



École AGNES DAVIDSON SCHOOL

December, 2018



Click on me for the on-line calendar of events.

Dates to Remember

5	Gratitude Assembly, 9am
6	LOTG—Edo Japan
6, 13, 20	After school Skating, 3:45-4:45, Henderson Ice Rink
10	Crazy Sock Day
10-19	Salvation Army Toy Drive
1-15	Sock it to 'em Campaign
11	Winter Concert, 6:30pm for students with surnames A-L
12	Winter Concert, 6:30pm for students with surnames M-Z
18	School Council, 7pm
21	Winter / Holiday theme sweater day
22-Jan 6	Winter Break
Jan 7	Classes resume

Registration for 2019-2020

Early Education Program for returning students:

Monday, January 21, at 8am

Early Education Program for new students:

Monday, February 4, at 8am

Kindergarten:

Monday, January 14, at 8am

Grades 1-5:

Spring—Individual student registration forms will be printed and sent home.

Please visit the school website for more information and the [on-line registration forms](#).

Message from Transit

Please remember that transit may not transport students to daycare, grandparents residence, or playdates. Transit is coordinated with the child's full time residence and may not transport to any other location. As well, please do not park in the School Bus Parking Zones as this is a safety concern for our students.

After School Skating

This year our school will be participating in "Free Family After School Skating" at Henderson Ice Rink. Please join us for this fun family activity which begins Thursday, December 6th from 3:45 to 4:45 pm. We have the following Thursdays booked for skating: December 6th, 13th, 20th, and January 10th, 17th, 24th, and 31st.

All students need to be accompanied by a parent or guardian (either skating or in the stands). In accordance with Lethbridge School District policy, all children skating must wear a CSA approved skating helmet on the ice. Biking helmets do not meet the safety requirements but the school does have a handful of CSA approved helmets to lend out. As well, strollers, sleds, and those not wearing skates will not be permitted on the ice. Thank you and we look forward to seeing you!



Tis The Season For Sharing and Good Will

Toys For Tots

Once again, our school will be supporting the Salvation Army by participating in their Toys for Tots Christmas campaign. Contributions of new unwrapped toys for a child aged 0 - 12 are being accepted. All toys can be brought to the school any time up until December 19th when we will present our donations to a member of the Salvation Army. The toys can be placed in Santa's sleigh and boxes located just outside the office doors. Thanks in advance, for spreading Christmas cheer and helping our students be leaders through caring for our community.



Sock It To 'Em' Campaign



From December 3rd to December 15th, the Caretakers and Maintenance staff in Lethbridge and area schools, CUPE 290, are collecting NEW SOCKS to be donated to local charities for Christmas. Please join them and make someone's Christmas a little bit warmer! Students may bring socks any time before December 20th and place them in the bin located just outside the office.

Making Connections

TIPS TO SURVIVE THE HOLIDAYS

1. Keep as many of the regular routines as you can. If the bed time changes, keep the other parts of the bedtime routine, such as reading a book, a healthy snack, a bath etc. consistent.
2. If you have extra treats in the house, have one or two of them with healthy foods at meal times.
3. Let the children be a part of as many plans as possible. If people are staying at your house and children need to share their room with them, let them decide who that would be and what do they want to do with special items in their room for safekeeping.
4. Let the children share in the preparations such as baking, shopping, wrapping, writing letters/cards, decorating.
5. Have children share in any traditions you have around sharing and giving. They can help shovel a neighbor's walk, have them decide on what food or toys to donate, and take the children to the community agencies to drop off the donation. If you go to different agencies to volunteer see if your children can go with you.
6. If you are travelling, have the children help pack their suitcase. Let them know what travel plans you have in advance or have them help decide what kinds of things can they take to entertain themselves if it is a long drive or a plane ride.
7. Remember to have fun. This can be a wonderful time to reconnect with friends and relatives and to have more time to just relax with your children.
8. Ask for help!
9. Traditions are not fun if they cause stress; it's okay to make new traditions.

Counseling Connection

A Few Things to Do During the Holidays

- * Decorate for the holidays
 - * Gingerbread house
 - * String Popcorn or Beads
 - * Cut Paper Snowflakes
 - * Make place cards for table setting
- * Bake
- * Go skating, skiing or sledding
- * Volunteer – soup kitchen, shovel neighbors sidewalk
- * Create art or make gifts
- * Have a games night
- * Put on a Talent show
- * Watch Christmas Movies as a family
- * Go to the Library
- * Make a fort in the living room
- * Do a puzzle bigger than you've EVER done before
- * Learn how to play a new game



WINTER
BREAK
NO SCHOOL!

December 22nd to January 6th

See you on January 7th



EVENEMENT.MEDIATHEQUE@GMAIL.COM

**ACTIVITÉS POUR
ENFANTS
EN FRANÇAIS**

French Activities for KIDS

1 décembre

**Cartes de Noël
en français**

Dec 1

Christmas Card Making

15 décembre

**Décoration biscuit
s de Noël**

Dec 15

Christmas Cookie
Decorating

**UN SAMEDI
SUR DEUX
10H À 12H**

Every other Saturday 10-12

**6 ANS +
(PARENT OPTIONNEL)
3-5 ANS
(UN PARENT DOIT
RESTER)**

6 years old +
(drop off)
3-5 years old
(one parent must stay)

**SEULEMENT 5,00\$
PAR ACTIVITÉ**

Only \$5.00 for each activity

**INSCRIPTION
REQUIS
PAR COURRIEL
OU TELEPHONE
403-388-2921**

La Cité des Prairies
2104 6 Ave South

Please register by phone
or email

Jeudi 29 Novembre 2018, 18h30
Thursday, November 29, 2018 6:30 pm

Cartes de Noël en Français

French Christmas Cards

**\$20.00 pour 6 cartes
et un breuvage**

\$20 for 6 cards and a drink

Inscription avant le 22 nov

Register before Nov 22

evenement.mediatheque@gmail.com

403-388-2921

La Cité des Prairies

2104 6 Ave S

single all the





'ESPACE CRÉATEUR

SERVICES EN FRANÇAIS
AVEC VOTRE AIDE

Activités EN FRANÇAIS

Nous sommes à la recherche de personnes qui souhaitent partager leurs passions et savoirs avec la communauté au travers d'activités extracurriculaires, comme la sculpture, la peinture, la musique, la danse, les arts médiatiques, les art numériques, la cuisine, le sport, les sciences, la décoration etc.... chaque session sera rémunérée.

We are looking for folks who want to share their passions and abilities within the French community through extracurricular activities, such as, sculpting, painting, music, dance, media arts, digital arts, cooking, sciences, decorating etc... Sessions will be paid

evenement.mediatheque@gmail.com

403-388-2921

2104 6 Ave. S. Lethbridge, A.B.

École Agnes Davidson School



Winter Concert 2018



Tuesday, December 11 (last names A-L) @6:30pm

Wednesday, December 12 (last names M-Z) @6:30pm

Students will only perform on one of the evenings. Students in grades 1 through 5 with last names starting with A-L will perform on December 11, and students in grades 1 through 5 with last names starting with M-Z will perform on December 12. Please contact Mme Leggat if there is a conflict (terraleggat@lethsdab.ca).

This will be a concert format with all students performing in the Agnes Davidson School gym. Students should be at school no later than 6:10 to prepare for their performance.

**Each family will be given 2 tickets. If you are unable to attend or do not need both tickets, please return any unused tickets to the school by November 26th so they may be redistributed to other families. If you require additional tickets, please return the form below to the school. A maximum of 2 additional tickets will be given on a first come first served basis to blended or larger families. Extra tickets will not be provided for grandparents, aunts, etc. although they may join us at the dress rehearsal. All audience members, young and old, will require a ticket to adhere to the fire regulation codes.

The dress rehearsal for each performance will take place on the performance date at 1pm in the afternoon. This is an open rehearsal and all family members are invited to view the performances at this time as well.



The following Counselling Groups are open for registration. Please click on the graphic for a more detailed poster.



A therapy group for individuals who have experienced the loss of a loved one.

Start date: **January 9, 2019**

Call Counselling Intake to register
403-327-5724

For more details:

Click image for poster



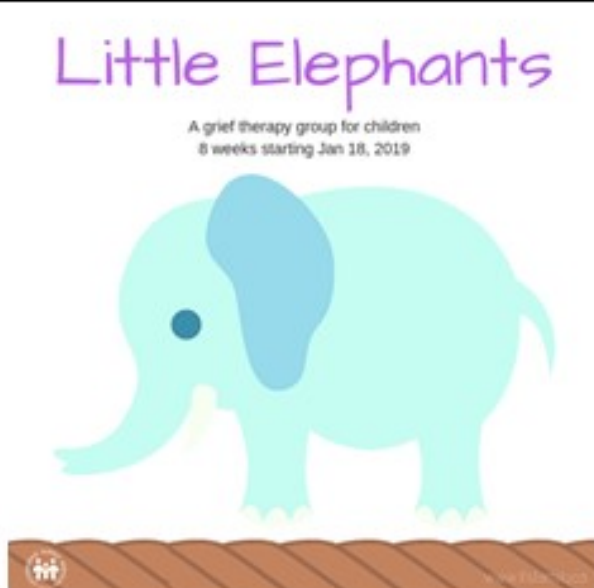
A therapy group for women (18+) who have experienced imbalance, disempowerment or abuse in relationships.

Start date: **January 17, 2019**

Call Counselling Intake to register
403-327-5724

For more details:

Click image for poster



This therapy group is for children who have experienced the death of a significant person in their life.

Start date: **January 18, 2019**

Call Counselling Intake to register
403-327-5724

For more details:

Click image for poster

16TH ANNUAL

SOCK IT TO 'EM CAMPAIGN



From November 1st to December 15th 2018

The Caretakers & Maintenance staff in Lethbridge and area schools are collecting **NEW SOCKS** to be donated to local charities for Christmas.

Please join them and make Someone's Christmas a little bit warmer!

To donate, contact any Custodial staff at your local school!

Questions?

Call Keith

403-3324320



Healthy Children

December 2018 Parent Newsletter



Be Tobacco Smart

Talking to kids about tobacco from an early age is important, but for some people it can be hard to know what to say, or when to say it. We do know that beginning the conversation as early as five or six years old and being open to talking about tobacco throughout the years, is important in helping children and youth make healthy choices.

A new resource is now available to help parents, health providers and teachers begin the conversation. The purpose of this booklet is to share health information in a meaningful and appropriate way with young children, while honouring the role of tobacco in many Indigenous communities throughout the province.

Titled *Be Tobacco Smart*, this booklet tells the story of three young children who find tobacco litter on the ground. Guided by their new friend Duke the Dog, they learn about how tobacco can harm their health, the environment and even their pets! Along the way, they meet Elder Eagle, who shares with them why tobacco is special to many Indigenous people. Using activities such as, word searches, crossword puzzles and colouring pages, the booklet provides an opportunity to begin discussions about tobacco with very young children – whether it is with parents, community health providers or teachers.

➤ To access this resource, visit <https://www.albertaquits.ca/helping-others-quit/teachers-and-school> or call 780-422-1350

Articles

Be Tobacco Smart

Cyberbullying 101:
What it is and what
you can do!

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



To find an electronic copy of this newsletter visit www.ahs.ca/csh



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<p>3 Sock it to 'em Campaign Begins Yoga Club 12pm, Music Rm Crochet/Knitting Club, 12pm, Learning Commons French Homework Club, 3:35-4:15, Rm 1</p> 	<p>4 Violin Year 2 12:25pm, LC Handbells Year 2 3:30-4:45, Rm 16</p>  <p>Handchimes</p>	<p>5 Gratitude Assembly, 9am Crochet/Knitting Club, 12pm, Learning Commons Sr. Choir 12pm, Jr. Choir 12:20pm Handbells, year 1 3:30-4:45pm French Homework Club, 3:35-4:15, Rm 1 Math Club, 3:35-</p>	<p>6 LOTG—Edo Japan Year 1 Violin 12pm, LC After School Skating, 3:45-4:45, Henderson Ice Rink</p>	<p>7</p> 	8
9	<p>10 Crazy Sock Day Salvation Army Toy Drive Begins Yoga Club 12pm, Music Rm Crochet/Knitting Club, 12pm, Learning Commons French Homework Club, 3:35-4:15, Rm 1</p>	<p>11 Violin Year 2 12:25pm, LC Winter Concert 6:30pm, Surnames A-L</p> 	<p>12 Crochet/Knitting Club, 12pm, Learning Commons Sr. Choir 12pm, Jr. Choir 12:20pm Math Club, 3:35-4:25 Computer Lab Winter Concert 6:30pm, Surnames</p>	<p>13 Sock it to 'em Campaign Ends Year 1 Violin 12pm, LC After School Skating, 3:45-4:45, Henderson Ice Rink</p> 	<p>14</p> 	15
16	<p>17 Yoga Club 12pm, Music Rm Crochet/Knitting Club, 12pm, Learning Commons</p> 	<p>18 Violin Year 2 12:25pm, LC Handbells Year 2 3:30-4:45, Rm 16 School Council, 7pm</p> 	<p>19 Crochet/Knitting Club, 12pm, Learning Commons Sr. Choir 12pm, Jr. Choir 12:20pm Handbells, year 1 3:30-4:45pm Math Club, 3:35-4:25 Computer Lab</p>	<p>20 Year 1 Violin 12pm, LC After School Skating, 3:45-4:45, Henderson Ice Rink</p> 	<p>21 Winter / Holiday theme sweater day Last Day of Classes</p> 	22
23	<p>24 Christmas Eve</p> <p>30</p>	<p>25 Christmas Day</p> <p>31</p> <p>New Year's Eve</p>	<p>26 Boxing Day</p> 	<p>27 Winter Break</p> 	<p>28 Winter Break</p> 	29