



École AGNES DAVIDSON SCHOOL

November, 2018

Dates to Remember

- 6 Picture Retakes
- 7 Gratitude Assembly, 9am
- 9 Remembrance Day Assembly, 10:30am
- 12 No School, Fall Break
- 13 No School, District PL Day
- 15 Rock your Mocs
- 15 Turkey Bingo
- 16 Report Cards Issued
- 19-22 French Scholastic Book Fair
- 20 School Council, 7pm
- 21 No Kindergarten, Parent-Teacher Interviews
- 22 No School, Parent-Teacher Interviews Gr. 1-5
- 23 No School, Professional Learning



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

Parent-Teacher Interviews

Parent-Teacher Interviews will be held on Thursday, November 22 throughout the day and into the evening. As in the past, we will be using the online booking system which can be found through this [link](#) or by visiting the school webpage. The system will be open on Friday, November 9 at 5pm at which time you can book an appointment. You will need to sign in or create an account to book an interview.



EEP and Kindergarten Registration

Please be aware that registration for Early Education and Kindergarten for the 2019-2020 school year will take place at the beginning of January for returning students to the EEP program and Kindergarten students and the beginning of February for new students to the EEP program. Dates will be included in the December newsletter.



Early Education Program (EEP) Fees

Just a reminder, fees are due the 1st of each month. This can be done through School Cash Online [here](#) or by visiting the school website. Please call the office if you need assistance with this.

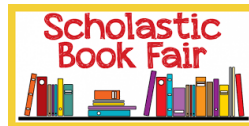
Field Trip Fees

To compliment the Alberta curriculum, classes have the opportunity to visit many locations within Lethbridge and Southern Alberta. To help offset the cost of transportation and programming at these locations, nominal fees will be charged. These fees are available to be paid through [School Cash Online](#) for the various trips throughout the year. Thank you for your timely attention to this matter.



French Scholastic Book Fair

We will be having our French Scholastic book fair from November 19th to the 22nd in the Learning Commons, room #25. We will have a cash machine for debit and credit purchases, and your children are welcome to bring cash to purchase books or supplies before or after their class visit. French Immersion classrooms will book times to visit during school hours for their wish lists. Our hours will be 8:30 to noon and 12:45 to 3:45 on Monday to Wednesday. On Thursday the hours will be 12:30-7:00pm for parent-teacher interviews. We will also have a table of English books as well for parents to purchase from. Our English book fair will be March 11-14, 2019.



Your Child's social skills are important!

According to Amanda Morgan; Elementary children who demonstrated social competence were more likely to graduate from high school, go to college, get a job, and stay trouble free than those who showed a lower level of social competence.

5 Important Social Competencies

1. How to play well with others

By playing with others, children learn to *negotiate, problem solve, take turns, share and experiment*. Making time for free play can help foster this skill.

2. How to problem-solve

Children need time to practice problem solving. To assist them in the process, ask your child to describe what's going on, brainstorm solutions while trying one out. Let your child own the problem by asking, "What do you think you could do about that?"

3. How to label and recognize feelings

Children who are perceptive to the emotions around them have to ability to get along with others better than those who are not. This skill can be fostered by calling attention to emotional cues and naming emotions. Reading story books and recognizing emotions is one way to teach this to children.

4. How to be helpful

Requiring children to look beyond themselves and to notice the needs of others. Complimenting your child for helpful behaviours will encourage them to continue.

5. How to control impulses

Practicing impulse control through *delayed gratification* is challenging at this stage of development because the 'control' part of the brain isn't developed yet. It is important however to work on this skill. Pretend play is a great way to build this skill. Movement games that require a child to stop and go like Red light/Green light, Dance and Freeze, Simon Says.



Making Connections

Hello from Making Connections. We had a great many donations of clothes for our Fall Clothing Exchange at Galbraith this October. Thanks to all the people who donated and also to the volunteers who helped us get it all out on the tables on Friday.

I have been presenting a Home Alone Safely program to the Grade 5 students. Here are some tips from that course that are important for all students to know:

- * Children need to know their actual address, i.e. 1234 Smith Street North, in case they need to call 911; not just the street, or the home number, or a landmark, or intersection
- * Children need to know their phone number; with most of us using cell phones as our home contact number, is there a phone at home the children can use so they can call someone for help e.g. neighbour, grandparent, or 911
- * Children need to know where you work and that contact number; not all of us can answer our cell phones when they ring, if your child knows where you work and that number they can call the office staff who can get the emergency info to you.
- * Not all situations need the help of calling 911, do you know a neighbour who your child can go to or call if needed? Introduce your child to them and let them know their phone number and that they can go to them or call them if needed, and what "if needed" means i.e. electricity goes out in your home, they think someone is in the house, if they need to get out of the house and then call 911.
- * Have a list of important phone numbers posted in an easy to see place like the refrigerator or bulletin board.

Christine Bishoff
Making Connections



The Gideons International in Canada

The Gideons International In Canada is offering a free copy of the New Testament as a gift to grade five students across the country. If you wish your child to receive this free New Testament, please stop by the office to fill out one of the cards requesting the bible.



The Gideons International In Canada is a non-denominational association of Christians that offers free copies of the Bible and New Testament to people in Canada and in countries all over the world. They do not represent any particular church, organization or society.

Some exciting news from the music room!



I am not alone in saying that I was blown away on Music Monday last year by how well our school comes together to make music. To continue that momentum, I have decided to enter our entire school into the CBC Music Class Challenge. Here is what the CBC has to say about their annual competition:

“Every fall, CBC Music in association with MusiCounts — the charity of the Juno Awards — launches a contest to engage music classes across the country with Canadian music. It’s called The Canadian Music Class Challenge.”

There are three goals to this project:

We want kids to learn Canadian music in the classroom.

We want to draw attention to the exceptional work music teachers are doing with children across the country.

We want to reinforce the importance of music in a well-rounded education.”

As we all know, there is amazing music that happens in all corners of our building. The goal of entering in this competition is to take those bright moments of music and showcase them to the entire nation and share how amazing Agnes Davidson is! Students will perform an arrangement of three influential Canadian songs with the entire school and a small group of students providing accompaniment. All of this will be captured by a single-take video that will be submitted to the competition. Our school is unique in that they do an amazing job of making music as a whole, not just as small groups. I am thrilled to showcase Agnes Davidson on a national stage!

Look for further information to come home and feel free to look at the website www.cbcmusic.ca/musicclass for further information.

School Council

Looking for email updates from your school council? Sign up for school council updates by visiting the School Council or Parents section of your [school website](#). Enter your information in the Subscribe for Updates section, click Send, and you will be signed up to receive information from your school council.

SCHOOL COUNCIL

Minutes

Subscribe for Updates

Name:

Phone Number:

Email Address:

Child's Name:

Child's Grade: ▼

Lunch Bag Fundraiser

School Council is happy to report they made \$1778.50 through the lunch bag fundraiser. Thank you to all of the parents who are helping the environment by using reusable lunch bags and supporting this school council fundraising initiative.

Winter Concert

This year, for our school winter celebration, our students will be hosting a musical concert in the Agnes Davidson School gym. Students with the last names A-L will be performing on **Tuesday, December 11 @ 6:30** and students with last names M-Z will be performing on **Wednesday, December 12 @ 6:30**. Two tickets will be given to each family in November with instructions on what to do with unwanted tickets and how to “apply” for additional tickets. Please wait for this communication before requesting additional tickets. An open dress rehearsal will be held in the afternoon of each of the days where family and friends are invited to view the concerts at that time. More information will be coming out in the month of November.



Turkey Bingo

Bring your family and friends and win a turkey!!

10
Turkeys
to be won!

Thursday
November 15th
6 - 8 pm

Special Guest Callers
Silent Auction • 50/50 Draw

Event Sponsors:

Cobs Bread
Plum
The Mad Butcher
Lethbridge Hurricanes
Blaze Pizza
Wholesale Club
Breathe Parkour
North and Company

Sunset Cottage
Color Me Mine
Hostess Frito Lay
Lane Archery
Freshwater Consulting
Browns Social House
Edible Elegance
...and many more



Sponsored by
Agnes Davidson School
Parent Fundraising
Association

Healthy Children

November 2018 Parent Newsletter



The Resilient Family

Resiliency is a concept usually used to describe a person's ability to bounce back (and move forward) after experiencing something stressful. But families can also be resilient. Research has shown that resilient families who have gone through hardships don't just survive, they grow; they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

Not only are resilient families better able to deal with life's challenges, they are also better at providing the conditions people need to flourish and grow into healthy individuals. Every family is unique. Each family will face different challenges and rely on different strengths to cope with those challenges.

But there are some things all

families can work on to be stronger.

What are your family's strengths? Do you communicate in healthy ways? Do you have a sense of togetherness? Do parents have a strong relationship? Are you well connected to your extended family and your community?

Answering these questions will tell you what you are already doing right and remind you that these habits are important to maintain and reinforce. For example, if your family regularly eats together, you are building connectedness, or if you volunteer for local events, you are creating connections to your community.

➤ For more information about family resiliency, visit <http://yilmyhome.com/>

Articles

The Resilient Family

Loose Parts Play

Reminder

Routine immunization consent forms were sent home last month with Grade 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>



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

Loose Parts Play

Often as adults we observe children playing for hours with "treasures" they find throughout their day. Have you ever noticed that your children would rather play with materials that they can use and adapt as they please, rather than toys that come with a clear purpose? This natural sense of wonder and creative type of play is referred to as 'Loose Parts Play'. It was coined by Samuel Nicolson, who believed that loose parts in our environment will empower an individual's curiosity. Your children may already engage in this type of natural play.

Loose parts play consists of objects and materials that children can move, carry, combine, line up, take apart and put back together in multiple ways. Doing so can allow for endless fun!

Loose parts can be:

- **Natural:** water, sticks, leaves, flowers, pinecones, shells, feathers or rocks
- **Human made:** pipes, tires, blocks, boxes, foam or fabric
- **Household items:** pouring devices (cups, spoons,



buckets, funnels), play cars, blankets, recycled materials (paper tubes, ribbons, caps, lids, wood scraps, wire, foam, cardboard) art materials (buttons, natural and coloured popsicle sticks, beads, straws, paints, brushes)

When an environment is rich in these loose parts, children can use their imagination to create stories, manipulate objects to find new purposes as well as spark their sense of wonder and curiosity.

Providing children with loose parts for play encourages active learning where skills such as

problem solving, creativity, concentration, hand eye coordination, fine and gross motor development and social skills can grow. This type of play can also help children improve in school subjects such as math, language and science.

So next time you are considering re-vamping your child's play space consider offering some loose parts and watch the magic happen!



In honor of National Child Day



FREE FAMILY EVENT

SATURDAY NOVEMBER 17, 2018
9:00 AM - 1:00 PM
AT THE LETHBRIDGE COLLEGE

Games, Performances, Food, Community Craft
Project, Outdoor Play and More!!

For more Info go to www.lethbridgeearlyyears.ca



Community Partners

Opokaasin, Lethbridge Family Services, Lethbridge School District 51, Holy Spirit Catholic School Division, Lethbridge Sport Council, South Region Parents as Teachers, Children's Allied Health, Family Centre, Asset Builders, Lethbridge Public Library, Helen Schuler Nature Centre, Building Brains and Futures, CHAMPS/War Amps, Frontier College, Office of the Child and Youth Advocate, L'ecole Verendrye, & Big Brothers and Big Sisters



Boys & Girls Club
of Lethbridge & District

Are you looking for childcare services during the Agnes Davison Elementary School Winter Break?

The Boys and Girls Club of Lethbridge – Kinder South is gearing up for an exciting Winter Break! Along with the Kindergarten students that will be attending, **we will also be accepting registrations for children currently enrolled in Grade 1 and 2.** We will have 17 spots available, on a first come first served basis. The dates of service are as follows; December 27th, 28th and 31st as well as January 2nd, 3rd and 4th.

Pricing for registration will be a flat rate of **\$250.00** for all days stated above. Hours of program operation are 7:00am until 6:00pm every day, with the exception of December 31st (we are closed at 2pm).

If you are interested in registering your child over the Winter Break, please call Leah at Kinder South **(403)381-6423** or Sheena at the North (Main) Location **(403)327-6423**.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 LOTG - Little Caesars Year 1 Violin 12pm, LC	2 CBC Music Presentation	3
4 Clocks Fall Back 	5 Yoga Club 12pm, Music Rm Crochet/Knitting Club , 12pm, Learning Commons French Homework Club , 3:35-4:15, Rm 1 Home Alone Group 3 , 3:30-5:00, Learning Commons	6 Picture Retakes Violin Year 2 12:25pm, LC Handbells Year 2 3:30-4:45, Rm 16 	7 Gratitude Assembly , 9am Sr. Choir 12pm, Jr. Choir 12:20pm Handbells, year 1 3:30-4:45pm French Homework Club , 3:35-4:15, Rm 1 	8 Year 1 Violin 12pm, LC 	9 Remembrance Day Assembly 10:30am 	10
11 Remembrance Day	12 No School Fall break 	13 No School District PL Day 	14 Sr. Choir 12pm, Jr. Choir 12:20pm Handbells, year 1 3:30-4:45pm French Homework Club , 3:35-4:15, Rm 1	15 Rock your Mocs Year 1 Violin 12pm, LC Turkey Bingo 	16 Report Card Issued 	17
18	19 French Book Fair 8:30-noon, 12:45-3:45 Yoga Club 12pm, Music Rm Crochet/Knitting Club , 12pm, Learning Commons French Homework Club , 3:35-4:15, Rm 1 	20 French Book Fair 8:30-noon, 12:45-3:45 Violin Year 2 12:25pm, LC Handbells 3:30-4:45, Rm 16 School Council 7pm 	21 French Book Fair 8:30-noon, 12:45-3:45 No Kindergarten Parent/Teacher Interviews Sr. Choir 12pm, Jr. Choir 12:20pm Handbells, year 1 3:30-4:45pm Math Club 3:35-4:25 Computer Lab French Homework Club , 3:35-4:15, Rm 1	22 French Book Fair 12:30-7pm No School Parent/Teacher Interviews 	23 No School PL Day 	24
25	26 Yoga Club 12pm, Music Rm Crochet/Knitting Club , 12pm, Learning Commons French Homework Club , 3:35-4:15, Rm 1 	27 Violin Year 2 12:25pm, LC Handbells 3:30-4:45, Rm 16 	28 Sr. Choir 12pm, Jr. Choir 12:20pm Handbells, year 1 3:30-4:45pm Math Club 3:35-4:25 Computer Lab French Homework Club , 3:35-4:15, Rm 1	29 Year 1 Violin 12pm, LC 	30	