

MADONNA CATHOLIC SCHOOL

15 Main Blvd, Sherwood Park, AB., T8A 3N3 Ph: 780-467-7972 www.madonna.eics.ab.ca

Oct 2015

Where is Jesus? Right here, right now!

The Lord has done great things for us, and we are filled with Joy. Psalm 126:3



This beautiful psalm reminds me of all the joy that we have seen in the school since the year start up!

- Meet the staff – all the families present, and all the happy faces – What Joy!
- All the smiling students, their laughter and playing tag with them at lunch hour. What Joy!
- Walking through classrooms and hallways that are filled with student work and treasures. What Joy!
- Mr. Harmata teaching ECS kindergarten Phys Ed! What Joy!

We are reminded that the Lord *has* done great things for us. Let's look for and continue to find the joy in it all.

Blessings, Mrs. Littlemore arlenel@eics.ab.ca

*****Our school Thanksgiving Day Mass is October 7th at OLP Parish beginning at 9:30am. We will be celebrating with Jean Vanier and Holy Redeemer schools. If you are available, it would be wonderful if you could join us for mass. *****

School Office: 780-467-7972 to report your child's absence from school

School Web Site: <http://madonna.eics.ab.ca>

School Calendar: [EICS Division Calendar 2015 2016](#)

Important dates this month.....

- Oct 5th** **Picture Day** - Starting at 9:05 students will have their pictures taken, ECS and BBeginnings afternoon classes will have their pictures taken when their class starts.
- Oct 7th** School Mass for ECS to grade 4 students at OLP 9:00 to 10:45 & WALK to SCHOOL DAY!
- Oct 9th** PD Day - SCHOOL CLOSED
- Oct 12th** Thanksgiving Day - SCHOOL CLOSED
- Oct 21st** 4S to Strathcona Care Centre 10:45 -12:15
- Oct 21st** PSC Meeting at 6:30 p.m.
- Oct 30th** ECS, 2/3 & 4's to Kidz Quarterz from 12:50 to 3:00 p.m.



First Reconciliation and First Communion 2015/2016



The Parent meeting for
First Reconciliation and
First Communion 2015/2016 will be held
on September 30, 2015.

If you have any questions please contact
Monna at the
Parish Office
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

BAPTISMS



If for any reason your school aged
child is not yet baptized and you
would like to look into baptism for
your child please do not hesitate to
contact the church at 780-467-5470
or pastoralcare@olph.ca We would

be most happy to help.



The Learning Team is a publication of the Alberta Teacher's Association dedicated to parents and teachers working together for children's education. I hope to be sending a copy of the publication to all families. In the meantime, here is a great item from Volume 19, Number 1....Fall 2015.

15 Ways to help your child and your child's school www.parent-institute.com

1. Encourage your child to develop a positive outlook toward school.
2. Stay in contact with your child's teachers.
3. Attend parent-teacher meetings, school council meetings, plays and concerts, and social events.
4. Inform the school in advance (whenever possible) of your child's absence from school.
5. Avoid taking holidays during school time.
6. Avoid making appointments during school hours (unless it's essential).
7. Meet with school staff (in confidence if necessary) when an incident involving your child arises in school.
8. Cooperate with the school when solving problems related to your child.
9. Inform school staff of issues that might affect your child's progress or behaviour.
10. Watch for changes in your child's mood or behaviour that might suggest problems at school.
11. Review your child's homework and assignments, sign their agenda's or notes from the teacher.
12. Provide access to reading and study materials (library, bookstores, Internet).
13. Read all communications (newsletters, reports, and report cards) from school.
14. Encourage your child to participate in school clubs and activities.
15. Spend time with your child at the end of each school day, reviewing lessons, assisting with homework set up a time to talk to your child's teacher or the administration.



Hallowe'en Trip to Kidz Quarterz

On the afternoon of Friday October 30th, the students in Kindergarten, Grade Two, Three and Four will all head off to Kidz Quarterz in Sherwood Park for an afternoon of Hallowe'en celebration fun!! This healthy choice will involve lots of fun at this indoor playground/jungle gym. With all the climbing and activity that will be taking place, for safety sake we ask that you do not send your child to school in their Hallowe'en costume. Instead, we are asking that students please dress up in **Orange & Black!!**

Student will eat early at 12:23 and leave the school at 12:50. **Please ensure your child is wearing socks that day as they cannot participate without them.** They will return to the school at 2:50. The cost for this field trip was included in your Field Trip Fee on your child's account at the start of the year. If you would like to volunteer to assist with this trip please contact your child's teacher.



Congratulations to Mrs. Matheson who has applied for and secured grants to support student learning in the school! BP energy has awarded \$7,000.00 to her Grade 2 student project for exploring alternative energy sources.



As well, The Alberta Emerald Foundation has awarded the Garden Club, headed by Mrs. Matheson and Mrs. Starko, with \$400.00 to support and promote this club.

Let's talk about head lice.

Did you know that lice are very common and are in every school? They also seem to really like Division 1 students, and every school year we have multiple occurrences of these little nits in our classrooms.

At Madonna we follow the guidelines given to us by Alberta Health Services. As soon as we are notified by a parent or a teacher that there has been an infestation in a classroom, parents in that class are immediately sent a very informative and thorough pamphlet from Health Services. When the pamphlet arrives at your house....and it will, sometime this year, it is **very important** you read it thoroughly and treat accordingly. One of the suggestions from Health Services is that we are to **encourage parents to have lice head checks incorporated into your child's usual bath time or at least once a week.**

When there is an occurrence in the classroom we are now ensuring that coats and hats are separated in the hallways from each other, as lice crawl to a new site, they do not jump. As well, lice cannot live without a human head for more than 2 days.

We encourage you to contact us if your child has head lice. It is a common occurrence and something we would like to help control at the school level as soon as possible.

If you require more information please contact one of the Nurses at

1 866 408 LINK (5465) or visit <https://myhealth.alberta.ca/Pages/default.aspx>

More health supports for parents: MyHealth.Alberta.ca and www.immunize.ca

Evidence of Learning Binders.....do you remember these????

In the past years in EICS and at Madonna Catholic, we had an ongoing practice of sending home student work and feedback in a binder. These Evidence of Learning Binders were sent home one week prior to student conferences in November. Over the past school year the EICS has been working on a new Assessment Policy - what grading looks like at all levels, how do we effectively report learning to parents and what are the best ways to communicating learning with students and with parents. This year each teacher at our school will be sending 'evidence of student learning' home for parents, however *it will not necessarily be in the binder format as in previous years.* Your child's teacher will be sending home more information about reporting your child's learning in their classroom newsletters. We will still have Parent/Student/Teacher interviews November 25th and 26th, and report cards will still be sent home at the end of January as in past years. Stay tuned for more information regarding upcoming policy.

Welcome to our school community!! We're so glad you're here. Hope you and your little ones are settling in nicely. Just to let you know, EICS requires all people who might be volunteering on a regular basis (more than 2 to 3 times a year) to provide a Criminal Record Check, a Child Welfare Check and sign an EICS Confidentiality Undertaking. This package of information is available at the school office for you and once completed is valid for 3 years. Please inquire about this package at the school office.



Bounty from the School Garden Club



Look at the cukes?
Wow !!!!



Students learned
how to peel them.



Students enjoyed a
fresh cucumber sandwich

MEDICAL ALERT

Madonna Catholic School is proud to be registered with the **No Child Without** Foundation Canada! Does your child have a food allergy, medical condition, require the use of an EPIPEN or INHALER, use a medication or have a device or implant? This program provides students attending participating schools one FREE MedicAlert ID and FREE MedicAlert membership coverage between 4 years of age up until their 14th birthday. Please contact the school office for further information on this program. http://www.nochildwithout.ca/parent_enrol.asp

About Walk to School Day

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration – with record breaking participation – each October. Today, thousands of schools across Canada and America – from all 50 states, the District of Columbia, and Puerto Rico – participate every October.

Walk to School Day 2015 is scheduled for October 7.





Be a Best-Buddy to Your Bones

MORE THAN JUST MILK

We know that dairy products like milk, yogurt and cheese help our bones to be healthy and strong.

A lot of people do not know that other foods are high in bone-building nutrients! Foods like sardines, raw cabbage, cooked spinach, rhubarb, kale, white beans, bok choy, broccoli, pinto beans, and

red beans are high in bone-building vitamins and minerals.

Try cooking pinto beans, white beans, and red beans, then blending them with a little vegetable oil and spices like garlic for a delicious hummus style dip.

Spinach and kale can both be served in lasagna, and cabbage can be

made into salad or coleslaw. Bok choy is great in stir-fries, and sardines are tasty to eat as is.

Try some of the above bone-building foods as well as the Banana/Orange Smoothie recipe on the right, to help your family keep their bones and healthy and strong



Did you know...

bouncing for 90 seconds everyday (30 seconds x 3 works too) can help increase your bone density? Higher bone density means reduced chances of broken or fractured limbs and decreases your chances of developing osteoporosis as an adult.

Source: Petit MA, McKay HA, MacKelvie

Did you know... vitamin D is needed for your body to absorb the calcium in milk? Vitamin D is found in milk, but it is also made in your body when you are in the sun. Spending time outside can help to keep your bones strong!

From School Milk Foundation of NFL and Labrador

Recipe of the Month

Banana/Orange Smoothie

Number of Servings: 2
Prep Time: 5 minutes

Ingredients

- 1/2 cup cold milk
- 1/2 cup of cold 100% juice (orange or grape)
- 2 oranges, peeled and separated
- 1 frozen banana (cut in 1/3)
- 1/4 cup of vanilla yogurt
- 4 cubes ice

Instructions

In a blender combine all ingredients except ice cubes. Blend for about 1 minute. Insert ice cubes, and blend until smooth. Pour into glasses and serve.

Adapted from www.allrecipes.com



Did you know... good nutrition and weight-bearing exercise help build bones and keep them strong and healthy? Bone building nutrients are calcium, phosphorus, magnesium, protein and Vitamin D. Milk contains all of these nutrients and more.

From School Milk Foundation of NFL and Labrador

Everybody gets to play[®]

Recreation without barriers



Questions ?
?? Family & Community Services
780-464-4044

Recreation Access Program

What is the Recreation Access Program?

The program improves access to services by those residents who have a limited income. It provides approved applicants with no cost drop-in recreational opportunities as well as registered program opportunities at a reduced fee.

Benefits

The Recreation Access Program offers:

- An annual Millennium Card at no cost.
- All drop-in activities and services offered with the Millennium Card, which is valid at: Millennium Place, Kinsmen Leisure Centre, Glen Allan Recreation Complex, Strathcona Wilderness Centre and the Ardrossan Recreation Complex.
- Registered program discounts.

To determine eligibility for the program contact
Family and Community Services at **780-464-4044**



Free Play Days are hosted by Everybody Gets to Play to allow kids to instinctively, creatively and energetically have fun.