



# Coalhurst Elementary School Newsletter

*Coalhurst Elementary School:  
Striving to be the best in Alberta.*

Feb 28, 2011

## Stars of the Week for February are:

- 1-2M: Mikayla P., Emily S.
- 1-2N: Gabe N., Jaxon P., Taylor P.
- 1-2S: Quinn M., Caitlyn M.
- 3-4F: Dawson M., Mackenzie J.
- 3-4M: Ryanna G., Hailey S., Orrin W.
- 3-4P: Brendan J., Katherine N.
- 5-6B: Nathaniel Z., Madison F., Hunter E.
- 5-6H: Casey S., Melinda B., Brayden P., Megan H.
- 5-6P: Anthony D., Micaila C.

## Friendly REMINDER:

- Only students that arrive with their parents are permitted to enter through the front doors. Students who do enter with their parents must be supervised, or wait in the office with Miss Vos until 8:30.
- Please do not use the front parking lot, especially the handicapped parking spots for drop off zones.
- We would like to attend your child's extra-curricular events outside of school. Could you please inform the office of dates and times and we will try to attend.

## CES Website:

Our school website is updated weekly. Be sure to watch the weekly video where many of the special events and various students are featured. This newsletter is available on-line also. [www.coalhurstelementaryschool.ca](http://www.coalhurstelementaryschool.ca)

## School Spirit News:

- Crazy Hair day** is on Thursday, March 10, 2011. Show your school spirit get crazy with your 'do'

## Parent/Teacher /Student Led Conferences

Parent Teacher Interviews/Student Led Conferences for Grades 1-6 will be held the evenings of Wednesday, March 2<sup>nd</sup> & Thursday March 3<sup>rd</sup> from 4-7 PM. It is important that at least one parent attend. This is a very important opportunity for the parents to see how their child is doing and for the child to showcase their work. Most of the teachers plan for the children to display work that cannot be demonstrated through the report card. *Our Music Teacher, Mrs. Berberich will only be here on Thursday March 3<sup>rd</sup>.* Please plan to attend. If you cannot make it on the dates specified please contact the teacher to see if an alternate date/time can be arranged. All report cards will be sent home on Friday, March 25<sup>th</sup>.

## **A Note from the Principal:**

Current research proves what we, as educators, have always believed - parents play a very important part in a child's education. Many parents, however, have expressed to me some very valid reasons why it is difficult to get involved in the school. Time, of course, is a problem for most. Research also shows there are effective ways to be involved at home that can help your child at school and it does not require much time at all. Some suggestions are talking positively about the importance of school, reinforcing a regular reading time at home, and asking some specific questions about what happened at school that day. These are just three little ideas that go a long way toward helping your child along the road to lifelong learning. Another way, of course, is attending the student-led-conferencing coming up on **March 2<sup>nd</sup> and 3<sup>rd</sup>**. It is important for you to attend your child's conference so you get to see firsthand how and what he or she is doing. If you need a specific time, please call the office or your child's teacher.

Have you ever struggled with math, wished math could have been fun, or wondered how you could help your child with math? Come to our next parent information night on Wednesday, March 30<sup>th</sup> to learn some fun and easy math games to play with your child. There will be games to fit all ages from Kindergarten to grade 6. Some math internet sites will also be shared. If you require our free babysitting service for this evening, phone the office and let us know so we can have an appropriate number of babysitters available.

## **ECS & PRESCHOOL REGISTRATION**

Registrations are being taken from now until September 2011 for ECS and Preschool programs for this fall. If you have a child/children who are 5 years of age or who will be 5 years of age before December 31, 2011, they are eligible for ECS. If you have children who are 3 years, 8 months of age as of September 1, 2011 they are eligible for Pre School. To register please come to the school office during school hours, and please bring a birth certificate to register. There is also a \$10.00 registration fee.

## **New CES Online Thrift Store:**

Help keep our online store full by donating your gently used items to be sold online to raise money for the school. We are looking for almost anything you no longer need, household items, toys, clothes (child or adult), baby items, etc. We ask that all items be in good sellable condition. This will be an ongoing fundraiser, so we appreciate your continued support throughout the remainder of the school year.

View the store on facebook and add us as your friend CES Fund Raiser-Store

Your donation may be taken to the school or parent volunteers will be willing to pick up. For pick up please contact Carrie Dahl @ 403 317 1572 or message the store directly by adding it on your facebook account.

**CES parent council** will once again be selling magazine subscriptions as a school fundraiser. Renewing your subscription through the school also helps with our fundraising.

Newsletter trivia Question: What day will Report Cards go home with students? Find the answer and the entry form in this newsletter. Return your entry to Miss Vos and you might win a Harry's Hot Lunch from Parent Council. January's winner was Brooklyn W.

## **Coalhurst BMX Club Registration:**

Registration will take place on March 2<sup>nd</sup> & 3<sup>rd</sup>, 2010 4:00 – 7:00p.m. in the atrium at Coalhurst Elementary School.

## **Hot Lunch Helpers for January & February:**

Thanks to Jenny Philip, Michelle LeBoutillier, Jen Alexander, Jennifer Bowes, Kim Orich, Charmaine Puzey, Shauna Bosch.

## **Mini-Basketball:**

Thank you to the following people for their help with mini-basketball: Mr. Pharis for supervising, refereeing, and even coaching when necessary; Shantel Mohrmann, Elainna Kostiuik, Arnold Entz, Nathan Watmough and Landon Hatch for coaching the teams; Miss Hubber, and Miss Vos, for supervising; Mr. Hamilton for supervising and being a substitute coach; Kyle Zmurchyk, JD Emard, and Rianna Wilson for refereeing; Tyler Vos for operating the score clock; and finally to all the parents who helped in the concession and came out to support our young players.

We also have to send a **HUGE** thank-you to **Mrs. Wilson**, her dedication to our school has helped to make our Mini-sports programs an outstanding success!

Thank-you!!!!

## **Library News:**

CES will be holding a Scholastic Book Fair in April, watch for more details to be coming home.

## **Coulee Kickers Soccer Registration:**

Registration will take place on Tuesday March 1<sup>st</sup> & Wednesday, March 9<sup>th</sup>, 2011 6:30 – 8:30 p.m. in the Coalhurst Legion. Any child/children born in 1993– 2006 are eligible to register.

## **Greetings from the Superintendent's Office:**

Hello everyone,

Welcome to the second half of the school year! As February rolls along, I'd like to draw your attention to a few opportunities for you to have your say in the direction of Alberta's education system and in Palliser Regional Schools. Many Palliser families will be receiving surveys that will provide valuable data for the 2010-2011 Accountability Pillar, a report card of how individual schools and jurisdictions are performing. The deadline for returning the survey to Alberta Education is Feb. 25, 2011. Please take time to participate if you get the opportunity.

Alberta Education is also inviting input on the matter of professional learning for Alberta's teachers. An online survey can be accessed at <http://engage.education.alberta.ca/other-initiatives/proflearn/> until March 31, 2011.

Closer to home, Palliser has been collecting input from our Grade 9 students, using resources from the Alberta Student Engagement Initiative. These Speak Out forums encourage students to share what they think is working well in their classrooms and what could improve to facilitate their learning.

This spring will also see the Board of Trustees moving regular meetings out into our schools. These meetings are scheduled for March 15 at Master's Academy & College in Calgary; April 19 at Picture Butte High School, Picture Butte; May 17 at John Davidson School in Coaldale; and June 21 at County Central High School, Vulcan. The public is always welcome to regular board meetings.

Finally, I'd like to close by asking you to join me in congratulating Barbara Gammon, Associate Superintendent (Learning Services) on her outstanding 38-year career in service to children and students in Southern Alberta. Mrs. Gammon has announced her intention to retire at the end of the 2010-2011 school year.

Thank you for being Palliser's partners in education.

Kevin Gietz, Superintendent

Trivia Question Entry Form

Student

Name: \_\_\_\_\_

Class Room: \_\_\_\_\_

Answer: \_\_\_\_\_

Return to Miss Vos before March 30, 2011

### Just what is ADHD Anyway?

ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) can be controversial terms. A couple perspectives on these problems include that they are either overdiagnosed and a medical fad or that they are underdiagnosed and that television and video games contribute to symptoms. ADD and ADHD are neither – they are a distinct, identifiable medical disorder that tend to run in families. It is not a problem unique to North America but is found in both children and adults around the world.

A diagnosis of ADD/ADHD requires a pediatrician or pediatric psychiatrist to collect information about both home and school. The symptoms of ADD/ADHD may not be as extreme in one setting or the other but they do have to be present in both. The behaviors associated with Attention Deficit include inattentiveness or extreme distractibility, impulsiveness and hyperactivity (for ADHD).

We all daydream. We all find our minds wandering at times, procrastinate from time to time and get distracted by minor annoyances. We all have times when we cannot seem to focus on a task when there are other things to do that are more interesting or when the way ahead is not clear. Most of us learn, however, to put aside daydreams while there is work to be done and to get on with the task at hand.

For an adult or child with ADD/ADHD putting aside daydreams, blocking out distractions and focusing on routine tasks seem to be impossible. Some people with the disorder daydream constantly seeming unaware of their surroundings. Their minds wander off in class or when someone is talking to them. A child in class may be distracted by minor interferences such as the sound of other children turning pages, shifting in their seats or voices in the hallways. Inattention often means that children with ADD/ADHD are forever losing possessions or forgetting what they have been told to do. They forget to bring home what they need to do their homework or lose toys and clothing and they have trouble following instructions.

There are a few situations in which a child with ADD/ADHD may appear to be concentrating but really is not. One is watching television another is video games. Although a child may sit through a half-hour television program, he may simply be distracted by the constantly changing images on the screen and the need to press keys or manipulate a joystick. In these situations a child is responding to the stimulation of distracting images and movement. On the other hand when it comes to quiet activities that require real concentration such as reading, writing or drawing, the child usually cannot seem to sit still.

Those with ADD/ADHD rush headlong through life, seemingly unable to plan ahead or foresee the consequences of their actions. When an idea comes into their head, or they decide they want something they want it now and act immediately. If they cannot do what they want they may cry or throw a tantrum. No matter how often you tell them to wait their turn, think before they act, or listen to directions before charging ahead, they keep rushing into things.

If your child has been diagnosed correctly as having ADD/ADHD the next question you will face is what type of treatment is most appropriate. For parents the biggest question is whether or not to treat the symptoms with medication. It is a good idea to do some research and find out what reputable studies have to say about medications and ADD/ADHD. One myth is that medications for ADD/ADHD are sedatives and that they slow children down. In fact Ritalin, Dexedrine and Cylert (the main medications for ADD/ADHD) are stimulants that perk up the executive function of the brain so that it better manages impulsivity, focus and distractibility. Some of the possible side effects should be carefully discussed with your medical practitioner and should be monitored to ensure your child has the best possible dosage to manage the extreme symptoms of ADD/ADHD. There are lots of other explanations for inattention, hyperactivity and impulsivity and a thorough assessment needs to be made before a diagnosis and course of treatment.

Submitted by Patti Nicol-Pharo, Family School Liaison Counsellor, (403)894-1799

(From: Learning and Attention Disorders: A Guide for Parents and Teachers by William Feldman)

## Choosing Winter Helmets



Helmets are important in the winter as well as for summer sports. Helmets are recommended for skiing, snowboarding and sledding.

The correct winter helmet protects your child's head from injury on ice and snow.

Winter helmets should be insulated, so a hat does not need to be worn under a hockey, ski or snowboard helmet.

The following winter helmet safety tips can help protect your child from a head injury on snow or ice:

- **When sledding, always wear a hockey or ski helmet that fits**
- **Wear a ski or snowboard helmet when downhill skiing or snowboarding**
- **When playing hockey or ice-skating, a hockey helmet will give the best protection**
- **Helmets should sit level on top of your head and fit snugly**
- **Replace your helmet every 5 years, or sooner if it has been damaged**
- **Bicycle helmets do not offer the best protection for winter sports. Choose a hockey, ski, or snowboard helmet instead**

Visit [www.childsafetylink.ca](http://www.childsafetylink.ca) for more information.

## Celebrate Food... From Field to Table

### MARCH is Nutrition Month

This Nutrition Month is a time to celebrate Canada's diverse food producers, try new whole foods at home, discover where foods are grown and share delicious meals with your family.

**Fruit and Vegetables** – This winter, look in your grocer's freezer for frozen blueberries from Canada to add color, nutrients and great taste to a yogurt parfait.

**Grain Products** – Try Alberta grown whole wheat flour, flax, or oats for a healthier muffin, bread or loaf recipe.

**Milk and Alternatives** – Try digging through the cheese counter for one of the 667 distinct varieties of cheese made by Canada's dairy industry.

**Meat and Alternatives** – Add Saskatchewan grown lentils to soups and stews, or quick and easy lentil tacos.

Visit [www.dietitians.ca](http://www.dietitians.ca) to discover recipes from Dietitians of Canada's new cookbook called "COOK!"





# MARCH 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess	<b>1</b> Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	<b>2</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess <u>Running Club</u> Student Led Conferences 4-7 PM	<b>3</b> 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess Harry's Hot Dogs Student Led Conferences 4-7 PM	<b>4</b> Parent Muffin Morning 8:30 AM -9:30 AM
<b>7</b> <b>Parent Council Meeting 6:00 PM</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess	<b>8</b> Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	<b>9</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess Running Club	<b>10</b> <u>Crazy Hair Day</u> 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess Harry's Hot Dogs	<b>11</b> Parent Muffin Morning 8:30 AM -9:30 AM
<b>14</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess	<b>15</b> Grade 4 Swimming 9:30 AM Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	<b>16</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess Grade 5-6 Ski Trip <u>Running Club</u>	<b>17</b> 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess Harry's Hot Dogs	<b>18</b> Parent Muffin Morning 8:30 AM -9:30 AM
<b>21</b> <b>PD Day</b> <b>No School For Students</b>	<b>22</b> Grade 4 Swimming 9:30 AM Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	<b>23</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess <u>Running Club</u>	<b>24</b> 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess Harry's Hot Dogs	<b>25</b> Parent Muffin Morning 8:30 AM -9:30 AM Report Cards Home
<b>28</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess	<b>29</b> Grade 4 Swimming 9:30 AM Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	<b>30</b> Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess Running Club	<b>31</b> 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess Harry's Hot Dogs	<b>1</b> Parent Muffin Morning 8:30 AM -9:30 AM



# Happy Birthday!

## Birthday Check-up Party for Children 5 years & under

Please come to our **Birthday Check-up Party**.

- Complete a short questionnaire about the growth and development of your child
- Results of the check-up will be shared with you
- Receive fun activity ideas on how to promote typical development

### Coaldale

**Tuesday**-January 18, February 8, March 29, April 19, May 24, June/July Birthdays-June 21

**Location:** Parent Link Centre

**Time:** 9:30am-11:30am

**To register call:** 403-345-6577 ask for Sheila or Janet

We look forward to seeing you and your child



**ECS/Preschool Registration:** Kindergarten(ECS) registration is being taken at Coalhurst Elementary School during school hours for the 2011/2012 school year. If you have children who are 5 years of age or who will be 5 years of age before December 31, 2011, they are eligible for ECS. If you know of other families in the community who may have ECS aged children, but who may not receive this newsletter, please pass this information onto them. Please remember to bring along your child's **birth certificate** when you register. We also have **registration for PRESCHOOL STUDENTS available in the school office. To be eligible for preschool, children must be 3 years, 9 months of age as of September 1, 2011.**