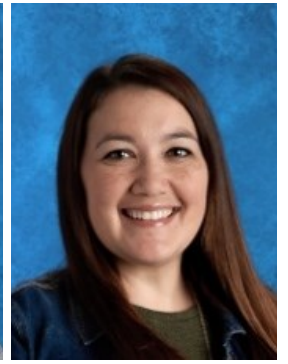




November 2019



From the Office

We are having such a terrific school year. I am so glad that Park Meadows School is a place that not only shows care for oneself, others, and our place but we also believe it. Thanks to our students, staff, and parents that continue to make our school a great place to learn!

As the weather continues to cool and the days get shorter, allow me to take the opportunity to remind everyone to bring warm jackets, scarves, mitts, and sturdy winter boots to school every day. Remember to label them, too!

Here is a useful home-reading tip: Your child might want to read the whole book on their own, and that's fine if it isn't too difficult. If it is a book that is a bit hard but still interesting for them, or if they are lacking in confidence, it can be more fun if you and your child take turns to read. They might read one page and you the next. Or you can both read out loud together, pointing to the words as you go. The important thing is to keep the flow going and keep your child interested and enjoying what they are doing.

(source: www.oxfordowl.co.uk)

Your Principal, Mark Blankenstyn

From School Council

We would like to welcome all the new faces that have been joining us at our School Council Meetings.

Our School Council meeting for November will be on Tuesday, November 19 at 6:30 p.m.

Over the coming weeks, there will be more information coming home about our Market Day Fundraiser on December 13. We will launch this fundraiser with the announcement of an entire school Year-End Field Trip Destination, in an assembly on November 15. We are excited to support all our classes from EEP to Grade 5 in their field trip experiences. These are not possible without your families participating in and helping with our fundraising efforts. We can't wait to see what our students will be doing from EEP, K, and Grades 1-5 for upcoming field trips this year.

Thank you once again for your help and support.

Any questions, email Marylou at parkmeadowsparentcouncil@gmail.com

Online Report Cards & Parent Teacher Meeting Bookings

How to access Report Cards: Our Division has decided to go paperless for all Elementary School Report Cards for 2019-2020, so all grades and attendance records will be available through PowerSchool. If you have not yet made a PowerSchool account, you will have a letter with your student's Access ID and Password sent home. You need to register for an account, and then use the Access ID and Password to link your student to your account. Visit ps.lethsd.ab.ca/public to access your account. If you have previously made an account, but have forgotten your information, please click "Forgot Username or Password". Available November 15th at 12:00pm.

How to book a Parent/Teacher Meeting: Visit pm.lethsd.ab.ca and hover over the Parents menu, then click on Parent Teacher Interviews. Register Now. Fill in your and your children's information, select the grade and teacher to meet with, select your times, and submit. You will receive an email confirmation. Available November 6—19th.

If you have trouble accessing either website, please contact meadows@lethsd.ab.ca or (403) 328-9965.

Park Meadows Elementary

November

School Calendar 2019

Mon.	Tue.	Wed.	Thu.	Fri.
				1 Sock It To 'Em Campaign Begins <i>Donations of New Socks will be collected at the school</i>
4 Galt Museum – Williams	5 Parker's Place Skating Galt Museum – Lynch Choir 3:15-4:15pm Katz Cheer 3:30-4:45pm V-Ball Game 4:00pm	6 Start booking your Parent/Teacher Meetings on our Website! Galt Museum – Gillam	7 Picture Retake Day Orange Shirt Day Assembly 1:30pm Galt Museum – Thielen Snack Club 2 3:15-4:00pm Kittenz Cheer @ Storm 3:30-4:45pm	8 Remembrance Day Assembly 10:30am Last Day to Order Hot Lunch SWAG Clothing Order opens on School Cash Online
11 NO SCHOOL for Remembrance Day	12 NO SCHOOL FOR STUDENTS District Wide PL Day Jody Carrington Evening Event 6:30-9:00pm Wilson Middle School <i>All staff and parents are welcome to attend this session.</i>	13	14 Rock Your Mocs Galt Museum – van der Meer KG Report Cards Sent Home Snack Club 2 3:15-4:00pm Kittenz Cheer @ Storm 3:30-4:45pm V-Ball Game 4:00pm	15 Grade 1-5 Report Cards Available Online Market Day and Year-End Field Trip Kick-Off Assembly 11:00am SWAG Clothing Order closes this weekend
18 Scholastic Book Fair 8:30am-12:00pm 12:30-3:45pm	19 Parker's Place Skating Choir 3:15-4:15pm Katz Cheer @ Storm 3:30-4:45pm School Council Meeting 6:30pm V-Ball Game 4:00pm Last Day to Book Parent/Teacher Meetings online Scholastic Book Fair 8:30am-12:00pm 12:30-3:45pm	20 No Kindergarten Class Parent Teacher Meetings 8:30am-3:15pm Scholastic Book Fair 8:30am-12:00pm 12:30-3:45pm	21 NO SCHOOL FOR STUDENTS Parent Teacher Meetings - <u>EE</u> P Celebration of Learning 8:15-3:15pm - <u>KG</u> 12-8:00pm - <u>Gr1-5</u> : 8:30am-8:00pm Scholastic Book Fair 8:30am-12:00pm 12:30-5:00pm 5:30-8:00pm	22 NO SCHOOL FOR STUDENTS PL Day
25	26 Parker's Place Skating Swimming – Thielen Katz Cheer @ Storm 3:30-4:45pm V-Ball Game 4:00pm	27 Swimming - van der Meer	28 Hot Lunch from Mary Brown's Snack Club 2 3:15-4:00pm Kittenz Cheer @ Storm 3:30-4:45pm	29 Year-end Volleyball Tournament at Park Meadows

Why is emotional awareness important for children?

Children who can identify how they feel are often better able to communicate their needs. They are also more likely to understand the feelings of their friends, classmates and the grown-ups in their lives. This builds empathy, a crucial life skill.

HOW TO HELP YOUR CHILD WITH EMOTIONAL AWARENESS!

- Ask your child how he/she is feeling. List some feeling words to choose from (**happy, hurtful, frustrated, scared, angry, worried, bored, calm, hopeless, lonely, silly, proud**).
- Share how you are feeling. Be specific.
- Play feeling charades. Show your feelings on your face and body.
- Read stories with your child and talk about how the characters are feeling.

Becoming comfortable with their feelings is important as children face new challenges and learn to manage their changing emotions.



NOVEMBER NEWSLETTER

MAKING CONNECTIONS

Lethbridge College is celebrating National Child Day Nov 16 9:00 – 1:00 on their campus. First 75 families receive a special prize. There will be Games, Food, Multicultural Dancing, Outdoor Play. There is FREE admission to this event.

MyCityCare is a charitable organization in Lethbridge that supports families with free clothing. Making Connections has partnered with them and invited them to come to some of our schools with their Roving Clothing Shop this year. They can also be found at the 5th on 5th building downtown, their phone number is 403-942-1389.

A number of agencies will be taking registration for Christmas supports beginning Nov 1. If you have not used the foodbank in the past you may still qualify for a Christmas food hamper. They will give you the information to receive toys from the Salvation Army when you register for the food hamper. If you would like more information on the supports and how to register for them please contact Christine at 403-892-0336.

Healthy Children

November 2019 Parent Newsletter

5 Easy Tips to Get Rid of Lice


Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If your child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat those with lice. Talk to a pharmacist for the most current effective treatment.
3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.



Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

 **For more information about head lice and treatment, visit <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>**

Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

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>



Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.



JODY CARRINGTON

Author of “Kids These Days”

We invite our Park Meadows Community to join all North-Side Schools to attend this wonderful learning opportunity for parents and educators.

When: Tuesday, November 12, 2019
6:30—9:00 p.m.

Where: Wilson Middle School
2003 9 Ave N, Lethbridge AB

Dr. Jody Carrington is a Clinical Psychologist who has spent most of her career working with children and families who have experienced trauma. Jody passionately believes in the power of relationships with the people we love, lead, and teach.

Thank you to Park Meadows School Council for partnering with us in this event.



17th Annual Sock it to 'Em campaign

From November 1st to December 13th, 2019

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

Please join them and make someone's winter a little warmer!

To donate, contact any Custodial or Maintenance staff at your local school or bring your donations to:

Volunteer Lethbridge at 324 5th Street S., Lethbridge

Questions?

Call Keith 403.332.4320

outreach@volunteerlethbridge.com



REGISTRATION NOW OPEN

JANUARY-MARCH

JNYB SEASON 2020

REGISTER @ lethbridgebasketball.ca

Registrations must be received by
November 27, 2019 to guarantee spot

****All programs held on SATURDAYS January-March 2020****

SATURDAYS

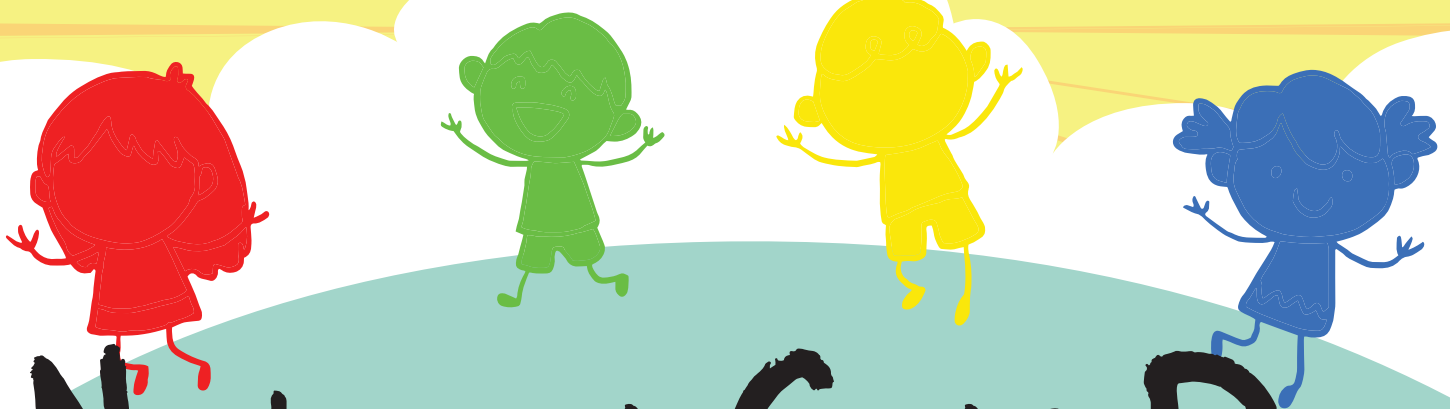


4-6 year olds	\$160
7-10 year olds	\$170
11-12 year olds	\$180

FREE FAMILY EVENT

First 75 families receive a special gift

Games, Prizes, Food, Multicultural
Dancing, Community Craft Project,
Roving Gyms, Outdoor Play and More!



National Child Day

NOVEMBER 16 • 9AM - 1PM

LETHBRIDGE COLLEGE

For more information email lethbridgeearlyyears@gmail.com
or visit www.lethbridgeearlyyears.ca



Tim Hortons

CITY OF
Lethbridge