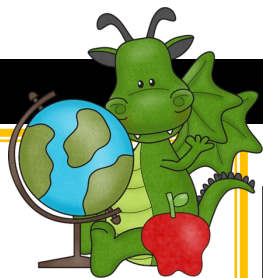




École AGNES DAVIDSON SCHOOL

February, 2020



- 3 Early Education (intent) to register-New students
- 4 Winter Walk 1:45
- 6 LOTG- Little Caesars
- 10- 14 Winter Carnival
- 10- Winter Carnival kick off Assembly 9:00am—Gr. 3 presenting
- 10- Movie Night (Frozen 2) 5:30 doors open
- 11- Masquerade ball 12:00-12:30
- 11- Town Hall Meeting at Victoria Park High School (6:30-9:00pm)
- 12:- Sugar Shack (all day)
- 13- Staff VS student hockey game 12:00pm
- 13- Parent Council 7:15pm
- 14- Pancake break fast 7:00-8:45 (dress as a lumberjack)
- 17 No School, Family Day
- 18-19 No School, Winter Break
- 20-21 No School, Teachers' Convention
- 14- LOTG-cut off
- 26- Pink Shirt Day

Overdue School Fees

Fees for field trips and agendas are now past due. These fees can be paid through [School Cash Online](#). If you have an account from previous years, you are set to go. If you are new to this system, you will need your child's ASN number which can be found on the student's last report card (from any school in Alberta) or by calling the school office. Lethbridge School District schools "cashless" and therefore all payments must be made online.

Science and Heritage Fair

The Science and Heritage Fair forms and information went home a few weeks ago and we are so excited to see all the projects and exciting displays which will be onsite from March 16 to March 19 with judging taking place on March 18. in the AM. This year we are providing all of the division grades 1-5 students with the opportunity to present their projects prior to being judged on Wednesday, March 17th from 10:40-11:20 pm all grade 1-3 participants will stand beside their projects and share their learning with peers. On March 17th from 1-2pm all grades 4-5 students will have the same opportunity. Please feel free to stop in the school, during the above mentioned times, to show your support to our students. 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 need clarification on anything, please do not hesitate to reach out to your classroom teacher or Mme Cummins (megan.cummins@lethsd.ab.ca). It's so great to see so many students participating in this event and showing such a keen interest in learning.



Scan me

Carnaval

Agnes Davidson Carnaval will be taking place at the school February 10 through to February 14. Check out some of the exciting events that will be taking place!

Monday February 10—Carnaval Opening Assembly @ 9am (Grade 3-We are Grateful for our Traditions)
- Family Movie (Frozen 2) Doors open at 5:30– Concession available

Tuesday February 11—Masquerade Ball @ 12:00 noon

Wednesday February 12—Tire sur la neige (Sugar Shack) All Day!

Thursday February 13—Staff VS Student Hockey game at 12noon

Friday February 14—Pancake Breakfast starting at 7am until 8:45am
- Dress like a Lumberjack

Students will also have the opportunity to use snowshoes throughout the week.
Watch for special visits from Bonhomme and Aggie!



Pink Shirt Day

On Wednesday, February 26th, **2020** schools from across Canada will wear **pink** to support bully prevention awareness, education and programs.



This years **Pink Shirt Day Alberta 2020** theme is centered around making an effort to “ Lift Each Other Up” as a way to support bullying prevention programs in schools and our community.

école Agnes Davidson Registration

EEP: We are currently accepting all EEP registrations. Packages are online. Please remember to bring your child’s birth certificate as well as the \$40.00 registration fee.

Kindergarten : We are currently accepting all kindergarten registration. Packages are online. Please bring your child’s birth certificate.

Grade 1-5: Registrations for all current students will be sent home with your child in March.

Grade 1-5 NEW registrations ongoing!

Register Now

Important Note from the Office

When picking your child up from the office, please ensure that you sign your child out in the binder if it during school hours. Please also ensure that you verbally let the office staff know the child is leaving . Thank you for being diligent with this matter.



February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>EEP New Student Registration Begins</i> <i>Basketball Game</i> <i>Yogal Club –12noon</i>	4 <i>Junior Choir— 12noon</i> <i>1:45pm– Winter Walk</i> <i>Advanced Handbells -3:45</i> <i>Shelley Moore– Victoria Park 6:30-8:00pm (Registration Required)</i>	5 <i>Year 1 Violin –12 noon</i> <i>Senior Choir-12noon</i> <i>Beginner handbells- 3:30</i> <i>Basketball Game</i> <i>Math Club-3:30</i>	6 <i>LOTG– Little Caesars</i> <i>Sports Club –12noon</i>	7	8
9	10 <i>Carnaval Kick Off Assembly –9:00am</i> <i>Yogal Club –12noon</i> <i>Basketball Game</i> <i>Movie Night –5:30 (doors open)</i>	11 <i>Junior Choir— 12noon</i> <i>Masquerade Ball 12noon</i> <i>Advanced Handbells -3:45</i> <i>Town Hall 6:30-9:00pm (Victoria Park School)</i>	12 <i>Sugar Shack –All Day</i> <i>Year 1 Violin –12 noon</i> <i>Senior Choir-12noon</i> <i>Beginner handbells- 3:30</i> <i>Basketball Game</i> <i>Math Club-3:30</i>	13 <i>Staff VS Student Hockey Game 12noon</i> <i>Sports Club –12noon</i> <i>Parent Council Meeting-7:15pm</i>	14 <i>NO BLAST (all day)</i> <i>Year 2 Violin Performance-8:00</i> <i>Pancake breakfast 7:00-8:45am</i> <i>Dress as a Lumber-Jack</i>	15
16	17 <i>Famiy Day– No School</i>	18 <i>Winter Break -No School</i>	19 <i>Winter Break– No School</i>	20 <i>Teachers Convention - (No School for Students)</i>	21 <i>Teachers Convention - (No School for Students)</i>	22
23	24 <i>Yoga Club –12noon</i> <i>LOTG cut off</i> <i>Basketball Game</i>	25 <i>Junior Choir— 12noon</i> <i>Advanced Handbells -3:45</i>	26 <i>Pink Shirt Day</i> <i>Year 1 Violin –12 noon</i> <i>Senior Choir-12noon</i> <i>Beginner handbells- 3:30</i> <i>Math Club-3:30</i> <i>Basketball Game</i>	27 <i>Sports Club –12noon</i>	28 <i>Basketball Final Tournament—Gilbert Paterson</i>	29



LETHBRIDGE LITTLE LEAGUE

2020 Spring Registration

Open January 13 – February 28, 2020

Lethbridge Little League is the newly formed organization following the merger of Southwest Little League and Lethbridge North Baseball as of November 2019. Any players from the City of Lethbridge will be registered with Lethbridge Little League going forward.

Register online at: www.lethbridgelittleleague.com

<u>AGE</u>	<u>DIVISION</u>	<u>FEE*</u>	<u>GAME DAYS**</u>
4-5	T-Ball	\$150	Mon/Wed
6-7	Coach Pitch	\$150	Tue/Thurs
7-8	Rookie	\$190	Mon/Wed
9-10	Minor	\$250	Tue/Thurs
11-12	Major	\$250	Mon/Wed
13	Intermediate	\$250	Tues/Thurs
14-16	Teenage/Junior	\$250	Mon/Wed

*Fee includes \$10 District One raffle ticket

**Make up games and tournaments may be scheduled on Friday/Saturday/Sunday

*** Please note **residency and school attendance eligibility rules** apply: **Players can play in the league where they either live or go to school.** For further information, please visit the website above or email info@lethbridgelittleleague.com.]

2020 OUTDOOR SOCCER REGISTRATION

Online Registration House League begins

February 1, 2020 at noon – Sunday March 15, 2020

www.lethbridgesoccer.com



403-320-5425(KICK)

Boys and Girls

U4 – U7 (Co-Ed) \$95.00

U9 – U19 (Leagues separated by gender) - \$145.00

Season to start April 20 – June 20, 2020



LFC Competitive information will be made available online at lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association.

LFC Registration will open online February 15, 2020

Head Lice

What Are Head Lice?

Head lice, or the medical condition known as pediculosis, are a pesky problem that anyone can have at some point in their life. Most often infestations occur in children 3 to 11 years of age.

Head lice are not dangerous and they do not spread disease but they can and do spread from person to person. Having dirty hair does not cause head lice.

Head lice cannot fly or jump and you cannot get them from your pets.

While they may be **found anywhere on the head**, they prefer to live on the scalp along the neckline and behind the ears. When lice bite the scalp they cause itching.

How Do I Know If My Child Has Head Lice?

Children may say they have a tickling feeling on their head or may be very itchy on their scalp.

It can take up to 4-6 weeks for a person to experience itching.

The only way to be sure a person has an active case of lice is to find live lice.

Lice are not easy to see and can be hard to find. They are about the size of a sesame seed. They are usually greyish white or brown.

Nits are small, oval and blend into the color of the hair. Each nit is firmly attached to a hair. They cannot be washed out or flicked off like dandruff. Finding nits does not mean the individual has a current infestation and they should not be treated based on finding nits.



Head louse



Louse egg (nit) on hair

How Do I Check for Lice?

Detection combing is the recommended method to check for head lice.

Detection combing is an organized examination of the hair, from the scalp outwards, to find head lice. Finding lice by parting the hair and looking at the scalp is not particularly efficient and likely to miss many infestations

Please see Head-Lice-Detection Combing handout

For a demonstration on detection combing:
www.youtube.com/watch?v=je-cWdTrhFQ

Can My Child Attend School?

When parents discover that their child has head lice it is in everyone's best interest for the lice to be treated before the child continues with regular activities

Things to remember.....

- Head lice do not spread disease
- Children can have head lice for several weeks with no symptoms.
- The presence of nits indicates a past infestation that may not be currently active
- Cases of head lice are often misdiagnosed

How can you prevent the spread of head lice?

Teach your children how head lice are spread (by direct contact with the head of someone with an infestation) and to avoid this kind of activity.

Teach your children not to share brushes, combs or head gear such as hats, bandanas, etc.

It is also a good idea to braid or tie back long hair.

Check your child's head for live lice once a week all year long.

What is the Treatment for Head Lice?

- Health Canada recommends treatment with a topical insecticide (pyrethrins, permethrin 1% or lindane) or a non-insecticidal product called Resultz® (for use in individuals 4 years of age and older). These products are available over the counter at drug stores.
- Tell the pharmacist if anyone needing treatment is pregnant, breastfeeding, under 6 years of age, has allergies or a serious health problem.
- **It is very important to read and follow the package directions carefully.** Some products recommend that there should not be Crème Rinse or Conditioner on the hair, as it may prevent the treatment from working
- Each product is different and has detailed directions for use. For example one product might say it should be put on dry hair while another should be put on wet hair. Each will say how long it should be left on the hair before rinsing out.
- Avoid unnecessary contact with the product since it can be absorbed through the skin.
- The treatment course for each of these products involves an initial application followed by a second application in 7 to 10 days as per the manufacturer's recommendations.
- Most approved treatments will kill the lice, but are not effective against the nits.
- A second treatment in 7 to 10 days will kill the lice that have hatched since the first treatment before they are mature enough to lay new eggs.
- Check the heads of anyone who was treated daily for 3 weeks after the first treatment
- The presence of nits indicates a past infestation that may not be active.
- Public Health does recommend removal of nits within 1 ½ inches of the scalp to ease in identification of re-infestation
- If live lice are found on the head 24 to 48 hours after the treatment, contact your pharmacist or public health nurse for advice.
- **DO NOT treat unless you are sure that you have found a living, moving louse**

Do Other Treatments Work?

Many home recipes and products sold in stores are based on mixtures of essential oils (eucalyptus, lavender, tea tree, etc), salts or other natural substances. Some people have used oils like mayonnaise, olive oil and Vaseline or hair gels to try to smother lice.

Public Health does not recommend any of these products as there is no proof that they work.

I Keep Treating My Child But He/She Keeps Getting Head Lice. Why?

The following are several common reasons why treatment for head lice may fail:

- Applying the treatment to hair that has been washed with conditioning shampoo or rinsed with hair conditioner
- Insufficient application of pediculicide (the treatment)
- Re-infestation
- Resistance of the head lice to the treatment used
- Lack of removal of live nits that are within 1 ½ inch (3.81 cm) of scalp
- Misdiagnosis: Children can scratch for 2 or more weeks after treatment or other objects in the hair (dandruff or hair spray droplets etc) can be misidentified as lice

What Cleaning Needs To Be Done?

Lice cannot live for more than 2-3 days away from the scalp so excessive cleaning is not necessary.

Choose the best method to clean the following items (washing in hot water for 15 minutes or running through a drier on the hottest setting):

- All personal hair care items such as combs, barrettes, etc. Repeat this daily until the lice are gone.
- Items that have been in prolonged or intimate contact with the child's head (bedding, hats, etc.) at the time of first treatment.

Items that cannot be washed should be placed in a sealed plastic bag for two weeks, or placed in the freezer for 48 hours at -10° C. (to prevent any eggs from hatching)

There is no need to vacuum or wash floors, carpets or furniture. Do not use household sprays or lice sprays. They do not work and may be harmful to people.

**For more information contact:
your local Public Health Office
or your Physician
or Health Link Alberta 1-866-408-5465**

Healthy Children

February 2020 Parent Newsletter



Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development.

This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

➤ **For more information visit**
<http://canadiansportforlife.ca/parents>

Articles

Early Specialization in Sport

Developmental Assets

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.



- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child - Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or

his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?

- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize

risky or dangerous situations and are they able to seek help from trusted adults?

- Encouraging your child to form a positive identity – Does your child feel good about themselves? Does your child seem curious about the world?

 **For the full list of developmental assets and to learn more visit www.search-institute.org**