



April 2019



### From the Office

We would like to send out a HUGE thank you to our families for joining us at our Student-Led Conferences in March. It was great to see everybody out and taking part in these conferences as it gives the students an opportunity to show their families what they have been working so hard on here at school. Our Grade 5 Basketball teams “officially” wrapped up their season in March, as they faced their final and most fierce competition– the staff! The students versus staff game is an event that is always highly anticipated and all players had an absolute blast. Our cheer teams also deserve an extra round of applause, as they competed in Calgary and represented our school well. Our Kittenz cheer squad placed second overall and our Katz squad placed first and ‘hit zero’ which is a fantastic feat in cheer! Well done, squads!

One District, One Book (1D1B) is well underway and we hope that you have been enjoying the Wishtree. April will see the conclusion of this event. Several of our students will have the opportunity on April 9 to head over to Winston Churchill to listen to the Wishtree author, Katherine Applegate, live, and our Drama Club will perform a short play for her! What an amazing opportunity! Our school will also be taking part in a student-made Market Place on April 17<sup>th</sup> with proceeds going to the Make-A-Wish Foundation. Please feel free to join us and shop at the Market. Purchases can be made using vouchers ordered through School Cash Online.

As the warm weather arrives and more bikes and scooters appear, we would just like to remind students that when on school property, their bikes and scooters should be walked to and from the bike racks. And lastly, spring weather always brings surprises so please encourage the kiddos to bring a jacket to school to be prepared for those temperature changes.

Thank you to our School Council who have sponsored Recess Bags for every classroom, and two outside Scooter Racks! The bags will be delivered and set up in time to use in September for our new classes, and the Scooter Racks should be installed soon!

- Your Vice Principal, Jackie Fletcher

### School Council

Parents and interested community members are invited to attend the next School Council meeting on April 16 at 6:30pm at the school. We will be having our Annual General Meeting in May where we will be electing our executive for the new school year. Now is the time to come join us and start getting ready for the 2019-2020 school year. Hope to see you there!

### 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)  
[Counselling Connection](#)

### Student Profile Forms

Student Profile Forms may be used by parents to share information to help form class lists for next year. This form is available on our website, under Quick Links. There are tight timelines with regards to the creation of class lists, therefore, Student Profile Forms will not be accepted after Friday, May 17, 2019. When completing this *optional* form, please do not include teacher requests and only include information on student learning needs.

[Read more about this process here.](#)



# Park Meadows Elementary School Calendar 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	<b>1</b> <b>No School for Students</b> <b>PL Day</b>  <i>2019-20</i> <b>Registration Forms Sent Home this week for Grades 1-5</b>	<b>2</b> <b>Williams –</b> Galt Museum <b>Choir</b> 3:15-4:15pm <b>BBBS</b> 3:15-4:45pm <b>Kittenz Cheer</b> 3:30-5pm	<b>3</b> <b>Wenaas –</b> Galt Museum <b>Williams-Swimming</b> <b>Drama Club</b> 3:15-4:30pm <b>Choir Festival</b> 8:30-10:30 at Southminster Church	<b>4</b> <b>Blue &amp; Black Day</b> <b>Thielen –</b> Galt Museum <b>Assembly</b> 10:30am <b>Hand Bells</b> 3:15-4:15pm <b>Katz Cheer</b> 3:30-5pm	<b>5</b> <b>van der Meer –</b> Galt Museum	<b>6</b>
7	<b>8</b> <b>Green Shirt Day</b> for Logan Boulet Effect	<b>9</b> <b>van der Meer –</b> Swimming <b>Lynch –</b> Galt Museum <b>Choir</b> 3:15-4:15pm <b>Kittenz Cheer</b> 3:30-5pm <b>Katherine Applegate</b> <b>Event</b> 7pm at University of Lethbridge	<b>10</b> <b>Braun/Wagar/ Ellison –</b> Swimming <b>Parker's Place –</b> Aggie Days <b>Drama Club</b> 3:15-4:30pm	<b>11</b> <b>Thielen –</b> Swimming <b>Olsen/Fletcher/ Entz -</b> Swimming <b>Hand Bell Festival</b> 8:30-11:30am at St. Augustine's <b>Hand Bells</b> 3:15-4:15pm <b>Katz Cheer</b> 3:30-5pm	<b>12</b> <b>Last Day to Order Hot Lunch – Boston Pizza</b> (served on May 1)	<b>13</b> <b>ACA Cheer Provincial</b> Championships in Edmonton
14	<b>15</b> <b>Grade 4/5s and Parker's Place –</b> Wilson Middle School Play <b>Last Day to order 'Make a Wish' Market Vouchers</b> through School Cash Online	<b>16</b> <b>Last Day of Choir</b> 3:15-4:15pm <b>Kittenz Cheer</b> 3:30-5pm <b>School Council Meeting</b> 6:30pm	<b>17</b> <b>1D1B Market Day</b> <b>Spring Photo Day</b> <b>Kindergarten Grad Photo Day</b> <b>Drama Club</b> 3:15-4:30pm <b>Choir Sing for Shelter Concert</b> 6:30pm at Park Meadows Baptist Church	<b>18</b> <b>Wish Tree Day</b> <b>1D1B Closing Assembly</b> 10:30am <b>Williams-Swimming</b> <b>Hand Bells</b> 3:15-4:15pm <b>Katz Cheer</b> 3:30-5pm <b>Return 2019-20 Registration Forms</b>	<b>19</b> <b>No School – Good Friday</b>	<b>20</b>
21	22	23	24	25	26	27
<b>No School for Spring Break</b>						
28	<b>29</b> <b>Travelling Lab</b> <b>Coats-McCrady,</b> Hegland, Wenaas & Wagar	<b>30</b> <b>Lynch - Swimming</b> <b>Kittenz Cheer</b> 3:30-5pm				



**Park Meadows School**  
50 Meadowlark Blvd. N.  
Lethbridge, AB T1H 4J4  
T: 403-328-9965 F: 403-328-9975  
Email: meadows@lethsd.ab.ca

**Website:** pm.lethsd.ab.ca  
**Twitter:** @ParkMeadowsSch  
**Facebook:** /ParkMeadowsSchool  
**Instagram:** @ParkMeadowsSchool

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## Park Meadows School Student Profile Form

There is much to consider in the creation of the composition of each class for the upcoming year and this takes us several weeks to work through each spring. We group the students initially using our multiage philosophy where a child will have the same teacher in grades 2/3 and grades 4/5. We look at physical, academic, second language, and behavioral considerations. We consider children's personalities and how well they have worked together in the past. Gender ratios help us to balance out the rest. Finally, class sizes are considered so that each grade level class is similar in size. The current year's teachers play a large role in creating classes based on their experience working with the children in the school. The key is to find the best balance for all of those factors within each class to help ensure that each child, and teacher, has the most successful year possible.

Following extensive discussions regarding the merit of accommodating requests for specific teachers, it has been determined that the volume of requests makes it impossible to maintain optimal class balance both with respect to size and composition. As such, we will not be granting teacher requests by name or be taking requests for students to be with friends. Since all classes must be balanced to ensure the best possible educational environment, this will be the priority when class lists are created. At the same time, we believe that you can provide us with invaluable insight with respect to what we should consider when placing your child. This form allows for communication of considerations that lie outside of requesting a specific teacher or specific peers.

**Due to the tight timelines regarding class list creation, Student Profile Forms will not be accepted after May 17, 2019.**

Sincerely,

Mark Blankenstyn  
Principal

**Student name:** \_\_\_\_\_ **Student entering grade:** \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_  
(Printed)

Parent/Guardian signature: \_\_\_\_\_

I want to share the following information about my child's learning styles to help make the best possible placement decision:

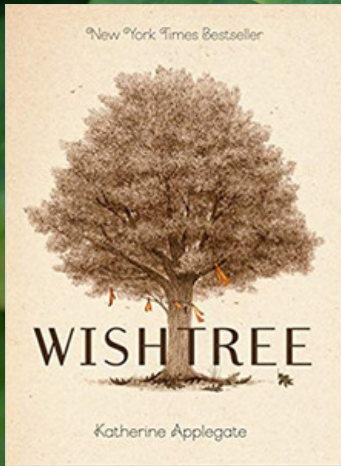
My child learns best \_\_\_\_\_

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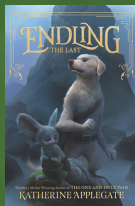
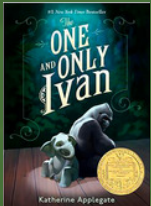
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# Katherine Applegate



**Tues, April 9, 7pm**  
**University of Lethbridge**  
**1st Choice Savings Centre, PE 250**

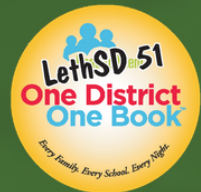
Book signing to follow  
Free Parking after 5pm



University of  
Lethbridge



Bookstore



In this free family-focused forum we encourage families to engage in **direct, respectful**, and in-depth **dialogue** with **political candidates** and voice their priorities and perspectives for the provincial election in Alberta.

Free quality child-care is available but **spaces are limited**, please register your child on **Eventbrite**.



# FAMILY- FOCUSED ELECTION FORUM

APRIL 9, 2019  
5:00-7:00PM  
FAMILY CENTRE DOWNTOWN

SUITE 225, 200 4 AVENUE SOUTH  
LETHBRIDGE, AB



FAMILY  
CENTRE

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For more information, visit  
<http://www.famcentre.ca/>



# Healthy Children

April 2019 Parent Newsletter



## Avoiding Common Allergies

Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➤ **For more information about food safety, visit**  
<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

## Articles

Avoiding Common Allergies

What You Need to Know about Your Child's Sexual Development

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



Alberta Health  
Services

## What You Need to Know about Your Child's Sexual Development

You may think that sexual development happens in the teen years, but it actually starts at birth and continues throughout childhood. By learning about your child's development, you'll be better prepared to talk with your child about the changes they'll go through as they get older. Talking about sexual health and sexuality together now will help to start the conversation and keep it going.

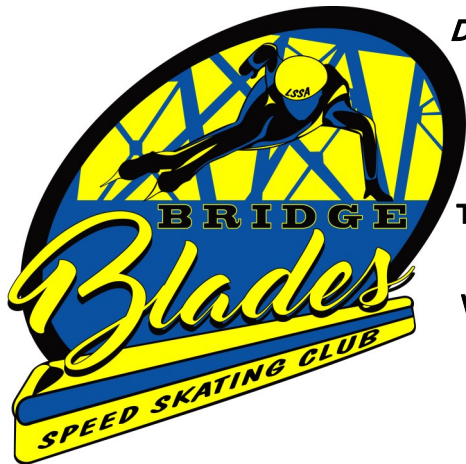
To encourage healthy sexuality and development, in elementary, children should know:

- That their body is their own and no one can touch it without their permission.
- The correct names for body parts including genitals and reproductive organs (knowing the correct names for body parts promotes positive body image, self-confidence and parent-child communication).



- How reproduction happens. For example, you could say, “when a sperm joins an egg, a baby grows in the uterus, and is born through the vagina”.
- Not to pick up things such as condoms or syringes. Now is a good time to teach them not to pick up anything if they don't know what it is or if they think it's dangerous.
- Basic information about body changes during puberty.
- Other body parts and body functions: urine, stool, bladder and urethra.
- About how important hygiene and self-care are when they start puberty.

➤ To learn more about development from birth up to 18 years of age, please visit **Alberta Health Services** [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)



*Do you have a Need for Speed and a Competitive Spirit?*

*OR*

*Would you like to learn how to Speed Skate for FUN?*

The Lethbridge Speed Skating Association invites you to try the exciting sport of Speed Skating!

We have qualified and dedicated Coaches & Programs to fit your needs.\*

We accept skaters young and not so young...Ages 5 and UP!

\*Our Coaches are NCCP Certified with Speed Skate Canada.

**Programs**

Learn to Speed Skate, Competitive,  
Non-competitive, Masters

**Season**

October to March  
Labour Club Ice Arena

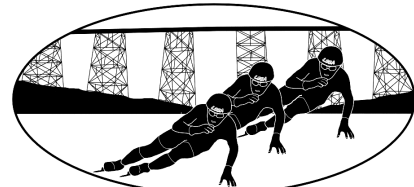
**Registration for our 2019-20 Season begins in August 2019**

**For More Information**

Call Cherise @403-393-3537

or

Email: [Issa.sk8r@gmail.com](mailto:Issa.sk8r@gmail.com)



*Lethbridge Speed Skating Association*

[www.facebook.com/LethbridgeSpeedSkatingAssociation](https://www.facebook.com/LethbridgeSpeedSkatingAssociation)