



COALHURST ELEMENTARY SCHOOL NEWSLETTER

Happy Holidays!!!

December 1, 2011

*Coalhurst Elementary School:
Success for Every Child*

STUDENT RECOGNITION FOR THE MONTH OF NOVEMBER:

1/2E: Rylen B., Sydney B., Stella B., Nikolas B., Jack D.
1/2L: Lacey B., Julia H., Preston D.
1/2M: Emily A., Chelsea B.
1/2S: Wyatt H., Emylee G., Wyatt D., Georgi H.
3/4 F: Ryan M., Alexis D.
3/4M: Grace D., Adam H., Ty O.
3/4 P: Tanis C., Dawson B., Emily S.
5/6B: Zachary D., Madison F., Michaela H.
5/6H: Noah B., Kenia D., Thomas P., Carissa J., Hailey S.
5/6P: Kaytlyn O., Mattea B.



Important Dates and Times to Remember:

- PS Christmas Concert – **Thursday, December 8th - 7:00 PM**
- ECS Christmas Concert – **Tuesday, December 20th – 7:00 PM**
- Grades 1 – 6 Christmas Concert – **Wednesday, December 14th concert at 12:50 p.m.** The evening performance will be at **7:00 pm with doors opening at 6:15 p.m.** The boys and girls choir along with hand bells /hand chimes will be performing during both concerts. *(See more information on Page 4)* All grade 1-6 students will be participating.
- Dec 21, 2011 – RED & GREEN Day.** We will be having a ‘Sock Hop’ in the gym at 12:15 and this will also be the last day of our food drive.
- Dec. 21, 2011 @ 8:30 am** we will have a Muffin Morning. The topic will be “dealing with Holiday Stresses” All are welcome.
- Dec. 18th, 2011** Sensory Sensitive Santa Experience at CES 1:00 – 4:00 PM

HOJA:

Thanks to HOJA for their performance on December 1, 2011. CD’s and posters are available for sale in the office until Dec. 9, 2011. CD’s are \$15.00 Colour Posters are \$1.00.

Christmas Food Drive:

CES will once again be holding a Christmas Food Drive. We are going to stuff Mrs Ronne’s office. **If we collect 1000 items Mrs Ronne will dress up as a jolly elf on Red & Green Day. If we collect 2000 items Mr Prebushewski will dress up as Mrs Claus**

Winter Clothing Swap:

Bring in any gently used winter clothing that no longer fit your children and you can swap it for another item. This is a great way to help keep our children warm this cold wintery season. We will have a table set up from Dec 5-21st. Any items left over will be donated to charity.

MINI-BASKETBALL REGISTRATION:

Registration forms will be sent home with Grade 4, 5 and 6 students in the coming weeks. Please fill them in and return to the school by December 23rd. The program will run in the evenings for approximately 5 weeks in January and February. The \$25.00 registration fee covers the cost of the team t-shirt, a medal, and a hot dog meal at the tournament.



SOCK IT TO EM DRIVE:

The sock donations are growing in the atrium, we would like to fill all the strings with new, any sized socks that will be donated to charity. In order to win the honour of cutting the socks down, the students will have an opportunity to guess how many pairs of socks have been collected.

CES School Fees:

School fees for CES students were due as of September 30th, 2011. These fees are mandatory for all students. Palliser Regional schools invoices CES for the number of students that we have enrolled, and we are required to pay them, regardless if we collect all the fees from our families. Any short fall from our collecting these fees will affect extra-curricular activities and year end field trips as the payment has to come from somewhere. Children who have unpaid fees may not be able to attend the above mentioned activities. Please contact the office to make payment arrangements for any unpaid fees.

Kindergarten Bottle Drive:

January 2nd - 9th

Save your bottles from Christmas and New Years and drop them off in the trailer parked at CES!

Stay & Play

Stay & Play is a valuable program for parents and children (birth to 5 years old) to attend together. There is no charge and registration is not required. Come drop in and see what we're all about! For more information please contact Brenda Rathwell 320-1931

- **Songs**
- **Stories**
- **Dress-up**
- **Blocks**
- **Creative Art**
- **Brain Building Messy Play**
- **Rhymes**
- **Sand/Water Play**
- **Housekeeping**
- **Science**

**These are all available in a safe and inviting learning environment.
Drop-in on: Wednesdays & Fridays: 9:30 – 11:30 am**



CES/CHS Annual Turkey Bingo was a Huge Success!!

We hope everyone enjoyed Turkey Bingo! Thank you for coming and supporting our schools and congratulations to all the winners! Thank you to all of the sponsors for their amazing support, as well as, to everyone who donated baking or volunteered their time! Help us thank our sponsors by supporting their businesses when you can.

Precon	Penny Coffee House
Orich Transport	Draffins
Sunny South Day Care Center	Alberta Sport Development Centre
Costco Wholesale Canada Ltd.	Hurricanes
Coalhurst Carwash	ICI Paints
Architectural Technology Services Inc.	Horak/Tripp Family
Deheer Concrete Ltd.	Miner's Day Committee
Prairie Cedar	Lethbridge Lodge
Coalhurst Self Storage	Empress Theatre
Jetten Family	Silver Automotive
Safeway-Westside	Western Tractor
Petro-Canada (Lockyer Family)	Save-On Foods
Freddie's Paint	City of Lethbridge Recreation and Culture Department
Deanna Heckley	Kid Zone
Galt Museum	Hoeksema Family
Benchmark Glass and Mirror Ltd.	Lundgren Family
Recreation Excellence	EMCO Waterworks
Days Inn (Og Family)	Alberta Egg Producers
Movie Mill	Edible Elegance
Hall Dental	Mulder Heating
Coyote's Grill and Wok	Ascent Cycling
Hurt Family	McDonalds
FloorRight Interiors	Grindle Family
Acting Up! Drama Company	Sera Family
Alexander Family	CES Library
Mohrmann Family	KPMG
Mercer Family	Mercer, Wilde, Moltz
Patti Nicol-Pharo	Lethbridge Herald
Potvin Family	Staples Advantage
Vander Linden Family	Western Stockman
Wee Piggies & Paws	Ellison Milling
Drain Master	Vos Family
Look Family	CES School Council
Starbucks - Chapters Location (Hogan Family)	

Congratulations to our 30/30/40 winner - Barb Vos!

Also, a huge thank you goes to the CES/CHS principals and vice-principals for calling the bingos and to our 1/2 teacher Mrs. Eichhorn for being in charge of the kids play area!

CES Raffle was a huge success again this year!!

Raffle ticket sales raised \$2116 for CES.

Congratulations to the winners:

1st prize - Samsung Galaxy Tablet- Leonard Lorenz

2nd prize - Nintendo DSi XL - Katherine Nicol

3rd prize - 3 Month Family Swim Pass - Mandy Duong

A Huge thank you goes to our sponsors: Cedar Ridge Homes, Visions Electronics, the Nicol Family, and Recreation Excellence for the amazing prizes!

Thanks again to all participants of the Entertainment Coupon Book Fundraiser.....just a reminder to make use of all the coupons offered in the book and on the website.

If you visit www.digitalsavingsclub.com and register the number that is shown on the card that was in the front of the coupon booklet, you will have access to millions of other discounts in Canada and the US.

Good news for all our kindergarten parents planning their zoo trip!!! Check out the deals in Calgary!

Reminder:

-Please, make sure your children **DO NOT** arrive at the school before 8:25 a.m. School does not actually start until 8:35 a.m. The doors to the school are not unlocked until 8:25 and there are no teachers on supervision until that time. The time before 8:25 is used for the teachers to prepare for the day!!!

- Please call the school if your children are going to be absent from school.

Please be certain that your child has proper footwear at school when they wear their boots to school.

- Please send a snack with your child(ren) as well as cutlery to consume it every day. This gives your children the energy they need to learn until lunch.

- ***Please remember the street in front of the school is reserved for bus parking. Please respect this rule and DO NOT park on the street, even if it is just to drop off students. We understand the problem we have with parking at CES. The best solution is to park in the back when dropping off or picking up your child(ren). Also please DO NOT use the handicapped parking spaces for parking or dropping off students unless you have a handicapped parking sticker.***

Student Teachers Explained

With our close proximity to the University of Lethbridge, C.E.S. benefits from being able to welcome both student and intern teachers into our school. Student teachers are working towards their education degree and are required, by law, to be under the supervision of the classroom teacher. Student teachers and interns provide many benefits to the students and staff at C.E.S. The students benefit because they get two teachers instead of one. The student teachers and interns benefit from observing and collaborating with the experienced classroom teacher.

The “seasoned” teachers benefit because they must be able to explain why they choose certain teaching strategies. One of the best professional development activities for a teacher is to explain the rationale behind their teaching methods. The veteran teachers also get to learn new teaching methods from the student teachers.

Goodbye to Our Student Teachers

On December 13th we will be saying goodbye to our four University student teachers. We thank them for all that they have given to C.E.S. Best wishes to **Ms. Good Striker, Miss Maren Orr, Miss Rachelle Thomas, Ms. Allison Tadey**

December Spirit Day:

We will be having **RED & GREEN** day on December 21st for our December Spirit Day! There will be prizes awarded for the best class participation, as well as best boy and girls. We will be having a "Sock Hop Dance" in the gym from 12:15-1:00PM. There may be some "Special" Guests in attendance.

Keep your eyes open:

We have great Safety Patrollers operating again in Coalhurst. I would like to thank all who are using our crosswalks and safety patrollers before and after school. The safety patrollers are frequently thanked by the pedestrians so we would like to take this opportunity to thank the pedestrians. Our safety patrollers are working very hard to keep the children and adults of CES safe. A reminder to parents, if the weather drops below -15, there will be no safety patrol. Mr. Prebushewski & Mrs. Walker



CES Has Talent:

CES will once again be having a talent show. Listen for announcements and watch for letters to come home. There will be an audition process, the Christmas break would be a good time to work on your talent and routines.

Congratulations:

CES would like to congratulate Mrs. Emma Lenz. She was teaching half time at CES, as of November 28th she has been teaching full time. In her grade 1-2 class. Congrats to our learning assistant Selena who recently got married. She is now Mrs. Selena Brouwer.

Music Announcements

Music News

Grade 3-6 students will begin recorders in the New Year. Recorders can be purchased from the school for a cost of \$5.00. If you are getting your own recorder please make sure it is a Soprano with German fingering. If you would like one from the school, please have students bring their money to music class.

Christmas Concert is on Wednesday, December 14. There will be a dress rehearsal open to visitors at 12:50pm. The evening show begins at 6:50pm. Please have your student in their homeroom at 6:30 pm. Please have your student bring a flashlight to their homeroom labelled with their name on it.

Costumes -

Grade 1/2's: dress in all black

Grade 3/4's: dress in as much white as possible.

Grade 5/6's: dress in brown and black colours. They will each need to bring a teddy bear to school for the concert week.

~ Mrs. Reimer

before returning to the school. Students are asked to dress in white tops and black/dark bottoms. Thank you advance to those parents who volunteered to drive.

A Message from the Superintendent:

Welcome to December, when days get shorter, kids get a little punchy in anticipation of the holidays, and it seems like we're all pulled in a few extra directions.

I know we're all busy, this month especially so, but some time when you have a few minutes, I'd encourage you to read Palliser's Annual Education Results Report for 2010-2011 and our Three-Year Education Plan for 2011-2014. The good news is what were once two separate reports are now combined in one package. For simplicity's sake, we're calling it our "Report to the Community."

The combined report makes perfect sense, offering a look at our results from last year and what our plan is moving forward.

The report also reflects new provincial goals and outcomes, including a new emphasis on student proficiency in literacy and numeracy as well as collaboration. It's a happy coincidence that these priorities were already adopted and being incorporated into practice in Palliser.

In addition, the report includes the division's financial information, as well as an overview of Palliser and our mission and vision.

At the time of this writing, the report is still under construction but early in December, it will be posted on our website at www.pallisersd.ab.ca. If you'd prefer a paper copy, please call Central Office at 403-328-4111 or toll-free 1-877-667-1234 and our staff would be happy to mail you a copy.

I wish you all a safe and happy holiday season. Merry Christmas!

Kevin Gietz, Superintendent

Dare to Care Fair

The Southern Alberta Autism Consortium is pleased to present the **Dare to Care Fair** on Saturday, February 5 from 9:30 – 5:30 at the Lethbridge Public Library. There will be free presentations throughout the day and displays from a variety of local resources for families.

Sensory Sensitive Santa:

CES will be hosting a "Sensory Sensitive Santa" experience in our gym on Sunday December 18, 2011. This event will be for special needs children and their families to visit Santa in a quiet setting. Some children struggle with sensory overload and this is an opportunity for them to have a Christmas experience. Visits with Santa are available in the CES gym from 1:00-4:00.



December Counsellor's Corner

Just Snap Out of It

Feelings of sadness, depression or discouragement occasionally tug at all of us. They may be in reaction to something that has happened or overwhelmed us for a period of time. When feelings of misery or gloom don't go away, it may be that depression has settled in like a thick, gray fog that creates a sense of deep sadness and utter hopelessness. Some people don't think of depression as a real illness and that may explain why less than one in every three depressed people ever seeks treatment. It may be perceived as a personal or emotional weakness rather than an illness.

Every day "blues" are not the same as clinical depression – that would be like comparing a cold to pneumonia. When someone is so down that they begin to withdraw from relationships and activities that normally provide pleasure, when overwhelming sadness persists and intensifies, clinical depression may develop. Depression is as real, painful and disabling as any physical condition. No one is too young or too old, too lucky or too likable, too successful or too secure to feel depression's downward tug. There is good news about depression. Treatment can and does work. The sooner depression is diagnosed and treated the sooner individuals can start feeling better and the brighter the long term outlook. Thanks to an impressive array of well-researched treatments, as many as 80 percent of those suffering from depression improve significantly within a few months.

Severe depression consists of a depressed mood or a loss of interest or pleasure in usual activities that persist for two weeks or longer. Additional symptoms may include: feeling sad, empty, hopeless, worried, irritability, loss of interest or pleasure in usual activities, poor concentration, indecisiveness, guilt, thoughts of suicide, crying, social withdrawal, increased or decreased appetite, disturbed sleep, fatigue and digestive problems. Some people may become pessimistic, irritable, angry or hostile. Some may find it hard to concentrate or think clearly and find it hard to be around other people.

There are no definitive answers about why someone feels depressed. Like many other illnesses, major depression can strike out of the blue without apparent reason. A combination of different factors may lead to depression including biological, genetic, chemical, psychological, social, developmental and environmental. Intensely stressful life events have often been linked with the development of depression. Some people seem to be more vulnerable to depression than others. Whatever the origin, depression is an illness characterized by neurochemical abnormalities that greatly interfere with a person's thoughts, feelings and behaviors.

If you or someone you care about seems to be settled into a gloomy state for more than a couple of weeks it is advisable to arrange to see a physician. Treatment can only take place when the problem is recognized.

(Taken from "Caring for the Mind" by Dianne & Robert E. Hales M.D.)

For more information, contact Patti Nicol-Pharo, family school liaison counselor (403)894-1799

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Lethbridge, Alberta, T1J 4C9



Phone 403 320-4232
Fax 403 329-7321
www.famcentre.ca



Supporting Father Involvement (SFI)

Only recently have researchers begun to identify the unique contributions of fathers. **Supporting Father Involvement (SFI)** is the first research-based program designed for families to encourage fathers to become (or stay) positively involved with their children. Course content will include learning about the challenges of the parent child relationship, managing stressors outside the family, the importance of accessing supports and resources, the quality of the couple's relationship and on areas of family life which appear to impact the level and quality of father involvement. This program also addresses the kinds of families we grew up in that have shaped our experiences and our roles as spouses and parents.

When: Tuesdays, January 10, 2012; 5- 8:30 P.M. for 11 weeks

Where: Family Centre, Suite 225, 200 - 4 Avenue South in Lethbridge Centre

Fee: Free of Charge

What's Included:

Free Supper Free Childcare Free Program!

For more information call Jessica Schmelzer 403.320.4232 Extension 221

jessica.schmelzer@famcentre.ca



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DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	1 HOJA Concert Harry's Hot Dogs s	2
5	6	7 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	8 Preschool Christmas Concert Harry's Hot Dogs s	9
12	13	14 Grade 1-6 Christmas Concert 1:00 & 7:00 PM 	15 Harry's Hot Dogs	16
19	20 ECS Christmas Concert	21 Muffin Morning Red & Green Day 12:15 Sock Hop	22 Harry's Hot Dogs s	23
26 Christmas Break!	27 Christmas Break!	28 Christmas Break!	29 Christmas Break!	30 Christmas Break!
2 Christmas Break!	3	4	5	6 First day back is January 9, 2012.

*From all of us here at G.E.S.
We wish you a Safe and Happy Holiday Season!!!*

