

February 2012

Elk Island Public Schools

THE WESTBORO REPORT



PRINCIPAL'S MESSAGE

To a Child LOVE is spelled TIME
what a child really needs from you

*It isn't the big pleasures that count the most;
it is making a great deal out of the little ones.*

* Mac Anderson & Lance Wubbels

*

February is that special month full of hearts. Hearts of love, hearts of caring, hearts of giving and hearts of kindness. We trust that a random act will 'visit' you this month.



From the Office

- Feb. 9 & 10 School Closure
- Feb. 14 Parent Council Meeting @ 12:30
- Feb. 16 Jump Rope for Heart Event!!!
- Feb. 17 School Closure
- Feb. 20 School Closure Family Day
- Feb. 24 Crazy Hair/Bread Day
- Feb. 25 Young Authors Conference

VINOK WORLD DANCE!

Huge THANKS go out to our Parent Council group and Alberta Foundation for the Arts for bringing Vinok Worldance to our school. Our one-week residency with Vinok, from January 23-27, provided us with the opportunity to have fun together, learning folk dances from all over the world. It was a joyful and exciting experience for all who were involved, and we are lucky to have a Parent Council that supports artistic endeavors within our school!



PRINCIPAL
Brad Cooksley

ASSISTANT PRINCIPAL
Lynette Thom

1078 Strathcona Drive
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SCHOOL NEWS

JUMP ROPE FOR HEART



For 30 years, Jump Rope for Heart has been inspiring students to embrace healthy living and social responsibility. On February 1st, at our monthly assembly students were AMAZED at the skipping skills put on display by the Professional skippers with Jump Rope for Heart. Even Mr. Cooksley did some very impressive skipping! Westboro is excited to be hosting a Jump Rope for Heart Event for all our students on February 16th. Not only will this event help promote healthy heart living for all our students, we will be partnering with the Heart & Stroke Foundation of Canada to help raise money for crucial Heart & Stroke research.

This week, students have brought home their pledge packages. Students are encouraged to collect donations either in person or online (directions on the pledge sheet) to help support the Heart & Stroke Foundation who are sponsoring our event. Students will have the opportunity to win prizes, and each student will receive a jump rope for participating. Rumour has it Mr. Cooksley is going to let the students have another pajama day if we reach our fundraising goal of \$2000.00. We thank you in advance for assisting your student(s) in making this a successful and educational event... and possibly earning us another work day, I mean school day in pajamas!!!

LIBRARY NEWS

Thank you to the Beebe, Haws, and McFadyen families for their donation of books to the library. We have author Sigmund Brouwer coming to the school Feb 24 at 10:30 a.m. for Rock and Roll Literacy, a presentation that combines story and music. The fee for this presentation is being paid for by the generosity of The Rotary Club. The school also benefits with a donation of 100 free sports novels, a \$600 value, sponsored by Canada's Sports Hall of Fame.

REGISTER FOR KINDERGARTEN



Do you have a child who will start Kindergarten in fall 2012? Registration for the 2012-2013 school year is underway. Your child is eligible to enroll in Kindergarten for the upcoming school year if he/she will be five years old on or before March 1, 2013.

Check out Elk Island Public Schools' division website at www.eips.ca/kindergarten for information about Kindergarten programs, registration details, and system information. The 2012 Kindergarten Guide will be available online starting February 21 and in free magazine racks starting March 5. Our school website, www.westboroelementary.ca also provides specific details about our Kindergarten program.

Register today and join us on April 12 at 6:30 p.m. for our Kindergarten Information Night to meet the staff and take a school tour. Contact us today.

LOGOS SOCIETY NEWS



Hello Westboro families! Our next Society meeting will be on February 8th at 7 pm in the Westboro library and as always everyone is welcome to attend! Our first chapel of 2012 will be this month. Pastor James Avery from Bethel Lutheran Church will be our speaker. The grade 5 and 6 classes will be leading the chapel with a theme on love. The date still to come.

Krystal Hampel

PARENT COUNCIL NEWS

It is a busy time of year. Parent Council is no exception. Probably the biggest item at the moment is the "Reimagining Sherwood Park Schools" project that Elk Island is spearheading. Last year, Elk Island looked at Fort Saskatchewan and this year the focus is looking at school boundaries in Sherwood Park. This will have a huge impact on parents and I strongly encourage you to be as involved as possible.



Mr. Cooksley will be doing a presentation to Parent Council on February 14 at 12:30 pm. There will be School Trustees present to listen to our voices and opinions. The School District is starting to ask questions and gather feedback and ideas regarding school boundaries, programming and grade configurations to help focus the discussion later on.

Our Family Dance is coming up on Friday, April 20. We will need items for our silent auction and for our raffle baskets. More information will be coming home on this soon.

Thank you to everyone who has been buying lollipops to support the Grade Six Birch Bay trip. The Grade Sixes are also working hard organizing the Penny Carnival which will happen on May 4.

Strathcona Christian Academy is holding a Web Gone Wild Seminar February 23 at 7:15 pm in the South Gym of SCA Secondary. This is being presented by the Saffron Centre and will address concerns such as:

- * Facebook and Other Social Media Sites
- * Online Video Gaming Addictions
- * Public vs. Private Domain.
- * Cyberbullying
- * Sexting

While some of these topics are beyond where our children are at right now, I think it will be a great information session and unfortunately, our children will be at an age where it affects them at some point. As parents, sometimes we can be overwhelmed by what is out there and how to protect our kids and so this seminar will be a great resource.

The Minister of Education is holding another Teleconference February 8 from 7:30 - 9:00 pm. He will be speaking for a little while and then will open up to questions. You need to register in advance at:

<http://education.alberta.ca/apps/Registration/TeleConference/>

I have heard that when you register, you can input the kind of information you would like the Minister to address.

As always, to stay on top of Parent Council news, join our email list. Just email us at WestboroParents@gmail.com



**Are you looking for an exciting time
for your child during this Spring Break?
FRIENDS CLUB'S SPRING BREAK CAMP**

"AROUND THE WORLD IN 5 DAYS"!



For more information and to register call Kasia at
780-707-4481 or e-mail: kspa@shaw.ca

ELK ISLAND PUBLIC SCHOOLS NEWS

INCLEMENT WEATHER REMINDER

Inclement Weather Reminder

Although the temperatures have warmed up in the past week, we do live in Alberta and the weather can change in a matter of minutes. Elk Island Public Schools (EIPS) reminds parents to please dress children appropriately for the weather when getting them ready for school or the bus.

In the event of inclement weather conditions, your best source of information regarding bus route cancellations is the division website. The *Bus Status* section (www.eips.ca/bus-status) is updated in real time whenever bus cancellations or delays occur. Please make note of your children's bus number(s) so you can quickly and easily check the bus status using this valuable tool. When all bus routes within a large geographic region of EIPS are cancelled, we also post this information in the home page article. It is interesting to note that EIPS' website traffic spiked more than 500 per cent when the cold weather hit on January 17, so it appears many of you are already using this tool.

For more information or to determine your children's bus number(s), contact EIPS' Student Transportation department at 780-417-8151.

ALBERTA EDUCATION CONSULTATION/SURVEY

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education. In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school. All surveys are anonymous and ask questions about experiences with the school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2012, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

CALENDAR OF UPCOMING EVENTS

FEBRUARY 2012			
TBA	Logos Chapel	Feb. 14	School Council meeting @ 12:30
		Feb. 16	Parent Prayer Group @ 2:40
Feb. 2	Parent Prayer Group @ 2:40	Feb. 16	Jump Rope for Heart Event!!!
Feb. 4	Orff Workshop	Feb. 17	School Closure—PD Day
Feb. 8	Logos Society meeting @ WBO 7:00 pm	Feb. 20	School Closure—Family Day
Feb. 9	School Closure	Feb. 23	Parent Prayer Group @ 2:40
	Teachers' Convention	Feb. 24	Crazy Hair/Bread Day
Feb. 10	School Closure	Feb. 25	Young Authors' Conference
	Teacher's Convention		

CONTINUING EDUCATION

The following **Student and/or Parent Enrichment** opportunities are starting soon at **Next Step Continuing Education**, proud to be a part of Elk Island Public Schools:

I.M. S.M.A.R.T.

For students in Grades 1-6 together with their parent(s)/guardian(s).
Does your elementary age child have trouble with spelling, math facts or sight words? Do you want to work with him or her more efficiently and effectively? Then this course is for you. Learn powerful brain-based techniques that are time efficient and effective with your child.

\$69 + \$20 materials +GST (per parent/child team) | 4 Hrs

Feb 21, 23 (T/Th) 4:30-6:30 pm

I. P.A.S.S.

For students in Grades 4-9 together with their parent(s)/guardian(s).
Evaluate present studying strategies, increase awareness of other methods of "studying", learn "new" strategies and immediately apply them to improve student learning in the different subject areas.

\$85 +GST (per parent/child team) | 6 Hrs

Feb 28, Mar 1, 6 (T/Th) 4:30-6:30 pm

Ultimate Kids (for Parents)

This workshop highlights types of relationships children need with adults, the impact of adult attitudes about children and tools to help children succeed.

\$35 +GST | 2.5 Hrs

Feb 22 (W) 6:30-9 pm

Tech Savvy for Parents

Wondering what your child is doing online? Learn the social networking technologies students are using (for example Facebook, Twitter, Google, etc.). A discussion about digital citizenship and internet safety will also be provided.

\$35 +GST | 2.5 Hrs

Mar 5 (M) 6:30-9 pm

Registration is easy with our **Online Registration** system. Find details about how to register and other courses offered by **Next Step Continuing Education** at eipscontinuinged.ca. Registrations are also accepted by phone (780-467-7292), by fax (780-449-3530) or in person at our office, located in Salisbury Composite High School.



Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Open a door
Plant a tree Help carry a load Share a snack
Cheer up a friend Thank a teacher or mentor
Read to a young child Lend a hand Do a kind act daily
Leave a thank you note Offer your seat
Cycle courteously BE TOLERANT Let another go first
Bake cookies to share Give a compliment
Help a student make friends Donate your gently used items
Give a balloon away Lend a pencil Respect others
Celebrate something new every day Do a favor
Encourage a friend Use a reusable water bottle
Walk a dog Forgive mistakes Smile at someone



randomacts of kindness.org

be a part of the **village** that raises your **child**

Are you a **parent** or **community member** who cares about the development of young children and wants to make a difference?

You're invited!

**Strathcona County
Community Information Night**

Thursday, February 02, 2012
5:30 p.m. to 7:30 p.m.

light meal served
limited child care available

Questions or RSVP

Sheila
780-464-8209
sheila.ewanchuk@strathcona.ca

To find out more about EMap and the Government of Alberta's Early Child Development Mapping Initiative, go to www.ecmap.ca

Strathcona
County
FAMILY &
COMMUNITY SERVICES

Are your children and the children in your community getting the best start in life?



Addiction and Mental Health News

Eating Disorder Awareness Week is February 5-11

Eating Disorder Awareness week encourages individuals to move away from one narrow ideal of beauty to healthy lifestyles and to celebrate the diversity of body shapes and sizes of all people.

Children develop their beliefs and behaviours from the adults that they love and respect. You can make a positive difference to the children in your life. Emotionally healthy children depend on positive relationships with both male and female caretakers.

Teach children that their self-worth is not related to how they look. Emphasize their talents and qualities. Don't focus on their physical appearance.

Give children healthy choices, and teach them to make informed decisions about what they eat. Involve them in planning meals, shopping and cooking.

Emphasize the positive aspects of healthy eating, rather than focusing on the effects of unhealthy eating.

Do not use food as a reward or punishment. If you use food as a reward or comfort, or if you restrict food as a punishment, you are sending the message that food leads to love and acceptance. This may encourage children to seek out food for comfort or self-punishment.

Make your family meals a peaceful time for enjoying food and talking with each other. Save arguments, TV shows, telephone calls and difficult decisions for another time

Live with a positive attitude to body image, not with a focus on food and weight. Show how you can be happy, healthy and active at any body size. Avoid complaining about your body, particularly in front of children. Don't talk about diets, calories and weight.

Source:
<http://www.nedic.ca/knowthefacts/preventionhealth.shtml#families>

Encourage children to take responsibility for their own well-being. This will help them learn to listen to their bodies. Remind them to eat when they are hungry and stop when they are full. Remind them that the amounts they eat will vary as they grow. The amount also depends on how active they are each day.

- Respect their choices. Do not make them finish their plate if they are full. Do not limit food if they are hungry.
- Teach them to recognize and act on the signs of what they are feeling. For example, teach them that if they are worried their palms may sweat, their heart may race, or their stomach may hurt. To relieve the feeling they can try deep breathing, a walk, or talk about what is bothering them

Model a healthy lifestyle. Balance work and leisure time.

- Take care of yourself. Meet your emotional, spiritual, mental and physical needs.
- Regularly participate in exercise you enjoy. Let your child decide what physical activity she/he prefers. Help children be physically active by limiting TV and other inactive play. Encourage physical activities. These can be as simple as washing the car, shoveling snow or gardening.

Work toward identifying and resisting all forms of discrimination. Remember that prejudice against size and body relates to prejudice based on sex, race, sexuality, class and physical ability.

For more information on food and weight preoccupations or Eating Disorders call the Mental Health Help Line 1-866-332-2322 OR Addiction Services Help Line 1-877-303-2642 OR HEALTH Link Alberta 1-866-408-5465