



March 2019



From the Office

Welcome to March! Another great month with spring right around the corner!

First off, we want to say a huge thank you to all our students, parents, staff, and community members for all their support for the Dance-A-Thon, back on February 14th. We raised \$10,060! Well done everyone. That hard-earned success is because of the work of all involved: our students, who committed to asking loved ones for pledges, got excited about dancing, and busted out their moves on the dance floor; parents who decorated, planned, organized, and laboured to make this such a beautiful event; staff who helped remind students to get their pledge sheets in, pumped their students up, and showed off their dance moves as well; and our community members, like Hall Dental, Frito-Lay Chips, and Sounds Unlimited, and many more, who agree to come back year after year and help us with our Dance-A-Thon and make the entire day not only an enjoyable & successful experience but also a memorable one!

Report Cards are just around the corner. They will be available to view online starting Friday, March 8th with a hard copy to be sent home on Monday, March 11th. Instructions on how to view report cards online through PowerSchool were sent home in the first term. If you have forgotten your login information, or need these instructions again, please contact our school office. Please see our calendar for dates regarding Celebration of Learning, Parent/Teacher Interviews, theme dress-up days, and more!

Here is a useful home-reading tip: Teach your child some “mind tricks” when reading. Show your child how to summarize a story in a few sentences or how to make predictions about what might happen next. Both strategies help a child comprehend and remember.

Mark Blankenstyn, your Principal

School Council

Thank you to all the parents who helped make the Dance-a-thon a success. From decorating, to helping hand out prizes, to helping your children raise funds for our school programs, your participation is greatly appreciated.

Our next School Council Meeting is Tuesday, March 19, at 6:30 pm at the school. We would love to have you join us.

School Information

For more information and for access to these hyperlinks, view our newsletter online at www.pm.lethsd.ab.ca/newsletter.php

Counselling Connection—Gratitude

“It’s not happiness that brings us gratitude. It’s gratitude that brings us happiness.”

Here are 6 ways to teach your child gratitude and appreciation at home:

1. Be a positive role model.
2. Focus on the GOOD parts of your day.
3. Give unexpectedly.
4. Help others.
5. Send ‘Thank You’ cards.
6. Keep a gratitude journal.

Have a Happy, Healthy March!

[Get more information on gratitude here.](#)

Mrs. Mulner, School Counsellor



Park Meadows Elementary School Calendar 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
3	4	5 Choir 3:15-4:15pm BBBS Teen Mentoring 3:15-4:45pm Kittenz Cheer 3:30-5pm	6 Grade 4/5 Skating – Wagar, Ellison & Entz	7 Dr. Seuss/ Whoville Day KG Report Cards Sent Home Hand Bells 3:15-4:15pm Snack Club (5) 3:15-4pm Katz Cheer 3:30-5pm	8 Last Day to Order Hot Lunch Report Cards Available Online Portal Opens to Book Parent/ Teacher Meetings	9
10	11 Report Cards Sent Home	12 Wilson Middle School Presentation KG Interview Booking Portal Closes 12:00pm Choir 3:15-4:15pm BBBS Teen Mentoring 3:15-4:45pm Kittenz Cheer 3:30-5pm	13 No Classes for KG – PT Meetings Gr. 1-5 Interview Booking Portal Closes 12:00pm Swimming – Wenaas Grade 4/5 Skating – Wagar, Ellison & Entz	14 No Classes for EEP & KG Gr. 1-5 11:47 Dismissal Katz Cheer 3:30-4:50pm PT Meetings 12:30-4:00pm Celebration of Learning 5-7:00pm	15 PL Day – No School for Students	16 Cheer Competition Stampede Showdown
17 St. Patrick's Day	18 Staff vs. Student Basketball Game	19 Choir 3:15-4:15pm BBBS Teen Mentoring 3:15-4:45pm Kittenz Cheer 3:30-5pm School Council Meeting 6:30pm	20 Grade 4/5 Skating – Olsen, Fletcher & Braun	21 Crazy Sock Day Swimming – Thielen Hand Bells 3:15-4:15pm Katz Cheer 3:30-5pm	22	23
24/ 31	25 One District, One Book Launch	26 Scientists in School - Wagar Choir 3:15-4:15pm BBBS Teen Mentoring 3:15-4:45pm Kittenz Cheer 3:30-5pm	27 Hot Lunch – Subway Grade 4/5 Skating – Olsen, Fletcher & Braun Positive Parenting Seminar @ MMH 6-8pm	28 Scientists in School - Entz Hand Bells 3:15-4:15pm Katz Cheer 3:30-5pm	29	30

Healthy Children

March 2019 Parent Newsletter



Nutrition Math: Are “treats” adding up?

Young children have small appetites and may feel full if they are snacking on treats such as ice cream, cookies, pop, chips and French fries. These foods are often high in added sugar, salt, and/or unhealthy fat, and provide little nutrition. They may replace healthy foods that contain more vitamins and minerals which are needed for ideal growth and development.

Treats are more common and more readily available than they were in the past. Children may be offered treats numerous times in or outside the home, such as at school, parties or after school activities. If you add them up, some days or weeks your child may be having more treats than you think! To decrease the number of unhealthy foods your family may be getting each week,

try to:

- Count all the times you think your kids are eating treats at home and school.
- Add in the treats eaten at after school activities and parties.
- Decide as a family how to cut back on how often and when treat foods are offered.
- Offer healthy choices most of the time at home and at school.
- Bring healthy food choices to parties and events. You may inspire others to do the same.

For healthy food and snack ideas, visit

 <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

Articles

Nutrition Math: Are “treats” adding up?

How Much Shut-eye Do Children Need?

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta’s free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



How Much Shut-eye Do Children Need?

According to the *Canadian 24-Hour Movement Guidelines for Children and Youth*, children aged 5-13 years should get 9-11 hours of sleep a night.

Why so many Z's? Sleep is critical to physical, cognitive and emotional development. The right amount of sleep improves attention, behaviour, memory and overall physical and mental health. Not getting enough sleep can result in an increase of injuries, obesity, depression and anxiety.

What makes it harder for your child to get sleep? Children are just starting to experience out of school time demands (e.g., homework, other activities). At the same time, they're becoming more interested in TV, computers, electronic games, Smartphones, the Internet and other technologies. Watching a screen within one hour before going to sleep has been linked to difficulty falling asleep and sleeping fewer hours.

Here are some tips to help your child get a good night sleep:



- Keep a consistent sleep routine, even on weekends.
- Keep your child's bedroom screen free (e.g., no tablets, phones or TVs).
- Help your child wind down with 30 minutes of "quiet time" before getting into bed (e.g., take a warm bath, dim lights, read, do relaxation breathing, address any worries).
- Keep your child's bedroom dark, quiet and at a cool but comfortable temperature.

If you're worried that your child is getting too little sleep, talk to

your health care provider.

Here are some tips for your sleep:

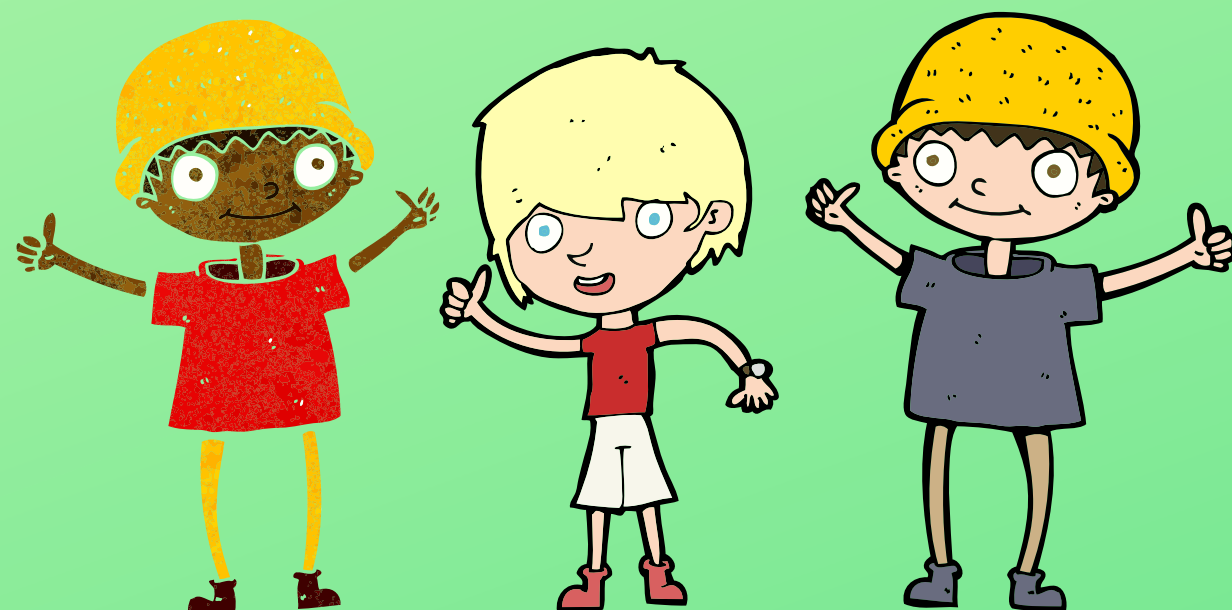
- Be active. But not within 3 hours of bedtime.
- Avoid alcohol before bedtime. It can wake you up during the night.
- Avoid caffeine 4 to 6 hours before bedtime.
- Avoid smoking too close to bedtime.
- Avoid difficult conversations before bedtime.



**March 27
6:00-8:00pm**

**Mike Mountain Horse
School**

Child care available



Raising Confident, Competent Children

**Learn about the 6 core building blocks to raising
confident, competent children**

Showing respect to others

Being considerate

Having good communication and social skills

Having healthy self-esteem

Being a good problem solver

Becoming independent

RSVP by March 20

**Christine: christine.bishoff@lethsd.ab.ca
403-892-0336**

**Kathleen: kathleen.vink@lethsd.ab.ca
403-715-1728**

Dr. Mike Ribble

Digital Citizenship:

A Parents

Roadmap for Success

Join Dr. Ribble for a free informative evening on digital citizenship. Dr. Ribble has been recognized internationally for his work in partnership with ISTE to promote and educate on responsible technology use. His book Digital Citizenship in Schools is a guiding document for ISTE (International) and ATLE (Alberta).



Safe Net Alberta
SafeNetAB.com



When: Tuesday, March 26

Time: 7:00 p.m.

Location: Lethbridge Collegiate Institute

Room: Large Lecture Theatre

For more info visit: safeNetAB.ca

Try Female Hockey for Free!



Have you ever wanted to step on the ice and give girls' hockey a try?

Just beginning, never tried or already play hockey? There is a session for you!



LETHBRIDGE
MINOR HOCKEY
ASSOCIATION

March 23, 2019



ATB Centre – Lethbridge, Alberta

10am-5pm - Times will vary based on registration and age groups.

This event will consist of on and off ice activities and lunch will be provided!

Free registration for all ages and more information at:

tryfemalehockey.eventbrite.ca

Lethbridge Minor Hockey Association dedicated female hockey program, the Lethbridge Cyclones has female hockey teams for all age groups 7+ and a female Future Olympians program for those just starting out. With Learn to Skate programs, equipment included programs and other funding available, there has never been a better time to get involved with female hockey.

Contact lethbridgecyclones@shaw.ca if you have any question.