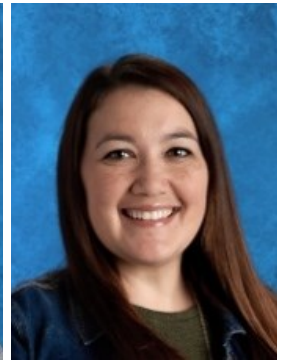




December 2019



From the Office

As November comes to a close, we would like to send a HUGE shout out to our Grade 5 Volleyball Teams! They had an amazing season full of learning and having fun. The season concluded with a tournament hosted by our school. We would also like to thank our parents for their support and our coaches - Miss Thielen, Miss Krawchuk, Mr. Ellison, and Mrs. Hamilton (and sons).

The season of giving is upon us and we have certainly appreciated the number of socks we have received so far during our "Sock It To 'Em" sock drive. There is still time to donate new socks if you are interested. We have also had a great response to our Angel Tree Campaign once again this year. The Angel Tree Campaign gives us the opportunity to provide a Christmas gift for a child in need this Christmas season. Please feel free to choose an angel from our school Christmas tree and send an unwrapped gift to the office for this campaign. Again, we appreciate your support of our wonderful community!

Thank you so much for attending our parent-teacher meetings in November. It was great to see so many families connecting with teachers in regards to your child's learning. Our Book Fair was a tremendous success. Your support allows us to bring many more new books into our Learning Commons for your child to enjoy. THANK YOU!

A great reading idea for December - find a book to read together as a family that has also been made into a movie! After reading the book, pop some popcorn, grab warm blankets, and watch the movie version. Comparing the similarities and differences between the print version and the movie version is a fun way to look at story lines!

Stay warm and safe this month!

Market Day

Our Market Day Fundraiser will be held on Friday, December 13. We hope that your children have enjoyed making items to sell in exchange for vouchers!

Please remember to purchase or donate vouchers through [School Cash Online](#) before Friday, December 6. Anyone can come shopping on Market Day, including friends and family. School Council will be accepting cash purchases of vouchers at the door. A package of 10 vouchers will cost \$5.00.

Remember to bring your goods and posters on Market Day so that you can set up your booth! If you are baking, ensure that your treats are nut free.

All proceeds will go directly to class field trips! For more information, [visit our website here](#).

From School Council

Happy December Everyone. We are looking forward to our Market Day and can't wait to see the student's creations! Remember to invite shoppers from your families and community friends. Mr. Blankenstyn has promised to dye his hair if we sell 500 voucher packs. Those sales close December 6 on School Cash Online. Thank you again for your support.

Our School Council will host a Holiday Social this month instead of a regular meeting on Tuesday, December 17 at 6:30 pm at the school. Parents are invited to join us. Please bring an appetizer or dessert to share and a wrapped present (under \$10 value) for a gift exchange.

Park Meadows Elementary

December School Calendar 2019

Mon.	Tue.	Wed.	Thu.	Fri.
2	3	4	5	6 Market Day Vouchers Sales Close on School Cash Online Hot Lunch Orders Due
9	10 Parker's Place to the Movie Mill Choir 3:15-4:15pm Katz Cheer 3:30-4:45pm	11 Choir Performing at Nordbridge Senior's Centre	12 Swimming - Braun Kittenz Cheer 3:30-4:45pm	13 Market Day Fundraiser All Learning Commons Books Due by Today
16 Ticket Sales Open for Hurricane's Game Choir Performance Holiday Caroling in Gym, time TBD	17 No Choir Practice Holiday Caroling in Gym, time TBD Katz Cheer 3:30-4:45pm School Council Holiday Social 6:30pm	18 Hot Lunch from Subway Holiday Caroling in Gym, time TBD	19 Kittenz Cheer 3:30-4:45pm Holiday Caroling in Gym, time TBD Family Christmas Movie Night 6:30 pm. Bring a blanket and some snacks!	20 Last Day of Class before Winter Break Pajama Day Cookies & Milk Day
22/29	23/30	24/31	25	26

Winter Break

No School December 23 – January 3
Classes Resume Monday, January 6, 2020



SPARK CONNECTION ***With Your Child***

Feeling connected allows us to feel a sense of belonging, wanted, and cherished. Humans need each other. It's important that we feel supported, valued and loved. Those who have strong connections are happier, healthier, and tend to live longer than those who report feeling disconnected or lonely.

Surprise your child with an extra chapter at bedtime.

Cook your child's favorite meal without them asking for it.

Spend 10 minutes playing with your child no matter how old.

Plan a "date" night with your child.

Read the same book as your child. Talk about it with each other.

Make up a family cheer or handshake.

Build a blanket fort. Grab a flashlight and read a book.

Have a picnic in your living room.

PLAY YOUR CHILD'S FAVORITE ACTIVITY WITH THEM.

Start a "gratitude jar" tradition. Share daily entries at dinner time.

Create a goodbye routine.

Take a walk holding hands.

DECEMBER NEWSLETTER

MAKING CONNECTIONS

Cineplex Lethbridge, and other cities across Canada, is hosting a FREE Family Christmas Movie event on Dec 7 from 9 – 11 am. The doors open at 9:00 and you do not need a ticket. The choices for movies are: A Christmas Story, Elf, Gremlins, National Lampoons Christmas Vacation, Polar Express. There will be a huge reduction in prices for drinks, candy, and popcorn. Proceeds will go to Boys and Girls Club.

Wishing everyone a safe and fun holiday season. I hope you have a chance to relax and rest and have time to visit with family and friends. See you in the new year.



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



You Are Invited to Attend

All My Relations Seminars

At Opokaa'sin Early Intervention Society

241 Stafford Drive North Lethbridge, AB. T1H 2A5

Attention: Chantilly Prairie Chicken 403-380-2569



- Enjoy a sense of identity and belonging
- Learn Traditional knowledge from Blackfoot Elders
- Strengthen meaningful individual & family relationships
- Free child care & supper provided

Wednesday November 27, 2019 From: 5:30 – 8:00 PM (RSVP by the 26th)

Niisto (The Individual) - Self-concept and personal goals for change

Wednesday December 4, 2019 From: 5:30 – 8:00 PM (RSVP by the 2nd)

Nistawatsimin (The Parent – Child Relationship) - Involved parenting is important to children's development and health

Wednesday December 11, 2019 From: 5:30 – 8:00 PM (RSVP by the 9th)

Aaki'yihkaakiimaa't (The Couple Relationship & The Four Generations) - Encouragement of your family, identity, resiliency & not to give up.

Wednesday December 18, 2019 From: 5:30 – 8:00 PM (RSVP by the 16th)

Saipao'ohtaka (The Community) - The Blackfoot Concept of All My Relations

TO REGISTER CONTACT THE FAMILY CENTRE 403-320-4232

Family Centre Downtown
Suite 225, 200—4 Avenue South
Lethbridge, AB. T1J 4C9
403-320-4232 | www.famcentre.ca



Nutrition Times

December 2019 Nutrition Services



CC BY-SA 2.0 Holiday fruit

Eating Healthy over the Holidays

The holidays are a time to gather with friends and family and enjoy food. But rich party foods, sweets, desserts, and alcoholic drinks can make healthy eating a challenge. Below are some tips to help you eat healthy while enjoying the best the season has to offer.

Enjoy your 'must-have' treats

Be choosy. Are mincemeat tarts, shortbread cookies, or your mom's fudge favourite foods you look forward to all year? Then enjoy a few and leave the 'meh' foods for other times of the year.

Drink in moderation

Love eggnog? Think of it as dessert and have a small glass. Eggnog and other drinks with lots of sugar and cream may have as many calories as a meal! Alternate sweet or alcoholic drinks with lower calorie options such as sparkling water with lime, cranberry juice with club soda, or diet pop.

Have small portions

Use a smaller plate and don't try to sample "a little of everything." Eat slowly and stop when you are full. If there is a food table, go to the other side of the room to do your visiting. The longer you stand near the table, the more you are likely to nibble.

Don't skip meals

Don't try to make up for a big party or feast by skipping meals. You will just overeat anyway. It is best to stick to your regular meals, especially breakfast. Focus on eating healthy, fibre-rich choices during the day such as whole grain toast and nut butter, or oatmeal with apples and walnuts, and lots of fruits and vegetables. Eat a small snack an hour before a party; try cut up fruit and yogurt or cheese to curb your hunger.

Having a cookie exchange? Trade healthier snacks such as:

- Antipasto or hummus and whole grain crackers
- Whole wheat berry scones
- Pumpkin Cranberry Muffin Squares www.unlockfood.ca
- Veggies and low fat dips
- Fruit drizzled with chocolate
- Fruit salsa and cinnamon crisps

Or have a potluck instead. The bonus is you get to share the food together.

Light Cinnamon Crisps

- 8-10 Multigrain or whole wheat tortillas, 10 inch
- Water
- ¼ cup sugar
- 2 tsp cinnamon

Brush or spray tortillas with water. Mix together sugar and cinnamon and sprinkle over tortillas.

Cut tortillas into 8 wedges. Cut each wedge into 4 triangles. Bake at 350 degrees on ungreased baking sheet for 5 minutes. Turn pan and bake 5 - 8 minutes more or just until crisp.

These chips will keep up to 2 weeks in an airtight bag. Serve with fruit salsa.

Savory Crisps

- 8-10 Multigrain or whole wheat tortillas, 10 inch
- 3 tablespoons lime juice
- 1 tablespoon water
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp salt

Spray 8-10 tortillas with lime juice and water mixture. Mix together spices and sprinkle over tortillas.

Prepare and cook as above. Serve with guacamole, tomato salsa, or hummus.



CC BY-NC-SA 2.0 Sweet basil pesto Tapenade



CC0 Boy tobogganing

Keep Moving!

In addition to healthy food choices, keep moving. Make the most of your time with others by enjoying fun activities together. Go outside for a walk or head for the toboggan hill. Check out skating rinks, ski hills and hiking trails. Build a snowman or have a snowball fight. Too cold? Visit a recreation centre for swimming or basketball. Maybe try pickleball or floor hockey. Or stay at home and turn up the dance music or build a fort. Activity will help you feel great and will balance out the holiday eating.

Happy Holidays from Nutrition Services!

Upcoming Nutrition Classes

(most classes are free)

Brooks:

For upcoming classes visit: ahsbrooksnutrition.eventbrite.ca

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy:

Mon. Jan 13 or Feb 10, 2020, 6 - 8 p.m.

Register: www.ahs.ca/prenatal (use filters to look for nutrition in the course name) or 403-502-8215. For online classes go to:

<http://www.birthandbabies.com/category/101-a-healthy-pregnancy/>

Infant Nutrition: Information on feeding babies 0 to 12 months.

Mon. Dec 2, 2019, 2:45 – 4:00 p.m.

Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: **Lethbridge 403-388-6654: Medicine Hat 403-529-8969: Brooks 403-793-6659**



Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



Healthy Children

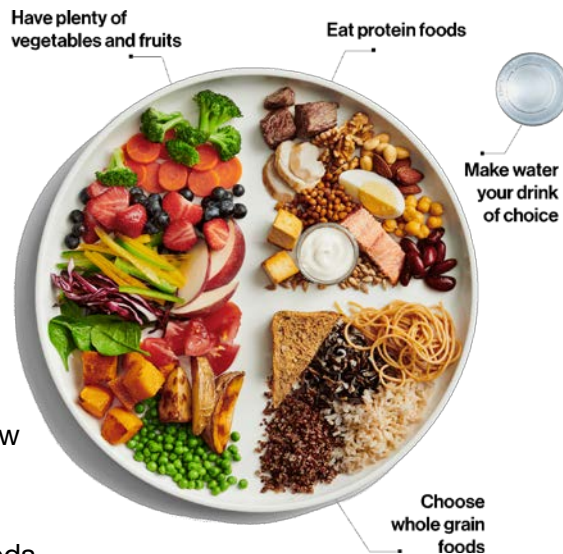
December 2019 Parent Newsletter

Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin D, protein and fluid needs.



- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.

Visit [Healthy Eating for Parents and Children](#) to learn more about how to create a positive eating environment for your child. Parents play a role in shaping a child's eating habits and behaviors towards food. Kids are more likely to eat and choose healthy foods if the rest of the family is making healthy choices. Parents have the responsibility to decide when and what foods will be offered but it is up to the child to decide if and how much to eat.

➤ For more information on **Canada's Food Guide, food choices, eating habits, recipes and tips**, visit <https://food-guide.canada.ca>

Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may



contain nicotine. Many flavoured e-liquids are enticing to young people (e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and

increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.

VOLUNTEERS NEEDED

WE ARE LOOKING FOR SANTA'S ELVES!
FIND AVAILABLE SHIFTS IN THE CALENDAR BELOW.
CALL 403-320-4232 EXT. 221 TO SIGN UP!



DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7 11 AM-1 PM 2-4 PM	8 SANTA AT THE NORTH POLE
9 1-4 PM	10 1-4 PM	11 1-4 PM	12 2-4 PM 5-7 PM	13 2-4 PM 5-7 PM	14 11 AM-2 PM 3-6 PM	15 SANTA AT THE NORTH POLE
16 2-4 PM 5-7 PM	17 2-4 PM 5-7 PM	18 2-4 PM 5-7 PM	19 2-4 PM 5-7 PM	20 2-4 PM 5-7 PM	21 11 AM-2 PM 3-6 PM	22 SANTA AT THE NORTH POLE

FOR MORE INFORMATION, CONTACT:
SARA DZIWOKI AT FAMILY CENTRE
(403) 634-5601 OR
SARA.DZIWOKI@FAMCENTRE.CA



CENTRE
VILLAGE
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