



May 2019



### From the Office

Welcome to May! We hope everyone had a welcomed rest during their Easter Holidays. It is always exciting coming back to school after a good break.

Did you know that when you read at home with your daughter or son, you help young readers to expand and develop vocabulary? Model how to break apart more difficult words, help them hear those words by saying them out loud to your child, and then come back to them often. Find words that appear on billboard signs as you drive and get them to repeat them after you. Continuous modelling of appropriate expression, tone, and articulation are the building blocks to developing higher level vocabulary. No matter what grade your child is in, keep developing their vocabulary. Below is a set of words that you can share with your child. Ask them if they know the meaning of the word or if they can use it in a sentence. Use a dictionary online to help you out, or just ask "Siri" or "Alexa" on your digital home devices for their meaning.

List of basic vocabulary: exhausted, surround, repeat, terrified, drenched, passenger, timid .

*Higher level vocabulary: authority, bountiful, spontaneous, tedious, rubble.*

In an attempt to keep our hallways safe, clean, and looking shiny we are reminding everyone of our 2-shoe rule here at Park Meadows. Please ensure that your daughter or son are coming to and leaving school with an outdoor pair of shoes and that they keep their indoor pair of shoes here at school.

Enjoy, have a great month of May.

-Mr. Mark Blankenstyn, your Principal

### School Council

We will be having our Annual General Meeting on Tuesday, May 14. At this meeting, we will be electing our executive team 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!

### 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.](#)

### 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)

[Making Connections Message](#)



# Park Meadows Elementary School Calendar 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			<b>1</b> <b>Katherine Applegate Wishtree</b> <b>Presentation at LCI (daytime) &amp; U of L (evening)</b> <b>Hot Lunch from Boston Pizza</b> <b>Wilson Option Selection</b> <b>Opens Online</b> <b>Drama Club</b> 3:15-4:30pm	<b>2</b> <b>Twin/Triplet Day</b> <b>Running Club</b> before school <b>Handbells</b> 3:15-4:15pm <b>Wilson Parent Info Night</b>	<b>3</b> <b>Grade 5 Students to Wilson</b>	<b>4</b>
5	6	<b>7</b> <b>Running Club</b> before school	<b>8</b> <b>Grade 2/3 – Troyanda</b> <b>Ukrainian Dance Field Trip</b> <b>Drama Club</b> 3:15-4:30pm	<b>9</b> <b>EEP Pop-In Day (No Regular Programming)</b> <b>Running Club</b> before school <b>Handbells</b> 3:15-4:15pm	<b>10</b> <b>Last Day to Order Hot Lunch</b>	<b>11</b> <b>Bells Ring Out at Paterson 7:00pm</b> <b>Arts Alive Opening Ceremonies</b>
12	13	<b>14</b> <b>Running Club</b> before school <b>van der Meer – Swimming MyCityCare Clothing Exchange 2:30-4:30 at Victoria Park</b> <b>School Council AGM 6:30pm</b>	<b>15</b> <b>Wilson Online Option Selection Closes</b> <b>Drama Club</b> 3:15-4:30pm	<b>16</b> <b>Running Club</b> before school <b>Thielen – Swimming</b>	<b>17</b> Last Day to Submit <i>Optional</i> <b>Student Profile Forms</b>	<b>18</b>
19	<b>20</b> <b>No School - Victoria Day</b>	<b>21</b> <b>No School for Students - PL Day</b>	<b>22</b> <b>Handbells perform at Board Office</b> <b>Drama Club</b> 3:15-4:30pm	<b>23</b> <b>Running Club</b> before school <b>Volunteer Appreciation Tea</b> <b>Williams-Swimming</b>	<b>24</b> <b>Around the World Yoyo Assembly 10:45am</b>	<b>25</b>
26	27	<b>28</b> <b>Running Club</b> before school <b>Lynch - Swimming</b>	<b>29</b> <b>Hot Lunch from M&amp;M Food Market</b> <b>Drama Club</b> 3:15-4:30pm	<b>30</b> <b>Running Club</b> before school	<b>31</b>	

## **Are you talking to your child about the concept of consent? Here are some simple tips/ways to engage in this important conversation...**

(Excerpts from: <https://www.tolerance.org/magazine/how-my-thirdgraders-and-i-address-consent>)

As children enter into elementary school, one of the first social-emotional topics covered is the importance of keeping our hands and feet to ourselves and respecting others' personal space. In early years, teachers redirect students to use their words to express themselves when having strong feelings, rather than using physical actions to get what they want. In these conversations and lessons, educators are already teaching the foundations of consent, and recognize that it is crucial to assign language to the concept of asking permission before touching anyone else's body...

We talk about safe physical interactions that occur daily in the classroom and outside at recess, and how to communicate our personal boundaries with those around us. We begin by defining the word *consent* and breaking it down into its simplest form: *consent is about giving permission to someone for something*. We then move on to the ways in which we can ask for and give consent, before talking about what to do if someone does not respect our consent.

### **It's never too early... and it's never too late!**

Talking about consent can start at any time...and it's never too late to begin the conversation.

As early as age one, we can begin teaching kids that "no" and "stop" are important words and should be honoured by children and adults. We can teach even very young children that they have a right to have their "no" and "yes" respected too.

The more we talk about consent, the more normal it will become, so talking openly and respectfully with friends and partners will become second nature.

For some useful guidelines on this important topic, *check out the infographic that follows*, or read one of the recommended books in the titles below:

Here are a few useful books for discussing consent with elementary students:

- *My Body! What I Say Goes!* by Jayneen Sanders, illustrated by Anna Hancock
- *Miles Is the Boss of His Body* by Samantha Kurtzman-Counter and Abbie Schiller, illustrated by Valentina Ventimiglia
- *Personal Space Camp* by Julia Cook, illustrated by Carrie Hartman

# All About...

# CONSENT

## What does it mean to give consent?

To give permission.

To say "yes" or "no."

To be allowed to do something.

## What does consent sound like?

"I'll allow that."

"Yaaaaassss!"

"Okay!"

"Of course!"

"Yes"

"Sure!"

"Yes please!"

**It must sound positive and enthusiastic.**

## When do we need to ask for consent?

Touching another person

Borrowing things

Giving hugs

Kissing

## What if...

You really want a hug but the other person doesn't?

The person let you hug them yesterday, but they don't want a hug today?

**Then it's NOT CONSENT!**

## What can you say if you do not give consent?

"I don't want to."

"No!"

"I don't like that."

"Maybe another time."

"No thank you."

"I don't really feel like it right now."

# Healthy Children

May 2019 Parent Newsletter

## Safe Playgrounds? Check!

As we approach another season, our list of things to do isn't getting any shorter. One thing we'd like to check-off our list is ensuring our kids engage in safe play. Playgrounds are a place that your children can enjoy most of the year. However, they are also a place where injuries can occur. Equipment like monkey bars, swings and slides are popular but are the cause of many injuries on the playground. In 2017 fractures due to play on playground equipment were the leading injury for children ages 5-9 years old.

The [Playground YES Test Checklist](#) is a tool you can use to help prepare you and your child for safe play. Here are some tips to take with you:

- Ensure the playground is appropriate for the age of your child.
- Check to make sure there are no hazards such as loose parts and weak handrails and barriers.
- Wear clothes ready for play! This means avoid scarves, clothing with drawstrings and cords. Make sure your child takes off their helmet before playing.



- Teach your child playground rules: taking turns, no pushing or shoving, and staying safe distances from moving equipment like swings.
- Monitor your child while playing.
- Alert your local environmental public health office of any problems with the playground.

It's recommended that public playgrounds adhere to [Canadian Standards Association](#) guidelines. These guidelines help create safe play spaces and equipment for everyone to enjoy. But we all have a part to play! Use and share the Playground YES Test with family and friends to help make our playground safe for all.

## Articles

Safe Playgrounds?  
Check!

Sugar: It tastes good  
but is it good for your  
teeth?

### Outdoor Classrooms

Did you know that May 24, 2019 is Outdoor Classroom Day? On this day, children all around the world have class outdoors. Learning outside can help kids connect with nature, while engaging them in learning and developing life skills such as cooperation, problem solving and resourcefulness. For more information about how parents can support outdoor learning, visit <https://outdoorclassroomday.com/>



## Sugar: It tastes good, but is it good for your teeth?

Even though sugar tastes good, too much sugar is not good for our teeth or bodies. It is linked to tooth decay and other health conditions like obesity, diabetes and heart disease.

Sugar causes tooth decay by mixing with germs in the mouth to make acids. These acids break down the hard outer layer of the tooth (enamel) causing tooth decay. The more often we consume sugar in foods and drinks, the greater the risk for tooth decay.

To help your child prevent tooth decay:

- Limit foods and drinks with added sugars.
  - Eat more fruits and vegetables.
  - Drink tap water with fluoride (when available).
  - Brush twice a day with a fluoride toothpaste and floss daily.
  - Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to protect your child's teeth.



For more information on oral health and oral health services, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth)



These can be challenging times, youth are expected to make some critical decisions, but fortunately, parents can have a powerful and positive influence on their children and the choices they make.

## Don't know what to say..?

Join us for Kids and Drugs, a **free** workshop series for parents interested in drug use PREVENTION.

Who: Caregivers of Children 8 – 15 years

When: Thursday, May 9<sup>th</sup> from 6 - 8PM

Where: Family Centre Downtown  
#225, 200 4<sup>th</sup> Ave South, Lethbridge

**For more information or to register, call:  
403-320-4232**



CRAFTS  
AND  
GAMES



Face  
Painting

CROP  
TOURS

Wagon  
Rides  
11 a.m. & 1 p.m.  
register online



# HEALTHY FARMS FARM SMART



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# SUMMER CAMPS

## CAMP WEEKS

- 1 | JULY 2-5
- 2 | JULY 8-12
- 3 | JULY 15-19
- 4 | JULY 22-26
- 5 | JULY 29-AUG 2
- 6 | AUG 6-9
- 7 | AUG 12-16
- 8 | AUG 19-23



403-329-2706  
<http://go.uleth.ca/sportrec>

## ADVENTURE YOUTH CAMP

Aug 12-16 | Full Day Camp  
Ages 12-17 | Cost \$250 | 9:00AM-4:00PM

Campers will enjoy an exciting week in the Crowsnest Pass doing various outdoor activities. We will hike and bike through adventurous trails and historic sites, hike up the famous Turtle Mountain, and climb on the rock face of some local favorite crags. Our home base and accommodations are in Blairmore and we venture from there each day.

## ARTIST STUDIO CAMP

Weeks 1, 3, 5, 7 | Full Day Camps  
Ages 6-8 | Cost \$270 | 9:00AM-4:00PM

Week 2, 4, 6 | Full Day Camps  
Ages 9-12 | Cost \$270 | 9:00AM-4:00PM

Sculpture, printmaking, drawing, painting, collage and more! This camp is for anyone with an interest in creating art. Learn about artists' works and create your own. Use your imagination to express your personality through hands-on projects that can be shared with friends and family at camp end. Art Camp includes a tour of the University of Lethbridge Art Gallery, art exploration, and developing artistic skills through indoor and outdoor fun summer activities.

## BADMINTON CAMPS

**COMPETITIVE CAMP**  
July 22-26 | Full Day Camp  
Ages 13 - 17 | Cost \$220 | 9:00AM-4:00PM

Geared for intermediate and experienced players, emphasizes on skills and tactics.

**RECREATIONAL CAMP**  
July 8-12 | Half Day Camp  
Ages 8-12 | Cost \$116 | 1:00PM-4:00PM

The goal is to introduce juniors to the game of badminton and teach them the basics.



## HORNS BASKETBALL CAMPS

**ELEMENTARY BASKETBALL CAMP**  
July 29-Aug 2 (Week 5) | Full Day Camp  
Ages 6-10 | Cost \$215 | 9:00AM-4:00PM

Aug 19-23 (Week 8) | Half Day Camp  
Ages 6-10 | Cost \$115 | 9:00AM-12:00PM or 1:00PM-4:00PM

Camp designed to be an introduction to basketball and focuses on the basics of the game. Participants will be provided the opportunity to learn team building skills and leadership qualities. Campers will also be able to swim in the Max Bell Pool each day of camp.

**JUNIOR GIRLS SKILLS CAMP**  
Aug 6-9 (Week 6) | Full Day Camp  
Ages 11-14 | Cost \$225 | 9:00AM-4:00PM

**JUNIOR BOYS SKILLS CAMP**  
Aug 12-15 (Week 7) | Full Day Camp  
Ages 11-14 | Cost \$225 | 9:00AM-4:00PM

Focus on the fundamentals of basketball taught via games, drills, skills competitions and more. Campers will also be able to swim in the Max Bell Pool each day of camp.

**SENIOR GIRLS CAMP**  
Aug 13-15 | Evenings  
Ages 14-17 | Cost \$110 | 6:00PM-9:00PM

This camp will involve the fundamentals, conditioning, agility and team play concepts. Learning to take care of your athletic body. Participants will be grouped according to skill and ability, this will be determined by Head Coaches. The evening concludes with competitive full-court scrimmages.

## MULTI ACTIVITY CAMP

Offered ALL 8 Weeks  
Ages 6-12 | Cost \$220 (Short weeks are \$176)  
9:00AM-12:00PM & 1:00PM-4:00PM

These camps offer elementary aged children the opportunity to learn and broaden their horizons acquiring fundamental skills in a variety of activities. Your child has an opportunity to participate in different activity components, such as art, dance, cooperative games and many physical activities. All of our instructors encourage and promote social interaction skills, emphasizing cooperation and individual improvement rather than competition.

## CLIMBING CAMP

Offered ALL 8 weeks  
Ages 8-16 | Full Day Camp  
Cost \$220 (short weeks \$176) | 9:00AM-4:00PM

These exciting camps introduce our campers to the basics of climbing and belaying. During the week we will also include other activities such as activities & games both indoor and outdoor, survivor challenges and swimming.

## LIFESAVING SPORT CAMP

Week 3 | Full Day Camp  
Ages 7+ | Cost \$220 | 9:00AM-4:00PM

This beginner camp is for youth interested in learning and experiencing growth in a dynamic arrangement of rescue based activities. Swimmers must be able to swim 25m continuously prior to registration. Swimmer Level 4 equivalent.

## MERMAID CAMP

Weeks 2, 4, 7 | Full Day Camp  
Ages 7+ | Cost \$220 | 9:00AM-4:00PM

Put your best fin forward with our Mermaid Summer Camp where you will enjoy fun activities in and out of the water, including mermaid crafts! Our mermaid camps are designed to help swimmers learn to swim as gracefully as a creature under the sea. Camps include an underwater photo shoot!

## MOUNTAIN BIKE CAMP

July 23-25 | Full Day Camp  
Ages 12-17 | Cost \$150 | 9:00AM-4:00PM

Youth Mountain biking camp for beginner and intermediate youth riders ages 12 - 17 years of age. Campers will enjoy an exciting week in the Crowsnest Pass biking the amazing new trails on Powder Keg Ski Hill and exciting trails in the area. They will also do various outdoor activities. Our home base and accommodations are in Blairmore and we venture from there each day.



## PRIVATE & SEMI-PRIVATE SWIMMING LESSONS

Weeks 1- 7 | Full Week Lessons | Ages 3+

Learn steps to improve all aspects of your technique. In a private or semi-private lesson (1-3 participants), the curriculum is up to you! Let us know what you would like to improve and leave the rest up to us! Your instructor will customize the lesson to your exact desire. Available lessons are in 1/2 hour blocks within times featured below.

July 2-5	9AM-12:45PM & 4-7:45PM	Tue-Fri	Cost: \$100.00
July 8 - 12	9AM-12:45PM & 4-7:45PM	Mon-Fri	Cost: \$125.00
July 15 - 19	9AM-12:45PM & 4-7:45PM	Mon-Fri	Cost: \$125.00
July 22 - 26	9AM-12:45PM & 4-7:45PM	Mon-Fri	Cost: \$125.00
July 29 - Aug 2	9AM-12:45PM & 4-7:45PM	Mon-Fri	Cost: \$125.00
Aug 6 - 9	9AM-12:45PM	Tue-Fri	Cost: \$100.00
Aug 12 - 16	9AM-12:45PM & 4-7:45PM	Mon-Fri	Cost: \$125.00

## FENCING CAMP

July 8-12 | Half Day Camp  
Ages 8-12 | Cost \$150  
9:00AM-4:00PM & 1:00PM – 4:00PM

Fundamental fencing skills are taught through a games and discovery-based approach. Players participate in activities to develop essential skills in a manner that emphasizes enjoyment of the sport.

## DRAMA CAMP

Weeks 2, 4, 7 | Full Day Camp  
Ages 6-9 | 9:00AM-4:00PM  
Weeks 3, 5 | Full Day Camp  
Ages 9-12 | 9:00AM-4:00PM  
Cost \$220 (Short weeks are \$176)

This camp expands a young person's creativity through the skillful use of theatre games, movement and vocal exercises. Participants must be able to read.



## MARTIAL ARTS CAMP

Half Day Camps | 1:00PM-4:00PM  
July 8-12 | Ages 6-8  
July 15-19 | Ages 9-12  
Cost \$110

Using 'Functional Games', the campers will learn basic self-defence techniques while instilling the foundational principles of leverage and control. The campers will learn about functional movement patterns, which will help increase their fitness levels and co-ordination while mastering the games and having fun.

## HORNS SOCCER CAMP

Jul 2-4 | University of Lethbridge  
Community Stadium  
Ages 5-8 | Cost \$69 | 9:00AM-12:00PM

July 8-11 | University of Lethbridge  
Community Stadium  
Ages 9-14 | Cost \$176 | 9:00AM-4:00PM

August 19-22 | University of Lethbridge  
Community Stadium  
Ages 5-8 | Cost \$92 | 9:00AM-12:00PM  
Ages 9-14 | Cost \$92 | 1:00PM-4:00PM

Horns Boys and Girls Soccer Camps are intended for players either beginning their soccer journey or looking to fine tune their soccer skills in a competitive environment. Our half day camp focuses on developing basic skills in a fun and encouraging environment through small sided games and activities. Whereas, our Full Day Camp activities will include developing the players technical and tactical abilities, proper running technique, core strength, flexibility and recovery thru yoga, nutrition, proper warmup and cool down techniques and mental preparation. In addition, the players will be able to utilize the Max Bell Aquatic Centre, while finishing the week with a written evaluation and a Horns Soccer ball.

## RINGETTE CAMP

Aug 19-23 | Full Day Camp  
Nicholas Sheran Arena  
Cost \$395 | 9:00AM-4:00PM  
Camps: U10, U12, U14, U16

Register in the Division you will be playing in during the 2019/20 season. Players will have two on-ice sessions per day, as well as a dryland session (swimming, team building activities & NRL videos). There will be one-on-one, small group and large group instruction. Skills, drills and scrimmages will be included in each on-ice session.

