



March 2020



From the Office

Hello everyone! We are excited to announce that our annual Dance-athon is coming soon! Although the actual event isn't happening until Thursday, April 9th, we are well under way with the planning and preparations. Our School Council has been hard at work getting the initial stages up and running so that we can have another successful Dance-athon Fundraiser. Each year, the funds raised from our Dance-athon go to sponsor events such as field trips and special events at the school. The money we raise from this year's Dance-athon will go towards our Year-End Field for all students! We are so excited. We will be revealing the location of our Year-End Field Trip at our Dance-athon Kick-Off Assembly happening on Thursday, March 12th.

If you can help our School Council out in obtaining donations and prizes to help with our Dance-athon please get in touch with me or Marylou Williams, our School Council Chair. Her email is the following: parkmeadowsparentcouncil@gmail.com. We need LOTS of prizes to help drive up our fundraising efforts. Prizes such as games, kid art supplies, gift certificates to exciting locations, sports equipment, fashion accessories and LEGO are just a few ideas you could donate to the Dance-athon. You son or daughter may even take one of these prizes home if they're lucky.

March also brings the 2nd round of Report Cards and Parent-Teacher-Student Interviews as well as our annual "Celebration of Learning". Please mark these items on your calendar and be sure to attend! It's great seeing parents and students walking our halls, meeting our staff, and talking about student achievements.

At the end of this month, we will see some changes to our Making Connections program. To learn more, please check out the [Division News Page here](#). For a list of community agencies available to families needing financial support, you can look at the [Park Meadows Website here](#).

Mark Blankenstyn, your Principal

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, please contact the office for your child's Access ID and Password. You need to register for an account, and then use the Access ID and Password to link your student to your account. Visit ps.letshsd.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". Report Cards available to view Friday, March 13 at 8:00am.

How to book a Parent/Teacher Meeting: Visit pm.letshsd.ab.ca and hover over the Parents menu, then click on Parent Teacher Interviews. Register Now. Fill in your information, select the grade and teacher to meet with, select your times, and submit. You will receive an email confirmation. Booking available from March 11-17.

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

Park Meadows Elementary

March 2020 School Calendar

Mon.	Tue.	Wed.	Thu.	Fri.
2 Dr. Seuss Theme Day 	3 Choir 3:15-4:15pm BBBS 3:15-4:45pm	4 Gr 4/5 Skating	5 Gr 4/5 Handbells 7:45-8:20am Gr 5 Handbells 3:15-4:15pm	6
9	10 Choir 3:15-4:15pm BBBS 3:15-4:45pm	11 Gr 4/5 Skating Start Booking your EEP, Kindergarten, and Grade1-5 Parent Teacher Meetings online	12 Gr 4/5 Handbells 7:45-8:20am Year-End Field Trip Assembly 11:00am CANCELLED Snack Club Group 5 Gr 5 Handbells 3:15-4:15pm	13 Report Cards Available on ps.lethsd.ab.ca/public Hot Lunch Orders Due by 10:00pm
16	17 St. Patrick's Day Staff vs. Students Basketball Game 2:45pm Choir 3:15-4:15pm BBBS 3:15-4:45pm School Council Meeting 6:30pm PT Meeting Bookings Close for KG	18 Gr 4/5 Skating No Kindergarten Class Kindergarten Parent Teacher Meetings PT Meeting Bookings Close for EEP, Gr 1-5	19 No Class for EEP & Kindergarten EEP Celebration of Learning 11:47am Dismissal for Grades 1-5 Parent Teacher Meetings 12:30-4:15pm Celebration of Learning 5-7:00pm	20 No School for Students – Staff Engagement
23 Mismatched Socks Day for Down Syndrome 	24 Choir 3:15-4:15pm BBBS 3:15-4:45pm	25 Gr 4/5 Skating Swimming – van der Meer Choir Festival	26 Gr 4/5 Handbells 7:45-8:20am Hot Lunch from Subway Gr 5 Handbells 3:15-4:15pm	27
30	31 Swimming – Thielen Celebration Assembly 2:45pm Choir 3:15-4:15pm BBBS 3:15-4:45pm			

MAKING CONNECTIONS

MARCH NEWSLETTER

Here are some community agencies I've used or suggested to families over the years. For those families needing financial support for their children to join in sports or recreation activities you can contact:

Lori Harasam at 403-360-1720 or lori.harasam@lethbridge.ca

She can help with any recreation/sports activities that occur in Lethbridge. You can apply once between Jan and June, and once between July and Dec. Each family member can receive up to \$150.00 in each time frame.

JumpStart from Canadian Tire can offer up to \$150 twice in the year for each child. The website is: www.jumpstart.canadiantire.ca and you would be applying for Individual Child Grant. The website gives the necessary information you need before applying. They can support dance as well as sports, and fees for sports equipment.

KidSport can offer half the registration free up to \$300.00 in the calendar year. They only support sports, so not dance. And not sports equipment. The website is www.kidsportcanadan.ca>alberta>lethbridge-taber.

You can use a combination of all 3 sport subsidies to cover the cost of registration and equipment if necessary.

The Interfaith Food Bank offers free cooking classes to everyone in Lethbridge. There is no proof of income necessary. You cook the meals and take them home along with the recipes. You can go once a week, either their morning or afternoon classes. The classes last 2 hours. You need to call 403- 320-8138 to register. It can also be a great place to meet new friends.

MyCityCare can support families with second-hand clothing, the occasional food hamper, Christmas toy supports, and a variety of other supports. They are located at the building on 5 St. S. and 5 Ave. S, their entrance in on the 5 St. S side of the building. You can contact them at 403-942-1378 or Carol@myvictory.ca.



CULINARY CREATIONS CHEFS CLUB

Culinary Creations Chefs Club is a six-week cooking experience for kids! Kids will learn basic cooking skills, improve their existing talents and learn new techniques from a Red Seal Chef in the Lethbridge College state-of-the-art culinary facility.

First class starts Feb. 24. Kids aged 9 to 17 meet every Monday night for six weeks (no class March 16). Cost is \$269.



Register today at lethbridgecollege.ca/cce

Nutrition Activities in Any Classroom

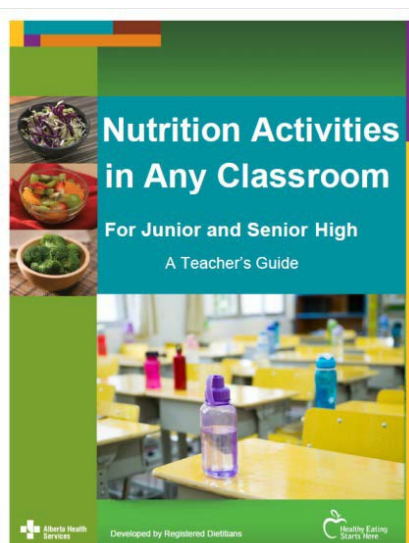
For Junior and Senior High



The [Nutrition Activities in Any Classroom](#) Teacher's Guide provides teachers with ready-to-use interactive activity stations. These activities will engage students to learn about healthy eating through self-reflection and investigation. The activities can be self-directed or completed as a class. This resource is also available in French.

The activity stations contain everything you need to complete the activities including:

- printable station titles and instructions
- worksheets and printable activity materials
- discussion questions and answers
- supplementary information and resources.



Topics include:

- How Much is That?
- Food Detective
- Cereal Slayer
- Thirst Quencher
- Ingredient Investigation
- Fat Match
- Sodium Analyzer



The activities are linked to key nutrition messages from the **Healthy Eating Starts Here** website. To find these and other nutrition resources, go to www.healthyeatingstartshere.ca



healthyeatingstartshere.ca



Healthy Eating at Schools



Find school nutrition information and resources:

[School Nutrition Education Resource List](#)

(Resources éducatives scolaires sur la nutrition publiées en français)

A one stop list of resources for teaching children and youth about nutrition and healthy food choices.

[Healthy Eating Lessons- Nutrition Resource Kits](#)

Kindergarten to Grade 6 lesson plans that provide activities on nutrition and Canada's Food Guide.

[Nutrition Activities in Any Classroom](#)

Classroom activities to use with junior and senior high school students.

[Manuals and Toolkits](#)

- **School Breakfast Program Toolkit** – A practical guide to help schools interested in starting or improving a breakfast program.
- **Sport Nutrition for Youth: A handbook for Coaches** – Teach young athletes to make healthy food and drink choices to fuel their bodies for activity and sport.
- **Sugar Shocker Kit** – Information about how much added sugar is found in common beverages to help children and youth choose healthy drinks.
- **Cooking Club Manual for Children and Youth** – Information, lesson plans, recipes, and worksheets to provide children with cooking opportunities.
- **Healthy Vending Toolkit** – to take action on healthy vending in your school, recreation centre, or workplace. Visit the Healthy eating in the community page.

[Nutrition Bites](#)

One page nutrition topics to print and distribute or insert into your school newsletter, such as:

- Fuelling Active
- Healthy After School Snacking
- Meals and Snacks on the Run
- Special Event Days

[The Energy Drink Buzz](#)

A ready to use poster, handout, and presentation with information for youth on energy drinks.

To contact a Public Health Dietitian in your area, email PublicHealthNutrition@ahs.ca

Healthy Children

March 2020 Parent Newsletter

Self-management

Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



Healthy Children

March 2020 Parent Newsletter

Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
 - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
- **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.



Do you want to know more about helping children to develop healthy habits and positive body image? Visit Raising Our Healthy Kids:
<https://vimeo.com/160413076>

- Involve others in cooking – you can share food skills and traditions
- Be adventurous with new flavours to inspire kids to do the same
- Keep it fun! Try a theme night – taco Tuesday anyone?

COOK



Cooking is a way to learn new skills and rely less on processed foods.

- Embrace your own food culture & traditions and share with others!
- Can't always eat dinner together? Try breakfast or have brunch together on weekends

SHARE



Sharing food with family, friends, or co-workers is a great way to connect.

- Choose foods that you enjoy!
- Take time to eat and savour your food
- Enjoying your food can include:
 - socializing at meals
 - enjoying shopping for and cooking food
 - growing your own food

ENJOY



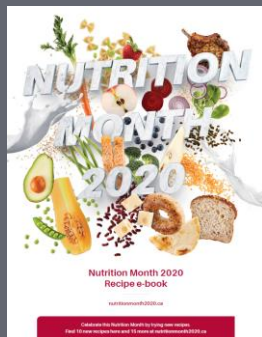
Healthy eating is about more than food – it's about family, memories and emotions.

Trust Dietitians to help you embrace, understand, and enjoy food!

Dietitians:

- believe in the potential of food to improve lives and promote health
- look beyond fads and gimmicks to give reliable, life changing advice





Nutrition Month 2020 Recipe eBook

- Includes 12 delicious recipes, hand-picked by dietitians

- Grab it here:



nutritionmonth2020.ca



Which recipe will you try first?

Nutrition Month

MARCH 2020

LIVE WELL						
SUN	MON	TUE	WED	THU	FRI	SAT
1 Discover how to Eat & Live Well with Canada's Food Guide!	Week 1: Use the Eat Well Plate					
	2 Avoid highly processed foods that can add extra sodium, sugars or saturated fat to your diet.	3 Try making your plate like this at a meal today. 	4 Choose protein foods that come from plants more often. Mexican Bean Salad contains 3 types of beans! 	5 Taco salad party anyone? Host a healthy potluck with family, friends, or co-workers using these tips . 	6 New food Friday! Try Orzo Salad made with whole grain pasta to keep you feeling full for longer! 	7 Watch this video to learn how to build a healthy breakfast using the Eat Well Plate! 
8 Enjoy your food! 	Week 2: Choose Healthy Drinks					
	9 Water, white milk and unsweetened plant beverages are the best beverage choices! 	10 Try one of these delicious smoothies that all feature milk as a protein food. 	11 Curious about hydration before, during, and after activity? Get all the info you need right here . 	12 Milk is a great source of calcium and vitamin D. Pour a glass with dinner tonight! 	13 Don't like drinking water? Try 5 ways to add flavour to your water with fruits and herbs! 	14 Carry your own water bottle for a refreshing drink anytime, anywhere. 
15 Be mindful of your eating habits 	Week 3: Eat More Vegetables & Fruits					
	16 Be adventurous! Try one new vegetable or fruit today. 	17 Eat extra greens like spinach or kale to help celebrate St. Patrick's Day! 	18 Try these tasty dips packed with veggies, fibre, and protein! 	19 Check out this video for fun ways to add veggies & fruit into meals and snacks! 	20 Warm up with a cup of Curried Squash & Sweet Potato Soup! 	21 Enjoy fresh, frozen, or canned veggies & fruit that are low in added fat, sugar or salt! 
22 Cook more often 	Week 4: Reduce Food Waste					
	23 Make a grocery list and stick to it! This will reduce food waste (and save time & money!) 	24 Organize your fridge: use this handy guide to make your food last as long as possible. 	25 Use reusable grocery bags and follow these food safety tips to lower the risk of cross-contamination! 	26 Give your leftovers new life with these 2-in-1 recipes! Try making banana bread tonight. 	27 What's in your fridge? Get creative and use up any extra food using this guide! 	28 Zero Waste! Use Thursday's banana bread to make French toast for breakfast! 
29 Eat meals with others 	30 Interested in growing your own vegetables or herbs? Get helpful tips here . 	31 We would love to hear your feedback! Please complete this survey .	<div>Take a picture with your phone!</div>			

Access online calendar at: bit.ly/nutrition2020



Grilled Vegetable, Bean and Avocado Tacos

Serves: 4

Recipe Provided By: Avocadoes From Mexico

Recipe Source: www.nutritionmonth2020.ca

Ingredients

seasoned rice vinegar	1/2 cup (125 ml)
water	1/2 cup (125 ml)
1/2 red onion, sliced	1/2
2 red peppers, chopped	2
mushrooms, sliced	1/2 lb. (225 g)
ground cumin	1 tsp (5 ml)
corn tortillas	12
monterey Jack cheese, grated	1 cup (250 ml)
canned red kidney beans, rinsed and drained	1 cup (250 ml)
1 tomato, diced	1
1 jalapeño, thinly sliced (optional)	1
flesh of 1-2 avocado(s), sliced	1-2
lime and fresh coriander, to garnish	

Directions

1. Oven temperature: 200°C/400°F.
2. Bring the vinegar and water to a boil in a small pot over medium heat. Add the onions, stir and turn off the heat. Set aside.
3. In a small bowl, mix the chopped pepper with the sliced mushrooms, cumin and a drizzle of oil. Transfer to a baking sheet (covered in parchment paper) and cook in the centre of the oven for 8 minutes.
4. Garnish the tortillas with grated cheese, marinated onions, roasted veggies, red kidney beans, diced tomatoes, sliced jalapeño, sliced avocado, fresh coriander and lime juice. Serve with guacamole, salsa and sour cream, if desired.

DIETITIAN TIP

Carissa Bellefontaine Pdt (c)
Halifax, Nova Scotia

Looking for an exciting, new activity you can do at home with your kids? Try cooking! Whether you have toddlers or teens, your kids will love getting creative in the kitchen. Learn the secrets to success from a dietitian or find one at unlookfood.ca.



Take a picture with
your phone!

Yogurt Bark

Preparation Time: 10 mins

Freezing: 2 hours

Serves: 6

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: www.nutritionmonth2020.ca

Ingredients

frozen mango cubes, thawed	3/4 cup (175 mL)
water	3 tbsp (45 mL)
vanilla Greek yogurt	1 1/2 cups (375 mL)
6 - 8 large strawberries, diced	6-8
1 handful of pumpkin seeds	
1 handful of unsweetened coconut strips	

Directions

1. Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimetre thick.
4. Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.

Take a picture with
your phone!



DIETITIAN TIP

Shannon Crocker MSc RD PHEC
Hamilton, Ontario

Prepare a large batch of this tasty yogurt bark and keep it in the freezer. Having nutritious foods on hand makes it more likely that you (and your children) will eat a healthy snack when you're hungry. Find a dietitian in your area at unlockfood.ca.