

Principals Message:
September 2015

Welcome Back!

It is both an honour and a privilege that you have entrusted the care and education of your children to our staff at Madonna Catholic. For this, we thank you.

Our motto; Uplift the Heart, Engage the Mind, and Inspire the Soul, reminds us that we are here to ensure that your child receives the best education possible as well the spiritual and faith development that prepares your child for life.



The School Division theme this year is, Where is Jesus? Right Here. Right Now! Stay tuned for more information and activities as the year progresses. Tomorrow night at our welcome back barbecue and meet the staff evening I will be sharing more information regarding our school and community faith journey this year.

I will you all the best for this coming school year. If you need to contact me, please do not hesitate to contact the school or email me at arlenel@eics.ab.ca.

God Bless

See you tomorrow evening, beginning at 5:30pm in the school gym.



Students Faith Journey Milestones

If your child is preparing to receive a sacrament for the first time, or has just received one for the first time, please contact us at the school. As important as it is for your family to celebrate these special events in your child’s life,

it is important for our school family to recognize these events also. When we know that a child has received a sacrament for the first time, we recognize them during our school assemblies. The school would also like to send a congratulatory card to the recipient as well.

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Important Dates in September:

Sept 3th 5:30 Welcome Back Meet the Teacher BBQ

Sept 7th Labour Day – NO SCHOOL

Sept 22nd Grade 1’s Reading to the Horses

Sept 24th School wide bus evacuation drill 9:00 am



1:30 Terry Fox Run grades 1 to 4

Sept 25th Professional Development Day – NO SCHOOL

Sept 29th Fire Safety Presentation

Oct 5th School Picture Day



Newsletter

The school newsletter will not be printed any longer but can be accessed on-line at <http://madonna.eics.ab.ca/> A Synervoice announcement will

be sent each month notifying you the newsletter is posted on the website. If you would like to receive a printed copy of the newsletter from the school, please complete below and return this bottom portion to the school office prior to September 30th, 2015.

Parent Name

Student Name and Grade

Staffing 2015-2016:

Principal: Mrs. Arlene Littlemore
Vice Principal: Mr. John Harmata

Brighter Beginnings Teachers: Mrs. Marg Schimpf
Mrs. Sue Dexter
Mrs. Stephanie LaRose

Brighter Beginnings EA’s: Mrs. Karol Clark
Ms. Fran Gibson
Mrs. Sue LaForce
Mrs. Michelle Robinson
Mrs. Lynn Sehurek

Kindergarten: Mrs. Janine Jacobs
Grade One: Mrs. Sharon Mittelsteadt
Ms. Cheryl Kuchmak
Grade Two: Mrs. Sherry Matheson
Ms. Kim Thompson
Grade Three: Mrs. Laura Lampka
Mrs. Laurel Nay
Mrs. Angela Prensolo
Grade Four: Ms. Jenna Lockhart
Mr. John Harmata
Mrs. Stephanie Starko

Madonna Catholic School Grade One to Four EA’s: Mrs. Anne McKinney
Mrs. Dorothy Roberts
Mrs. Diane Wispinski
Ms. Fran Gibson
TBA



Madonna Catholic is an Allergy Aware School (EICS School Division Administrative Procedure 317 (severe allergies and Anaphylaxis)

An anaphylactic reaction can develop within seconds of exposure of an allergen.

At Madonna, every effort is being made to be sure that all of our community understands that we are allergy aware. This is to minimize risk of exposure to potentially life threatening allergens for students with severe allergies, without depriving them of normal peer interactions, or placing unreasonable restrictions on the activities of other students in the school.



Student drop off and pick-up is located on MALVERN DRIVE. This is located on the west side of the building. Thank you for helping to keep students safe.

Picture Day is Monday October 5th, 2015.



Fees:

Just a reminder that fees can now be paid on-line in the Public Portal using Visa, Visa Debit, MasterCard or Interact Online Debit and there is no transaction fee! If you don't yet have an account in PowerSchool, please contact the office to find out your net Access ID and Net Access Password. (This information is also attached to your school fee sheet sent home from school)

If you are experiencing financial difficulties, please visit www.eics.ab.ca where you can find the Fee Waiver Program and Application 2015-2016 form. It is located under the Parents & Students heading, then choose School Fees and scroll down to the bottom of the page. The Fee Waiver Application deadline is December 11th, 2015.



Hot Lunch Program is available again this year.... Yippee!!!

Thanks to our group of wonderful parent volunteers, the Hot Lunch Program will be available for you to order from again this year!!! Parents can place their order at the beginning of the fall block (or winter block in January), choosing from the available menu options and a delicious hot lunch will be delivered to them in their classroom on that day. Orders can only be processed via the online ordering system at Madonna.hotlunchprogram.com, click on "Register Now" and follow the easy instructions. Print off your order after "Finalizing" it and include it with your payment to the school. Please see the information sheet coming home soon with your child. If you have any questions or would like to volunteer, please contact Brandy Leckelt at 780-417-8774.



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Madonna before and after school care sponsored by the Strathcona County Boys and Girls Club is now accepting registrations. Please contact them for information at 780-416-1500 or at tyler@scbgc.com

OLPH News: First Reconciliation and First Communion 2015/2016The parent meeting for First Reconciliation and First Communion 2015-2016 will be held on September 30, 2015. If you have any questions please contact Raylene at the Parish Office at 780-467-5470.

If your child has already prepared for First Communion please call the Parish Office to schedule a date for First Communion 780-467-5470.



Hanen's More Than Words Parent Workshop:

We have an exciting Family Orientated Program (FOP) workshop opportunity for parents! For those families interested, we will be offering Hanen's *More Than Words* Program including 9 Parent Information Sessions plus 3 Home Visits. If you sign up for this program and attend all sessions, it will count as 12 individual FOP visits, taking care of all your FOP requirements for the school year! You are still welcome to participate in any other FOP workshops you are interested in attending. Childcare will be available for your children. See back page for a list of dates we will be holding each More Than Words class.

The *More Than Words* Program was designed specifically for parents of children ages 5 and under on the autism spectrum. However, the tools, strategies and support offered through the program addresses the needs of all children with social communication or language delays, especially children with fewer than 50 words or children who are not yet using two word

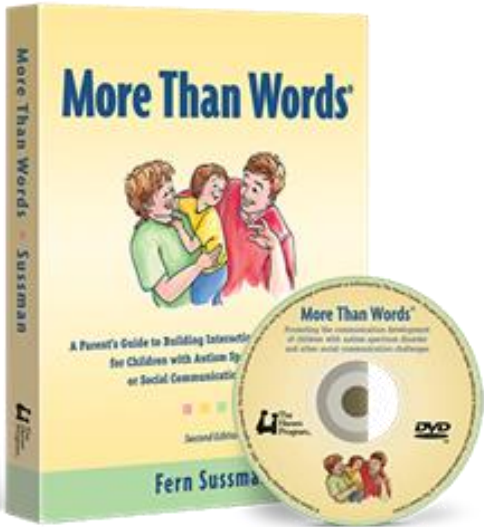
phrases. *More Than Words* empowers you as parents to help your child reach the following three goals:

1. Improved social skills
2. The ability to engage in back-and-forth interactions
3. Improved understanding of language

Here are some of the valuable things you'll learn when you attend the *More Than Words* Program:

- How your child learns best and what motivates him to communicate
- Why your child behaves in certain ways, and what you can do to either increase or reduce those behaviors
- How to use your knowledge about your child to set realistic goals
- How to make interactions with your child last longer and be more meaningful
- Tips for using pictures and print to help your child's understanding
- Tips on how to talk so that your child understands you
- Strategies for developing your child's play skills
- Ways to help your child make friends

To register, use your smart phone
to scan the QR code or go to:
<https://goo.gl/TorjHi>



We will loan you a copy of the More Than Words parent guidebook to use for the duration of the class.

More Than Words Program Schedule 2015-2016

Where: Madonna School, 15 Main Blvd, Sherwood Park

When: 5:00 - 6:30 pm Thursdays

Session 1 - Orientation and learn more about your child's communication.	September 24, 2015
Session 2 - Give your child a reason to communicate and wait.	October 15, 2015
Session 3 - Follow your child's lead. Include your child's interests, interpret, imitate, and intrude.	October 29, 2015
Session 4 - Make the connection with people games and songs. R.O.C.K.	November 19, 2015
Session 5 - Help your child understand what you say. R.O.C.K. your routines.	December 3, 2015
Session 6 - Use visual helpers.	January 14, 2016
Session 7 - Bring on the Books.	February 11, 2016
Session 8 - Take out the toys.	February 25, 2016
Session 9 - Let's make friends.	March 10, 2016
3 Home Visits with the SLP	To Be Scheduled Individually with the SLP

If you are interested in this session, please scan the QR code on the first page or go to <https://goo.gl/TorjHi> to register ASAP. Keep this sheet for your information.

If you have questions or if you cannot attend one of the sessions, please contact Kelly Cassan at (780) 934-7936 or Kelly.Cassan@eics.ab.ca

You can also learn more about Hanen and the More Than Words program at www.hanen.org



EICS Children's Choirs invites you to sing with us for our second season!

EICS Choirs welcomes students who have a love of singing. No prior experience is necessary. This opportunity offers children choral experience and a lot of fun!

The choirs, one for Kindergarten through Grade 2 and another for Grade 3 through 8 will rehearse once a week, Thursday evenings 6-7:15pm at St. Theresa Catholic Middle School with Conductor Elizabeth Driedger, music specialist. The choir will perform Christmas and Spring Concerts, as well as participate in local music festivals.

Would your child be interested in choral experience and a lot of fun? If so, please visit the EICS Website www.eics.ab.ca under Programs to download our brochure.

Registration is again **open** and we begin September 10th!

Please contact us today for more info!

eicschildrenschoirs@eics.ab.ca

Rate Your Super Snacks

THE FOOD RATING SYSTEM

The food rating system is a simple way to separate healthy foods from the less healthy foods. This rating system puts all foods into three categories, based on specific nutritional criteria. The three categories include:



Choose Most often

These foods should be consumed daily, and in amounts and appropriate portion sizes, based on age category. These foods are all recommended as healthy choices in Eating Well with Canada's Food Guide.



Choose Sometimes

No more than three servings from the Choose Sometimes category are recommended per week. Foods in the Choose Sometimes category may still provide beneficial nutrients, but they tend to be higher in added sugar, unhealthy fat and sodium (salt).



Choose Least Often

Eating these foods is not recommended. One serving could be eaten once a week.

Be sure to check out the school bulletin board to see what snacks fit in each category!

Taken From: Alberta Health Services "Alberta Nutrition Guidelines for Children and Youth—An Overview"

WHAT FOODS FIT?

Check out the lists below to get an idea of what foods fit in the "Choose Most Often" category for each of the four food groups. Try some of these snacks at home or in your lunches for work or school!

Vegetables and Fruit

Fresh, frozen or canned vegetables or fruit without added salt or sugar

Fruit canned in juice

Unsweetened 100% fruit juice

Grain Products

Whole grain bread, naan, pita, wrap, pasta or rice

Unsweetened whole grain hot and cold cereals

Small, low fat whole grain muffin or cookies

Lower fat unsalted whole grain crackers

Plain popcorn

Milk and Alternatives

Low fat milk (skim, 1% or 2% MF)

Unflavoured fortified soy beverage

Low fat cheese (less than 20 % MF)

Plain yogurt (fat free, 1% or 2% MF)

Meat and Alternatives

Skinless chicken and turkey

Broiled, baked or canned fish without sauce

Lean sliced luncheon meats (chicken, beef, and ham)

Tofu

Eggs

Dried or canned beans, peas and lentils

Natural Peanut butter



JOKE

How do you make soup rich?

Answer:

Add 14 carrots in it

Tips for Parents

1. Be a role model.
Choose healthy foods and have regular family meals at the table. Be active together as a family.
2. Stock up on healthy snacks at home and make them easy to find and ready to eat.
3. Involve children in your shopping and cooking!



apple
SCHOOLS

Alberta Project Promoting
active Living & healthy Eating