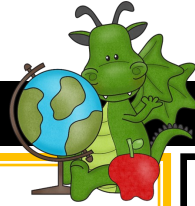




École AGNES DAVIDSON SCHOOL



November 2019

Dates to Remember

5	Pictures-Tues/Thurs kindergarten & retakes
8	Remembrance Day Assembly, 10:30am
11	No School, Remembrance Day Fall Break
12	No School, District Professional Learning
13	Turkey Bingo (6-8pm)
15	Roc Your Mocs
15	Report Cards Issued
18-21	French Scholastic Book Fair
19	School Council, 7pm
20	No Kindergarten
20	Mon-Thurs Kindergarten program Interviews No
21	School, Parent-Teacher Interviews Gr. K-5
22	Professional Learning Day
27	FNMI Feast, 5:30pm

Parent-Teacher Interviews

Parent-Teacher Interviews will be held on Thursday, November 21st throughout the day and into the evening. As in the past, we will be using the online booking system which can be found by visiting the school webpage under "bookings". The booking system will be open on Friday November 8th, at 3:00 pm at which time you can book an appointment for an interview. Bookings will close on November 19th at 10:00pm. Instructions attached.



Lethbridge Minor Basketball Association Registration is Now Open!

<https://lethbridgebasketball.ca/>



Safety Patrol

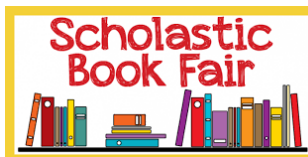
We appreciate everyone taking the time to help our students learn road safety. The children are starting their roles as safety patrollers and are excited to help the community. Please be patient and careful when you see our patrollers. They will be hard to miss with their reflective vests!

Early Education Program (EEP) Fees

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

French Scholastic Book Fair

We will be having our French Scholastic book fair from November 19th to the 21st in the Learning Commons. We will have a cash machine for debit and credit purchases and your children are welcome to bring cash as well. French Immersion classrooms will book times to visit during school hours to create their wish lists. Our hours are as follows: Monday to Wednesday, 8:40 to 10:15 am, 10:30 to 12:00, 12:30-2:15 pm, 2:30 -3:40 pm. On Thursday we will be open from 11:00 am until 6:30 pm during Parent Teacher Interviews.



We are excited to be offering our second "books only" book fair!

Overdue Field Trip Fees



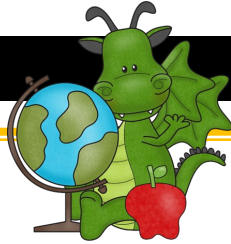
To compliment the Alberta curriculum, classes have the opportunity to visit many locations within Lethbridge and Southern Alberta. To help offset the cost of transportation and programming at these locations, nominal fees will be charged. These fees are now past due. Please visit SchoolCash online to complete payment.



École AGNES DAVIDSON SCHOOL

November 2019

MAKING CONNECTIONS



Lethbridge College is celebrating National Child Day Nov 16th 9:00 – 1:00 on their campus. The first 75 families receive a special prize. There will be Games, Food, Multicultural Dancing, Outdoor Play. There is FREE admission to this event.

MyCityCare is a charitable organization in Lethbridge that supports families with free clothing. Making Connections has partnered with them and invited them to come to some of our schools with their Roving Clothing Shop this year. They can also be found at the 5th on 5th building downtown. Their phone number is 403-942-1389.

A number of agencies will be taking registrations for Christmas supports beginning Nov 1st. If you have not used the foodbank in the past you may still qualify for a Christ-mas food hamper. They will give you the information to receive toys from the Salvation Army when you register for the food hamper. If you would like more information on the supports and how to register for them, please con-tact Christine Bishoff at 403-892-0336.

Why is Emotional Awareness Important?

Children who can identify how they feel are often better able to communicate their needs. They are also more likely to understand the feelings of their friends, classmates and the grown-ups in their lives. This builds empathy, a crucial life skill.

HOW TO HELP YOUR CHILD WITH EMOTIONAL AWARENESS!

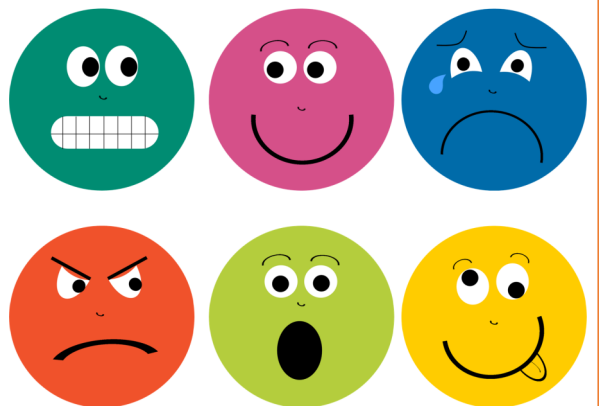
- Read stories with your child and talk about how the characters are feeling
- Ask your child how he/she is feeling. List some feeling words to choose from (**happy, hurtful, frustrated, scared, angry, worried, bored, calm, hopeless, lonely, silly, proud, etc.**)
- Share how you are feeling. Be specific!
- Play feeling charades/ show your feelings on your face and body

Becoming comfortable with their feelings is important as children face new challenges and learn to manage their changing emotions!






Remembrance Day

Any students belonging to Scouts/ Cubs/ Beavers/ Brownies/ Girl-Guides / Cadets etc. are encouraged to wear their uniforms for our November 8th Assembly





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Daylight Savings Time 	4 Yoga Club Violin (Year 2)	5 Photo retakes & Tues/Thurs kinder pictures Junior Choir Volleyball Practice Advanced 	6 Alberta Opera 9:30am Violin (Year 1) Senior Choir Beginner hand bells	7 Volleyball practice LOTGO Volleyball game Online P/T "Bookings" for interviews opens (3pm)	8 Remembrance Day Assembly 10:30 am (wear uniforms) 	9
10	11 Remembrance Day 	12 Professional Learning Day 	13 Financial Literacy w Mr.McCune (M Nish/ Mme Levesque) Violin (Year 1) Senior Choir	14 Financial Literacy w Mr.McCune (Mme Foreman/ Mme Grover) Volleyball Practice Stan Siwik Pool (Mme Mooney, Mme Mills & Mrs. Baker)	15 Roc Your Mocs Financial Literacy w Mr.McCune (Mme Stetski) Report cards home 	16
17	18 Scholastic French Book Fair Learning Commons Violin (Year 2) Yoga Club	19 Scholastic French Book Fair Learning Commons Scientists in Schools (Mr. Firth/ Mr. V/ Mr. Morrison) Junior Choir Volleyball Practice Advanced hand bells Volleyball game Parent Council Online P/T Bookings closes 10pm	20 Scholastic French Book Fair Learning Commons Violin (Year 1) Mon/Thursday Kinder Interviews Scientists in Schools (Mme Grover) Senior Choir Beginner Hand bells Math Club	21 Scholastic French Book Fair Learning Commons Parent Teacher Interviews All Day (K-5) 	22 Professional Learning Day 	23
24	25 Violin (Year 2) Yoga Club	26 Galt Museum (Mme Mooney/ Mme Baker) Junior Choir Volleyball Practice Volleyball game Advanced Handbells	27 Senior Choir Violin (Year 1) Beginner Hand bells Math Club FNMI Feast	28 Galt Museum (Mme Mills) Volleyball Practice Volleyball Game	29 Coalbanks Volleyball Tournament	30

Parent-teacher interview bookings

Visit your school website, hover over the Parents menu and click on Parent Teacher Interviews.

1. Click on Register Now.

Bookings

Open for Registration

Event Name	Registration Closes on	
October Parent Teacher Interviews	Oct 31, 2019	Register Now

2. Enter your name, your email and the names of your children.

Bookings

October Parent Teacher Interviews

Step One: Enter your details.

Parent Name

Parent Email

Student #1 Name

Student #2 Name

[Add Another Student +](#)

X Remove Last Added Student

[Next](#)

3. Select the class you wish to book an interview for, then select the teacher.

Bookings

October Parent Teacher Interviews

Step Two: Select Teachers

Bob Smith

Select Class

Select Teacher

[Add Another Teacher +](#)

Barb Smith

Select Class

Select Teacher

[Add Another Teacher +](#)

[Prev](#) [Next](#)

Parent-teacher interview bookings

4. Once the classes and teachers are selected, click next.

Bookings

October Parent Teacher Interviews

Step Two: Select Teachers

Add special instructions here

Bob Smith
Select Class
Grade 1
Select Teacher
Mrs. Brown

Add Another Teacher +

Barb Smith
Select Class
Grade 2
Select Teacher
Mr. Green

Add Another Teacher +

Prev Next

5. Click on the days and time slots you would like to book. Click submit.

Bookings

October Parent Teacher Interviews

Step Three: Select Date & Time.

Add special instructions here

Monday, Oct 21st

	3:00pm	3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm
Bob Smith											
Mrs. Brown - Grade 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Barb Smith											
Mr. Green - Grade 2	<input type="radio"/>	<input type="radio"/>	-	-	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Tuesday, Oct 22nd

	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm
Bob Smith											
Mrs. Brown - Grade 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	-
Barb Smith											
Mr. Green - Grade 2	-	-	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	-

Wednesday, Oct 23rd

	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
Bob Smith											
Mrs. Brown - Grade 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	-	<input type="radio"/>	<input type="radio"/>
Barb Smith											
Mr. Green - Grade 2	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	-	<input type="radio"/>	<input type="radio"/>

Prev Submit

Parent-teacher interview bookings

6. When you have successfully booked your interviews, you will see this message.

Bookings

October Parent Teacher Interviews

Confirmation of Bookings for: Bill Smith

An email has been sent to bill.smith@email.com confirming your bookings. If bill.smith@email.com is not your correct email address [click here](#) to update it and resend the confirmation email.

Please contact the school with any questions.

Bob Smith

Grade 1: Mrs. Brown

Date & Time: Wednesday, Oct 23rd: 4:00pm (15 min)

[X Delete booking](#)

Barb Smith

Grade 2: Mr. Green

Date & Time: Wednesday, Oct 23rd: 4:15pm (15 min)

[X Delete booking](#)

7. You will receive an email confirmation when you have registered. You can click on the link at the bottom of the email if you need to change your booking, as long as the registration period is open.



Lethbridge Training Website October Parent Teacher Interviews Bookings

October Parent Teacher Interviews Bookings

Bookings for: Bill Smith

Your bookings are listed below.

Bob

Grade 1: Mrs. Brown

You can view, change, or cancel your bookings by [clicking here](#).

Picture Day is Coming

Tuesday, November 05, 2019

**Ecole Agnes Davidson
Retake Day!**

What to Expect:

- ① Students are photographed on Picture Day
- ② Images sent home with your child
- ③ Review pictures & purchase

All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a group picture requested by the school.



Questions? Please contact Customer Service at 1-866-457-8212

Turkey Bingo

Bring your family and
friends and win a
turkey!!

10
Turkeys
to be won!

Wednesday
November 13th
6 - 8 pm

10 game rental bingo boards \$10
Single use paper cards \$1

Special Guest Callers
50/50 tickets
Silent Auction



Sponsored by
Agnes Davidson School
Parent Fundraising
Association



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SCHOOL

Healthy Children

November 2019 Parent Newsletter

5 Easy Tips to Get Rid of Lice


Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If your child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat those with lice. Talk to a pharmacist for the most current effective treatment.
3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.



Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

 **For more information about head lice and treatment, visit <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>**

Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

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>



Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.