



MWS WHALE TALES

November 2011

A "PE4CE" OF THE PRINCIPAL'S MIND (pardon the pun!)

Once again, another month has come and gone. October was a very productive and exciting month, marked by various school wide activities, including "International Walk to School Day", our indoor Turkey Trot and various Halloween activities (i.e. pumpkin carving, our monster mash and the school wide Costume Construction Challenge).

Our PE4CE groups are now well established and demonstrating nice leadership skills in our school. A special thanks to each pod for their contribution to our school, and especially the ones who have arranged school wide events or activities!

- tangerine pod for arranging our exciting large group challenge
- light blue pod for collecting pennies for peace
- purple pod for arranging and announcing our theme days
- yellow pod for making our bulletin board by the office look great
- dark green group for arranging hot lunch (November 9th)

Along with having various opportunities for students to demonstrate positive leadership and behaviour in school, the consistency that we have throughout the school in dealing with misbehaviour is making a big difference for our students. Office referrals and disciplinary action is less than a quarter of what it was at this time last year. Thank you to all staff and students for making Margaret Wooding School a safe and caring school. Keep up the good work!

Aside from the monthly awards assembly, on Friday, November 4th at 11:40, our next public assembly will be on November 10th at 8:45 a.m. for our Remembrance Day Ceremony. Everyone is invited to come and pay their respect for those who fought and are fighting for our country. Please keep in mind that there is no school on Nov 11th and 14th, due to Remembrance Day and staff professional development.

REPORT CARDS will be going home on Monday, November 21. Parent Teacher Interviews will follow on November 23 and 28th from 3:30 to 6:30. Notices will be going home on Monday, November 7 to book interview times and will need to be returned to the school by the 15th. Interviews, which will be booked on a first come first serve basis, are a great way to extend the communication between home and school, and foster goal setting with all of our students. We look forward to seeing all of you. Watch for more information next week.



REMEMBRANCE DAY CEREMONY will be held on November 10 at 8:45. Everyone is invited to come and pay their respects for those who fought and are fighting for our country.

LOST & FOUND

If you are visiting the school, you may notice that the lost and found articles are lining the hallways. Please take a look and see if any of these items belong to your child. We have been reminding the students to look at these items as well. These items will remain in the school until Parent Teacher Interviews are complete and then they will be donated to a worthy cause.



STUDENT ABSENCES/LATES

Please report your child's absence by calling the office at 403-548-7516. Messages can be left 24 hours a day. The phone lines are extremely busy in the morning, so please leave a message if your call is not answered. Office hours are 8:00 -4:00.


SCHOOL FEES are past due. If you have not paid your school fees, please do so ASAP or contact the office to make alternate arrangements.

PICTURE RETAKES will be held at the school on November 7. If your child was missing on picture day, their pictures will be taken on this day. If retakes are to be done, please send your child to school with the original proof and envelope. If you have any questions, please call the office.



With colder weather fast approaching we ask that you make sure your child has the proper clothing. Students will be outside for regular recesses unless it is bitterly cold or raining. Also, as moisture will be settling on the ground, it is important to have a separate pair of indoor shoes, ones that are also appropriate for gym. Thanks for your cooperation in this regard!

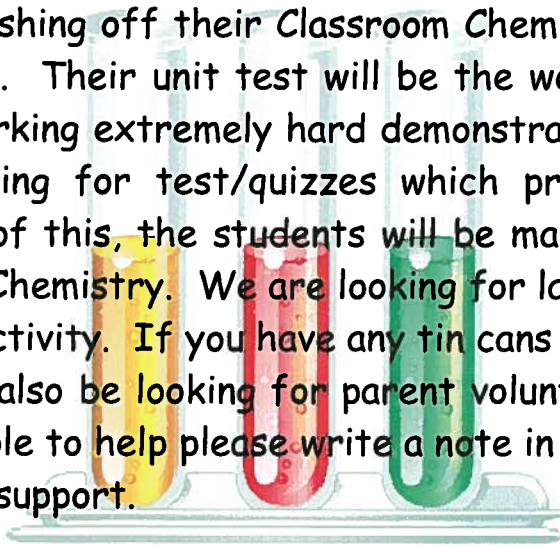
FROM THE MUSIC ROOM

Margaret Wooding choir has been  preparing a song for our Remembrance Day Ceremony, which will be held on November 10 at 8:45 a.m. in the school gym. We will also be joining Eagle Butte High School Choir at their Remembrance Day Ceremony. Later that afternoon we will sing at the I.F. Cox Ceremony. All parents and family are more than welcome to attend.

If you know any student or former students who still have a choir vest please ask them to return these to the school as soon as possible.

FROM THE DESK OF MS. BONGAARDS - SCIENCE 5

Grade fives will be finishing off their Classroom Chemistry unit in Science in the beginning of November. Their unit test will be the week of November 7th. The students have been working extremely hard demonstrating very good work ethics and have been preparing for test/quizzes which provides a positive learning atmosphere. Because of this, the students will be making ice-cream as our final project for Classroom Chemistry. We are looking for large and small metal coffee tins to carry out this activity. If you have any tin cans please send them to school with your child. I will also be looking for parent volunteers to help out with this project so if you are able to help please write a note in your child's agenda. Thank you for your continued support.



HEALTHY ACTIVE SCHOOLS - Reported by Alyssa Gr. 6

October 27, 2011

Today I had a great experience. I was picked to go to H.A.S., Healthy Active Schools along with 3 other students from grade 6 and 2 teachers, Mr. Whitford and Mrs. Campbell. We had a great time, we learned about keeping active and healthy, in various exciting activities. Some of the activities were The Dance Off, where you had to dance between two groups. There was also a PowerPoint shown from different schools and we gathered a lot of interesting facts about different activities and how they worked. Some schools did very different things like Fear Factor. Which was very funny, things like pudding and bugs or marshmallow toss. We also got a chance to learn about teamwork, through a game where everyone had to join hands with someone across the circle, and untangle the circle without letting go. They talked about healthy eating choices and gave us websites to look up for helping to present to classes what we learned.

We now have a Wellness Committee that will be teaching other students the importance of mental health, healthy choices and physical health. The wellness committee is so far for grade 6 students, Connor, Abby, Brody and Alyssa and 2 adult leaders. We will be choosing a few grade 5 students and some mini wellness committee members from grade 4. We have made an action plan that will get the school moving and be fun at the same time. There will be various activities students can sign up for to keep them active. We will be teaching fun games at every monthly assembly. We will also be opening a student led chess and dance class to work on mental and physical health.

Overall it was a great day and we encourage parents and kids to be making healthier choices and hope our plans will have an effect on this.

LET'S GET ACTIVE





NEWS FROM AROUND THE TOWN

Redcliff Centennial

When you send out Christmas cards this year, remember to invite your friends and family to return to Redcliff for the Centennial Celebration on July 13 - 15, 2012. We will have a whole weekend of fun.

Also, the Redcliff Centennial History, "Bricks, Bottles & Babies" will also be ready soon and will make a wonderful Christmas gift. The cost is \$70 plus GST, payable at the Town of Redcliff office. **Limited copies available.**

You can also purchase Centennial pins (\$3 including GST) and postcards (\$1.05 including GST) at the Town Office, Library and Museum.

Stay in touch with what's happening by checking out EVENTS on our Facebook site www.facebook.com/Redcliff.Alberta. Centennial Celebration registration forms and history book order forms on that site as well.

For further information, call 403-548-3232.



The Town of Redcliff will be offering a Babysitting Class. It will be December 28, 2011. It is great for 11 Years and Older. Registration can be made at 403-548-3232.

REMINDER To those families that are not receiving the Newsletter/Notices electronically please go to the Margaret Wooding website www.margaretwooding.com and subscribe today. We are going **GREEN**. If you wish to receive a paper copy please contact the office.

LIBRARY TALK WITH MRS. NAGEL

Christmas Book Fair Coming Soon!



Buy some really great books and gift items for people you love with plenty of time to wrap for Christmas!

Where: Margaret Wooding School Library

When: November 18th - 30th

(open regular school hours til 4pm)

- with the exception of P/T Interview dates - open til 7pm - NOV 23 and 28)

What: Selling books, gift items

Prizes awarded! Good Times!
Contests!
Stay Tuned!

Sleepover with Santa! No not You! Your stuffies!

There will be a registration for each stuffie. They will sleepover with Santa and Mrs. Claus and enjoy plenty of exciting activities over the weekend - each stuffie will receive a picture as a keepsake of their holiday weekend with Santa and Mrs. Claus!

Stay Tuned for more info!

READ 10

Pick up a READ 10 bookmark, read 10 chapter books (the whole book) - put the titles on the bookmark and hand it in to Mrs. Nagel!! Remember that you need your parents signature on the bookmark before you hand it in. Every bookmark handed in gets you a prize. Have fun READING!

NEW BOOKS!!

New books are arriving daily! Come on in to the library to take a look at all the great novels and picture books recently purchased!

LIBRARY TALK WITH MRS. NAGEL

ACCELERATED READER

Whenever you pass an Accelerated Reader quiz please be sure to fill out your draw slips - if you pass a quiz (60% or higher) you get 1 draw slip; 100% on a quiz you get 2 draw slips. If you fail the quiz - no draw slips but you can try again!

Prize winners for October are: Weston 6C, Jaeger 4A, Caleb 5B, Victoria 5B, Blayre 6B, Jasmine 6B, Maria 6C and Allison 4C

See Mrs. Nagel to collect your prize! WAY TO GO!!!

ACCELERATED READER - THE BIG ONE!

Congrats to Emily in 4A - you are the BIG winner for the month of October. If you want your name in the draw you need to read AR, take the tests, pass and earn certificates - really not too difficult. Every certificate earned gets your name entered in this draw. See Mrs. Nagel if you are confused or want to know more!!!

CAMPBELL'S SOUP

What do you do? Collect Campbell's Soup labels (take 'em off the can nicely...no tears please) and for every 10 you hand in to the library, you get a draw slip for the "Hot Lunch with a Hot Librarian" draw. Yeah, it's pretty cheesy but it works...and makes the librarian laugh. Lunch is provided for the winner - picked up personally by Mrs. Nagel. The winner for October is Camryn in 6A.. Camryn will have the lunch of her choice served in the library (and a sweet prize too!).

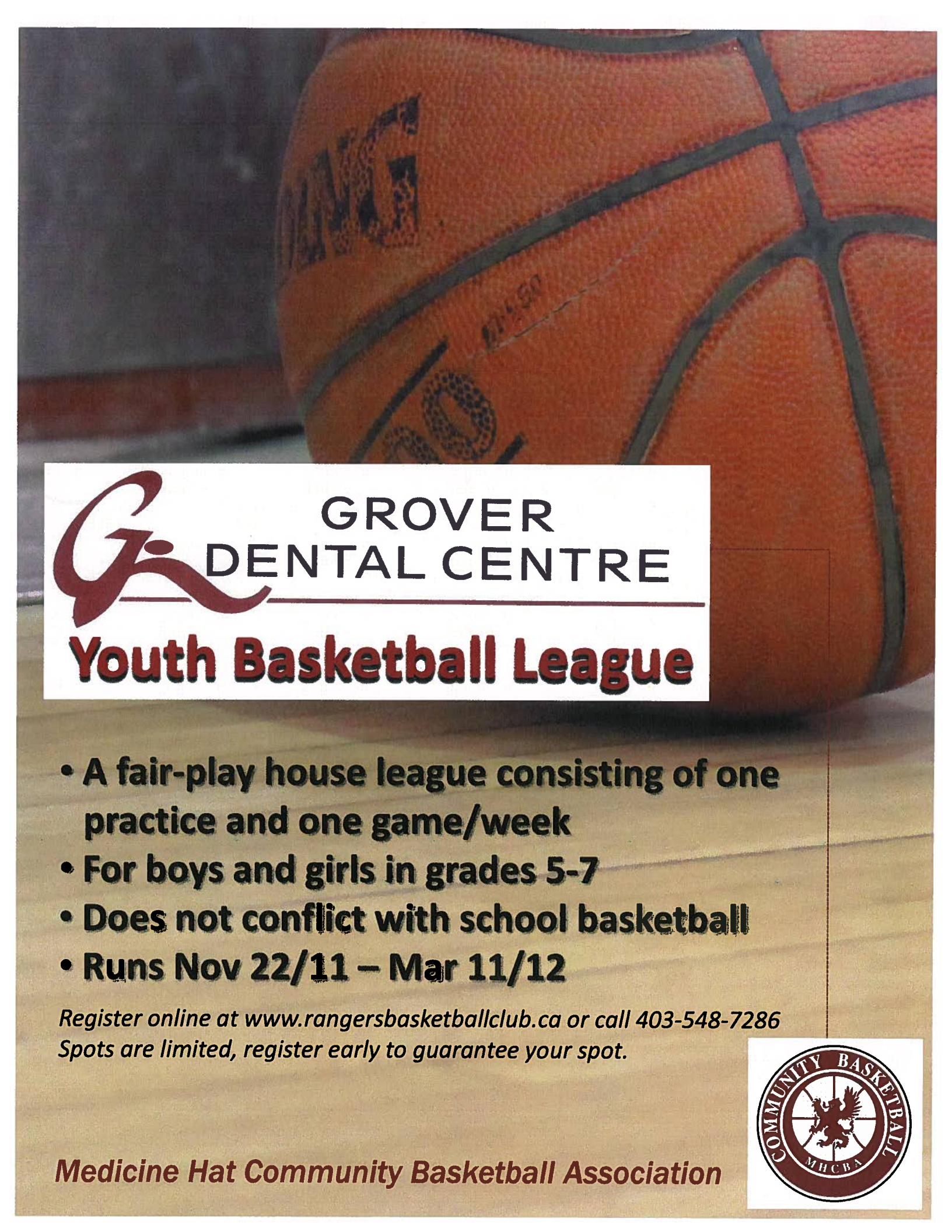


Come Join Our Team

Prairie Rose School Division is looking for Relief Cleaners to work in the Redcliff schools. The position will consist of part-time to full-time afternoon & evening hours Monday – Friday and will be casual on an as-needed basis. Amount of hours and times will vary, depending upon when regular custodians must be absent. Hourly wage for this position is \$13.13/hr. Experience is an asset however training is provided.

Interested applicants should enjoy working around children and be dedicated to maintaining a clean school and office environment.

Please forward a resume, including references, police information check and child intervention check to: Janine Matwe, Operations Coordinator, 918-2nd Ave, Dunmore, AB T1B 0K3 or fax to (403) 528-2264. For more information, call (403) 527-5516 ext. 2307



**GROVER
DENTAL CENTRE**

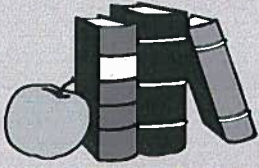
Youth Basketball League

- **A fair-play house league consisting of one practice and one game/week**
- **For boys and girls in grades 5-7**
- **Does not conflict with school basketball**
- **Runs Nov 22/11 – Mar 11/12**

*Register online at www.rangersbasketballclub.ca or call 403-548-7286
Spots are limited, register early to guarantee your spot.*

Medicine Hat Community Basketball Association





Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and giveaways will be available.

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

What to use

- Use regular soap and water **or**
- Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit www.kidshealth.org Search "hand washing"

Tobacco: Talk About It!

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
- Be honest about the long term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit www.albertahealthservices.ca/2544.asp

Osteoporosis

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

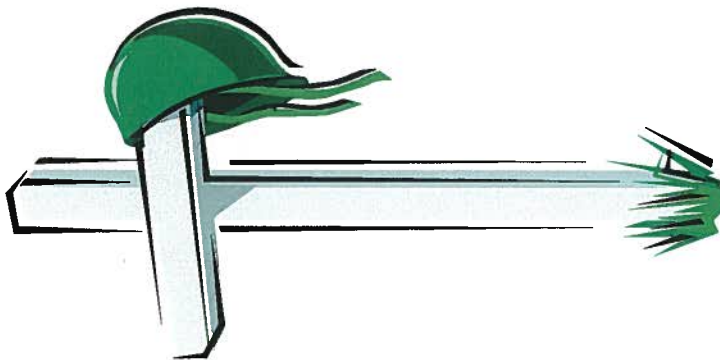
Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit www.osteoporosis.ca.




November 2011

“EVERYONE LEARNING TOGETHER”

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 Fax: 403-548-3298



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Picture Retakes	8	9 Subway Hot Lunch	10 Remembrance Day Ceremony 8:45	11 No School Remembrance Day 	12
13	14 School Improvement Day No School	15	16	17	18 Book Fair	19
20	21 Report Cards Book Fair Parent Council @6:30	22 Book Fair	23 Book Fair PTI 3:30—6:30	24 Book Fair	25 Book Fair	26
27	28 Book Fair PTI 3:30-6:30	29 Book Fair	30 Book Fair			