



October 2019



From the Office

We would like to send out a great big huge THANK YOU to all of our students, families, and staff for a fantastic start up to the 2019-2020 school year! Both our Meet the Teacher evening event and our first school council meeting were well attended and brought our community together to discuss what the year has yet to bring. September gave us the opportunity to take part in our annual Terry Fox Run. Together we raised \$356 for the Terry Fox Foundation! Thank you for your continued support with this event each and every year. We also recognized and honoured those lost or affected by Residential Schools by wearing orange on September 30th.

October promises to be exciting with the Northern Lights Festival taking place on Friday, October 4th. Please join us at Winston Churchill High School to enjoy talent and entertainment from schools across the north side. Our annual Food Drive will take place from October 7th to 11th, and will be called "Stuff the Turkey" this year! Everything we collect will be donated to the Interfaith Food Bank. October will also see our Mission: Impossible course set up for our physical education classes to enjoy, after school skating happening every Wednesday at the Logan Boulet Arena, and, of course, Halloween celebrations at the end of month. Be sure to check out each week's Monday Memo for more details about these events as they draw near.

Finally, as our Fall evenings approach and the cool weather has us wanting to stay indoors under a warm blanket, grab a great novel and read aloud to your kiddos. Your modelling of reading exposes them to different expressions, fluency, and presents opportunities to discuss new words or questions that may arise out of the story line. If you need some great book ideas for children of varying ages, please ask a teacher or check out what's new at the Public Library. Did you know the Bookmobile is at Park Meadows on Thursday afternoons? Check them out!

- Your Vice-Principal, Mrs. Jackie Fletcher

School Council Meeting — Tuesday, October 29 — 6:30pm

We wish all our Park Meadows Families a very happy Thanksgiving holiday. With Thanksgiving on October 14, a PD Day October 15, and a Diversity and Inclusion Parent Cafe being held at Winston Churchill on Oct 22 (6:30-8pm if you are interested in attending), we will be moving our October School Council meeting to Tuesday October 29 at 6:30pm. For your information, as a Parent Council, we have decided NOT to hold a Halloween Carnival as a fundraiser this year. We hope you will support your child's classroom in their Halloween Fun this year. As our first Fundraiser of this year we will be working with the School Staff to hold a Christmas Market on December 13. If you participated in our Make A Wish Market this past Spring, you will have an idea of what will be happening. All students are invited to start thinking of Christmas Stocking Stuffer ideas, Christmas baking, Christmas cards, Christmas Gifts, etc that they can make at home to bring to sell at our Market. Parents, Grandparents, and other community members will be invited to come shop too. Mark your calendars as we hope to have your support and look forward to this fundraiser. More information will be forthcoming. Our other main Fundraiser this year will be an Easter Bunny Hop (aka Dance-a-thon) which will be held right before our Easter Holiday. Thank you for your continued support and we hope to see more new faces at our meeting October 29.



Park Meadows Elementary School Calendar 2019

Mon.	Tue.	Wed.	Thu.	Fri.
	1 Katz Cheer 3:30-4:45pm	2 KG-Gr 2 Dental and Fire Prevention Forms Due Author Visit at Yates - Ellison After School Skating @ Logan Boulet Arena-3:45-4:45pm	3 Healthy Snack Club Group 1 - 3:15-4:00 Kittenz Cheer 3:30-4:45pm	4 Northern Lights Festival 12-5:00pm
7 Stuff the Turkey Week! <i>Bring non-perishable food items to donate to the food bank.</i>	8 Choir 3:15-4:15pm Katz Cheer 3:30-4:45pm	9 After School Skating @ Logan Boulet Arena 3:45-4:45pm	10 Healthy Snack Club Group 1 - 3:15-4:00 Kittenz Cheer 3:30-4:45pm	11 Hot Lunch Orders Due Food Bank collects donations
14 No School – Thanksgiving	15 No School for Students – Literacy Day	16 After School Skating @ Logan Boulet Arena-3:45-4:45pm	17 Swimming – van der Meer Healthy Snack Club Group 1 - 3:15-4:00 Kittenz Cheer 3:30-4:45pm	18
21	22 Neon Theme Day Choir 3:15-4:15pm Katz Cheer 3:30-4:45pm	23 After School Skating @ Logan Boulet Arena-3:45-4:45pm	24 No EEP No Kindergarten Grades 1-5 Dismissed at 11:47am (Half Day for PL Day)	25 No School for Students – PL Day
28	29 Swimming – Thielen Celebration Assembly 2:45pm Choir 3:15-4:15pm Katz Cheer 3:30-4:45pm	30 Hot Lunch from Boston Pizza After School Skating @ Logan Boulet Arena-3:45-4:45pm	31 Halloween Parade & Parties	

Sleep for KIDs

Sleep helps our body and brain develop and grow.

Your brain needs sleep, so you can:

Remember what you learn,
Pay attention and concentrate.

Solve problems and think of new ideas,

Your body needs sleep, so your:

Muscles, bones and skin can grow,
Muscles, skin and other parts can fix injuries,
Body can stay healthy and fight sickness.



SLEEP CALCULATORS



LEARN ABOUT YOUR SLEEP SO YOU CAN GET THE RIGHT AMOUNT OF SLEEP EACH NIGHT. USE THESE HANDY **SLEEP CALCULATORS!**

from
sleepforkids.org

BEDTIME CALCULATOR

An 8 year-old needs **10 to 11 hours** of sleep each night. Use this calculator to find a **Bedtime** that will let you get 10 hours of sleep.

You can be your best when you get enough good sleep!



1. Mark the time you need to get up in the morning.
2. Count backward 10 hours.
3. Mark that time. That is your **Bedtime**, the time you should go to bed to get 10 hours of sleep.
4. Write your Bedtime in the space on the Bedtime Calculator.

SLEEP TIME CALCULATOR

Use this calculator to learn how many hours you slept in one night, or your **Sleep Time**.

Kids ages 5 to 12 need 10 to 11 hours of sleep



1. Mark the time you went to sleep.
2. Mark the time you woke up.
3. Count the number of hours between the time you went to sleep and the time you woke up.
4. The number of hours you slept is your **Sleep Time**. Write your Sleep Time in the space on the Sleep Time Calculator.

OCTOBER NEWSLETTER

MAKING CONNECTIONS

Making Connections is no longer running the Clothing Exchange at our schools. Instead we have partnered with MyCityCare, who will bring their roving clothing trailer to three Lethbridge School Division schools this Autumn. There will be more dates posted once we hear from them. They also have a clothing store downtown in the 5th on 5th office, on the 5th avenue side.

- Sept 26 at Galbraith Elementary School from 2:30 – 4:30pm
- Oct 1 Mike Mountain Horse Elementary School from 2:30 – 4:30pm
- Oct 8 Senator Buchanan Elementary School from 2:30 – 4:30pm

BEDTIME ROUTINE:

A good bedtime routine contributes to a good wake up routine. This means children are rested, more positive in the morning, able to get ready for the day, and able to learn and have fun at school.

Keep the routine the same on weekends, holidays, and special occasions.

Start an hour before lights out: this can include a bath, healthy snack, a book or other quiet activity. Children in elementary school need 10 – 11 hours of sleep each night.

This can be a time to check in with your child, how is school, any worries they have. End with “what was the best part of today” as a way of keeping thoughts positive.

Stop any screen time 2 hours before lights out as the light on screens keeps the brain active, this is true for adults as well as children.

Keep activities between supper and bedtime as calm as possible, if your child is involved in activities after school try for times as early as possible.

Keep iPads, computers, phones, game consoles, etc. out of the bedroom. Some children will wake in the night and use these devices to try and fall asleep again or stay awake longer using these devices. Older children are known to text friends late at night. Recharge these devices in a room far from the bedroom so lights and sounds don't distract you from or during sleep.

Healthy Children

October 2019 Parent Newsletter

Nurture with Nature

Reconnecting kids with nature has been shown to help children focus in school, boost a positive attitude and increase physical activity. Children are certainly losing touch with outdoors – a Canadian study shows that the number of kids who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting children to nature are widespread and valuable. School grounds made greener by planting trees, building ponds and fostering gardens increases physical activity in elementary school children. Even having green space nearby has been shown to temper stressful life events in younger kids.

How you can help:

Start slow and make it a family goal to have at least 15 minutes of 'green time' a day, even if that just



means a walk together outside. Role modeling is essential to fostering a child's positive connection to nature.

Advocate for more time outside for your children at school, be it through extra gym classes outside or making outdoor learning a part of the other class lessons. Don't let the cold or snow stop you in Alberta! Many communities have free access to a variety of outdoor activities – Just make sure to bundle up!

Nurturing your child with nature is an easy way to improve their entire well-being.

➤ For more information and ideas, visit the **Children and Nature Network** at www.childrenandnature.org

Articles

Nurture with Nature

5 Tips on Talking About Sexual Health with Your Child

World Mental Health Day

October 10th is World Mental Health Day. You can use this day as an opportunity to check in with your child and see how they are doing. Asking every day questions can help such as: "How was your day?" or "What was the most challenging thing you did today?"

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



5 Tips on Talking About Sexual Health with Your Child

Talking about sexual health topics like puberty, menstruation and relationships, will help your child to make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:

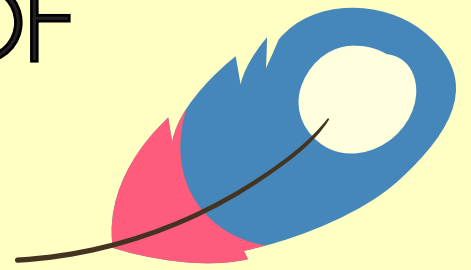
1. **Start young!** Teach young children the correct terms for their body parts. Talk about puberty before they are already experiencing it. The more you talk about it while they're growing up, the easier it will be to discuss more difficult topics later.
2. **Use teachable moments.** These moments can happen when you least expect them. You may hear lyrics to a song, watch TV together, or your child may tell you a story about someone in school. Ask your child's opinion, and use it as an opportunity to talk about sexual health and family values.
3. **Answer their questions as best as you can.** Find out what they already know and



- keep your response simple and age-appropriate. If your child asks a question and you are unsure how to respond, simply let your child know that you'll get back to them. Don't put it off – they might think that it's not okay to talk about it and will look for answers to their questions somewhere else.
4. **Make it a regular topic.** Think of sexual health education as an ongoing process. Shorter, frequent conversations are better than a big, one-off talk. Remember that healthy development, including sexual development, is a lifelong process.
5. **Aim for a friendly chat.** Try to see the talks as two-way discussions, not lectures. Ask what your child thinks and feels and be willing to listen. Aim to get a lively discussion going.

➤ **For more tips on talking to your child, visit TeachingSexualHealth.ca**

#YQL EXPRESSIONS OF Reconciliation



Submit your creative expression
for a chance to win a cash prize!

paintings, drawings, videos, songs, poetry, photography, short stories, essays, digital compositions, mixed media

1st Prize - \$350 Cash | 2nd Prize - \$200 Cash | 3rd Prize - \$150 Cash
Sponsored by Reconciliation Lethbridge | Sponsored by United Way | Sponsored by L.I.S.N.

Deadline to submit: Friday, November 1, 2019 - 5:00pm

THEME: INDIGENOUS LANGUAGES

For information and submission rules:
www.lethbridgeunitedway.ca/reconciliation



#ReconciliationYQL

With graphics from freepik.com



United Way
Lethbridge &
South Western Alberta

TOGETHER
WITH

• Lethbridge •
Indigenous
Sharing Network

AND



RECONCILIATION
LETHBRIDGE

Overview of Mental Health and Well-Being at School

Mental Health Matters...

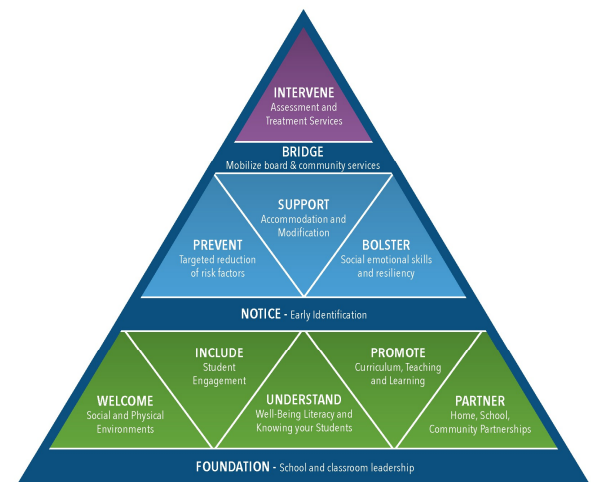
Developing positive mental health is foundational to student academic achievement, effective life skills, and overall well-being. At the core of mentally healthy classrooms are the principles of compassion, inclusion and engagement, encouragement and support, and effective instruction that facilitates success.

What Works? Research into Practice Monograph 58, Nov. 2014

The **Aligned and Integrated Model (AIM) for School Mental Health and Well-Being** brings together fundamental elements of *Foundations for a Healthy School*, within the framework of a multi-tiered system of support. Educators can **welcome, include, understand, promote, and partner** to enhance the well-being of ALL students. We can **prevent risk, offer support, and bolster protective factors** to build the well-being of students who are experiencing difficulty with their mental health. School and community mental health professionals can collaborate to **intervene** with the FEW students exhibiting significant mental health disorders.



Aligned and Integration Model (AIM) for
School Mental Health and Well-Being



Indications that a student is thriving:

Behavioural/Physical	Social-Emotional	Cognitive
<input type="checkbox"/> Makes friends easily / has at least one good friend	<input type="checkbox"/> Shows appropriate range of affect (i.e. sad when appropriate)	<input type="checkbox"/> Explores the environment with curiosity
<input type="checkbox"/> Separates from family readily	<input type="checkbox"/> Appears mostly happy and content	<input type="checkbox"/> Completes assigned tasks
<input type="checkbox"/> Enjoys healthy lunches	<input type="checkbox"/> Bounces back from failure or mistakes	<input type="checkbox"/> Engages in creative play
<input type="checkbox"/> Reaches out to help a peer in trouble	<input type="checkbox"/> Shows empathy to a peer	<input type="checkbox"/> Perseveres with challenging tasks
<input type="checkbox"/> Has lots of energy	<input type="checkbox"/> Enjoys play with peers	<input type="checkbox"/> Is engaged in learning activities
<input type="checkbox"/> Participates enthusiastically in physical activity	<input type="checkbox"/> Overcomes initial hesitations or fears with new experiences	<input type="checkbox"/> Asks for and accepts help from teacher
<input type="checkbox"/> Can resolve conflicts with talking and compromise	<input type="checkbox"/> Seeks comfort from adult when appropriate	<input type="checkbox"/> Makes plans and follows through
<input type="checkbox"/> Demonstrates developmentally appropriate self-control (impulse control)	<input type="checkbox"/> Is able to calm down and regulate emotional state when disrupted	<input type="checkbox"/> Is able to identify the source of a problem and think of ways to resolve it

Although most students are resilient and do not develop emotional distress, some will require additional support because of stressful circumstances, vulnerabilities, or experience of trauma. Educators are in a good position to notice when students are struggling, and to provide caring support in the classroom. Please refer to [Supporting Minds](#) for more specific information.

Creating Mentally Healthy School and Classroom Environments

The school environment has an important impact on a student's sense of belonging and overall mental health. There are many ways that educators can contribute to creating and sustaining a welcoming and inclusive school climate.

For example:

WELCOME (Social and Physical Environments)

- Greet and welcome students individually each day
- Build a caring adult program that ensures that every student has a designated adult ally to provide support
- Establish a school reception team to assist with welcoming new students, especially at key transition points
- Consider a peer mentorship program that pairs senior students with younger students
- Ensure full implementation of safe and accepting school protocols and procedures

INCLUDE (Student Engagement)

- Visibly celebrate diversity, and connote inclusion in interactions with students
- Provide instruction that meets the learning needs of students in differentiated ways
- Notice and support student leadership and kindness
- Support students with leadership activities that promote mental health awareness and help-seeking
- Be open when students approach you for help with problems and concerns

UNDERSTAND (Well-Being Literacy and Knowing your Students)

- Become familiar with the *Foundations for a Healthy School* and *Supporting Minds* documents
- Take time to reflect on your personal beliefs related to mental health and well-being
- Build your own mental health literacy so you know the signs of difficulty and how to help at school
- Know your students - take time to get to know their unique stories and strengths.
- Read the Ontario Student Records for each student, and review *Supporting Minds* for possible support strategies.

PROMOTE (Curriculum, Teaching, and Learning)

- Engage in your own well-being and personal resiliency practices
- Offer explicit instruction in social-emotional well-being skills, such as problem-solving, decision-making, conflict resolution, etc.
- Offer explicit instruction in cognitive well-being skills, such as time management, study skills, stress reduction techniques, particularly during exams and for culminating assignments
- Post visual reminders that promote mental health and help-seeking
- Model and regularly build in time for mindfulness/contemplation, self-regulation, and stress reduction techniques.

PARTNER (Home, School, Community Partnerships)

- Provide a positive greeting to all parents/guardians when in the school building
- Connect with families regularly to discuss their child's progress at school
- Provide opportunities for ongoing dialogue with students and parents to support mental health and reduce stigma about mental illness.
- Know how to support students and families to access mental health services
- Provide translated information about mental health services in the community

School Mental Health ASSIST works alongside the Ontario Ministry of Education to support student mental health and well-being in Ontario schools.



BOO BASH

Join us for our
**FIFTH-TASTIC
BOO BASH!!!**

**Saturday,
October 26th
1pm – 4pm
Exhibition Park
Pavilion West**

3401 Parkside Drive South - Lethbridge



**FAMILY
CENTRE**

organized by
**Family Centre
Parent Advisory
Council**
in cooperation with



**FREE Games & Fun
for EVERYONE!!**

All games are designed for
children ages 2 - 10 years.
Bouncy Castle, Photo
Booth, Face Painting,
Roving Gym, Crafting
Table, Tattoos, Games, and
so much **more!!**



BOO BASH

Volunteers needed!

**Saturday,
October 26th
12noon – 4:30pm
Exhibition Park
Pavilion West**

3401 Parkside Drive South – Lethbridge

**Call 403-634-5601 to
volunteer**

Help needed with:

Assisting games, counting people, helping out with the roving gym, assisting at the craft table, face painting, running the photo booth, taking pictures, supervise the bouncy castle, and more.



organized by
**Family Centre
Parent Advisory
Council**
in cooperation with





SPEED SKATING

Issa-skater.com

For further information regarding programs and fees, please email:
Issa.sk8r@gmail.com or call Cherise, Club Registrar at 403.393.3537

JOIN NOW!



OPEN TO THE PUBLIC:

NORTHERN LIGHTS FESTIVAL

Winston Churchill
High School Fields

12:00 to 5:00

October 4th, 2019

**"It Starts With A
Handshake"**

BRING A DISH FROM YOUR HOME COUNTRY IN A
DISPOSABLE CONTAINER, AS WELL AS A BLANKET OR
CHAIRS TO SIT ON

SOUTHERN ALBERTA
CRIME
STOPPERS



5K Colour Fun Run

SATURDAY, OCTOBER 19, 2019

9AM-11AM

LEGACY REGIONAL PARK

216 COUGAR WAY N, LETHBRIDGE AB

**REGISTRATION BEGINS AT 8:30AM – WEAR A WHITE T-SHIRT –
REFRESHMENTS TO FOLLOW – ALL PROCEEDS GO TO
SOUTHERN ALBERTA CRIME STOPPERS**

REGISTER ONLINE WITH EVENTBRITE: <https://bit.ly/2IXln34>

ADULTS: \$20.00 STUDENTS: \$15.00 YOUTH: \$10.00

FOR INQUIRES PLEASE CONTACT US AT lcsa1983@gmail.com

BROUGHT TO YOU BY:

