



February 2019



From the Office

And in the blink of an eye, January has gone! It has been a fantastic start to 2019 with even more fun and exciting events approaching. We would like to begin by acknowledging all of the hard work of our two cheer teams. These kiddos did such an amazing job this year, starting a program new to our school and giving it their all at numerous competitions over the past months. Great work, Kittenz and Katz! Our grade 5 basketball teams have also been working hard and have learned so much over the past few weeks. Their games take place on Mondays and Wednesdays, with a wrap up tournament taking place on Friday, February 8th at Wilson Middle School. Feel free to come to Wilson and cheer them on! Also, our choir will have the opportunity to sing the national anthem at the Lethbridge Hurricane's game on February 5th. What an exciting opportunity! And last, but not least, Genius Hour is well underway. Genius in Me happens for one hour each week (Thursday afternoons) and is a time for our students to play, experiment, and learn in collaborative and innovative ways. Our Genius options this year include Bracelet Making, Soccer, Yoga, Disney STEM, Maze Creation, Coding, and much, much more. Your child has chosen their option and has taken part in their first few sessions of this year's Genius In Me already. Ask them what option they are in and what cool and fun activities they have taken part in thus far.

Keep an eye open for a February Dance-A-Thon envelope to be coming home with your child this month! Our annual Dance-A-Thon fundraiser will take place on February 14th. Many prizes are up for grabs! Please stay tuned for more information!

Huge CONGRATULATIONS are sent out to Mr. and Mrs. Entz on the arrival of their beautiful baby boy, Isaiah Matthew Entz. We are so very happy for you all!

Did you know that saying silly tongue twisters and rhyming words helps to improve your child's reading? Saying and listening to tongue twisters helps kids become sensitive to specific sounds in words and also help to predict unfamiliar ones. - Jackie Fletcher, your Vice-Principal

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](#)

[Making Connections Tips](#)

Accountability Pillar

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success. Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly. Please check your emails for the survey link.

From the Superintendent

Elementary schools throughout Lethbridge School District No. 51 are asking parents and caregivers to be vigilant with respect to obeying parking and traffic laws around our schools. Drivers are also asked to proceed safely and slowly in school parking lots, and to ensure students are dropped off and picked up on the correct side of the street, to avoid students having to cross multiple lanes of traffic. We have had a number of close calls this school year, and student safety is of the utmost importance.



Park Meadows Elementary School Calendar 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
3	4 EEP Registration Opens Gr 5 BBall Game 4-5:00pm SB2@PM1 PM2@LV2	5 AHS Dental Check-Ups for KG-Gr 2 Begin Gr 2/3 Skating BBBS Teen Mentoring 3:15-4:45pm Choir performs O Canada at Hurricane's Game Town Hall Meeting	6 Gr 5 BBall Game 4-5:00pm AD2@PM2 PM1@MH3	7 Beach Day School-Wide Assembly 10:30am Last Day of Genius in Me Snack Club (5) 3:15-4pm	8 No School for Students PL Day Last Day to Order Hot Lunch Grade 5 BBall Tournament at Wilson	9
10	11	12 Choir 3:15-4:15pm BBBS Teen Mentoring 3:15-4:45pm	13	14 Dance-a-Thon Valentine's Day Celebrations Snack Club (5) 3:15-4pm	15	16
17	18	19	20	21	22	23
No School for Family Week						
24	25	26 Choir 3:15-4:15pm BBBS Teen Mentoring 3:15-4:45pm Special Parent Council Meeting 6:30pm	27 Pink Shirt Day Hot Lunch – Booster Juice Positive Parenting Seminar 6-8pm	28 Parker's Place - Bowling Snack Club (5) 3:15-4pm		

Parent Council Update:

Our Dance-a-thon is on Valentine's Day. This event is a donation based fundraiser where the funds raised will go towards program needs in the school. Your family's help in collecting donations is needed and appreciated. If you did not see an information package and envelope come home with your child, please let the office staff know so we can get it to you. We look forward to this fun day of dancing!

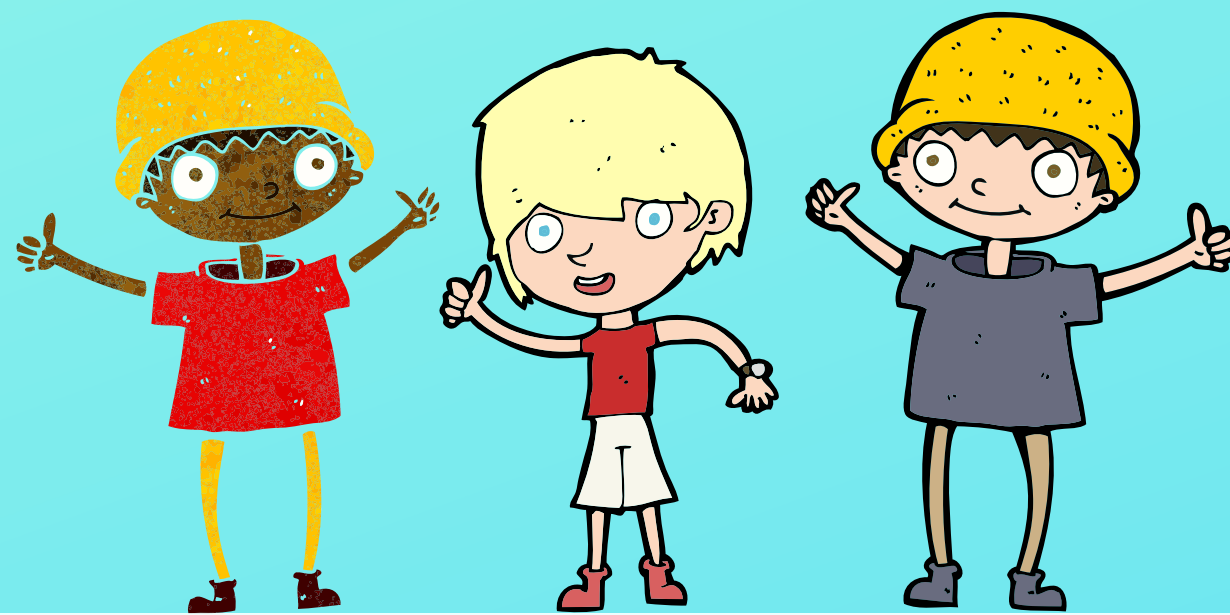
We also invite all parents to a special Parent Council Meeting on Tuesday Feb. 26 at 6:30pm at the school. This will be an information night only about becoming a registered non-profit Society. This is necessary if we want to continue to raise funds for future field trips, equipment, and programs for the students of Park Meadows. Your voice and participation is needed. Please consider attending this important night. Thank You.



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

**Park Meadows School
Learning Commons**

Child care available



The Power of Positive Parenting

Learn about the 5 key principles of Positive Parenting

Ensuring a safe, engaging environment

Creating a positive learning environment

Using assertive discipline

Having reasonable expectations

Looking after yourself as a parent

RSVP by February 20

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

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

Healthy Children

February 2019 Parent Newsletter



Positive Parenting

The way you support and guide your child has an impact on their well-being. A positive authoritative parenting style means being warm and nurturing while still having expectations and clear rules. When you parent in a positive authoritative way, you can help children to become psychologically healthy and confident and develop good social and emotional regulation, reasoning, problem-solving and decision making skills.

Be consistent, fair and clear. Make sure your child knows the consequences for their actions in advance and is clear on what will happen when rules are broken.

Follow through. Children are less confused, frustrated and anxious when they know what is expected of them. When discipline is necessary, don't jump to punishment, focus on

what has been learned and ask for your child's ideas of what to do.

Be a positive role model. Learn to identify and manage your own emotions as a parent so you can teach these skills to your child. Hold the same expectations for your own behaviour as you do for your child.

Communicate supportively. Encourage independence and the expression of opinions. Listen so your child feels understood and explain reasons for your decisions in a way that makes sense to your child.

Always show your child love and warmth, even if you disagree with something they have done.

➤ **For more ideas on being a supportive parent in a strong family, visit <http://yllumyhome.com/>**

Articles

Positive Parenting

Parents Matter:
Getting involved in
your child's school
experience

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Alberta Health
Services

Parents Matter: Getting involved in your child's school experience

Research confirms what many parents have long suspected to be true: when parents play an active role in their child's education, kids benefit. They develop positive attitudes toward school and learning, and are more likely to earn higher grades and stay motivated.

As a parent or caregiver, there are many ways you can get involved in your child's school experience. Here are some examples:

- Stay in the loop with your child's teacher – follow classroom blogs, e-newsletters and other online forums, and participate in student-led conferences.
- If you can, set aside time to go to school-wide activities like student performances, school barbecues and charitable events, or help out with field trips.
- Attend a school council meeting – often these include speakers and discussions about ways to support your child's learning and well-being.



- Ask the principal and teachers about ways you can share your talents. Careers, hobbies and cultural experiences make parents “natural teachers”.
- Talk to your child about what's going on at school. Spend time together.

All of these examples are meaningful and important. They all contribute to healthy relationships between home, school and community.

If your hectic schedule makes it hard to be engaged, get creative! Principals and teachers know that good schools get even better when parents are involved, and most are looking

for new ideas about how to be flexible with families. Some now offer drop-in “coffee and conversation” evening events or encourage school garden volunteers to stop by on the weekends. Others offer community-based activities for the whole family, like book exchanges, public skating and family dances.

To learn more, check out Alberta Education's brief video about family engagement to support mental health in schools. It's the third video in a four-part series available here: <https://education.alberta.ca/mental-health/information-and-resources/everyone/videos/>

Grade 5 Basketball—Final Tournament

Friday February 8

<u>Gilbert Paterson</u>		
AD1, AD2, AD3, GS, LV1, LV2, LV3, EV, FB1, FB2		
Game Time	Court 1	Court 2
12:30—1:15	AD2 vs EV	AD1 vs FB1
1:15—2:00	AD1 vs GS	AD2 vs LV2
2:00—2:45	FB1 vs LV1	EV vs AD3
2:45—3:30	GS vs LV2	LV3 vs FB2
3:30—4:15	AD3 vs LV3	FB2 vs LV1

Tournament Procedures

2 halves—6 x 3 minute shifts in each half

2-minute half time break

****Games CANNOT go past 45 minutes and the start of the next game to allow us to stay on schedule.**

After the game, please do a quick handshake to allow the next game to start as soon as possible.

<u>Senator Joyce Fairbairn</u>			
CB1, CB2, PB1, PB2, PB3, PB4, MH1, MH2, MH3, NS1, NS2, NS3			
Game Time	Court 1	Court 2	Court 3
12:30—1:15	CB1 vs PB3	CB2 vs PB2	MH1 vs PB4
1:15—2:00	CB1 vs NS3	CB2 vs PB1	MH1 vs NS2
2:00—2:45	MH2 vs PB3	MH3 vs PB2	NS1 vs PB4
2:45—3:30	MH2 vs NS2	MH3 vs NS3	PB1 vs NS1

<u>Wilson</u>		
PM1, PM2, LCS, ICE1, ICE2, GAL1, GAL2, SB1, SB2,		
Game Time	Court 1	Court 2
12:30—1:15	WM vs LCS	ICE2 vs PM1
1:15—2:00	GAL1 vs ICE1	ICE2 vs WM
2:00—2:45	ICE1 vs LCS	PM1 vs GAL1
2:45—3:30	PM2 vs SB1	SB2 vs GAL2
3:30—4:15	SB1 vs GAL2	SB2 vs PM2

Childhood Anxiety: Helping Children

Anxiety has many faces, and in this workshop parents, educators, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it.

Research and theory in the field of mental health and interpersonal neurobiology will be explored and attendees will be given resources and tools to help their child, or the children they work with, overcome this emotional obstacle.

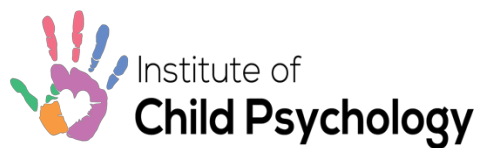
Appropriate for children 3-17 years

Cost: \$85.00

Included: Handouts, certificate, and light refreshments



March 8: 9:00-5:00pm | Coast Lethbridge Hotel



800.301.1152

www.instituteofchildpsychology.com





WEDNESDAY, APRIL 10TH, 2019
6:00 PM-8:30 PM

22ND
LEADERS
OF TOMORROW
YOUTH RECOGNITION
AWARDS GALA

WHERE:
Sandman Signature Lethbridge Lodge -
Ballroom
320 Scenic Drive South, Lethbridge

Tickets are \$30.00 and can be purchased by contacting Volunteer Lethbridge

RECOGNIZE
AND
CELEBRATE
YOUTH
AGES 5-24
WHO
HAVE MADE
CONTRIBUTIONS TO
THE COMMUNITY
THROUGH
VOLUNTEERISM

NOMINATION
DEADLINE:
MARCH 1ST, 2019



VOLUNTEER LETHBRIDGE

324-5th Street South
Lethbridge, AB

Telephone: 403-332-4320

www.VolunteerLethbridge.com

[communications@](mailto:communications@volunteerlethbridge.com)

volunteerlethbridge.com

ALL ABOUT MY YEAR BY:

Age:

Grade:

MY LIFE:

My best friends are:

Favorite foods:

Favorite thing to do is:

Favorite book:

Favorite movie or show:

Favorite color is:

Favorite thing about school:

THIS YEAR AND NEXT YEAR:

THIS YEAR:

My best family memory:

My best school or activity memory:

This year I learned:

I had a hard time:

NEXT YEAR:

I want to learn:

I want to get better at:

I want to visit:

I want to try:



NEW YEAR'S RESOLUTIONS



2018 for kids

Something I want to learn:

A book I want to read:

A place I want to go:

Something I want to get better at:

A food I want to try:

2019 OUTDOOR SOCCER REGISTRATION

Online Registration begins February 1, 2019 at noon – Sunday March 10, 2019



www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 - U6 (Co-Ed) \$90.00

U7 – U19 (Leagues separated by gender) - \$140.00

Season to start April 22 – June 22, 2019

LFC Competitive information will be made available online at lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association or Lethbridge FC



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LETHBRIDGE MINOR SOFTBALL ASSOCIATION

ABOUT US: The Lethbridge Minor Softball Association is a non-profit organization which offers programs for Lethbridge and area youth to participate in the sport of softball. Boys and girls from age five to nineteen are eligible to play in divisions of two year increments.

Learn to Play programs offer instruction so that the skills to play are fundamentally developed. Players will participate, a minimum, twice a week in practices, training sessions or games which will run from late April, (weather permitting), through to the end of June.

Our association has a house league but also a competitive provincial team for players wanting to challenge themselves. We believe that you are never too old to register and regardless of experience we would love to have you come out and learn the sport which is described as a lifelong sport that encourages physical activity along with social enjoyment!

*****VISIT OUR WEBSITE WITH ONLINE REGISTRATION*****

VISIT www.lethbridgeminorsoftball.com TO REGISTER.

Online registration starts Feb 1st and ends Mar 31th.

In Person registration dates and locations:

March 18 – Mike Mountain Horse School – 6 to 8 pm

March 19 – Galbraith School – 6 to 8 pm

March 20 – Lakeview School – 6 to 8 pm

For more information, contact:

Jennifer Drader - President 403-360-7806

Lethbridge Minor Softball admin@lethbridgeminorsoftball.com

YEAR OF BIRTH	DIVISION	FEES	NIGHTS
2011 – 2014	Learn To Play	\$55	M/W
2009 - 2010	U10	\$60	Tu/Th
2007 - 2008	U12	\$90	Tu/Th
2005 – 2006	U14	\$90	M/W
2003 - 2004	U16	\$90	M/W
2000 - 2002	U18/U19	\$90	M/W



EXPRESS BASKETBALL CLUB TRYOUTS

Hosted by LMBA



TRYOUT FEES & REGISTRATION

[Pre-register @ lethbridgebasketball.ca](http://lethbridgebasketball.ca)
Feb 1 - Feb 23

Players are expected to attend both tryouts

U11 Girls (born 2008/2009)

March 2 @ U of L Gym 4401 University Drive W
11am-1pm & 3pm-5pm

U13 Girls (born 2006/2007)

Feb 25 & Feb 27 6:30-8:30pm
Mike Mountain Horse School
155 Jerry Potts Blvd W

U15 Girls (born 2004/2005)

TBA-Please check lethbridgebasketball.ca
for dates and times

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Feb 28 6pm-8pm @ Lethbridge College

U15 Boys (born 2004-2005)

TBA—Please check lethbridgebasketball.ca
for dates and times

Numerous factors will determine the number of teams in each age division (U11, U13 U15) including number of players trying out, number of committed coaches, and availability of gym times allotted to LMBA from the City. The number of teams will be decided after the final tryout on March 7/19. The final rosters will be posted at lethbridgebasketball.ca March 13/18. Practices begin the week of March 18/19.

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