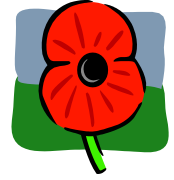




COALHURST ELEMENTARY SCHOOL NEWSLETTER

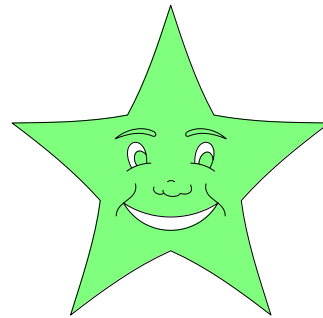


*Coalhurst Elementary School:
Success for Every Child.*

November 1, 2010

STARS FOR OCTOBER

- 1-2M: Dreydon B., Taya C., Brandon B.
- 1-2N: Stella B., Rylen B., Esme E.
- 1-2S: Chandra H., Jonathan B.
- 3-4F: Kaytlin H., Cheyanna P.
- 3-4M: Emily B., Kaisha K.
- 3-4P: Ianna C., John M.
- 5-6B: Zachary D., Hope T., Darrick N.
- 5-6H Charli W., Cammie W., Brody W.
- 5-6P: Tianna J., Rio R.



THANKYOU'S IN OCTOBER TO:

- Volunteers that helped make the Scholastic Book Fair a success: Jennifer Steeves-Klimpke, Kyra Lundgren, Angela Weiss-Highbee, Shauna Bosch. 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 calendar fundraiser a success. CES raised over \$2000.00 for parent council to assist in purchasing incidentals for the students classrooms.
- A big thank you goes out to Mayor Cassie, Lauren Wittig, Heather Caldwell, Gus VanderLinden and Marvin Slingerland for taking time out of their busy schedules to come and speak with the grade 3-4 classes about citizenship and what it's like to work on council.



CES/CHS Annual Turkey Bingo - Friday, NOVEMBER 26!!

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 26th between 1:00 & 4:00 p.m. or call Kelcey at 403-327-8698 to make other arrangements.

Remembrance Day Service:



On Wednesday, November 10, Coalhurst Elementary School and staff will hold a Remembrance Day Service in the CES Gym, at 11:00 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
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.

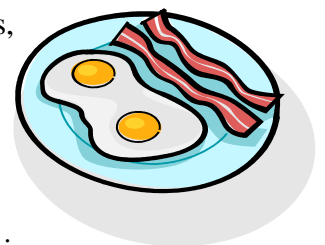


Kindergarten Bacon Fund Raiser:

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 5 First year student teachers in our classrooms. They will be here until December 17th. 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.

CES also has a PS11 student teacher who is teaching in 1-2M with Mrs. Moncrieff. Miss Eryn Gordan will be teaching with us until December 17, 2010.

SOCK IT TO EM DRIVE

Last year the schools in Palliser School District #26, Holy Spirit Catholic School Division #4 and the Lethbridge School District #51 collected over 2,000 pairs of socks to distribute for Christmas. We here at CES will once again be collecting new socks for this drive. Watch for donated socks to be displayed all over the school.

Choir:

Mark the Annual grade 1-6 CES Christmas Concert on your family calendar. The concert will be held on Thursday, December 16th at 1 and 7pm. Please plan for your students to participate in both afternoon and evening performances.

On Wednesday, November 24th, all CES Choirs will be participating in "A Christmassy Journey Across Canada". This is an opportunity for the choir kids to sing with the Lethbridge Symphony. The concert will take place at Southminster United Church at 7pm that evening. Stay tuned for further details.

Both Choir and Handbell practices are well underway. Please encourage your children to be in attendance, the days they are scheduled to practice, as both choir and handbells are a team activity.

Grade 1-2 Girls' Choir practices Thursday at 10:15am.

Grade 1-6 Boys' Choir practices Tuesday at 10:15.

Grade 3-6 Girls' Choir practices on Tuesday at 12:15.

Mrs. Higginson's Handbells practice on Mondays and Wednesdays at 10:15 & the Port-a-Four Group at 2:10 PM

(Mrs. Berberich's Handbells practice on Thursdays at 12:15)

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

What exactly is Play Therapy?

Play therapy is a counseling approach specifically developed to help children between the ages of three and preteens. The child works with the counselor in a space equipped with specially chosen toys and play materials that encourage the safe expression of feelings and support the development of healthier behaviors.

A typical playroom will contain any of the following: a sandbox with small characters and items to use in the sand (people, fantasy figures, animals, fences, plants, methods of transportation etc.), puppets, dolls, dress-ups and make believe clothing, special games, art materials, building materials and some indoor games such as ball toss etc. To start the counselor will invite the child to play with the materials in the room. The play materials provide a "language" for children to express themselves with. As counseling progresses, the play therapist may become more directive by encouraging the child to play with specific items or participate in activities that address the child's problems and challenges.

A child uses the play materials to "process" their experiences and struggles. Talking about problems using words is often difficult for children. They often express themselves much better by playing. In play, children use their imaginations and express themselves symbolically through the play materials. Just as the body heals from physical injury, the child has an feel better. Expressing feelings leads to understanding feelings which leads to a decrease in their intensity. Feelings become less bothersome so children can devote more of their mental energy to creative activities and problem solving. Their ability to master various tasks in their lives also leads to more positive self esteem and confidence. During play therapy children are given the opportunity to make decisions and choices for themselves, enabling them take responsibility for their actions.

Using various play materials and expressing themselves symbolically through toys, children can distance themselves from difficult feelings and memories that may be too difficult to talk about directly. Children have opportunities to communicate their fears, worries, problems, wishes and desires through toys. When counselors and parents work together, they can gain a better understanding of the inner world of children so they can provide support and help. Therapeutic play is different from regular play. The play therapist is trained to create a safe environment for the child and to interact with the child in a way that activates the therapeutic benefits of play. It is within this unique and safe environment that children can gain relief from emotional difficulties and develop more appropriate behaviors and have their needs better met.

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

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 "influenza season."
- Complications include pneumonia, bronchitis, and croup
- Symptoms appear quickly and include: fever, chills, aches, cough, and fatigue
- 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 Ear infection	Dehydration

How to Prevent Influenza:

- Seasonal influenza protects against the three most common strains of influenza virus identified by the World Health Organization. Seasonal influenza immunization does not protect against the new H1N1 Influenza Virus. *Pandemic (H1N1) immunization will be offered following the seasonal influenza immunization clinics.*
- Seasonal influenza vaccine is available at no charge for all Alberta residents over 6 months of age (including pregnant women) during October or early November.
- The vaccine takes 2 weeks to become effective and lasts for 4 to 6 months.
- Next to immunization, the most important way to prevent infection is hand washing. Washing hands well and often 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.

Please go to Alberta Health Services Website at www.albertahealthservices.ca

Or call Health Link at 1-866-408-5465

For information on Influenza Immunization Clinics in your area

Please keep your children home if they are not feeling well.

NOVEMBER 2010



Monday	Tuesday	Wednesday	Thursday	Friday
1 Mrs. Higginson's Handbell Group 1 st recess	2 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15	3 Mrs. Higginson's Handbell Group 1 st recess Port-A-Four Practice Last Recess Running Club @ 12:00 Student Led Conference	4 Girls Gd. 1-2 Choir 1 st Recess Mrs. Berberich's Handbell Group Lunch Recess Student Led Conference	5
8 Mrs. Higginson's Handbell Group 1 st recess	9 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15	10 Remembrance Day Service at CES 11:00	11 No School Remembrance Day	12 No School In lieu of Parent Teacher Interviews
15 No School PD Day	16 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15	17 Mrs. Higginson's Handbell Group 1 st recess Port-A-Four Practice Last Recess Running Club @ 12:00	18 Girls Gd. 1-2 Choir 1 st Recess Mrs. Berberich's Handbell Group Lunch Recess	19 .
22 Mrs. Higginson's Handbell Group 1 st recess	23 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15	24 Mrs. Higginson's Handbell Group 1 st recess Port-A-Four Practice Last Recess Running Club @ 12:00	25 Girls Gd. 1-2 Choir 1 st Recess Mrs. Berberich's Handbell Group Lunch Recess	26 Turkey Bingo at 7:00 p.m Report Cards Go Home
29 Mrs. Higginson's Handbell Group 1 st recess	30 Boys 1-6 Choir 1 st recess Girls 3-6 Choir – 12:15			

Lest We Forget!!!

TAKE TIME TO REMEMBER ON NOVEMBER 11.

