



# École AGNES DAVIDSON SCHOOL

March, 2019



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

## Dates to Remember

7	LOTG—McDonalds
8	Report Cards Issued to Students
11	Science and Heritage Fair Set Up
11-14	English Book Fair
12	School Council, 7pm
13	Science and Heritage Fair Judging Day
13—14	No Kindergarten, Parent-Teacher Interviews
14	Science and Heritage Fair Take Down
14	No School in PM for Gr. 1-5, Parent-Teacher Interviews
15	No School, School Based Professional Learning and Engagement Time
17	Sr. Choir Practice with the Symphony, 3:00-3:45
18	Green Day
18	Sr. Choir Performance with the Symphony, 7:30
21	Agnes Davidson Music Gala, 6:00-8:00
25	One District One Book Launch
27	Gratitude Assembly, 9am
27	1D1B Reading Night, 7pm

## One District One Book

You've heard the buzzzz, the book is on it's way. Join us on March 25<sup>th</sup> for our 9am launch of the One District

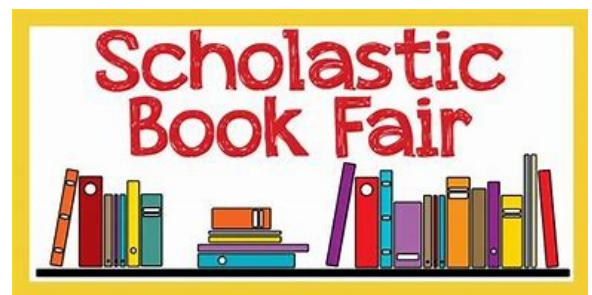


One Book! We won't let the cat out of the bag until then. When the book comes home, watch for the home reading schedule and then other activities going on around the school and district in support of this initiative. Thanks again to V Brocke Contracting for supplying every student at Agnes Davidson with a copy of the book. It's truly an amazing story and we can't wait to share it with you.

## English Book Fair

Please join us in the Learning Commons for our English Book Fair. Students will have an opportunity to visit the book fair during class time. Parents are welcome to visit the book fair at their convenience as follows;

- March 11-12 8:30-11:45, 12:15-3:30 (closed during recesses)
- March 14 11:00-4:00, 4:30 to 6pm (closed during recess)



## Unpaid and Overdue School Fees

**OVERDUE  
Please Pay**

Please visit [School Cash Online](#) to pay any unpaid and overdue school fees. All of the fees collected go directly to offset the cost of class fieldtrips. If fees are not paid, it may result in not being able to go on the planned trips. Thank you for taking care of this matter in a timely fashion so classes can continue with their planned events.

## Science and Heritage Fair

The Science and Heritage Fair is right around the corner. Participating students may set up their displays on Monday, March 11<sup>th</sup>. Judging of the displays will be on Wednesday, March 13<sup>th</sup> and then all items are to be collected and taken home on Thursday, March 14<sup>th</sup>. To assist students with their projects, the committee has created a [STUDENT HANDBOOK](#) outlining some guidelines and helpful hints. This handbook can be viewed



on the school website or through the QR code on the right. If you have any questions or plans have changed for the project, please contact Mme Leggat (terra.leggat@lethsd.ab.ca) so she can make the necessary adjustments. It's so great to see so many students participating in this event and showing such a keen interest in learning.



## Report Card and Celebration of Learning

On March 8<sup>th</sup>, students will be receiving their second term report cards. This document can be viewed on Power Schools Parent Site and a hard copy will be sent home with your child. For this second reporting period, each class will be hosting a Celebration of Learning. This gives you the opportunity to come into your child's class with your child and have him/her walk you through some of the learning he/she has been doing this past term. This is a great time to see the accomplishments of your child, as well as the areas of growth. The teacher will be on hand to answer any questions and to facilitate the evening. This is a drop in format and you can expect to spend between 20-45 minutes with your child in the classroom. Teachers will also be offering private Parent-Teacher Interviews to discuss any issues if there is a need. A letter will be included in the report card indicating if the teacher is requesting a Parent-Teacher interview. If you would like to request an interview, please sign up for the individual Parent-Teacher interviews beginning March 8 at 5pm until 9pm on Wednesday March 13<sup>th</sup> through the school website.

Celebration of Learning:

Thursday, March 14	
English Classes	
Gr. 1, 2, 3	4:00-6:00pm
Gr. 4/5	5:00-7:00pm
French Immersion Classes	
Gr. 1	4:00-6:00pm
Gr. 2	4:00-6:00pm
Gr. 3	4:00-6:00pm
Mme.	4:00-6:00pm
Gr. 4 & 5	5:00-7:00pm



## 😊 Gratitude

“It’s not happiness that brings us gratitude. It’s gratitude that brings us happiness.”

Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness.

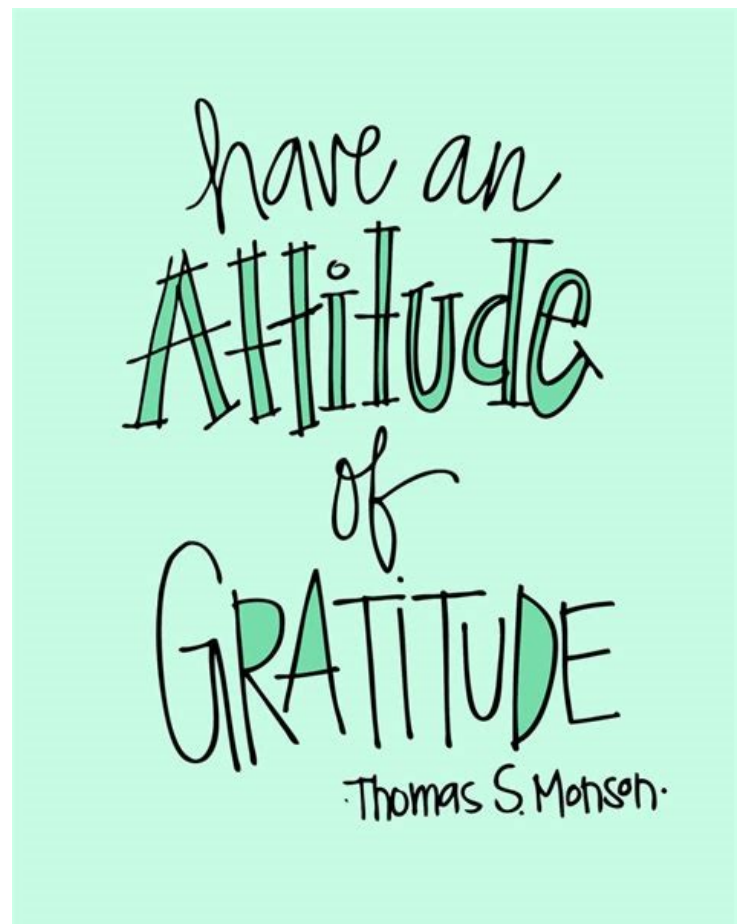
## THE GRATITUDE GAME

- \*Name a person you are thankful for
- \*Name a Place You are Thankful for
- \*Name a Food You are Thankful for
- \*Name a Thing You are Thankful for
- \*Name Anything of Your Choice

Here are 6 ways to teach your child gratitude and appreciation at home.

1. Be a positive role model
2. Focus on the GOOD parts of your day
3. Give unexpectedly
4. Help others
5. Send ‘thank you’ cards
6. Keep a gratitude journal

**Have a Happy, Healthy March**





A night with the stars  
A music fundraiser gala  
March 21st  
6:00-8:00 pm  
Amazing performances including:  
Agnes Davidson Choir, Handbells and violin  
Special guests and activities:  
LCI jazz band                      Concession  
Professional busking              Photo Booth  
   Instrument Petting Zoo  
Attire: Semi-formal  
Entry and events by donation — paid concession —  
All proceeds go to the Agnes Davidson music Program  
The background features a dark red curtain with a gold scalloped valance and tassels.





**SOUPER - SPECTACLE**

# **CABANE À SUCRE**

**Traditional Sugar Shack Dinner**

**avec  
LES BÛCHERONS**

### **Mets traditionnels québécois**

soupe aux pois . fèves au lard . pâté à la viande .  
jambon . creton . oeuf . pouding chômeur

### **Tire d'érable**

pea soup . baked beans . meat pie . ham . creton .  
eggs . pudding cake . MAPLE TAFFY

**PLACES LIMITÉES - LIMITED SEAT\*\*\***

**Acheter vos billets avant le 7 mars 2019 -  
Buy your tickets before March 7, 2019**

## **BILLETTS - TICKETS**

**\*Aucun billet ne sera vendu à la porte**

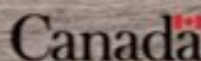
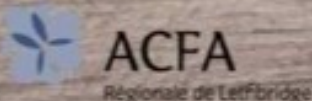
En vente à La Cité des Prairies ou en ligne  
\*Frais supplémentaires en ligne  
- On sale at La Cité des Prairies or online  
\*Online fees

**15  
MARS  
2019  
5:30 pm**

<b>Adulte</b>	<b>20\$</b>
<b>Étudiant</b>	<b>15\$</b>
<b>12 ans et -</b>	<b>10\$</b>
<b>2 ans et -</b>	<b>Gratuit - Free</b>

**En ligne . Online: [www.acfa.ab.ca/lethbridge](http://www.acfa.ab.ca/lethbridge)**

**La Cité des Prairies 2104 - 6 Ave S  
Info: 403.328.8506**







17 janvier  
7 février  
7 mars  
4 avril  
2 mai  
6 juin

15h30 à 17h30  
3:30-5:30pm

## Rendez-Vous Café & Croissant

de retour pour 2019!  
Les premiers jeudi du mois

Coffee & Croissant dates are back for 2019  
First Thursday of the month



Venez voir toutes les nouveautés de la médiathèque. Nouveaux ateliers, nouveaux livres, nouveaux employés et bénévoles!

Come check out the new developments at the Médiathèque. New workshops, new books, new employees and volunteers

CARTE DE  
MEMBRE  
GRATUITE  
FREE  
MEMBERSHIP

ESPACE CRÉATEUR

Canada

# Médi@thèque

ressources en français à Lethbridge

La Cité des Prairies  
2104 6 Ave S  
Lethbridge AB,  
T1J 1C3  
403-388-2921

## ASSEMBLÉE GÉNÉRALE ANNUELLE 2019

Annual General Meeting

La Médiathèque de Lethbridge vous invite à son Assemblée générale annuelle. Un bilan de l'année 2018 sera présenté.

The Médiathèque de Lethbridge Society invites you to the Annual General Meeting. The 2018 yearly report will be presented

# 7 MAR 17H00

Coffee et Croissants

Avis de Changement au Statuts et règlements pour  
Notice of proposed change to the Statutes and Regulations of  
la Médiathèque de Lethbridge Society

Présentement / Current:  
6.13 Lors d'une assemblée générale ou spéciale quinze (15) membres détenant le droit de vote constituent le quorum...

Changement proposé / Proposed change:  
6.13 Lors d'une assemblée générale ou spéciale douze (12) membres détenant le droit de vote constituent le quorum...

Si vous n'êtes pas d'accord avec ce changement, présenter vous à l'AGA pour exprimer votre opinion  
If you do not agree with this change, please attend the AGM to express your opinion

Si vous êtes intéressés à siéger sur le conseil d'administration mais ne pouvez pas assister à l'AGA, veuillez nous informer par écrit avant l'AGA

If you would like to be on the board of directors, but unable to attend the AGM, let us know in writing  
mediathèque@scfl.ca

### Ordre du jour

1. Mot de bienvenue
2. Présentation des membres du CA et employés
3. Lecture et adoption de l'ordre du jour
4. Lecture et adoption du procès verbal 2018
5. Rapport de la présidente
6. Rapport financier 2018
7. Changement au Statuts et règlements
8. Nomination d'u(e) président(e) d'élection
9. Élections
10. Levée de l'Assemblée

# LETHBRIDGE MINOR SOFTBALL ASSOCIATION

**ABOUT US:** The Lethbridge Minor Softball Association is a non-profit organization which offers programs for Lethbridge and area youth to participate in the sport of softball. Boys and girls from age five to nineteen are eligible to play in divisions of two year increments.

Learn to Play programs offer instruction so that the skills to play are fundamentally developed. Players will participate, a minimum, twice a week in practices, training sessions or games which will run from late April, (weather permitting), through to the end of June.

Our association has a house league but also a competitive provincial team for players wanting to challenge themselves. We believe that you are never too old to register and regardless of experience we would love to have you come out and learn the sport which is described as a lifelong sport that encourages physical activity along with social enjoyment!

**\*\*\*VISIT OUR WEBSITE WITH ONLINE REGISTRATION\*\*\***

**VISIT [www.lethbridgeminorsoftball.com](http://www.lethbridgeminorsoftball.com) TO REGISTER.**

**Online registration starts Feb 1<sup>st</sup> and ends Mar 31<sup>th</sup>.**

### In Person registration dates and locations:

March 18 – Mike Mountain Horse School – 6 to 8 pm

March 19 – Galbraith School – 6 to 8 pm

March 20 – Lakeview School – 6 to 8 pm

### For more information, contact:

Jennifer Drader - President 403-360-7806

Lethbridge Minor Softball [admin@lethbridgeminorsoftball.com](mailto:admin@lethbridgeminorsoftball.com)

YEAR OF BIRTH	DIVISION	FEES	NIGHTS
2011 – 2014	Learn To Play	\$55	M/W
2009 - 2010	U10	\$60	Tu/Th
2007 - 2008	U12	\$90	Tu/Th
2005 – 2006	U14	\$90	M/W
2003 - 2004	U16	\$90	M/W
2000 - 2002	U18/U19	\$90	M/W

# Healthy Children

March 2019 Parent Newsletter



## Nutrition Math: Are “treats” adding up?

Young children have small appetites and may feel full if they are snacking on treats such as ice cream, cookies, pop, chips and French fries. These foods are often high in added sugar, salt, and/or unhealthy fat, and provide little nutrition. They may replace healthy foods that contain more vitamins and minerals which are needed for ideal growth and development.

Treats are more common and more readily available than they were in the past. Children may be offered treats numerous times in or outside the home, such as at school, parties or after school activities. If you add them up, some days or weeks your child may be having more treats than you think! To decrease the number of unhealthy foods your family may be getting each week,

try to:

- Count all the times you think your kids are eating treats at home and school.
- Add in the treats eaten at after school activities and parties.
- Decide as a family how to cut back on how often and when treat foods are offered.
- Offer healthy choices most of the time at home and at school.
- Bring healthy food choices to parties and events. You may inspire others to do the same.

For healthy food and snack ideas, visit

- ▶ <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>
- ▶ <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

## Articles

Nutrition Math: Are “treats” adding up?

How Much Shut-eye Do Children Need?

### Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta’s free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)



## How Much Shut-eye Do Children Need?

According to the *Canadian 24-Hour Movement Guidelines for Children and Youth*, children aged 5-13 years should get 9-11 hours of sleep a night.

Why so many Z's? Sleep is critical to physical, cognitive and emotional development. The right amount of sleep improves attention, behaviour, memory and overall physical and mental health. Not getting enough sleep can result in an increase of injuries, obesity, depression and anxiety.

What makes it harder for your child to get sleep? Children are just starting to experience out of school time demands (e.g., homework, other activities). At the same time, they're becoming more interested in TV, computers, electronic games, Smartphones, the Internet and other technologies. Watching a screen within one hour before going to sleep has been linked to difficulty falling asleep and sleeping fewer hours.

Here are some tips to help your child get a good night sleep:



- Keep a consistent sleep routine, even on weekends.
- Keep your child's bedroom screen free (e.g., no tablets, phones or TVs).
- Help your child wind down with 30 minutes of "quiet time" before getting into bed (e.g., take a warm bath, dim lights, read, do relaxation breathing, address any worries).
- Keep your child's bedroom dark, quiet and at a cool but comfortable temperature.

If you're worried that your child is getting too little sleep, talk to

your health care provider.

Here are some tips for your sleep:

- Be active. But not within 3 hours of bedtime.
- Avoid alcohol before bedtime. It can wake you up during the night.
- Avoid caffeine 4 to 6 hours before bedtime.
- Avoid smoking too close to bedtime.
- Avoid difficult conversations before bedtime.



### Why Practice Self-Care?

Self-care can help to prevent burnout, help our relationships and can make us more effective.

Excessive stress can lead to mental and physical exhaustion. By engaging in self-care practices we can reset our minds and bodies, maintain healthy relationships with ourselves and others, and become more productive and resilient.

### Self-Care Tips

Self-care practices are usually things we enjoy doing. Practicing self-care does not have to be time consuming or difficult!

Try these activities out:

- Take a walk
- Cuddle with a pet
- Listen to music
- Spend time with friends and family
- Take 5 deep breaths
- Write down 3 things you are grateful for

**Self-kindness** is taking actions and reactions we would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Give yourself the bare essentials
- Pay attention to your internal dialogue
- Feel your feelings
- Reframe challenges
- Find solutions
- Lower your expectations
- Start now

### 5 Tips to Be Kind to Yourself

Try adding these ideas to your self-kindness practice:

1. Forgive yourself
2. Magnify your strengths
3. Participate in self-care techniques
4. Make some positive affirmations and review daily
5. Make a list of ways to encourage yourself

### MORE RESOURCES

UCalgary.ca search "*self-care starter kit*"

AHS.ca search "*ways to wellness*"

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642





# **POSITIVE PARENTING** seminar

**March 27**  
**6:00-8:00pm**

**Mike Mountain Horse  
School**

**Child care available**



## **Raising Confident, Competent Children**

**Learn about the 6 core building blocks to raising  
confident, competent children**

Showing respect to others

Being considerate

Having good communication and social skills

Having healthy self-esteem

Being a good problem solver

Becoming independent














**RSVP by March 20**

**Christine: [christine.bishoff@lethsd.ab.ca](mailto:christine.bishoff@lethsd.ab.ca)  
403-892-0336**

**Kathleen: [kathleen.vink@lethsd.ab.ca](mailto:kathleen.vink@lethsd.ab.ca)  
403-715-1728**





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	<p>4 <b>Yoga Club</b> 12pm, Music Rm <b>Crochet/Knitting Club</b>, 12pm, Rm 17 <b>French Homework Club</b>, 3:35-4:15, Rm 1</p> 	<p>5 <b>Violin Year 2</b> 12:25pm <b>Handbells Year 2</b> 3:30-4:45, Rm 16</p> 	<p>6 <b>Crochet/Knitting</b>, 12pm <b>Sr. Choir</b>, 12pm <b>Jr. Choir</b>, 12:22pm <b>Handbells, year 1</b> 3:30-4:45pm <b>French Homework Club</b>, 3:35-4:15, Rm 1 <b>Math Club</b>, 3:35-4:25 Computer Lab</p>	<p>7 <b>LOTG—</b> McDonalds <b>Gilbert Paterson Band</b>, 9am <b>Year 1 Violin</b> 12pm</p> 	<p>8 <b>Report Cards Issued</b></p> 	9
10	<p>11 <b>English Book Fair</b> <b>Science and Heritage Fair Set up</b> <b>Yoga Club</b> 12pm, Music Rm <b>Crochet/Knitting Club</b>, 12pm, Rm 17 <b>French Homework Club</b>, 3:35-4:15, Rm 1</p> 	<p>12 <b>English Book Fair</b> <b>Science and Heritage Fair</b> <b>Violin Year 2</b> 12:25pm <b>Handbells Year 2</b> 3:30-4:45, Rm 16 <b>School Council</b>, 7pm</p> 	<p>13 <b>English Book Fair</b> <b>Science and Heritage Fair, judging day!</b> <b>No Kindergarten, P/T Interviews</b> <b>Crochet/Knitting</b>, 12pm <b>Sr. Choir</b>, 12pm <b>Jr. Choir</b>, 12:22pm <b>Handbells, year 1</b> 3:30-4:45pm <b>French Homework Club</b>, 3:35-4:15, Rm 1 <b>Math Club</b>, 3:35-4:25 Computer Lab</p>	<p>14 <b>English Book Fair</b> <b>Science and Heritage Fair, Take Down</b> <b>No Kindergarten, P/T Interviews</b> <b>No School in PM, Gr. 1-5, P/T Interviews</b></p>  <p>Parent-Teacher Interview</p>	<p>15 <b>No School</b> School Based Professional Learning and Engagement Time</p> 	16
17	<p>18 <b>Green Day Yoga Club</b> 12pm, Music Rm <b>Crochet/Knitting Club</b>, 12pm, Rm 17 <b>French Homework Club</b>, 3:35-4:15, Rm 1 <b>Sr. Choir Performance with the Symphony</b>, 7:30</p>	<p>19 <b>Violin Year 2</b> 12:25pm <b>Handbells Year 2</b> 3:30-4:45, Rm 16</p> 	<p>20 <b>Crochet/Knitting</b>, 12pm <b>Sr. Choir</b>, 12pm <b>Jr. Choir</b>, 12:22pm <b>Handbells, year 1</b> 3:30-4:45pm <b>French Homework Club</b>, 3:35-4:15, Rm 1 <b>Math Club</b>, 3:35-4:25 Computer Lab</p>	<p>21 <b>Year 1 Violin</b> 12pm <b>Music Gala</b>, 6-7:30pm</p> 	22	23
24	<p>25 <b>1D1B Launch</b>, assembly, 9am <b>Yoga Club</b> 12pm, Music Rm <b>Crochet/Knitting Club</b>, 12pm, Rm 17 <b>French Homework Club</b>, 3:35-4:15, Rm 1</p> 	<p>26 <b>Violin Year 2</b> 12:25pm <b>Handbells Year 2</b> 3:30-4:45, Rm 16</p>  <p><b>Handchimes</b></p>	<p>27 <b>Gratitude Assembly</b>, 9am <b>Crochet/Knitting</b>, 12pm <b>Sr. Choir</b>, 12pm <b>Jr. Choir</b>, 12:22pm <b>Handbells, year 1</b> 3:30-4:45pm <b>French Homework Club</b>, 3:35-4:15, Rm 1 <b>Math Club</b>, 3:35-4:25 Computer Lab <b>1DIS Reading Night</b>, 7pm</p>	<p>28 <b>Year 1 Violin</b> 12pm</p> 	29	30
31						