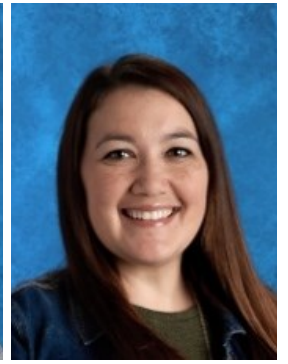




**January 2020**



### **From the Office**

2020!!! A new year ... with new beginnings ... a fresh start! We are excited to have everyone back at school for Monday, January 6<sup>th</sup>. Let's get ready for more learning! January brings a lot of new excitement to our building as many activities get underway. For example, our Grade 5 Basketball Season will be started again. Also, Genius Hour will be back and will be starting on Thursday, Jan. 9<sup>th</sup>. For those of you new to our school, Genius Hour is a time when all Grade 1 – 5 students get to choose what they want to learn for approximately one hour each Thursday afternoon for 4 or 5 sessions. Our teachers have been hard at work building creative Genius Hour sessions and we can't wait to share them with you all. A big thanks to everyone regarding our Market Day from Dec. 13<sup>th</sup>. Our school raised \$3450 and we want to thank every student, every parent, every community member, and every staff member that helped to make this year's "Market Day" a true success!

We want to welcome some new and returning staff to our school. A big welcome back goes to Mrs. Mandy Reimer who has returned from her maternity leave and is back in her classroom in Grade 2/3. We also want to welcome Mrs. Deb Wenaas. Mrs. Wenaas is teaching in our Tuesday/Thursday Kindergarten program and Health to many students in Gr. 1 – 5.

And... our Talent Show will be happening on Thursday, February 13<sup>th</sup>. More details will be coming very soon about this.

Here are some creative ideas to help your child work on Numeracy (Math) skills:

- Board Games are a fun way to involve the whole family with numeracy. Help your child when rolling dice to count, move, and stop after moving the number shown on the dice.
- When using dice, your child may count all the dots on the die face to determine the total number. Over time, they will begin to recognize automatically the value on the die face without counting. This is known as subitizing and is a very important skill in numeracy

Mark Blankenstyn, your Principal

### **2020-21 KG/EEP Registration**

- Kindergarten Registration begins January 20.
- Returning EEP Students can submit their "Intent to Register" January 27-31
- New EEP Students can submit their Intent to Register starting on February 3.
- Please check our website for all registration requirements and information.

### **From School Council**

We hope everyone has a safe and happy holiday. We want to thank all of the families who helped support our December Market Day. The creations sold were so fun and exciting to see. Our next meeting will be Tuesday January 21 at 6:30 pm at the school. We will begin planning our next fundraiser which will be a Bunny Hop Dance-a-Thon in April before our spring break. Come join us!

# Park Meadows Elementary

## January 2020 School Calendar

Mon.	Tue.	Wed.	Thu.	Fri.
6 <b>First Day of Classes</b> <b>Drama Club</b> 3:15-4:00pm	7	8	9 <b>Genius Hour</b> 2:15-3pm <b>Snack Club</b> Group 3 3:15-4:00pm	10 <b>Hot Lunch Orders Due</b>
13 <b>Basketball Practice</b> 3:30-4:30pm <b>Drama Club</b> 3:15-4:00pm	14 <b>Talent Show Auditions</b> <b>During School</b> <b>Choir Resumes</b> 3:15-4:15pm	15 <b>Talent Show Auditions</b> <b>During School</b> <b>Basketball Practice</b> 3:30-4:30pm	16 <b>Genius Hour</b> 2:15-3pm <b>Snack Club</b> Group 3 3:15-4:00pm	17 <b>Choir Sings O Canada</b> <b>at Hurricane's Game</b> Buy Tickets on the Hurricanes Site using code MEADOW17
20 <b>2020-2021</b> <b>Kindergarten</b> <b>Registration Opens</b> <b>Basketball Practice</b> 3:30-4:30pm <b>Drama Club</b> 3:15-4:00pm	21 <b>Gr 2/3 Skating</b> Thielen, Lynch & Reimer <b>Talent Show Rehearsal</b> during lunch <b>Choir</b> 3:15-4:15pm	22 <b>Rainbow Theme Day</b> <b>Gr 2/3 Skating</b> Williams & van der Meer <b>Bowling</b> Parker's Place <b>Basketball Practice</b> 3:30-4:30pm	23 <b>Talent Show Rehearsal</b> during lunch <b>Genius Hour</b> 2:15-3pm <b>Snack Club</b> Group 3 3:15-4:00pm	24 d
27 <b>2020-2021 EEP</b> <b>Registration Opens</b> <b>for Returning</b> <b>Students</b> <b>AHS Dental Team</b> <b>Visits this Week</b> <b>Scientists in Schools</b> - Braun <b>Basketball Game</b> 4-5:00 pm <b>Drama Club</b> 3:15-4:00pm	28 <b>Talent Show Rehearsal</b> during lunch <b>Gr 2/3 Skating</b> Thielen & Williams <b>Celebration Assembly</b> at 2:45pm <b>Choir</b> 3:15-4:15pm	29 <b>Gr 2/3 Skating</b> van der Meer, Reimer & Lynch <b>Basketball Game</b> 4-5:00 pm	30 <b>Talent Show Rehearsal</b> during lunch <b>Hot Lunch from</b> <b>Booster Juice</b> <b>Genius Hour</b> 2:15-3pm <b>Snack Club</b> Group 3 3:15-4:00pm	31 <b>No School for</b> <b>Students – PL Day</b>

\*Panther Cheer Practices will no longer be included on the Park Meadows Newsletter. Please contact Perfect Storm directly with any questions regarding scheduling.

# Healthy Children

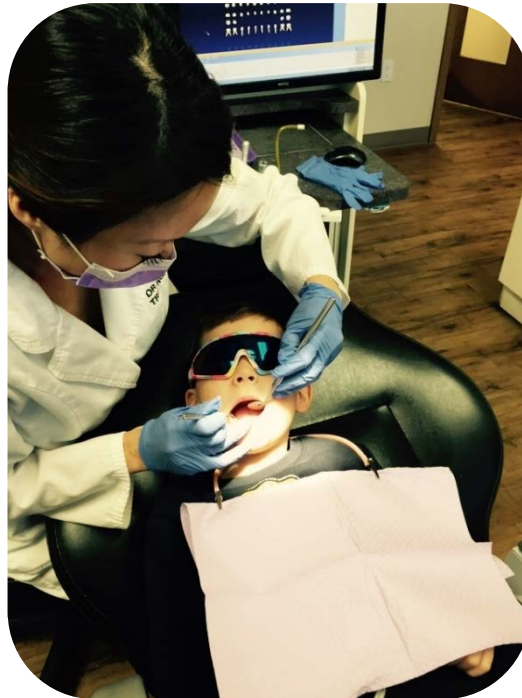
January 2020 Parent Newsletter

## Seal Out Tooth Decay

Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can



drink and eat right away. Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

## Articles

Seal Out Tooth Decay

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>

**Sealant + Fluoride = Best Protection Against Tooth Decay**



Alberta Health  
Services

## Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first “classroom” for social and emotional learning.



As a parent, you can be a strong positive influence on your child’s social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

**Self-awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)

# LETHBRIDGE SCHOOL DIVISION

Elementary Wrestling Program

Tuesday Evenings 6:30 – 7:30

from

January 7 to March 17

(10 Sessions, February 18<sup>th</sup> excluded)

## General Stewart School

215 Corvette Crescent S

Cost: \$50 includes a T-shirt

Registration and Information forms are available at all Lethbridge School Division Elementary Schools or by emailing [chris.harris@lethsd.ab.ca](mailto:chris.harris@lethsd.ab.ca)



# **WINSTON CHURCHILL BULLDOGS**



present a

# **FREE BASKETBALL CLINIC**

**for boys and girls grades 3 -5**



**Saturday, January 4<sup>th</sup> 9:00am-12:00pm  
at Winston Churchill High School  
1605 15<sup>th</sup> Ave North**

To register your child fill out the form at  
<https://www.churchillbasketball.com/p/clinic.html>



# JANUARY 25 ATB CENTRE, LETHBRIDGE



JOIN THE CELEBRATION & FIND OUT #WHYWEPLAY DURING FEMALE HOCKEY DAY WEEKEND.

All ages and skill levels are welcome to join.

- PLAYER SESSIONS (INITIATION TO MIDGET)
- GOALIE SESSION
- TRY HOCKEY (YOUTH & ADULT)
- COACH DEVELOPMENT
- OFFICIALS CLINIC
- USPORTS HOCKEY GAME - UNIVERSITY OF LETHBRIDGE VS MRU - Complimentary tickets included for all registered participants.

TO REGISTER PLEASE VISIT [HOCKEYALBERTA.CA](http://HOCKEYALBERTA.CA)



HOCKEY ALBERTA  
FOUNDATION  
EVERY KID  
EVERY COMMUNITY

# #WHYWEPLAY

# LET'S DRUM!

Learn to play authentic percussion instruments in a fun group class! Invite your friends and family to your final performance!

## **Ages 10+**

Thursday, 5:35-6:20 p.m.

January 23 - April 23

Stephure Hall (Casa - 230 8 St S)

\$168

## **Ages 7 - 9**

Thursday, 4:45-5:30 p.m.

January 23 - April 23

Stephure Hall (Casa - 230 8 St S)

\$168

[www.uleth.ca/music-conservatory](http://www.uleth.ca/music-conservatory)

403-329-2304

[music.conservatory@uleth.ca](mailto:music.conservatory@uleth.ca)

University of  
Lethbridge



Conservatory of Music





**YOUTH CENTRE**

[www.thematlethbridge.com](http://www.thematlethbridge.com)



Boys & Girls Club  
of Lethbridge & District

**1405-8 AVE N, LETHBRIDGE**

**TEXT: "MAT" to  
844-613-3315  
to sign-up for updates!**



**thematleth**



**The MAT Lethbridge**



**@thematlethbridge**

# WHY JOIN THE MAT?

**EARN  
SCHOOL  
CREDIT**

**OFF-SITE  
ACTIVITIES**

**MAKE  
NEW  
FRIENDS**

**RAISE  
YOUR  
GRADES**

**HANGOUT  
WITH YOUR  
FRIENDS**

**NATIONAL  
YOUTH  
TRIPS**

**SCHOLARSHIPS  
UPTO  
\$5000**

**BECOME A  
LEADER**

**FREE  
FOOD**

**JUDGMENT  
FREE  
ZONE!**

## MONDAY

**Raise The Grade:  
Middle and High School Youth  
4:00pm-6:00pm**

**Queer Impact Club  
14-18  
7:00pm-9:00pm**

**Drop-In: Ages 11-14  
7:00pm-9:30pm**

## TUESDAY

**Raise The Grade:  
Middle and High School Youth  
4:00pm-6:00pm**

**Drop-In: Ages 14-18  
7:00pm-9:30pm**

## THURSDAY

**Raise The Grade:  
Middle and High School Youth  
4:00pm-6:00pm**

**Leadership & Skills Night  
7:00pm-9:30pm**

**Queer Impact Club  
11-14  
7:00pm-9:00pm**

## **YOUTH DROP-IN AGES 11-18**

**A space for all youth to hangout, make new friends, and learn new skills. Drop-In includes a full size gym, video games, free food, prizes, off sites, connections to local resources, making new memories and space that youth can call their own.**

## **RAISE THE GRADE AGES 11-18**

**Raise The Grade presented by RBC is a 100% free tutoring service for middle and high school youth. Youth are paired up with a tutor to help them achieve their best grade possible and get them on track to achieve their post-secondary and career goals.**

## **QUEER IMPACT CLUB AGES: 11-19**

**Queer Impact Club (QIC) is a group for LGBTQ+ youth in Lethbridge and area. The QIC's goal is to support youth who identify as LGBTQ+ and help them get connected to their peers and their communities. QIC focuses on support, community involvement and education. Group is confidential and private.**

## **NEWCOMER NIGHT AGES 11-18**

**Our Newcomer youth program is dedicated to helping youth who are new to Canada and to our community experience a positive transition and feel at home. This evening is a night for new comer youth to build new friendships, learn new skills, and get involved in the community.**

## **SKILLED4SUCCESS AGES 11-18**

**The S4S Hospitality program is a pre-employment program that assists youth to develop the skills and competencies needed to work in the hospitality industry. Completion of the S4S certificate will help youth increase their chances of success when seeking employment in the hospitality sector, where most youth find their first job.**

## **LEADERSHIP GROUPS AGES 11-18**

**The MAT Youth Centre offers many different leadership programs that offer youth the chance to develop leadership skills, make community connections and build confidence. Our leadership programs look great on a resume and most you can get school credit for!**

# **SPARTANS AQUATIC CLUB**



**Free Trial Week!**

**We are a non-competitive swimming  
club for students of all ages**

**Jan 13-16 | 5-6pm | Fritz Sick Pool**

**For more information:**

**Visit: [spartansaquaticclub.com](http://spartansaquaticclub.com)**

**Email: [info@spartansaquaticclub.com](mailto:info@spartansaquaticclub.com)**