



# COALHURST ELEMENTARY SCHOOL NEWSLETTER

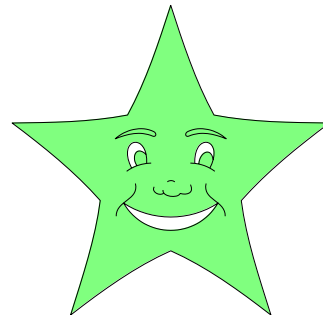


*Coalhurst Elementary School:  
Success for Every Child.*

November 1, 2011

## STARS FOR OCTOBER

1-2E: Mackenzie A.  
1-2L: Hesston B.  
1-2M: Jaxon A.  
1-2S: Zoey B.  
3-4F: Gabe N.  
3-4M: Charlotte B., Kaisha K.  
3-4P: SarahAnn W., Noah M.  
5-6B: Emily B., Mikayla H., Megan N.  
5-6H Charli W., Brody W. Cassie M., Shaye P.  
5-6P: Adara H., Devon S.



## THANKYOU'S IN OCTOBER :

- Volunteers that helped make the Scholastic Book Fair a success: A BIG Thank you to **Miss Vos, Grace Coutourier, Marla Hope-Rapp, Joanne Mohrmann, Shaylynn Archibald and Kelcey Walker**.. Thanks again for all your help in making our Book Fair a huge success!
- Thanks to all the students and their families for making our coupon book fundraiser a success. CES raised over \$3000.00 for parent council to assist in purchasing incidentals for the students classrooms, as well as assisting with field trips.
- Thank-you to the **Alexander family** for donation their time and resources to install our new "Secan" storage unit.
- A big thank you goes out to the **Coalhurst 55+ club** for their generous cash donation to our music program. Thank-you to **Gus & Hennie Vander Linden** for their cash donation to our breakfast program.
- Thank-you to all our **CES families and students**, our school raised **\$1726.70** in donations for the Terry Fox Foundation - that is an amazing total - well beyond our goal of a toonie per student....
- A special thank you to the **Coalhurst Legion** for their cash donation and to **Save On Foods** for their donation of pumpkins for the Boys Recreation Club!



## CES School Fees:

School fees for CES students were due as of September 30<sup>th</sup>, 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.

### CES Hat Policy:

“**No hats**”. We are asking **all** students (not just boys) to help us by respecting this rule. No hats or toques of any kind are to be worn inside the school (no matter how cute they are). Spirit Days will be the only exception that hats will be allowed inside.

### **CES/CHS Annual Turkey Bingo - Friday, NOVEMBER 25!!**

**Doors will open at 6:15 pm – Bingo starts at 7:00 pm at the Coalhurst Community Center.** This is a fun, family event for the whole community and great way to support the schools in Coalhurst. Come out for the evening and try to win a turkey or one of the other wonderful prizes. This will be a non-smoking bingo and Bingo cards will be \$2.00 each. Proceeds from the Bingo and 40/30/30 draw will go to both the Elementary and High Schools. There will be a bake table along with raffle tickets for sale with proceeds going to Coalhurst Elementary School. A concession will be operating with proceeds going to the Coalhurst High School Student Council. We are planning to add a pizza table and activities to help keep the little kids entertained. **HOPE TO SEE YOU THERE!! DON'T MISS OUT ON THE FUN OR ALL THE DOOR PRIZES!!**

The Turkey Bingo committee needs volunteers to work in shifts during the bingo. Also, don't forget to do some baking for the bake table!! We would really like to have a HUGE bake table this year! If you can volunteer to work the night of the Bingo please call Michelle LeBoutillier at 403-327-2343. If you would like help in any other way or have any questions, call Kelcey Walker at 403-327-8698 or Marla Hope-Rapp at 403-381-3498. Baked goods can be dropped off at the Community Centre on November 25<sup>th</sup> between 1:00 & 4:00 p.m. or call Kelcey at 403-327-8698 to make other arrangements.

### Remembrance Day Service:

On Thursday, November 10, Coalhurst Elementary School and staff will hold a Remembrance Day Service in the CES Gym, at 10:30 a.m. The choir will be performing at the service, Please have your choir child wear dark bottoms and white tops. Also, please have your child wear their cub, brownies, sparks etc uniform this day.



### CES Parent Council:

One of the main goals of CES parent Council is to improve communication between parents and the school. As the communications coordinator for this years council I am committed to writing feature stories about the school throughout the year. These stories will be shared with parents on the CES website and the school newsletter as well as sent to local media and the Palliser School Division for further distribution. This will help parents learn more about the school and share the successes of CES with our community. We are also now on Facebook. Search Coalhurst Elementary School Council and join our group.

If there is something you would like to learn more about or if you know of a great story related to CES staff or students, please feel free to contact me.

Tara Grindle  
Email: [tgrindle@shaw.ca](mailto:tgrindle@shaw.ca)  
Phone: 403-381-9083

### Handicapped Parking:

**Please respect the rights of the people who really do need these parking stalls by not using these spots for drop offs or temporary parking. We also request that the front parking lot not be used for dropping off students.**

### Playground & Bus parking:

We ask that everyone please take special care before and after school in the Playground Zone. It would be a tragedy if one of our children were to get hurt coming to school or going home because someone was driving in an unsafe manner. Also, our bus drivers are having a hard time parking their buses because people are parking in the bus parking zone. Please be aware that there is parking available at the rear of the school. Thanking you in advance for your cooperation.

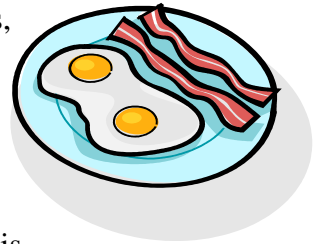


### Kindergarten Bacon Fund Raiser:

Once again the students are hard at work and that means that the kindergarten needs toys, equipment and field experiences. How does the kindergarten program pay for these things? With a bacon fundraiser, of course!

Kindergarten will be holding its annual bacon fundraiser again this year. Bacon order forms will be available at the Turkey Bingo or you can contact Diann Fender in the kindergarten to place your order.

The Kindergarten Local Advisory Committee is hoping to raise approximately \$4 000 this year to replace classroom manipulatives, swimming sessions and skating sessions for all of the kindergarten children, and the annual trip to the Calgary Zoo. That's a lot of bacon! Place your order soon and support the kindergarten children in your community. Thanks for your help.



### U of L Student Teachers:

Starting on November 8th we will have 4 First year student teachers in our classrooms. They will be here until December 16th. The student teachers will observe 1/3 time, assist 1/3 time and teach 1/3 time. The regular classroom teacher will remain in the classroom while the student teacher teaches.



### Message from the Superintendent:

Hello, everyone,

Welcome to November, an important month for our students, staff and families.

This is report card month, an excellent time to get an update on student learning so far this school year.

I say it's an excellent time. It's certainly not the only time for such an update. Across Palliser, our teachers and administrators are working very hard on increasing communication with parents/guardians throughout the year. I hope you've noticed this concerted effort.

At some of our schools, this focus on communication has involved a change up to parent-teacher interviews so these meetings occur before report cards are issued. Issues can be raised early. Report cards then serve to affirm what's already been discussed.

Regardless the timing, parent-teacher interviews or student-led conferences are an important communication tool.

I encourage all of our parents/guardians to participate in these meetings. Bring your questions and your suggestions for how we can support each other in supporting student learning. These occasions are an opportunity for teachers and parents to talk about how we can support each other in our shared interest in helping our students reach their goals and achieve success.

We are partners in this all-important effort. The theme of Palliser this school year is TEAM: Together Everyone Achieves More. Through collaboration and team effort, as students, parents, teachers, support staff and community members, we can ensure learning success for all students.

Thank you for being part of Palliser's TEAM.

Kevin Gietz, Superintendent

## SOCK IT TO EM DRIVE

Hi all

Once again we are approaching the cold weather and that means cold feet. Lets see how many warm feet we can make happen.

It's time for our annual sock it to 'em campaign. This is our ninth year collecting and donating to the Saint Vincent De Paul Society. In the past eight years, we in partner with all other Palliser, District 51, and Holy Spirit schools have collected over 42,000 pairs of socks. Our school has contributed approximately 1600 pairs.

I thank you in advance for your participation.

Mr. Sera  
Cupe Local 290

## Choir:

Music News

-Our first musical sharing for choir and handbell groups will be Thursday, November 10 at 10:30am for the Remembrance Day Assembly. Students involved need to wear dark bottoms and plain white tops.

-Thank you to the seniors, especially Beth and Joyce, for coordinating with us to work on handbells and choirs last spring. We so appreciate the time you spent with us and your generous donation to our music program!

- Choir students and parents mark your calendars for Friday, January 27, 2012 as we will be performing O Canada at the Hurricanes hockey game. More details will follow in the January newsletter.

- Christmas concert will be Wednesday, December 14 at 12:50 and 6:50pm. All students in Grade 1-6 will be participating. Choir and handbell groups will also be sharing at the concert.

- Costume information will be sent home with students at the end of November and in the next newsletter, so stay tuned!

-On Thursday, November 3 from 3:20-4:20pm we will be having a speaking parts practice for the Christmas concert. Any students interested need to sign up during music class and return their permission slip before they can stay. Students can get these on Monday or Wednesday during music.

Thanks!!

Mrs. Reimer and Mrs. Higginson

## 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**

## Nut Free School:

**Students, please enjoy any Halloween candy with "NUTS" at home. This is a friendly reminder that CES strives to be a "Nut Free School" especially Peanuts.**

## Should I be Worried?

It may come as a surprise to know that around 12% of Canadian children and adolescents, have a diagnosable anxiety disorder. It is the most common mental health problem in children and in adults. While worry is a common human experience, too much worry or anxiety prevents people from realizing their true potential. If untreated, anxious children are at a higher risk for academic decline, poor peer relationships, depression and substance abuse. The majority of adults with anxiety disorders say that their anxiety began in childhood. Children do not just outgrow serious anxiety.

Anxiety is very treatable and success rates with the right treatment are excellent – as high as 80% in children and adolescents. The sooner children with anxiety are identified and treated, the sooner they can get back on track with the business of growing up, learning and being happy. Early intervention, a decision in the hands of parents and professionals, may help prevent a life of trials and tribulations for anxious children. Acting early and wisely can help them take back their childhoods.

Fears and anxiety among children are normal and often a passing reaction to a situation. Approximately 40% of elementary school children have fears of separation from a parent. Approximately 33% of children worry about their competence or ability and seek reassurance from others. About 20% have fears of heights, are shy in new situations and are anxious about public speaking and being accepted by peers. Most childhood fears are outgrown or diminish in importance as a child matures. If they do not and begin to interfere with a child's ability to get on with life, then it may be time for taking a closer look at how anxiety is becoming established.

School is the real world for children. They spend half of their waking hours at home and half at school. School is a place where children have the opportunity to meet some of the major developmental tasks of childhood – to learn, make friends and have fun. It can also be the focus of pressure to perform and succeed and to make difficult choices in regard to peers and risky behavior.

Schools and parents have the potential to be the first line of defense in helping anxious youth. They are the natural resources most easily available and accessible to a child. When parents and schools and other mental health professionals work together as a team, children receive treatment that is more successful in the long-term. Each has a different expertise in shaping the well-being of the child.

(Taken from, "Worried No More: Help and Hope for Anxious Children" by Aureen P. Wagner)

Submitted by:

Patti Nicol-Pharo

Family School Liaison Counsellor

(403)894-1799

## 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 give-aways 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](http://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](http://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](http://www.osteoporosis.ca).

## Parents and Children Experiencing Separation

(PACES)



This six week group supports and encourages **families** to deal effectively with the changes and challenges that result from separation and divorce.

This group provides opportunities for **children (ages 6 - 12)** to identify and express their feelings about divorce, assists in normalizing their experiences and encourages children to develop healthy ways of coping with the changes caused by divorce.

**Parents** have the opportunity to gain insight into how their child(ren) are dealing with the separation/divorce and learn how to effectively support their children through this difficult period.

Dinner is included

Wednesdays, November 2, 2011 - December 7, 2011  
6:00 - 8:30 P.M.

"I feel stuck in the middle." -  
Participant, age 9

**For more information  
and to register....**

**please call**

**403 320-4232**

"I worry about what's going to  
happen next." - Participant, age 11

"I'm scared when they argue." -  
Participant, age 7

# NOVEMBER 2011



Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Running Club @ 12:00	2 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess <b>Student Led Conference</b>	3 <b>Student Led Conference “Harry’s Hot Dogs”</b>	4
7	8 Running Club @ 12:00	9 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	10 Remembrance Day Service at CES 10:35 <b>“Harry’s Hot Dogs”</b>	11 <b>No School Remembrance Day</b>
14 <b>No School</b> In lieu of Parent Teacher Interviews	15 <b>No School</b> PD DAY	16 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess <b>Running Club @ 12:00</b>	17 <b>“Harry’s Hot Dogs”</b>	18
21	22 Running Club @ 12:00	23 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess <b>Running Club @ 12:00</b>	24 <b>“Harry’s Hot Dogs”</b>	25 <b>Turkey Bingo at 7:00 p.m.</b>  <b>Report Cards Go Home</b>
28	29 Running Club @ 12:00  <b>Pajama Day</b>	30 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess Muffin Morning 8:30am		

***Lest We Forget!!!***

**TAKE TIME TO REMEMBER ON NOVEMBER 11.**

