

MWS WHALE TALES

October 2011

ADMINISTRATORS MESSAGE

It is really hard to believe that the first month of school is already behind us. With all the routines and schedules ironed out, it is nice to see all our students settled in for yet another superb year.

The year was off to a great start with our 'Meet the Teacher' night. Thanks to everyone who was able to join us.

Similarly, there was lots of excitement with our PE4CE campaign kick off, which took place on Sept. 23, two days after International Peace Day. All students have been assigned to their multi-graded pods. We have ordered team t-shirts for them, and will soon start working on their monthly leadership roles in the school. The kick off day was marked by having staff dressed in 'hippie' gear and leading the entire school in our rendition of a "Peace Train". We will continue to reinforce the message of working together and supporting one another in a peaceful way. Similarly, to keep our school safe and orderly, we will consistently reinforce the following messages; please take the time to discuss them with your child:

MWS is a hands-off school (or at least strives to be). Even rough-housing is not acceptable as it can quickly escalate to someone getting hurt, and it also sends the wrong message to other students who are watching such behavior.

Words can also hurt. I have used the analogy of a nail in wood with our students. If you take a nail out of wood, even though the nail is gone, a hole remains. This is the same with hurtful words. Even though the words may be removed, the damage can still exist. It has been said that it takes ten positive comments to counteract the effects of one negative one, so we want to discourage negative comments in the first place.

Every student should have received an agenda, and should be using it regularly. We see this as an opportunity to foster open communication and promote responsibility



in our students. The agendas also contain a copy of our school handbook. Please take a minute to review this, if you haven't already done so. If you have any questions and/or concerns, please do not hesitate to call the school.

From the highlighted dates in our agenda, you can see that on October 24, students will not be in school, as staff will be having a School Improvement Day to examine our recent Provincial Achievement Test results and to develop strategies to foster improved achievement for our students which will be included in our school plan

You will find other activities for the month in the attached calendar for October. Newsletters will also be on the website each and every month. If you haven't yet subscribed for email copies and wish to, please visit our website.

Sherry Rissling,
Principal, Margaret Wooding School



STUDENT ABSENCES

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.

COOLER WEATHER

It is that time of the year where we need to dig out warmer clothes. Please make sure your child has the proper clothing for the weather. Unless it is bitterly cold or raining, 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

A reminder to parents, Margaret Wooding School is trying to accommodate our students that have various nut allergies. We ask that parents please send nut free products that are manufactured in a nut free facility for your child's lunches and snacks.



PARENT COUNCIL

Wanting to get started on your Christmas Shopping? We have put together a fundraiser with DFS Canada. We are asking the students to sell to family and friends. All orders are to be into the school by November 10, in order to have your items here in time for Christmas.

The next Parent Council meeting will be on Monday, October 17, 2011 at 6:30 p.m., in the school library. Babysitting is provided free of charge. Please contact Miranda MacGregor at 403-952-1795. Come out and take part in your child's school.



Halloween is fast approaching. There will be various Halloween activities going on in the school October 31. Watch for details from your child's teacher. Remember, if you are bringing treats into the school they need to be nut free.

The GREAT Pumpkin Contest

It's the GREAT PUMPKIN at Margaret Wooding School. Come see it in the library and guess its weight.

.50 for 1 guess or

\$1.00 for 3 guesses.

You could win the chance to decorate and take this pumpkin home. All money raised will be donated to the Food Bank. Thank you to Sobey's for donating this GREAT BIG Pumpkin.



Picture day was a huge success. Proofs have been sent home. All orders need to be in by October 18, 2011. Retake dates TBA.

SCHOOL FEES

School fees for the 2011/12 school year are now due. The amount is \$70.00. If you need to make alternate arrangements please contact the office at 403-548-7516.

TOWN OF REDCLIFF is planning several classes for the community.

Scrap Booking classes for youth and adults

Hunter Education Class - beginning October 1

Firearm Safety Class - beginning October 29

For further information contact Mavis at 403-548-3232.

THE STAFF AT MARGARET WOODING SCHOOL WISH YOU ALL A GREAT THANKSGIVING HOLIDAY WITH YOUR FAMILIES AND FRIENDS.



DREAMS TEAM NEWS

Hello from the DREAMS team. We are happy to be back at I.F. Cox, Margaret Wooding and Parkside. We are excited to now be working at Eagle Butte as well and are looking forward to all our plans for this year.

If you are unfamiliar with the DREAMS project we are part of the provincial Mental Health Capacity Building Project. We have been active in Redcliff for the past three years and for this next three years of funding we have added Eagle Butte to our responsibility. The mission of DREAMS is to empower the children, families and community to build positive relationships and engage in meaningful activities and to maximize the services available and provide the tools and knowledge to make healthier choices within the community. This Mental Health Capacity Building Initiative is co-led by Alberta Health Services and Alberta Education and is funded by Alberta Health and Wellness.

The services that DREAMS offers:

- ✓ individual and/or family consultations with the Family School Liaison Worker or Family Wellness Coach
- ✓ Individual and/or group mentoring with the Success Coach
- ✓ Learning opportunities for members of the community
- ✓ Supports to the school community

Our DREAMS program consists of a strong partnership with the Family School Liaison Workers and our three DREAMS team members:

- ✓ Britni Chambers – Success Coach
- ✓ Allison Frey – Family Wellness Worker
- ✓ Courtney Scott-Donaldson – Program coordinator

Britni Chambers, McMan Success Coach, with the DREAMS Project in Redcliff

Education: Child and Youth Care Counselling Diploma, Medicine Hat College, 2008

Work Experience:

- April 2008 to October 2008 - Relief Youth Worker - McMan Youth, Family and Community Services Association
- October 2008 to August 2010 – Youth Worker - McMan Youth, Family and Community Services Association
- August 2010 to current date - Success Coach - McMan Youth, Family and Community Services Association

Training and Certification:

- Success Coach Workshop
- First Aid/CPR
- ASIST – Suicide Intervention
- CPI – Non Violent Crisis Intervention
- Mental Health First Aid
- Foundations in Play Therapy

Success Story: A grade 4 student, struggling with anxiety and a learning disability, was referred at the beginning of the school year. The anxiety made it difficult for this student to focus on schoolwork, make positive friendships, and her anxiety would turn into anger which she took out on her family when she came home from school. This student worked on anxiety during individual sessions and also completed the Friends for Life Program. Her file was closed in the spring when mom reported that her daughter had made a significant improvement and both her anxiety and anger had diminished greatly. This student learned about and put into practice deep breathing /relaxation techniques, positive thinking and coping skills.

Tidbits: I love sewing, knitting and collecting vintage items from second hand stores and garage sales. I have a wonderful husband and a new (and spoiled) little puppy named Zero.

Goal for the year: I would like to expand and improve the Friends for Life and Roots of Empathy programs in the Redcliff Schools as it is an excellent way of connecting with school staff and students and gives kids tools to be successful in life.

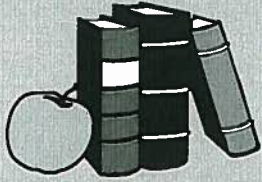
Allison Frey, Alberta Health Services Family Wellness Worker for DREAMS

Hi! My name is Allison Frey and I am the Family Wellness Coach with the DREAMS Project in all 3 schools in Redcliff and at Eagle Butte High School in Dunmore. I have a Diploma in Social Work, a Bachelor of Social Work and I am a Registered Social Worker too. I've been working in different capacities with families, children and youth for the last 10 years. I love my job and the best part about it is being in the schools and the community everyday working with kids. I spend most of my free time with friends and family. I especially love spending time with my nephew who just turned one year old! The warm weather months are my favorite because I love to be outside hiking, camping and being in the water. I look forward to the year ahead and I'm excited to do everything DREAMS has planned for the schools and community!

Courtney Scott-Donaldson, Program Coordinator

I am very excited to be part of the DREAMS program and am looking forward to seeing where it has evolved from in the past three years and further developing it into the next three years of the project. I grew up in Nova Scotia and completed my education at the University of Waterloo. I have been working in a variety of settings supporting mental health wellness in children, youth and at-risk adults for the past 11 years since moving to Alberta. Always looking for ways to improve and increase my knowledge I thoroughly enjoy any kind of professional development and have completed many courses in the area of Mental Health, addictions, Fetal Alcohol Spectrum Disorder and mediation. I love spending time with my husband, 3 kids and our dog, whether it's taking walks in the coulees, playing board games or travelling. In my spare time I try my best to take an active part in our community.

If you have any questions or would like to make a referral to the DREAMS program please call Courtney at 502-1878 or email courtney.scott-donaldson@prrd.ab.ca



What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.



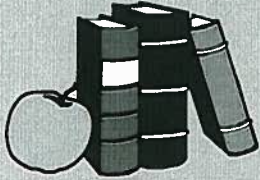
Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach / bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at www.albertahealthservices.ca or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.



Healthy Schools Healthy Futures



Alberta Health
Services

VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to www.opto.ca.

SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAllm>.

INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: www.iwalktoschool.org





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SCHOOL

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October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4 Joint Parent Council	5 International Walk to School Day	6	7 Turkey Trot	8
9	10 Holiday 	11	12	13	14 Gr. 5 Immunizations a.m.	15
16	17 Parent Council @ 6:30	18 Picture Orders Due Back	19	20	21	22
23	24 School Improvement Day-NO SCHOOL	25	26	27	28	29
30	31 					

"EVERYONE LEARNING TOGETHER"