-January 4</u></b>						
6	7 <b>School Resumes after Winter Break</b> Gr 5 BBall Practice 3:30- 4:30pm	8 Tickets go on sale for <b>Choir Hurricane's Performance</b> through School Cash Online	9 <b>Gr 5 BBall Practice 3:30- 4:30pm</b>	10 <b>Theme Day:</b> Occupation/ Genius Day <b>Assembly</b> 10:30am for Genius in Me Kick-Off <b>Snack Club (4)</b> 3:15-4:00pm	11 <b>Last Day to Order Hot Lunch from Quiznos</b>	12
13	14 <b>Kindergarten Registration Opens</b> Gr 5 BBall Practice 3:30- 4:30pm	15 <b>Parent Council Meeting 6:30pm</b>	16 <b>Gr 5 BBall Practice 3:30- 4:30pm</b>	17 <b>Genius in Me Snack Club (4)</b> 3:15-4:00pm	18	19
20	21 <b>EEP Registration Opens for Returning Students</b> Gr 5 BBall Game 4-5pm	22 <b>Grade 2/3 Skating Big Brothers, Big Sisters (BBBS)</b> Teen Mentoring 3:15-4:45pm <b>Hurricane's Ticket Sales Close</b>	23 <b>Gr 4/5 to Lakie's Dance Production</b> Gr 5 BBall Game 4-5pm	24 <b>Genius in Me Snack Club (4)</b> 3:15-4:00pm	25	26
27	28 Gr 5 BBall Game 4-5pm	29 <b>Grade 2/3 Skating Choir 3:15-4:15</b> <b>BBBS Teen Mentoring</b> 3:15-4:45pm	30 <b>Hot Lunch – Quiznos</b> Gr 5 BBall Game 4-5pm	31 <b>Genius in Me Snack Club (4)</b> 3:15-4:00pm		

# Healthy Children

January 2019 Parent Newsletter



## Articles

Is Tooth Decay a Disease?

Relaxation and Your Child

## Is Tooth Decay a Disease?

Tooth decay is the most common chronic disease of children. In fact, it is more common than obesity, asthma, and diabetes. The impact of tooth decay can have life-long effects. Tooth decay can cause pain and infection, as well as limit a child's ability to eat, grow, learn, play and attend school.

The good news is that tooth decay is preventable! To help your child prevent tooth decay:

- Brush two times a day with a fluoride toothpaste and floss daily.

- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
- Drink tap water with fluoride, where available.
- Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to help protect your child's teeth.

➤ **For more information about oral health and oral health services, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth)**  
**For information about dental care for low income Albertans look under the Related Resources tab.**

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



## Relaxation and Your Child

Relaxation is a great way to help your child cope with stress. Regular relaxation calms the nervous system, boosts the immune system, sharpens concentration and promotes positive thinking.

**PMR – A Powerful Relaxation Tool.** Progressive Muscle Relaxation (PMR) is designed to reduce stress, as well as physical problems such as stomachaches and headaches. It can even help your child sleep better.

**Quick Relax!** In this shortened version of the PMR approach, your child learns how to tense their whole body and then relax their muscles all at the same time. Follow these step-by-step instructions:

1. Lie down.
2. Scrunch up your face and tuck your head into your shoulders, tightening these muscles.
3. Cross your arms at your forearms and tighten your arms with your fingers grasping opposite elbows.
4. Tighten your belly, legs and



feet, pointing your toes towards your nose.

5. Hold this position and hold your breath for 5-10 seconds.
6. Say the word “relax” – and let your whole body go limp like a rag doll and breathe out.
7. Take a few deep breaths in and out.

### Tips for Parents

- Set aside 5 minutes to do this with your child.
- It's best not to learn in a stressful time. Practice first and then use when needed.
- Find a quiet place with no interruptions.

- Speak slowly and calmly while following the instructions.
- Pause after each instruction to allow time to carry it out.
- Make an audio recording for your child so your child can use it on their own.
- Do this for your own stress reduction. Your child will see it's for everyone.

In addition to PMR, try this relaxation practice with your child. Take in a long, deep breath. Count to four and breathe out for a count of five or six. Once they learn this, they can do it anytime they need to.

# Nutrition Times

January 2019 Nutrition Services

## 2019 Resolution – Moderation.



[Diet Sign by Nick Youngson](#) CC BY-SA 3.0

Every January everyone seems to be on some kind of “diet” to lose weight. But fad diets don’t work for long term weight loss. To manage your weight over the long term and improve your health try a lifestyle change you can live with. Make moderation your 2019 New Year’s resolution!

### Fad Diets

Losing weight is not easy; it is never as simple as just eat less and move more. And there is no quick fix or easy way out for long term weight loss.

Fad diets come and go but most are very restrictive (for example Keto, Atkins, Paleo, Low Carbohydrate, Very Low Calorie). Any very restrictive diet will result in weight loss (much of the weight loss is water). This is because such a limited choice of foods results in less calories being eaten.

Problems that are common with restrictive diets include: constipation, disordered eating, vitamin and mineral deficiencies, increased cholesterol, and loss of muscle mass. You also tend to regain the weight you lost plus a little more.

### Warning signs of unsafe diets:

- Promises fast weight loss (more than 2 lbs. per week)
- Promises a quick fix without having to change your lifestyle
- Sells you products or supplements
- Restricts or avoids whole food groups (for example, milk products, grain products)
- Promotes only one type of food
- Promotes detoxing, eating foods in certain combinations, or eating for your body type or blood type.
- Promoted by unqualified people.

Be cautious of diets that sound too easy or too good to be true. There is no wonder-diet, magic herbs, or supplement that will give you long term weight loss.

**The best diet is one you can follow for life and that includes everything in moderation.**

### What is eating in moderation?

Eating in moderation is:

1. Choosing healthy foods most of the time and allowing yourself treats sometimes.
2. Listening to your body when it tells you if it is hungry or full or if there is certain food you would like to eat. Don’t let a certain diet, meal plan or calorie level determine how much you eat.
3. Taking the guilt out of eating. Food is not just about feeding your body to get the nutrients you need; it is also about feeding your mind and soul. Enjoy how good food tastes and how it makes you feel.
4. Avoiding the all-or-nothing thinking. There are no good or bad foods. Stop trying to avoid carbs, fat, gluten, dairy, etc. (the list is endless).
5. Following simple, common sense eating choices from all 4 food groups.
  - ✓ Choose whole grain products that are minimally processed.
  - ✓ Choose protein rich foods which includes meat and dairy choices and more plant-based proteins.
  - ✓ Emphasize fruit and vegetable choices.
  - ✓ Cook and prepare foods that are less processed. Don’t rely on diet products, supplements, or highly processed foods.



[People eating](#) CC BY 2.0

# Upcoming Nutrition Classes (most classes are free)

## Brooks:

**Alberta Healthy Living Program Classes:** Ongoing. See below.

## Medicine Hat:

**Nutrition and Healthy Eating During Pregnancy:** Jan 14 or Feb 11, 6-8 p.m.  
Find out about important vitamins and minerals, food safety, prenatal weight gain and more! Register: 403-502-8215 or [ahsmedhatnutrition.eventbrite.ca](http://ahsmedhatnutrition.eventbrite.ca)

**Infant Nutrition:** Information on feeding babies 0-12 months. Feb 4 or March 25, 2:30 – 4:00 p.m. at Community Health Services, 2948 Dunmore Rd SE. Your baby is welcome! Register: 403-502-1411 or at [ahsmedhatnutrition.eventbrite.ca](http://ahsmedhatnutrition.eventbrite.ca)

**Mealtime Struggles.** Feb 5, 7-8:30 p.m. Learn tips for dealing with picky eaters. Register through Medicine Hat Public Library, 403-502-8525 or [ahsmedhatnutrition.eventbrite.ca](http://ahsmedhatnutrition.eventbrite.ca).

**Alberta Healthy Living Program Classes:** Ongoing. See below

## Lethbridge:

**Baby Steps Infant Nutrition:** Jan 10 or 29<sup>th</sup>. Register 403-388-6668.

**Alberta Healthy Living Program Classes:** Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: [bit.ly/2CAfSnN](http://bit.ly/2CAfSnN)

To register call: Lethbridge and area, 403-388-6654  
Medicine Hat, 403-529-8969  
Brooks, 403-793-6659



## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

2948 Dunmore Rd. SE      403-502-8200  
Medicine Hat, AB  
T1A 8E3

440 3<sup>rd</sup> Street East      403-501-3300  
Brooks, AB  
T1R 1B3

801 1<sup>st</sup> Avenue South      403-388-6666  
Lethbridge, AB  
T1J 4L5

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)



Nutrition, Food, Linen & Environmental Services





## West Wind Gymnastics Day Camps

FEBRUARY 8 - VALENTINE, I FLIP FOR YOU

FEBRUARY 18-22 - WHEN I GROW UP

MARCH 15 - AMERICAN GIRL DOLL

APRIL 1 - GAMES, GAMES, GAMES!

APRIL 23- 26 - MULTI SPORT CAMP

Full & Half Days Available for Campers ages 4-12

Register Online or by Phone

[www.westwindgym.com](http://www.westwindgym.com)

403-320-1373