

Madonna Catholic School

15 Main Blvd Sherwood Park, AB T8H 3N3
780-467-7972 www.eics.mcs.ab.ca

March 2016



As we continue on our journey during this Extraordinary Year of Mercy and the season of Lent, we are reminded of the extraordinary events that took place with our students and staff during the month of February. Both of these brought us closer to our Lord, Jesus Christ.

We were privileged to be able to attend Ash Wednesday Mass at OLPH Parish on February 10th, and as well, on February 18th we were blessed to be able to participate and celebrate in a full mass here at the school, followed by Adoration of the Blessed Sacrament. This is the first time in the school's history that such an event has taken place. It was an honor to have Mr. Harmata as well as Mrs. Prenoslo organize, set-up and facilitate this beautiful event. We wish to also thank those of you who were able to join us for the masses as well as for Adoration.

During these last few weeks of Lent, let us be ever mindful that our extra action and focus on the needs of others serve to bring us closer to Christ daily, and that

these are as important as our celebratory events. We hope that you and your family continue to use your daily Lenten Calendar and continue to journey with us during this season.

Blessings

Mrs. Littlemore arlenel@eics.b.ca

Important Dates:

- March 2nd Early Dismissal 2:13
- March 4th PD Day – School closed for students
- March 16th Kindergarten Open House 6:30 to 7:30pm
- March 22/23 Parent Teacher Interviews
- Bake Sale 3rd Annual
- Book Fair in the Library
- March 24th PD Day – School closed for students
- March 25th Good Friday – No School
- March 28th Easter Monday – No School
- March 29th to April 1 Spring Break
- April 4th School closure



Parent Teacher
Interviews
March 22nd & 23rd

Is your child ill? Please report absences on the Madonna Catholic School website under "Contact Us", then "Absence Reporting" or call the office at 780-467-7972.



Parent/Teacher Interviews:

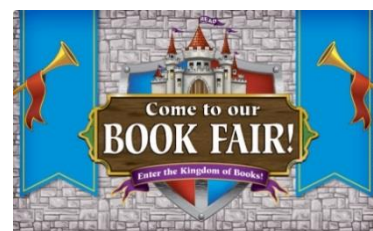


When: March 22nd (Tuesday) and March 23rd (Wednesday)

Parents please book your interview times online at www.schoolbookings.net using Event Code cj6sr. These student led conferences are an hour long except for Kindergarten which will be 15 minutes long and will run from 4:00 pm to 8:00 pm both days. Please call the school office if you need assistance at 780-467-7972.

Scholastic Book Fair

Yeah it's here again!!!! The book fair will run on both Tuesday March 22nd and Wednesday March 23rd from 3:30 until parent interviews are over. The fair will offer a wide variety of books for all ages as well as interesting pens/rulers/erasers/posters etc. For your convenience, Mrs. Mishio will be able to accept payment by cash/cheque or interact in the library. (We will be unable to accept credit cards- sorry)



BAKE SALE Yahoo!



The school's Fundraising Committee is holding its 3rd Annual Parent Conference Bake Sale on Tuesday, March 22nd and Wednesday March 23rd. Families are asked to donate 1 to 2 dozen nut free

treats to be sold at the bake sale. We're not picky cookies, squares or purchased baking would all be welcome. Please bring your baking to the school kitchen on Monday, March 21st or March 22nd. Please clearly label any containers so they can be returned to you after the sale.

Volunteers are needed to help with the set-up, sale and clean-up so if you have a half hour to spare either evening please contact Gigi Mills at 780-983-0256 or email at gimills@telusplanet.net .

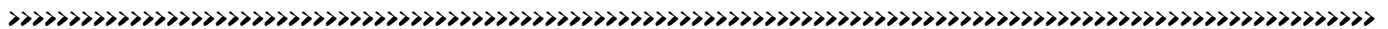
The cost of items will be by donation from parents.

Thank you for your support

Kindergarten Open House



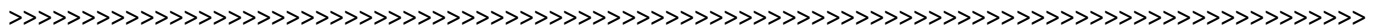
Kindergarten Open House is scheduled for March 16th for those students starting in the fall. The Open House will run from 6:30 pm to 7:30 pm - Parents please bring your new Kindergarten student(s) with you. See you there!



Have you seen our new website? It's great!!!

- Add the calendar to your own Google calendar
- Subscribe to the Madonna School calendar great way to keep in the loop on events
- Report Student Absence under "Contact Us:, then "Absence Reporting"
- Check out to students eTeacher page
- The Photo Gallery has great pictures of our students there
- Need healthy lunch and snack ideas? Check out "About" then choose "Healthy Snacks"

Go to www.mcs.eics.ab.ca to check us out!



Very important!

During our **March 9th** School Council Meeting we will be discussing the Division's One to One computing policy – which means *that all students in Grade 4 to 12 MUST being a computer device (with certain specifications) to school beginning September 2016.* Please plan to send one adult from your family to the meeting to receive some very important information as well as to have all your questions and concerns addressed. There will be information regarding prices, as well as the lease option.

Please mark your calendars now and plan to attend. The meeting begins at 630pm in the MPR and we will have babysitting available.



Please review your Grade 1 student's immunization records. If your child has not received their "preschool boosters" (given between 4 – 6 years of age) of Diphtheria, Pertussis, Tetanus and Polio (DTaP-IPV) and Measles, Mumps, Rubella & Varicella (MMR-Var) please make an appointment by calling 780-401-BOOK (2665). If you have any questions or concerns please contact

The Strathcona County Health Centre @ [780 342-4600 Ext 3](tel:7803424600) and ask to speak to a school nurse.



Mar 11-13, 2016

Retrouvaille **Stress in Your Marriage?** – Retrouvaille is a program for married couples that may feel bored, disillusioned, frustrated, or angry in their marriage. Some experience coldness. Others experience conflict in their relationship. Most don't know how to change the situation or even communicate with their spouse about it. This program has helped 10s of 1000s of couples experiencing difficulties as they try to live out their sacrament of marriage. For confidential information or to register for the program beginning with a weekend on **Mar 11-13, 2016**

- e-mail info@helpourmarriage.ca
- Ph. [780-577-1474](tel:7805771474)
- Website www.HelpOurMarriage.ca
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With much gratitude and blessings to you.

Edmonton Retrouvaille Publicity Team

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COLOUR YOUR WORLD WITH VEGETABLES AND FRUIT



It is important to include a variety of colours of vegetables and fruit in your diet. Vegetables and fruit come in all colours of the rainbow, and the colours tell a story about health-promoting powers. Red vegetables and fruit promote heart health. Yellow and orange vegetables and fruit may reduce the risk of certain cancers. White vegetables and fruit promote healthy cholesterol levels. Green vegetables and fruit promote vision health. Blue and purple vegetables and fruit may help maintain memory.

By following Canada's Food Guide; limiting foods and beverages high in sugar, fat and calories; and choosing vegetables and fruits in a variety of colours you can help reduce the risk of heart disease, certain types of cancers, and other chronic diseases.

Each day, try to see how many colours you can add to your meals and snacks by adding colourful, health-promoting vegetables and fruits.

Tips for Getting Kids to Eat more Vegetables and Fruits!

Children 4-8 need 5 servings of vegetables and fruits everyday and children 9-13 need 6 servings of vegetables and fruits every day. There are many ways to try to get your family to eat more vegetables and fruits – maybe try one of these tips:

- Try it and don't give up. It may take ten or more tries of a new food before the new food is accepted. Encourage your children to try one bite. This makes it less intimidating. Then, keep trying. Even seeing the food acts as a step toward acceptance.
- Seeing is believing. Modeling healthy-eating habits is more powerful than just verbally encouraging your kids to eat more vegetables and fruits.
- Offer lots of variety. If kids have more vegetables and fruit to choose from, they're more inclined to eat them and reach their recommended servings for the day.
- Make it easy. Have vegetables and fruits readily available for a quick snack when kids come home from school. Even have them cleaned and cut up.
- Make it fun! Try out the recipe of the month with your kids!
- Add vegetables and fruits to your favorite foods. Try adding bananas to cereal, peppers or pineapple to pizza or cucumbers and spinach on a lunch sandwich!



Did you know?

- Canadians eat on average, 86 apples a year!
- Apples bruise more easily than eggs break!
- There are over 7500 varieties of apples world wide
- The largest apple ever picked was 3 pounds!

Recipe of the Month!

"Trees in a Broccoli Forrest"

Ingredients:

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 4 leaves of parsley

Dipping Sauce:

- 1/4 cup, plain, nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

1. To prepare dipping sauce, combine yogurt, sour cream, mustard and honey in a small bowl.
2. Hold carrots against cutting board and cut the ends. Cut each in half, crosswise, and then lengthwise to make four pieces.
3. Arrange each plate by putting two carrot pieces side-by-side in the centre. Arrange broccoli at the top of the carrots forming a cluster. Arrange the tomatoes at the top of the plate. Spoon dip around the base of the carrots and sprinkle with parsley.
4. Enjoy!



PREVIOUS		March 2016				NEXT
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Early Dismissal 2:13	3	4 PD Day - No School for students	5
6	7	8	9	10	11 Hot Lunch - Mac & Cheese 12:48 pm	12
13	14	15	16 Kindergarten Open House 6:30 pm	17	18 Hot Lunch - Caesar Salad & Cheese Bread 12:48 pm	19
20	21	22 Parent/Teacher Interviews 4:00 pm	23 Parent/Teacher Interviews 4:00 pm	24 PD Day - No School for students	25 Good Friday - School Closed	26
27	28 Easter Monday	29 Day in Lieu of Interviews - No School	30 Spring Break	31 Spring Break		

Go to www.mcs.eics.ab.ca, calendars for current up to the day items

Notes:
