



**December 2018**



### **From the Office**

December is upon us. While the Christmas season is a joyous time for many, it can also be a very challenging and stressful time, too. The Park Meadows community has been a HUGE supporter of several local initiatives for many years, helping not only our own population but many across our city. If you find yourself looking for ways to help this year, stop by and choose an angel off of our Angel Tree and buy a gift for a child in need. You can also bring in a new pair of socks for our Sock It To 'Em campaign. Our hearts are filled with the donations we have already received throughout the month of November.

THANK YOU for your generosity, kindness, and giving spirit.

If you find yourself in need of support this year, please do not hesitate to contact Mark or Jackie in the office to put you in touch with resources that can be of great assistance.

Last, but certainly not least, let's celebrate the month of November! Report Cards were completed, Parent Teacher Interviews held, and student success was celebrated! Thank you also for your generous support of our Book Fair, as buying books at the book fair translates into many new books entering our Learning Commons for our kiddos to read and enjoy!

Wishing you all a restful winter break. Curl up with a hot chocolate, warm blanket, and a good book with your little ones and treasure small moments together. -Mrs. J. Fletcher, Vice-Principal

### **Parent Council Update**

- Welcome Marylou as our new Parent Council Chair!
- Thank you to Alyssa for all of your hard work this year, and good luck with your move.
- There will be no parent council meeting for December.
- Happy Holidays from Park Meadows School Parent Council. We hope to see you in the New Year!

### **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 Connections](#)  
[From the School Nurse](#)

### **Christmas Concert**

Our two concerts will be held on Saturday, December 8 at the Park Meadows Baptist Church (2011 15 Ave N). **Students with last names A-K** will perform at 1:00pm, and should be dropped off by 12:30pm. Dress rehearsal for students with last names A-K will occur on December 6 at 12:45pm in the Park Meadows School Gym. **Students with last names L-Z** will perform at 3:30pm and should be dropped off by 3:00pm. Dress rehearsal for students with last names L-Z will occur on December 7 at 10:30am in the Park Meadows School Gym. Remember to drop off all labeled costume items to your child's classroom before December 3.

# Park Meadows Elementary

# December

## School Calendar 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
2 <b>Last Day to Order Hot Lunch</b>	3 <b>Galt Museum – Watson</b>  <b>Remember to send your labelled items for the Christmas Concert to the school by today!</b>	4 <b>Choir (last day)</b> 3:15-4:00pm <b>Gr 1-3 Cheer</b> 3:30-5:00pm	5	6 <b>Red &amp; Green Day Swimming – Wenaas</b> <b>Dress Rehearsal</b> (last names A-K) 12:45pm in gym <b>Assembly 2:30pm</b> <b>Snack Club (3) –</b> 3:15-4:00pm <b>Gr 4-5 Cheer</b> 3:30-5:00pm	7 <b>Dress Rehearsal</b> (last names L-Z) 10:30am in gym	8 <b>Christmas Concert at Park Meadows Baptist Church</b> 2011 15 Ave N A-K 1:00pm L-Z 3:30pm
9	10	11 <b>Swimming –</b> Wagar, Ellison & Braun <b>Gr 1-3 Cheer</b> 3:30-5:00pm	12 <b>Galt Museum –</b> Hegland <b>Movie Mill –</b> Parker's Place	13 <b>Swimming –</b> Entz & Olsen/Fletcher <b>Scientists in Schools –</b> Ellison & Fletcher <b>Snack Club (3) –</b> 3:15-4:00pm <b>Gr 4-5 Cheer</b> 3:30-5:00pm	14 <b>Last Day to Donate to Sock It To 'Em Campaign</b>  <b>All Library Books due back TODAY</b>	15
16	17 <b>Scientists in Schools –</b> Grade 1 Classes <b>Caroling in Gym</b> 9:45am	18 <b>Caroling in Gym</b> 2:45pm <b>Gr 1-3 Cheer</b> 3:30-5:00pm	19 <b>Last Day for Angel Tree Collection</b> <b>Caroling in Gym</b> 9:45am	20 <b>Hot Lunch –</b> Taco Time <b>Galt Museum –</b> Krawchuk <b>Choir and Mrs. Olsen's class</b> caroling at Nordbridge <b>Caroling in Gym</b> 2:45pm <b>Snack Club (3)</b> <b>CANCELLED</b> <b>Gr 4-5 Cheer</b> 3:30-5:00pm	21 <b>Pajama Day</b>	22
23/30	24/31	25	26	27	28	29
<b>Winter Break December 22-January 6</b>						

**Talking to your kids about drugs**

Talking to your child about alcohol and other drugs can be challenging. You might feel unsure about the subject. Here are some tips:

- Listen to what your child has to say, and keep the lines of communication open.
- Encourage your child to ask you questions, and think of ways to open a conversation with them.
- Ask questions that require more than a one-word answer. This may help you to engage in real conversation with your child

**Talking to your kids about drugs**

Start young when talking to your child about drugs. For example, whenever you give a fever medicine or an antibiotic to your child, you can discuss why and when these medicines should be given and about safe medication storage.

Talk to your child about other strategies they can use to feel better as well. (i.e.) what are some ways you can feel better if you have a headache?

- Cool cloth
- Rest
- Deep breathing
- A warm bath

**Talking to your kids about drugs**

Encourage your child to ask questions about tobacco, alcohol, and other drugs. If you're unsure, find the answers together to learn about it.

Plan to talk about it many times throughout your child's developing years.

Practice refusal skills. Talk about what they could do if they were offered tobacco, alcohol, or other drugs. Practicing how they could respond sets them up for success if faced with an uncomfortable situation.

**Talking to your kids about drugs - Cannabis Facts**

- Although most youth in Alberta do not use cannabis, even occasional use has risks.
- All forms of cannabis is still illegal for anyone under the age of 18 in Alberta.
- For youth who use cannabis often and over time, it can affect brain development and may increase the risk for mental health problems.
- Youth are especially vulnerable to the effects of cannabis since brain development is not complete until about the age of 25.
- Parents and caregivers play an important role in their child's life— stay connected, know their friends and be prepared to answer questions.

**MORE RESOURCES**

drugsafe.ca search "What Parents need to know"  
 ahs.ca/amh search "Parent Information Series"

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
 1-866-332-2322

Mental Health Help Line  
 1-877-303-2642



# Healthy Children

December 2018 Parent Newsletter



## Articles

Be Tobacco Smart

Cyberbullying 101:  
What it is and what  
you can do!

## Be Tobacco Smart

Talking to kids about tobacco from an early age is important, but for some people it can be hard to know what to say, or when to say it. We do know that beginning the conversation as early as five or six years old and being open to talking about tobacco throughout the years, is important in helping children and youth make healthy choices.

A new resource is now available to help parents, health providers and teachers begin the conversation. The purpose of this booklet is to share health information in a meaningful and appropriate way with young children, while honouring the role of tobacco in many Indigenous communities throughout the province.

Titled *Be Tobacco Smart*, this booklet tells the story of three young children who find tobacco litter on the ground. Guided by their new friend Duke the Dog, they learn about how tobacco can harm their health, the environment and even their pets! Along the way, they meet Elder Eagle, who shares with them why tobacco is special to many Indigenous people. Using activities such as, word searches, crossword puzzles and colouring pages, the booklet provides an opportunity to begin discussions about tobacco with very young children – whether it is with parents, community health providers or teachers.

➤ To access this resource, visit <https://www.albertaquits.ca/helping-others-quit/teachers-and-school> or call 780-422-1350

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit [www.optometrists.ab.ca](http://www.optometrists.ab.ca)



## Cyberbullying 101: What it is and what you can do!

By learning what cyberbullying is, how it could affect your child and what you can do about it, you'll be better prepared to talk with your child and respond to their questions or concerns. Cyberbullying is a type of bullying that uses technology (smartphones, computers, tablets etc.) to intimidate, put down or spread rumours about someone using social media or social networks (e.g., Facebook, Twitter, Snapchat, Instagram, gaming sites, blogs, etc.). It also includes making something public that was meant to be private, like photos and videos.

Social media sites, as well as email and texting have become one of the main way kids communicate and socialize. Because of these sites and access to them, cyberbullying has become a reality for today's children.

Cyberbullies often feel safe because they hide behind their computer or phone. The only limits to what can be done are based on the bully's imagination and access to technology.



Research suggests that cyberbullying may have damaging effects to children, like low self-esteem, anxiety, missing or skipping school, poor grades, anger, depression, violence against others and suicide. Cyber threats can cause more harm than face-to-face bullying, because there's no escape. It can happen any time, any place.

What you can do about cyberbullying:

- Talk with your child often about their online activities and behaviours.
- Encourage your child to speak out against bullying of any kind.

- Teach your child not to post or say anything that they wouldn't want the whole world – including you – to read.
- Check in with your child often to make sure everything is okay.
- Watch for changes in your child's behaviour when using their phone or computer.
- Make sure your child feels comfortable coming to you with any issue.

➤ **To learn more about cyberbullying, please visit Alberta Health Services**  
[www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)

# Nutrition Times

Nutrition Services



Roasted Duck CC0

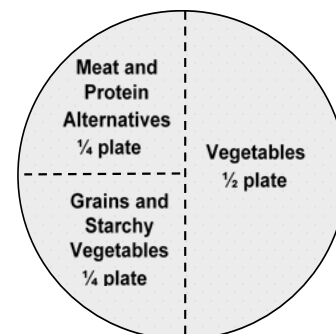
## Enjoying the holidays without all the added calories

Christmas is right around the corner and it gives us the time to enjoy the company of others and indulge in food choices we might otherwise limit.

Food brings us together, starts conversations and gives people the opportunity to try something new. Whether it is a company party, neighbourhood potluck or family gift exchange, food is always present and enjoyed by all. It can be easy to exceed your daily calorie intake during this time. If you are looking to eat healthy, manage your weight and/or prevent the “turkey coma”, the below tips can help you achieve those goals while also enjoying those holiday favourites.

### Holiday Eating Tips

- Continue to eat regularly by eating 3 meals per day with snacks
- Eat a small healthy snack before the party to curb your hunger
- If at a buffet choose a smaller size plate
- Eat slowly and when your satisfied put your plate away
- Watch portion sizes and stick to the healthy plate model below



#### Instead of ...

#### Try...

Eggnog	Low Fat eggnog or ½ eggnog and ½ 1% or skim milk
Juice	Water infused with fruit, mint or cucumber or carbonated water with a splash of juice
Pop	Flavored carbonated water
Salty crackers	Crispy pita triangles, flatbread, naan or melba toast
Mashed potato	Mashed potatoes with the skin on or mixing with sweet potato
Large desserts	Having smaller portions

#### Healthy Holiday Ideas

- Fruit Salsa with cinnamon crisps
- Unbreaded shrimp with cocktail sauce
- Meatless chili
- Light cheese served with whole grain crackers
- Fruit platter with yogurt dip
- Vegetable platter with hummus
- Squash soup
- Fruit drizzled with chocolate

- Choose low calorie drinks such as water, sparkling water or diet pop. Limit alcohol and high sugar beverages
- Be aware of how much gravy/sauces being put on your food
- Include plant-based foods in your meal
- Be mindful of the amount of appetizers you consume and enjoy in moderation
- Enjoy your “must have” treats but decrease the portion size
- Have healthier options available for your guests or if at a potluck bring a healthier dish
- Skip the dark meat and remove any skin

# Upcoming Nutrition Classes (most are free to attend)

## Brooks

**Infant Nutrition:** Information on feeding babies 0-12 months.

Dec 4<sup>th</sup>, 11-12:30 p.m. at Brooks Public Library 323 1 St E.

Your baby is welcome! Register: 403-501-3315 or at <https://ahsbrooksnutrition.eventbrite.ca>

**Toddler Nutrition and Picky Eating:** Information on healthy eating for toddlers and tips for mealtime struggles.

Dec 5<sup>th</sup>, 6:30-8 p.m. at Brooks Public Library 323 1 St E. Register: 403-501-3315 or at

<https://ahsbrooksnutrition.eventbrite.ca>

**Alberta Healthy Living Program Classes:** Weight Management Ongoing. Register: 403-793-6659

## Medicine Hat

**Nutrition and Healthy Eating During Pregnancy:** Find out about important vitamins and minerals, food safety,

prenatal weight gain and more! Dec 10<sup>th</sup>, 6-8 p.m. Register: 403-502-8215 or at [ahsmedhatnutrition.eventbrite.com](https://ahsmedhatnutrition.eventbrite.com).

**Infant Nutrition:** Information on feeding babies 0-12 months.

Dec 3<sup>rd</sup>, 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.com](https://ahsmedhatnutrition.eventbrite.com)

**Alberta Healthy Living Program Classes:** Diabetes, Weight Management, Healthy Eating to Reduce your Risk.

Ongoing. Register: 403-529-8969.

## Lethbridge

**Grocery Store Tour:** Explore the mysteries of reading food labels while in the grocery store. Dec 14<sup>th</sup>, 1:30-4pm

Sobeys North 327 Bluefox Blvd N. Register at 403-388-6654

**Baby Steps Infant Nutrition** Ongoing. Register 403-388-6668.

**Alberta Healthy Living Program Classes:** Diabetes, Weight Management, Healthy Eating to Reduce your Risk.

Ongoing. Register: 403-388-6654.

## Contact Information

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

2948 Dunmore Rd. SE  
Medicine Hat, AB  
T1A 8E3

403-502-8200

440 3<sup>rd</sup> Street East  
Brooks, AB  
T1R 1B3

403-501-3300

801 1<sup>st</sup> Avenue South  
Lethbridge, AB  
T1J 4L5

403-388-6666

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



Nutrition, Food, Linen & Environmental Services

