



MWS WHALE TALES

February 2012

ADMINISTRATOR'S MESSAGE

It is really hard to believe that we are already in the month of February, with over half of the school year behind us. With the first half as any indication, I am anticipating the last part of the year to be just as exciting with an abundance of learning, collaboration and commitment!

I am continually impressed by the leadership skills and responsibility that many of our students are demonstrating as individuals or in their PE4CE groups, whether it is arranging and/or supporting fundraising efforts for worthy causes or serving as an ambassador of our school by reinforcing our school values on a regular basis. Similarly, the enthusiasm, creativity and commitment that I see from our students when it comes to arranging hot lunches, theme days, school wide challenges or assembly productions is really exciting!

With the positive attitude and work ethic that most of our students are demonstrating, we are pleased to arrange alternate learning opportunities for our school, including but not limited to the Family Literacy Day with Cox, internet safety session, winter-walk day, skate-a-thon and science fair. We recognize that learning about various topics can occur in a variety of ways, in and out of school. Look at the attached calendar or go to our website (www.margaretwooding.com) for details about various school sponsored activities.

With Valentine's Day quickly approaching and Family Day shortly thereafter, this month is a perfect time to celebrate your relationships with friends and family. **Enjoy the extended break (from February 20-24 inclusive).**

Sherry Rissling
Principal

NOTICE TO GRADE 4 PARENTS



To the Parents/Guardian of Fourth Grade Students,

You may have recently received an educational survey from Alberta Education in the mail. This survey (the Accountability Pillar) is an annual check-up on the education system, providing an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success.

In addition to surveying parents of students in grades 4, 7 and 10, and the students in these grades, all teachers will be completing their surveys online at school. All surveys are anonymous and ask questions about your experiences with the school.

Last year for Margaret Wooding School, there were still a very small number of parents who sent this survey back. I really hope that you will take the time (about 5 minutes) to fill this out and send it back; as it helps our school celebrate successes and strengths, as well as determine goals for next year. We want to hear from as many parents as possible, so that priorities for our school are determined by a majority, not just a select few.

If you have any questions about this survey, please feel free to contact me. Thanks for your cooperation in advance!

S. Rissling - principal

2012 City of MEDICINE HAT - JAM PAIL BONSPIEL

It is once again that time of year to begin preparation for the *48th Annual Jam Pail Bonspiel*. This event continues to provide an exciting recreational activity for students during the Teachers' Convention break. We consistently have over 500 students participating. All students from Grades 3-6 are welcome.

- The Jam Pail Event will be held at KINPLEX I:
- Wednesday Evening - February 22 - Grade 3 & 4 Only
- Thursday Evening - February 23 - Grades 5 & 6 only

Registration forms are available at the school office. Entry deadline is Wednesday, February 8, 2012.



SCIENCE FAIR - FEBRUARY 15,16,17

The students of Margaret Wooding have been working very hard on their Science projects. Now the time is getting near for the students to present their projects to members of the community along with family and friends. These students will be judged and will have their projects on display in the gymnasium on the following days:

February 15 - Gr. 4

February 16 - Gr. 5

February 17 - Gr. 6



Further information to follow with regards to times that viewing is available.

SKATE-A-THON



Margaret Wooding School will be having their annual Skate-a-thon on Thursday, February 9th! This is a voluntary event, but we would love to see lots of participation for this special day. Please remember that it is required for all participants to wear a proper CSA approved helmet. Students without helmets will unfortunately not be able to join us. Try to collect pledges from your family and friends, as we are so fortunate to have free ice time in our community from the Kinsmen. Parents are welcome to attend as well. There will be prizes awarded to the participants. The skate-a-thon will run from 1:00-2:30 with a snack provided. Hope to see you there!

STAY SAFE - Cyber presentation through Safety City.

Grade 4 - 9:30 - 10:15

Grade 5 - 10:35 - 11:20

Grade 6 - 11:20 - 12:05

CHESS CLUB ANYONE??

If there are any parents wanting to organize a Chess Club in our school, please contact Mrs. Risling at 403-548-7516.



BEFORE AND AFTER SCHOOL PROGRAM

The Margaret Wooding's Before and After School Program would like to ask parents if they are interested in accessing the program when School Improvement Days are scheduled? While this is not currently offered we are trying to determine need at this point.

Child Name: _____

Yes _____

No _____

Return this notice to the school by February 29

HELP NEEDED:

The Before and After School Program requires a treasurer effective February 17, 2012 (with an opportunity for training before hand). While some accounting skills are beneficial, they are not required. Getting someone in to fill this position, however, is required. Duties will require paying the coordinator, maintaining a balance on the account and briefly reporting to our Parent Council. The future of this program, unfortunately, could depend on finding someone to help with this.



I would also like to set up a committee to help shape decisions that are made for our Before/After School Program. This would best be served by parents who are accessing the program, and could require only a quick meeting once every couple of months (with a meeting time to be determined by the committee). Please let me know if you are interested in helping out.

Sherry Rissling
Principal, Margaret Wooding School
403-548-7516 (W)
403-866-6446 (C)
403-548-3298 (Fax)



Ms. Bongaard's purple PE4CE Group will be hosting a "SURVIVOR" Large Group Challenge on March 3. All parents are welcome. This will take place from 1:48 - 2:56. We hope to see you there!



Mrs. Unreiner's red PE4CE Group is Helping Kids - Read every day and lead a better life. They have finalized a "Scholastic Reading Is Giving" fundraiser. Please encourage your children to read, for every 100 books read Scholastic will make a donation to children in need.

EMPLOYMENT OPPORTUNITY

Prairie Rose School Division is seeking applications for a Mennonite Cultural Liaison Coordinator. This job, commencing February 13, 2012, will be initially focused in the Bow Island area. If you would like more information about the responsibilities of this position and/or the required skill set, please go to www.prrdweb.com/Employment.php, scroll down and click on "Mennonite Cultural Liaison Coordinator" to find a complete job posting. If you would like a paper copy of the ad, please contact the school (403-548-3515), and we can get you a copy. The closing date for applications is at noon on February 6, 2012.

PARENT COUNCIL NEWS

The Parkside casino is approaching and they are looking for volunteers to help. Please contact Susanne White at 403-866-1580 for more information. Let's face it that our kids will be in that school before we know it....let's help make their casino a success!



We are hoping to run our annual trade show March 24th and are in need of volunteers to help coordinate vendors, concession, set up and tear down. Without your help this event won't happen and it's a great fundraiser for the school. We are using the proceeds from this for a larger end of year event for the students so if you have a bit of time to contribute please contact Miranda via email mirandamacgregor@hotmail.com or call 403-952-1735. A sign up note will be sent home and if we don't have involvement, the event won't happen!

We appreciate your help. Our next healthy snack day will coordinate with the winter walk February 8th. We will be providing granola bars.

Please plan to attend our next council meeting February 13th @ 6:30 in the library. Hot topics will be Tradeshow, communication, and healthy snack days. Bring your opinions! As always if you are unable to attend and have something to input, please feel free to contact me.

Thanks,
Miranda MacGregor - Parent Council President

NEWS FROM AROUND



WINTER WALK DAY- FEBRUARY 8, 2012

We encourage you to "Step Up" and join Albertans for the Winter Walk Day on Wednesday, February 8th. It is easy to participate- simply walk outside for at least 15 minutes then visit www.shapeab.com to submit either yourself or your group that has completed the 15 minutes of walking. Watch for more info on this "Active" event!

FAMILY DAY UNPLUGGED

This is an idea that is being used to promote families spending time together "unplugged" on the Family Day holiday. **DISCONNECT TO CONNECT!** Why Unplug? 73% of kids would rather play with their parents than watch TV or use the Internet, teens that have more than three family dinners per week are more likely to get better grades and residents in connected neighborhoods have a greater quality of life.

We are offering the Babysitting Course which is scheduled for February 22, as well as a First Aid Class on February 18th & 19th. Call 548-3232 to register for these classes.





MEDICINE HAT
COLLEGE



SCIENCE



MEDICINE HAT
COLLEGE

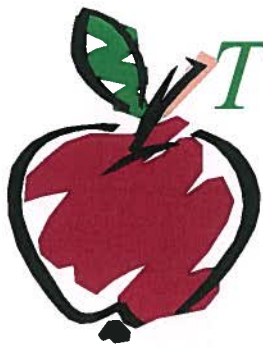
March 24, 2012

37th Annual Kiwanis Regional Science Fair

Judging Starts at 9:00 AM

More information and registration at:
www.seab-sciencefair.com





The

Nutrition Times

PREPARED MONTHLY BY LOCAL DIETITIANS FROM
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

Easy Tips to Make Your Diet Heart Healthy



Why should you be concerned with following a heart healthy diet? A heart healthy diet can:

- Lower your cholesterol & triglyceride levels
- Reduce and manage your body weight
- Reduce your blood pressure
- Reduce your risk of heart disease and stroke

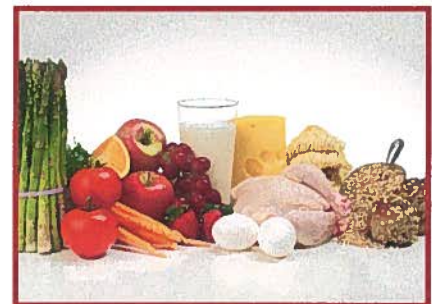
The term “Heart Healthy Diet” or “Heart Healthy Lifestyle” is quite common. However, sometimes we are unsure of what it really means. Here are some heart healthy tips that you can include in your everyday life to make your diet a little more heart healthy.

1. Eat more Vegetables & Fruits

- Keep frozen vegetables in the house so they are always on-hand
- Place a bowl of fresh fruit on the counter for easy snacking
- Make a habit of starting supper with a salad

2. Choose the right fats. Pick unsaturated over saturated fats.

- Unsaturated fats are found in olives and olive oil, canola oil, nuts, flaxseed, fish and avocados.
 - Include fish 2 times a week to increase your unsaturated fats
- Saturated fats are found in butter and all full fat dairy, bacon, lard, red meat, processed meats, poultry skin and tropical oils (coconut & palm).
 - Try replacing the butter on your toast with nut butter or non-hydrogenated margarine.



3. Add some more fibre into your day

- Sprinkle ground flax on your yogurt, salad or cereal
- Choose a cereal with more than 2 grams of fibre per serving and less than 10 grams of sugar
- Eat a whole piece of fruit instead of drinking juice
- Try a vegetarian bean or lentil-based soup for supper one night

4. Cut back on processed foods & meals eaten away from the home. These are often high in sugar, fat and salt.

- Bring snacks from home. Nuts, apples, oranges, whole-grain granola bars and low-fat cheese are all portable snacks.
- Challenge yourself and your family to try one new recipe a week!
- Choose dishes in restaurants that are described as poached, baked or broiled rather than fried, pan-fried, or breaded. Don't be afraid to ask about the preparation method and request a healthier method.

Apple Berry Muesli (6-8 servings) – A Heart Healthy Recipe

2 cups Quick Cooking Rolled Oats
2 cups Plain low-fat Yogurt
1 cup Milk
3 TBSP Granulated Sugar or Honey
2 Large Apples (Cored)
Juice of ½ a Lemon
1 cup Chopped Berries, Raisins or Nuts, Optional

Directions:

In a medium bowl combine oats, yogurt, milk and sugar. Set aside.
Grate apples, leaving skin on. Sprinkle with the lemon juice to prevent browning. Add apples and berries to yogurt mixture. Gently mix together.
Refrigerate overnight. Serve topped with raisins and/or nuts if desired.



Upcoming Presentations

Medicine Hat: February 29, 2012 – Feeding with Love & Good Sense – Part 2. *Feeding 6 months and beyond, making homemade baby food – tasting & hands on experience.* 10:30–11:45am at Community Healthy Services (Health Unit), 2948 Dunmore Road, No registration necessary.

Brooks: February 16, 2012 - Feeding Tiny Tummys 0-12 months. 10:30am -12:00pm

March 15, 2012 Feeding Tiny Tummys Toddler Nutrition. 6:30-8:00 pm. Both classes are located at Brooks Hospital in the Cafeteria Conference Room. Please call 403-501-3315 to register.

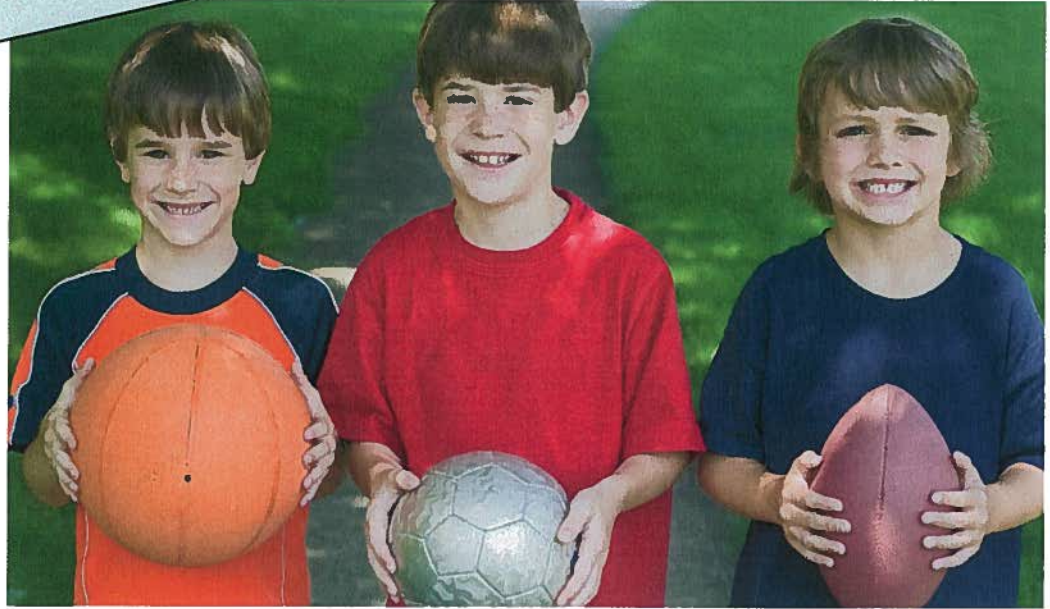
Sources: Fats and Your Health (Calgary Health Region), Prevention of Heart Disease and Stroke (AHS), How Can I Make Healthier Choices When Eating Out (DC/PEN). Recipes for Heart Healthy Eating (DC/PEN)



2948 Dunmore Road SE
Medicine Hat, AB, T1A 8E3
403.502.8200

440 3rd Street East
Brooks, AB, T1R 1B3
403.501.3300

Tuesday Feb. 21
10-4:00pm
Family Leisure Centre



Community Registration

Participating organizations include:

AMAC, MH Minor Softball, BMX, Cypress School of Skating, Dance Connection, Hurricanes, Speed Skating, MH Skating club and MH Little League.

Join us to receive information on our local clubs.

February 2012

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Margaret Wooding School

**"EVERYONE LEARNING
TOGETHER"**

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