



MWS WHALE TALES

January 2012

VICE PRINCIPAL'S MESSAGE

Happy New Year and Welcome to 2012! I hope you and your family had a wonderful Christmas break. I wish you all the best in the New Year and good luck as you tackle your New Year's resolutions.

It is hard to believe that we have completed our first 4 months of the school year. They have been very busy and very successful.

We would like to thank all of the families that were able to help us with our charities throughout December. Our candy cane sales and hot dog luncheon allowed us to donate a total of \$481.48 to the Medicine Hat Women's Shelter. Along with that, many gifts went to the Salvation Army Tree of Hope, as well as \$547.15, which was collected at the Christmas concert. We also gathered over 1000 lbs of non-perishable food items to donate to the Food Bank. It is wonderful to be able to give to people who may be a little less fortunate, and allows us all to realize what the true meaning of Christmas is. Of course, we need to also thank Mrs. McClary and Ms. Wahl, along with the all the staff and students for putting on a great Christmas concert; it was well attended and enjoyed by all!

Finally, I would like to wish everyone a wonderful 2012. Please remember, if you have any questions or concerns please feel free to call us at the school.

Mrs. Asham

MWS WEBSITE

Have you checked out our website lately? You can find it at www.margaretwooding.com; while you are there, please subscribe to the newsletter. The winner of the prize from the Christmas concert went to the home of Kensington in 6C. CONGRATULATIONS and thank you for taking the time to complete the ballot!

COOLER WEATHER

It is hard to believe that the weather we have been having is really winter. I'm sure that one day it will show up. Please make sure your child has the proper clothing for the weather. Unless it is bitterly cold, we will take our regular recesses outside. Students also need to have a clean, dry pair of shoes to change into when they get to school.



PEANUT/NUT ALLERGIES

Just a reminder that Margaret Wooding strives to keep all of our students safe! Please do not send food that contains nuts as we have students with severe allergies.



PARENT COUNCIL

Thank you to everyone that participated in the Diehlman Fundraiser. We managed to raise approx. \$4000.00 for our kids. If you have any issues with your orders please give me a call 403-952-1735 or email mirandamacgregor@hotmail.com.

NEW IN JANUARY! We will be entering parent's names that attend our monthly meeting in a draw to win 1 child's school fee reimbursement! The draw will take place in June and the fees must already be paid in order to qualify. The more you attend, the more chances you have to win! Plan to attend January 16th, 2012 @ 6:30pm in the library. Happy New Year!

Miranda MacGregor
MW Parent Council President



SCHOOL HOURS/ABSENCES

The school office is open from 8:00 am to 4:00 pm. If your child is going to be absent, please call the office at 403-548-7516 to report their absence. Please remember, the phone lines are very busy in the mornings so if you receive voicemail, please leave a message.



STUDENT SECRETARIES

The grade 6's have set up a schedule to be student secretaries. This is on a volunteer basis to help out the office while Mrs. Grover is out on lunch. We ask that if you are calling the school at this time to please remember these are students and that you be kind and patient with them. These students have been asked to take a message, so please leave your message with them. We will help them to get these to the appropriate staff and students. This is a life skill that we feel is important for them that want to learn, to learn.

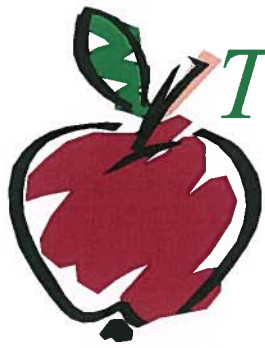
SCHOOL FEES

School fees for the 2011/2012 school year are due immediately. They are \$70.00 for each student. If you are unable to pay in full, please contact the office to make alternate arrangements. Invoices will be sent home over the next couple weeks.

STUDENT ID KITS

The Redcliff Lions, with assistance of the Redcliff RCMP, have undertaken a program which gives parents/guardians an opportunity to have their children fingerprinted and a Child ID card completed. This is going to be available for the students of 11/12 years of age and to any new students in the community which are now attending MWS. This will take place on January 24 at approx. 9:00 a.m. Please watch for further information and consent forms to be sent home. If you have any questions, please contact the office.

REMINDER TO PARENTS/GUARDIANS DROPPING/PICKING UP STUDENTS. PLEASE DO NOT PARK IN THE BUS ZONES OR THE FIRE LANE BESIDE THE SCHOOL. THANK YOU



The

Nutrition

Times

Jan 2012

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

Set Goals for Healthy Eating



It's that time again, the New Year is upon us and so are thoughts of New Year's Resolutions. Healthy eating, weight loss and exercise may be on your mind. You may also be thinking of past failed attempts. How are you going to make a resolution that you can stick with this year? Making changes to your lifestyle is easier when you make "SMART" goals.

Why set goals?

Goal setting is a good way for you to decide exactly what you are going to do and how you are going to do it. A SMART goal is a **S**pecific, **M**easurable, **A**ttainable, **R**ewarding and **T**imely goal. The more detailed your goal, the more likely you will stick to it and be successful.

- Specific:** Your SMART goal should tell you what you are going to do and how to do it. Your goal should answer the questions how, what, when and where.
- Measurable:** Your goal should state how much and how many. This will help you keep track of how you are doing.
- Attainable:** Start with small changes you think you can do. Small changes can make a big impact over time. You can always make your goal more challenging in the future, however, over-ambitious goals can be hard to maintain.
- Rewarding:** You should feel good about achieving your goal. The more important your goal is to you, the more likely you are to succeed.
- Timely:** Decide on a time frame for your goal. Your goal can be short term (one week) or long term (one month). Over time your changes will become habit.

Examples: General goal: I am going to eat healthier.
SMART goal: I am going to eat more vegetables by filling half my supper plate with vegetables for the next month.

Tips for setting healthy goals

- Make small changes. Small attainable goals are better than large daunting goals.
- Break larger goals into smaller goals. For example, try adding more vegetables and fruits one meal at a time.
- Focus on your health rather than your weight. It is better to focus on making healthy changes than to try and decrease the number on the scale.



Below are some ideas for healthy changes you can make. Create a SMART goal from one of the ideas below, or think of your own!

- I will make meals and snacks at home more often.
- I will keep healthy snacks like vegetables and fruit washed, cut up and ready to eat.
- I will read the Nutrition Facts table and choose foods with at least 2 grams of fibre per serving.
- I will choose higher fibre foods like high fibre cereals, whole grains, beans, peas or lentils, and vegetables and fruits.
- I will fill half my plate with vegetables
- I will add fruit to my breakfast meal.
- I will add extra vegetables when making casseroles, soups, stews and sauces.
- I will eat from a smaller plate (luncheon or salad plate instead of a dinner plate)
- I will eat less foods with added sugar such as cakes, cookies, candy, granola bars and sweetened drinks.
- I will choose healthy fat like olive, canola, sunflower oil and non-hydrogenated margarine.
- I will read ingredient lists and avoid foods with hydrogenated or partially hydrogenated vegetable oils
- I will look at the Nutrition Facts table and avoid foods with trans fat.
- I will choose to drink water throughout the day.
- I will choose low fat milk to drink with meals.
- I will limit juice to 1/2cup (125 mL) per day. Make sure it's 100% unsweetened fruit juice.
- _____

My SMART goal:

Staying on Track

Write your goal down. Post it on your fridge or cupboard as a visual reminder

Buddy up. Working on the same goal with someone else provides support and will make it easier.

Give yourself a break. If you get off track, forgive yourself, and then start back at your goal. Nobody is perfect, and you don't have to be either. If you find yourself getting off track, change your goal to something more attainable.

Reward yourself. Goals can be hard work. Reward yourself for your successes with non food rewards such as a massage or a new movie or even a relaxing bubble bath.

Sources:

AHS, Getting Started with Goal Setting 2011 (Draft)
AHS, Setting Smart Goals 2011 (Draft)

Upcoming classes:

Baby and You: Infant feeding 0 – 6 months
(breastfeeding and formula)

January 18, 2012

Baby and you #2: Feeding 6 - 12 months
(introducing solids and making baby food)

February 29, 2012

Classes are Free.

No registration required.

Location:

Medicine Hat Community Health Services
2948 Dunmore Road SE, Medicine Hat



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

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

January 2012

MARGARET WOODING SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2	3	4	5 Welcome Back	6	7
8	9	10	11	12	13	14
15	16 Parent Council 6:30	17	18	19	20	21
22	23 SI Day NO SHOOL	24 Child ID Kits	25	26	27	28
29	30	31				

"EVERYONE LEARNING TOGETHER"

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