



November 2018



### From the Office

Wow... can you believe that it is November already? The days and weeks are rolling by! From all of us at Park Meadows, we want to take the chance to say thank you for all of the hard work that our School Council put in for the Halloween Carnival. We were able to celebrate a good time as a school community, while fundraising \$5000 towards school initiatives. Thank you to our Community Partner, Scotiabank, that matched your donations dollar for dollar! Thanks to all that could come.

We want to send out a huge thanks to our Grade 2/3 teacher Miss Heather Judd who has been filling in for Mrs. Ashley Lynch. Mrs. Lynch will be returning from Maternity Leave effective December 1<sup>st</sup>. Miss Judd, thank you for all that you have contributed to the lives of our students and our staff since August of this year.

Just a reminder to all parents that our School Council meets monthly. Our next meeting will be on Tuesday, November 20<sup>th</sup> starting at 6:30pm in the Learning Commons. Childcare is provided. Watch for the new Parent Board outside the office for parent updates and volunteer opportunities.

Please note that our Christmas Concert will be happening on Saturday, December 8<sup>th</sup> at Park Meadows Baptist Church. Students with last names A-K will perform starting at 1:00pm (drop off at 12:30pm), and students with last names L-Z will perform starting at 3:30pm (drop off at 3:00pm). More info to come in the December Newsletter.

Here is a useful home-reading tip: **Make books special.** Turn reading into something special. Take your kids to the library, help them get their own library card, read with them, and buy them books as gifts. Have a favorite place for books in your home or, even better, put books everywhere.

#### Swag Clothing Sales

Park Meadows clothing will be sold from November 5-9 through School Cash Online. Samples will be available in the office for individuals to try on. We will be selling hoodies, t shirts, baseball shirts, and sweat pants. Fine Arts shirts will also be available to order. Orders should arrive before Christmas.

#### School Information

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

[Counselling Connection](#)

[Making Connections Tips](#)

[Message from the School Nurse](#)

#### Scholastic Book Fair

November 19-21 8:15am – 3:45pm

November 22 8:15am—7:30pm

**HELP WANTED:** Mrs. Veurink is looking for a few parent volunteers for the book fair. If you are interested please stop by and see her or email at

[Paige.Veurink@lethsd.ab.ca](mailto:Paige.Veurink@lethsd.ab.ca).

### Report Cards & Parent Teacher Meetings

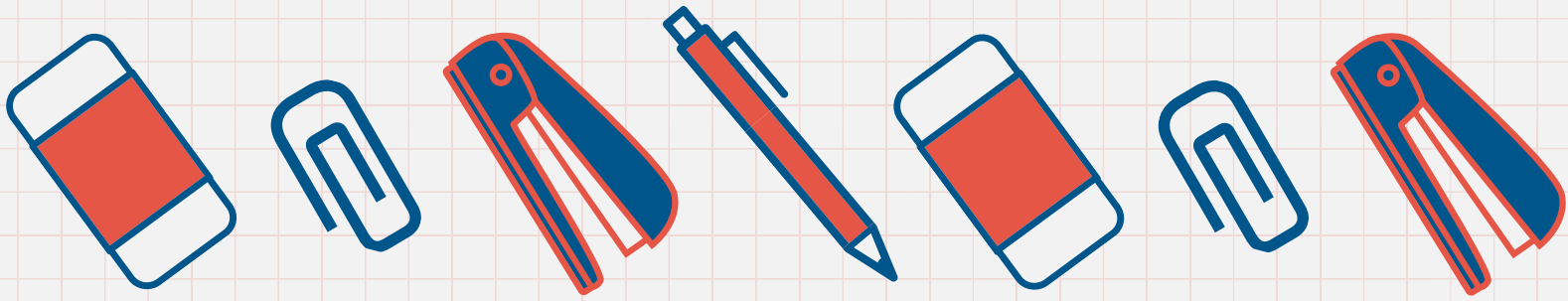
On November 14 you will receive instructions for how to access your child's [online report card](#) (available November 16) and instructions to schedule [Parent Teacher Meetings](#) on November 22. Look for time slots you can book with Miss Anderson and Mrs. Lisa on how to pay fees on School Cash Online and report absences through School Messenger Safe Arrival! They are happy to help you navigate these programs.

# Park Meadows Elementary

# November

## School Calendar 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				<b>1</b> <b>Picture Retake Day</b> <b>EPP Fees Due</b> <b>Assembly 10:30am</b> <b>Swimming - Wenaas</b> <b>Snack Club 2</b> 3:15-4:00pm <b>Cheer Cancelled</b>	<b>2</b> <b>Sock It To 'Em</b> <b>Campaign Begins</b> <i>Donations of New Socks will be collected at the school</i>	<b>3</b> <b>Cheer @ Perfect Storm</b> Kittenz 11:30am-1pm Katz 10-11:30am
4	<b>5</b> <b>Swag Sales Begin</b>	<b>6</b> <b>Parker's Place Skating</b> <b>Galt Museum</b> – van der Meer <b>Home Alone 2</b> 3:15-4:30pm <b>Choir 3:15-4:15pm</b> <b>Gr 1-3 Cheer</b> 3:30-5:00pm	7	<b>8</b> <b>Galt Museum</b> – Thielen <b>Snack Club 2</b> 3:15-4:00pm <b>Gr 4-5 Cheer</b> 3:30-5:00pm	<b>9</b> <b>Remembrance Day Assembly</b> 10:30am <b>Swag Sales Close</b> <b>Last Day to Order Hot Lunch</b>	10
<b>11</b> Remembrance Day	<b>12</b> <b>No School for</b> Remembrance Day	<b>13</b> <b>NO SCHOOL for Students</b> District Wide PL Day	<b>14</b> <b>Rock Your Mocs</b> from Nov 12-17	<b>15</b> <b>KG Report Cards Sent Home</b> <b>Galt Museum</b> – Judd <b>Snack Club 2</b> 3:15-4:00pm <b>Gr 4-5 Cheer</b> 3:30-5:00pm	<b>16</b> <b>Grade 1-5 Report Cards Available Online</b> Start Booking your <b>Parent Teacher Meetings Online</b>	17
18	<b>19</b> <b>Angel Tree Campaign Begins</b> <b>Grade 1-5 Report Cards Sent Home</b> <b>Galt Museum</b> – Wenaas	<b>20</b> <b>Parker's Place Skating</b> <b>Choir 3:15-4:15pm</b> <b>Gr 1-3 Cheer</b> 3:30-5:00pm <b>Parent Council Meeting 6:30pm</b> in Library	<b>21</b> <b>No Kindergarten</b> -Parent Teacher Meetings 8:30am-3:15pm <b>Galt Museum</b> – Williams	<b>22</b> <b>No School for Students</b> <b>Parent Teacher Meetings</b> <b>EPP Celebration of Learning 1-6:00pm</b> <b>KG 12-7:30pm</b> <b>Gr1-5: 8:30am-7:30pm</b>	<b>23</b> <b>NO SCHOOL for Students</b> PL Day	24
<b>Scholastic Book Fair November 19-22</b> <b>Monday, Tuesday &amp; Wednesday 8:15am-3:45pm; Thursday 8:15am-7:30pm</b>						
25	26	<b>27</b> <b>Swimming</b> -van der Meer <b>Parker's Place Skating</b> <b>Choir 3:15-4:15pm</b> <b>Gr 1-3 Cheer</b> 3:30-5:00pm	<b>28</b> <b>Hot Lunch –</b> Subway	<b>29</b> <b>Swimming</b> -Thielen <b>Snack Club 3</b> 3:15-4:00pm <b>Gr 4-5 Cheer</b> 3:30-5:00pm	30	



# DISTRICT SCHOOL COUNCIL

## LEARNING SESSION FOR PARENTS

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The parent information session will focus on technology, specifically the programs students have access to at school and at home.

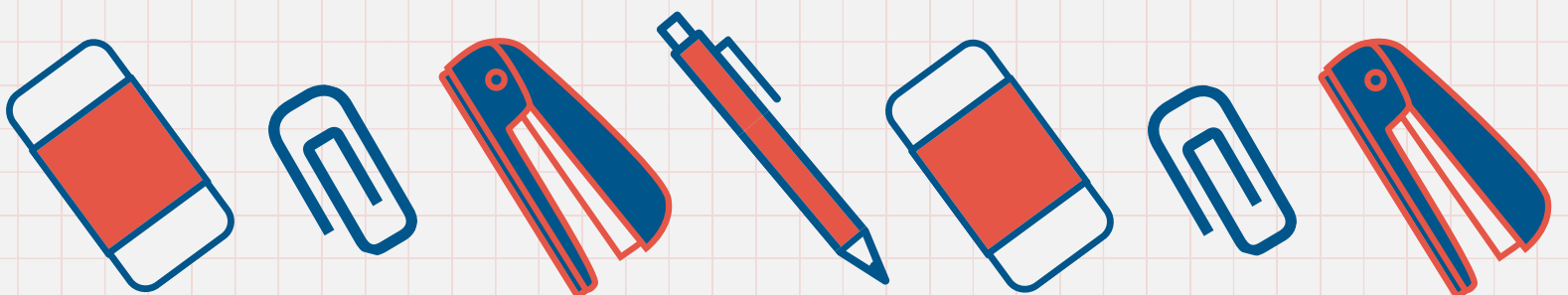
The session will also focus on what websites parents can access to support their child's learning, along with other tech tips.

For example, did you know each Lethbridge School District No. 51 student receives five Office 365 licences? That allows parents to install Office 365 on five different devices, to give you the ability to use software such as Excel, PowerPoint and Word.

## WHEN IS IT?

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The session will go from 6-6:30 p.m. on Monday, Nov. 5 inside the Board Room at the Lethbridge School District No. 51 Education Centre (433-15 St. S.)



# 16TH ANNUAL SOCK IT TO 'EM CAMPAIGN



From November 1st to December 15th 2018

The Caretakers & Maintenance staff in Lethbridge and area schools are collecting NEW SOCKS to be donated to local charities for Christmas.

Please join them and make Someone's Christmas a little bit warmer!

To donate, contact any Custodial staff at your local school!

## Questions?

Call Keith

403-3324320





*In honor of* National Child Day



# FREE FAMILY EVENT

SATURDAY NOVEMBER 17, 2018  
9:00 AM - 1:00 PM  
AT THE LETHBRIDGE COLLEGE

Games, Performances, Food, Community Craft  
Project, Outdoor Play and More!!

For more info go to [www.lethbridgeearlyyears.ca](http://www.lethbridgeearlyyears.ca)



#### Community Partners

Opokaasin, Lethbridge Family Services, Lethbridge School District 51, Holy Spirit Catholic School Division, Lethbridge Sport Council, South Region Parents as Teachers, Children's Allied Health, Family Centre, Asset Builders, Lethbridge Public Library, Helen Schuler Nature Centre, Building Brains and Futures, CHAMPS/War Amps, Frontier College, Office of the Child and Youth Advocate, L'ecole Verendrye, & Big Brothers and Big Sisters

# Healthy Children

November 2018 Parent Newsletter



## Articles

The Resilient Family

Loose Parts Play

## The Resilient Family

Resiliency is a concept usually used to describe a person's ability to bounce back (and move forward) after experiencing something stressful. But families can also be resilient. Research has shown that resilient families who have gone through hardships don't just survive, they grow; they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

Not only are resilient families better able to deal with life's challenges, they are also better at providing the conditions people need to flourish and grow into healthy individuals. Every family is unique. Each family will face different challenges and rely on different strengths to cope with those challenges.

But there are some things all

families can work on to be stronger.

What are your family's strengths? Do you communicate in healthy ways? Do you have a sense of togetherness? Do parents have a strong relationship? Are you well connected to your extended family and your community?

Answering these questions will tell you what you are already doing right and remind you that these habits are important to maintain and reinforce. For example, if your family regularly eats together, you are building connectedness, or if you volunteer for local events, you are creating connections to your community.

 For more information about family resiliency, visit <http://yllumyhome.com/>

## Reminder

Routine immunization consent forms were sent home last month with Grade 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>



Alberta Health  
Services

## Loose Parts Play

Often as adults we observe children playing for hours with “treasures” they find throughout their day. Have you ever noticed that your children would rather play with materials that they can use and adapt as they please, rather than toys that come with a clear purpose? This natural sense of wonder and creative type of play is referred to as ‘Loose Parts Play’. It was coined by Samuel Nicolson, who believed that loose parts in our environment will empower an individual’s curiosity. Your children may already engage in this type of natural play.

Loose parts play consists of objects and materials that children can move, carry, combine, line up, take apart and put back together in multiple ways. Doing so can allow for endless fun!

Loose parts can be:

- **Natural:** water, sticks, leaves, flowers, pinecones, shells, feathers or rocks
- **Human made:** pipes, tires, blocks, boxes, foam or fabric
- **Household items:** pouring devices (cups, spoons,



buckets, funnels), play cars, blankets, recycled materials (paper tubes, ribbons, caps, lids, wood scraps, wire, foam, cardboard) art materials (buttons, natural and coloured popsicle sticks, beads, straws, paints, brushes)

When an environment is rich in these loose parts, children can use their imagination to create stories, manipulate objects to find new purposes as well as spark their sense of wonder and curiosity.

Providing children with loose parts for play encourages active learning where skills such as

problem solving, creativity, concentration, hand eye coordination, fine and gross motor development and social skills can grow. This type of play can also help children improve in school subjects such as math, language and science.

So next time you are considering re-vamping your child’s play space consider offering some loose parts and watch the magic happen!