



# École AGNES DAVIDSON SCHOOL

January, 2020

## Dates to Remember

6	Welcome Back
9,16,23,30	Henderson Family Skate (3:30-4:45)
14	School Council, 7:15pm
16	LOTG-Taco Time

## News from the Learning Commons

We are so lucky to have so many amazing books in our collection, many of which take over a week to read with your child. At any time, if you would like to extend your child's book loan, please contact your child's teacher or Mrs. Masuk, and we will gladly renew the checked out items. We want our families to enjoy our books as much as possible!!!

We would also like to extend a huge THANK YOU to all our Davidson families who continue to use plastic bags to protect our books. The amount of books we have had damaged by food or water has gone down considerably, which means we are able to purchase more new and fun books for our students.

## Kindergarten Registration for 2020-2021

Kindergarten registration at Agnes Davidson, will begin January 20th. Please visit the school website on the top menu bar, click on Parents, then click on Registration to download the form. Please bring proof of address and birth certificate. No early registration will be accepted.

## Early Education-Intent to Register (EEP) 2020-2021

Returning EEP students may put forward their intent to register between January 27th-31st. All students are required to pay the \$40 fee.

New EEP students may put forward their intent to register starting on February 3rd. Families will be accepted on a first come first serve basis. Please bring a Birth Certificate as well as the \$40 fee.

EEP registrations forms will be available on the school's website mid-January. Click on Parents, then click on Registration to download the forms.

## After School Skating

Our school continues to participate in the "Free Family After School Skating" at Henderson Ice Rink. Please join us for this fun family activity on Thursdays in January from 3:30-4:45.

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!



## Information for parents:

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 are equipping students for success.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education 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 your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

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, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

Sincerely,

Mr. Broc Higginson

Directeur/Principal



## Lieutenant Governor of Alberta Quiz Show

Over 1,000 grade 4 students were involved in the filming of the episodes. Our grade 4 students participated directly in the quiz show earlier in the year. A big congratulations to our winning Ecole Agnes Davidson team! Season 1 will be available on January 20th, 2020. Some celebrity guests, besides our students, include Her Honour, Lois Mitchell, the 18th Lieutenant Governor of Alberta, Juno nominated/award winning musicians, Chris Hansen, Calgary bull riding & record breaking champion and more!





# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Winter Break	2 Winter Break	3 Winter Break	4
5	6 <i>Welcome Back!</i>  <i>Levesque/Walker Basketball Practice</i>  Year 2 Violin (stage) Yoga Club	7  Braun/Grover Basketball practice	8  Vanden Dungen/Firth Basketball Practice  Year 1 Violin (stage) Math Club	9  Optional Basketball Hoops Practice  Henderson Family Skate 3:30-4:45  	10	11
12	13  Levesque/Walker Basketball Practice  Year 2 Violin (stage) Yoga Club	14  Braun/Grover Basketball Practice  School Council 7:15pm	15  Vanden Dungen/Firth Basketball Practice  Year 1 Violin (stage) Math Club	16  Optional Basketball Hoops Practice  LOTG-Taco Time  Henderson Family Skate 3:30-4:45	17	18
19	20  <i>Levesque/Walker Basketball Practice</i>  Year 2 Violin (stage) Yoga Club  	21  Braun/Grover Basketball Practice  Junior Choir  Advanced Hand- bells	22  Vanden Dungen/Firth Basketball Practice  Year 1 Violin (stage) Math Club  Senior Choir  Beginner Handbells	23  Optional Basketball Hoops Practice  Henderson Family Skate 3:30-4:45	24	25
26	27  Levesque/Walker Basketball Practice  Year 2 Violin (stage) Yoga Club  Basketball Game  	28  Braun/Grover Basketball Practice  Junior Choir  Advanced Hand- bells	29  Vanden Dungen/Firth Basketball Practice  Year 1 Violin (stage) Senior Choir  Beginner Handbells  Math Club  Basketball Game	30  <i>Optional Basketball Hoops Practice</i>  Henderson Family Skate 3:30-4:45	31	

# Healthy Children

January 2020 Parent Newsletter

## Seal Out Tooth Decay

Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can



drink and eat right away. Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

## Articles

Seal Out Tooth Decay

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>

**Sealant + Fluoride = Best Protection Against Tooth Decay**



Alberta Health  
Services



## Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first “classroom” for social and emotional learning.



As a parent, you can be a strong positive influence on your child’s social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

**Self-awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)

# LETHBRIDGE SCHOOL DIVISION

Elementary Wrestling Program

Tuesday Evenings 6:30 – 7:30

from

January 7 to March 17

(10 Sessions, February 18<sup>th</sup> excluded)

## General Stewart School

215 Corvette Crescent S

Cost: \$50 includes a T-shirt

Registration and Information forms are available at all Lethbridge School Division Elementary Schools or by emailing [chris.harris@lethsd.ab.ca](mailto:chris.harris@lethsd.ab.ca)



# Numeracy Tips

*Numeracy is everywhere. When we use math skills in everyday situations, we are using numeracy. We use understanding of number, patterns, shape, and data to make informed decisions.*

## Games and Activities

### Why are games and activities important in numeracy?

- When individuals engage in games and activities, they enhance their numeracy skills.
- Playing games and activities allows individuals to recognize that numeracy is part of our daily lives.

#### Find out more:

- Consider *Activities for Every Day* from Math For Families: Helping your child with math at home. Achieve BC: [http://www.sd47.bc.ca/Programs/earlylearning/Documents/math\\_for\\_families.pdf](http://www.sd47.bc.ca/Programs/earlylearning/Documents/math_for_families.pdf)
- Watch a video to find out more:
  - Alberta Education Numeracy Video <https://education.alberta.ca/literacy-and-numeracy/numeracy/everyone/numeracy-video/>

#### Use our app EPSB Together

Download [EPSB Together](#), a free app that suggests activities you can do with your child to support your child's learning outside of the classroom. You can download the app on Google Play and the Apple App Store.

### How can I help my child?

Together with your child, try these activities:

- Play games that deal with logic, reasoning, estimation, direction, classification and time. Examples of games include: Concentration/Memory, Chess, Checkers, Othello®, Sudoku® puzzles, Crib®, Clue®, card games, dice games. Examples of on-line games can be found at: <http://www.thinkfun.com/play-online/?src=HomepageButton>
- A variety of active, traditional games can be found at: <https://docs.google.com/viewer?a=v&pid=sites&srcid=ZXBzYi5jYXxlZHVraXRzfGd4OmZlMTZjNG-NhNGY4ZWJmMA>
- Go for a numeracy walk. Collect leaves, stones, pinecones, etc. Sort them, count them and make patterns with them. Encourage your child to explain what they notice.
- Make familiar objects available for your child to explore (e.g. toys, blocks, buttons, measuring devices).
- Provide materials such as pencils, paper, scissors, paint, chalk and glue for creative play.
- Set up a play store with objects for sale.
- Read books together and talk about the ideas related to numeracy including number, time and location.
- Cook together. Include measuring ingredients. Try doubling or halving recipes. Figure out how much to make for a certain number of people.
- Plan a trip to a local park, zoo or swimming pool. Talk about travel route, time and money while planning.
- Go on a treasure hunt. Draw a map. Use directional clues such as over, under, above, below, next to and beside.