

# COALHURST ELEMENTARY SCHOOL NEWSLETTER



*Coalhurst Elementary School:  
Success for Every Child.*



March 31, 2011

## Stars for the Month of March:

- 1-2M: Jayden S., Kayla S., Heather W.
- 1-2N: Jero R., Joseph R., Emma S., Brooklyn W.
- 1-2S: Kellan S., Chad T., Hannah R., Ashley P.
- 3-4F: Sarah V., Trystn D., Leah P., Cheyenna P.
- 3-4M: Allysa B., Cole D.
- 3-4P: Cassie M., Joshua P.
- 5-6B: Brett D., Maddison F., Jordan R., Cora P., Michael L.
- 5-6H: Hunter M., Jordan J., Austin A.
- 5-6P: Lincoln M., Mattea B.



## Friendly Reminder:

**HELP MAKE CES NUT FREE!!!** A quick reminder that our school strives to be **NUT** free. We have a number of students and staff that are severely allergic. So **PLEASE, NO** snacks or food that contain nuts, this includes **PEANUT BUTTER**.



## Camp Corner:

Camp Kick-Off Assembly                      Tuesday, April 12 8:45 AM – Dress Camp style for the day  
Parent info night                                Wednesday, May 4, 2011 @ 7:00 PM  
Know of any businesses that would like to sponsor our Year End Camp, donation letters are available in the office.

## Spirit Day for April:

Sports/HobbyDay. Wear your team Jersey's, or an outfit to show your favorite hobby. Spirit Day will be on Thursday April 7, 2011.

## Hot Lunch Helpers for March:

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

## Note:

Yes, it is true; Mrs. Wilson will be leaving Coalhurst Elementary School at the end of this school year. She has taken the position of Director of Learning with Palliser School District. She will be greatly missed both at the school and in the community.



### **Thank-you's:**

Mr. & Mrs. Sorhsdahl for lending their sump pump to the school when our school basement was flooding.

### **Helmets are Very Important:**

Spring has sprung and the children are riding bikes, skateboarding, roller blading and riding their scooters. Please remind your children that they **must wear a helmet** (it is law) when riding their bike. A helmet could save a life.



### **ECS & PRESCHOOL REGISTRATION:**

Registrations are being taken from now until September 2011 for ECS and Preschool programs for this fall. Programs can fill up, so register early. 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 call the school office at 381-3330 or just come to the school office during school hours, and please bring a **birth certificate to register. There is also a \$10.00 non-refundable registration fee that must be paid before we can register your child.**

### **Book Fair:**

**Mark your calendars** Scholastic book fair will once again be running in the CES library. The book fair theme is "Grow with Great Books." Volunteers are needed. If you are available, call the school and ask for Shelly.

Monday, May 2, 2011	8:00 AM-3:30 PM 6:00 PM-9:00 PM
Tuesday, May 3, 2011	8:00 AM-3:30 PM

### **Music News:**

#### **Festival Announcement for Grade 3-6 Girls' Choir:**

On Wednesday, April 6th, students involved in Grade 3-6 Girls' Choir will be singing at the Kiwanis Music Festival, at Southminster Church. They are scheduled to perform at 1pm (There will be a \$2 charge for adult guests viewing the performance). Students should dress in black/dark bottoms, with white tops. Please send the girls with non-microwavable lunches on this day. We will be leaving the school at approximately 12:30, and returning around 1:45. Forms were sent out earlier in March and were to be returned for the girls to attend the Festival. Parents who volunteered to assist on this fieldtrip will be contacted by phone. Good Luck Ladies!

**All Students and their families-** Spring Concert - "H2O - The Water Show" will be on Thursday, April 14th. The afternoon performance will begin at 12:45 (Recorders at 12:30 in Atrium). The evening performance will begin at 6:45pm (Recorders at 6:30 in Atrium). All students in Hand Chimes, Hand Bells and Choir are asked to dress with black/dark bottoms and white tops. They will have an opportunity to change into their class costumes, after the start of the show.

#### **Costumes/Props**

Students in Grade 1-2 are performing ocean songs. They could dress in blue, green, purple or white to look like water colors.

Students in grades 3-4 are pirates, and have created some accessories (hats) in class with their teachers. Students in grades 5-6 are on the beach. They should wear modest beach attire, bring beach towels, sunscreen and boogie/water boards.

**Please clearly label all items from home with student's name and class**

## **Fundraising:**

### **FROM OUR HANDS TO JAPAN**

Grade 3-4M have created Paper Cranes. For a \$1.00 donation, students and parents will be able to write a wish of Hope for Japan and its people. We will collect the cranes in the atrium and eventually forward them to children and students in Japanese villages. We ask that students place their donations in baggies with their names so that 3-4M can track how much cash they have collected.

### **BAKE SALE**

Participating Grades, will provide baking to be sold during the lunch hour. Notices will be sent home with the students well in advance of their scheduled day.

## **School Council News:**

### **Spring Carnival is Friday May 13th!**

Even bigger than last year with all the carnival fun plus inflatables from AstroJump and Jump4Fun, Andi's Petting Zoo, and a chicken-coup-poop. We will still have a Silent basket Auction (we are looking for some more awesome donations again this year!) and M&M Meats will be back with hamburgers and hotdogs.

Wristbands are \$10 in advance/\$12 at the door and children 3 and under

We really need volunteers to make it all work!!

If you can help in any way by working that night, helping with set up/clean up, donating a basket for the auction or donating baking for the Treat Walk, please call Michelle at 403-327-2343 and look for handouts coming home.

**CES** is now part of the Virtual Bottle Drive with Rehabilitation Society of Southwestern Alberta. Here is another option for donating your milk jugs and bottles for Camp. You can take your milk jugs and bottles to either the Northside or Downtown location and tell them you want to donate your bottles to Coalhurst Elementary School and they put the money earned into an account set aside for CES and send it to the school!

Northside Location (Ability Resource Centre)

1610 – 29th Street North

Lethbridge, Alberta

T1H 5L3

Downtown Location (JobLinks Site)

416 – 8th Street South

Lethbridge, Alberta

T1J 2J7

Hours of Operation (Both locations)

Open Monday through Saturday from 8:30 AM to 5:00 PM

<http://abilityresource.ca/commercial-operations/bottle-depot>

No matter how you decide to donate your milk jugs and bottles for Camp, please don't forget to remove your caps!!!

## **Handicapped Signs:**

-There are 2 "handicapped" signs put up on the fence at the front of the school. Please do not park between these signs at any time during the school day. The special needs bus picks up and drops children off often during the day. We appreciate your cooperation.

-Parents please use caution when dropping your children off, we request that the front parking lot not be used for dropping off students, there is a lot of traffic, and some children are difficult to see.

### **Congratulations:**

We would like to congratulate a number of our students that submitted poems and posters for the Royal Canadian Legion Remembrance Day Program.

- 3<sup>rd</sup> in Intermediate Poetry - Tyson W.
- 3<sup>rd</sup> in Junior Poetry - Derrick N.
- 1<sup>st</sup> in Junior Color Poster - Kaitlyn H.
- 3<sup>rd</sup> in Junior Color Poster - Paige P.
- 3<sup>rd</sup> in Primary Color Poster - Torri P.
- 2<sup>nd</sup> in Primary Color Poster - Leah P.
- 1<sup>st</sup> in Primary Color Poster - Alexis D.

Alexis DeMaere also won at the Provincial level and is headed to the National level for her poster.

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

In the coming months the administration and teachers will be tentatively placing our ECS and grade 2&4 students in their classes for the 2011-2012 school year. We hope that you would trust the teachers judgement in this matter. They take in to consideration such things as learning styles, personality types, friends, needs and mix of boys and girls. If you have a valid education reason to request a certain class/teacher for your child you must submit your request in writing to the office by June 1, 2011. All requests will be considered, but not guaranteed. However late requests will not be honored.

Trivia Question Entry Form

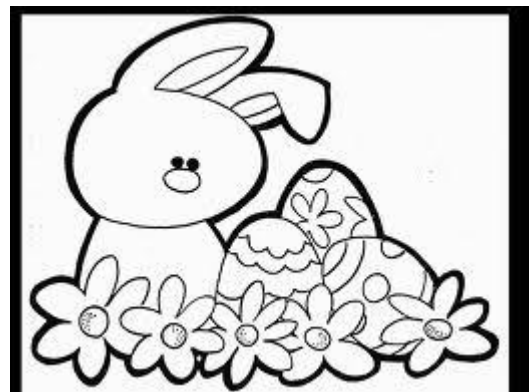
Student

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

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

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

Return to Miss Vos before April 21, 2011



**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.**

## **Counselors Corner:**

B is for Bully – Playground Politics

We all want our child's first experiences with school to be enjoyable and successful and we all have to work together to make this happen. Bullying is an intended and calculated act that creates fear in another person. Bullying is not exclusive to childhood – adults are regularly bullied in the workplace, by family members and others as well. Finding solutions requires planning and support to ensure safety and well being. Bullying is considered to be a learned behavior so if we allow bullying behavior in the early school years, it may intensify and grow.

Some social behaviors that are bullying in nature include:

Social Manipulation: "If you don't play pony princess with me, I won't be your best friend anymore."

Excluding: Children will run away, ignore or say things like, "You cannot play with us" or "I don't want to partner with him."

Pushing, Grabbing, Shoving, Threatening Inside or Outside the Classroom: Children may use physical aggression toward others to get what they want.

Name Calling: Using language like, "You are gay" or "You run like a girl" or "You are a cry baby" are harsh and unkind ways to interact.

What to do? First of all take a look at your own behavior. If you are parenting using physically aggressive methods, using put downs or words to berate your child in anyway, withdrawing love or affection in order to manipulate your child's behavior or allowing your child to continue to use any of the above in their interactions with others, stop. Children are what they learn and if they are witnessing these kinds of social interactions at home, they will be more likely to use them with others.

Supervise your child and observe the way he/she interacts with others. Check the language he/she uses and don't be afraid to step in when someone is being treated unfairly. Young children especially need a lot of help to work out various situations and conflict. Encourage your child to pursue friendships with children who bring out the best in them. Help them to have positive relationships that give them strength and confidence.

Seek out support for parenting children who are bullies or who are bullied. Use positive methods to guide your children with their relationships. Volunteer in the classroom or on field trips and observe how your child behaves with others. If your child tends to be bossy find gentle ways to help him/her learn ways to socialize that are more considerate of the needs of others.

Submitted by Patti Nicol-Pharo, Family School Liaison Counsellor, (403)894-1799  
(Taken from information provided by Donna Joy, parent educator for P.A.C.T.)

## **Early Literacy Tips for Home**

Children need to be able to consistently blend separate sounds into the oral word form (no print involved) before they can be expected to "sound out" words successfully while reading. When your child hears the individual sounds of "f—r—o—g", is he or she able to mentally "squeeze" the sounds together to identify "frog"?

For fun and to develop this important literacy skill, try playing the following game with your child at home or as you travel in your car:

### "Guess the Word!"

Your child guesses a "mystery" word from the individual or slightly clustered sounds that you "stretch out". Be sure to use sounds and not letter names. Here are a few examples:

I went shopping and bought a h -- a -- t.

Please bring me the pl -- a -- te.

I see a h -- or --se. (This phrase can be used in a similar way to the "I Spy" game.)

## **Highlights from the Parent Info Night:**

Parents in attendance learned some easy and fun games using a deck of playing cards or dice. These engaging games can be adapted to any age level from Kindergarten to grade six. If you would like a copy of the handout from that night please ask Mrs. Wilson.

Newsletter trivia Question: What day is the Spring Concert? Find the answer and the entry form in this newsletter. Return your entry to Miss Vos and you might win a Hot Lunch from Parent Council. March's winner was Cole D.



*Getting the Best out of Life*

Presenter: *Lisa Parkin*

Have you ever wanted to learn how to get the best out of life? This workshop provides insight into the four cornerstones of wellness, providing skilful and practical techniques for getting the best out of each day.

**Dates: Thursdays, April 7 and 14**

**6:00 pm-8:00 pm**

**Location: Coalhurst Parent Link Centre**

No charge and childcare is available on request.

Please call to register:

**Lisa Parkin @ 403-345-3000**

Refreshments and snack provided, as well as handouts.



# 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

### Coalhurst

**Tuesday**-January 11, February 8, March 8, April 12, May 10, June/July Birthdays-June 14

**Location:** Parent Link Centre

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

**To register call:** 403-320-1931 ask for Brenda

We look forward to seeing you and your child



### **Message from the Superintendent:**

I'd like to take this opportunity to update you on several changes to Palliser's Central Office organization, and how we're positioning ourselves for the challenges ahead.

With the retirement of Associate Superintendent (Learning Services) Barbara Gammon at the end of this school year and a number of provincial initiatives (Action on Inclusion, Inspiring Education and a new Education Act) coming, we had to take a hard look at our organization and the skill sets we need going forward. Barbara is truly irreplaceable, and we will not be filling the Associate Superintendent role when she retires.

Instead, for the 2011-12 school year, we will have three new Directors of Learning, joining Donna Dalby, currently our Director of Curriculum, each with individual areas of responsibility for inclusion, school improvement, curriculum, technology and transportation. For more information on these appointments, see the announcement on Palliser's website ([www.pallisersd.ab.ca](http://www.pallisersd.ab.ca)).

In addition, we've eliminated the Secretary-Treasurer position which had overseen our business operations, maintenance and transportation departments and moved to a model of Corporate Treasurer, with support of an accountant, and a Corporate Secretary. The Treasurer and Secretary positions were filled internally, with their former positions eliminated, and we're now recruiting for an accountant to complete the business office.

Education is all about change – in teaching practices, student needs and expectations, and how students learn. Our systems need to change as well. I believe we will be well positioned to face the challenges ahead and the needs of our students.

We will be providing more information about the budget challenge in coming weeks. As parents, you are our partners in ensuring your children get the best education possible, whether advocating for resources or supporting your school in its path of continued improvement.

As Palliser's mission states, "Together we will ensure learning success for all students to develop their unique potential as caring citizens in a changing world."

## Sun Safety

As the days become longer and warmer it is time to think of protecting our skin from sunburns. We all need some sun exposure but unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer. To stay safe in the sun:

- Stay out of the sun between 11 a.m. and 4 p.m.
- Look for shaded areas
- Wear sunglasses, a wide brimmed hat and long loose cotton clothing
- Apply lip balm with SPF 15 or higher
- Apply sunscreen with SPF 30 or higher protecting from UVA and UVB rays
- Do not apply sunscreen to babies under 6 months
- Babies under one year should stay out of direct sunlight
- Drink plenty of fluids, especially water.

[www.caringforkids.cps.ca/keepkidssafe/Sun.htm](http://www.caringforkids.cps.ca/keepkidssafe/Sun.htm)

## Three Underrated Foods

**Sunflower seeds.** Sunflower seeds are rarely in the spotlight. That's a shame, because sunflower seeds are as good as most nuts...and they're cheaper. For a snack, buy sunflower seeds in the shell. For tossing on salads or yogurt, buy them unsalted and shell-free. Roast them for richer flavor.

**Plain yogurt.** Plain yogurt has a tartness that's a perfect match for the natural sweetness of berries, bananas, or peaches AND it has more protein, potassium, calcium, zinc, and B vitamins than sweetened yogurt. Add a dash of vanilla for even more flavor.

**Watermelon.** Two cups of watermelon has 38 percent of a day's vitamin C and 32 percent of a day's vitamin A for only 85 fat-free and salt-free calories. Bonus: watermelon is one fruit with the fewest pesticide residues.

## Celebrate Screen-Free Week April 18 to 24

**Screen-Free Week** [www.screenfree.org](http://www.screenfree.org) (formerly TV-Turnoff) is an annual celebration where children, families, schools and communities are encouraged to turn off screens and turn on life. Time in front of screens is linked to poor school performance, childhood obesity, and attention problems. It is also primarily where children are exposed to "harmful" marketing.

Regardless of whether they are consuming "good" or "bad" programming, it's clear that screen media displaces all sorts of other activities that are integral to childhood. Instead of relying on screens for entertainment, rediscover the joys of life beyond the screen: read, daydream, explore, enjoy nature, and spend time with family and friends.





# APRIL 2011



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Parent Muffin Morning "Fire Safety" 8:30 AM -9:30 AM
4 PARENT COUNCIL MEETING 6:00 PM	5 Boys 1-6 Choir last recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir 1 <sup>st</sup> recess	6 Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess <u>Running Club</u>	7 Sports Fan/Hobby Spirit Day 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess  Hot Dog Lunch	8 Parent Muffin Morning "Parents as Teachers" 8:30 AM -9:30 AM
11 Mrs Higginson's Handbell Group 1 <sup>st</sup> recess	12 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	13 Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess <u>Running Club</u>	14 Spring Concert 1:00 & 7:00 PM performance  Hot Dog Lunch	15 Parent Muffin Morning "Cst. C. DaPonte RCMP Liason" 8:30 AM -9:30 AM
18 Mrs Higginson's Handbell Group 1 <sup>st</sup> recess	19 Boys 1-6 Choir 1 <sup>st</sup> recess Girls 3-6 Choir – 12:15 Girls Gd. 1-2 Choir Last Recess	20 Mrs Higginson's Handbell Group 1 <sup>st</sup> recess Port-A-Four Practice Last Recess <u>Running Club</u>	21 10:15 - Recorder Karate Mrs Berberich's Handbell Group Lunch Recess  Spaghetti Hot Lunch	22 Good Friday No Classes For Students
25 Easter	26 Break	27 No Classes	28 For	29 Students 