



## Science and Heritage Fair

The Science and Heritage Fair is right around the corner. Participating students may set up their displays on Monday, March 16<sup>th</sup>. Students will have the chance to present their projects to their peers and community members on March 17<sup>th</sup>. Division 1 (grades 1-3) will share their learning between 10:40am and 11:30am and Division 2 (grades 4-5) will share between 1pm-2pm. We are excited to have our students share their learning and to be able to practice presenting prior to judging. Judging of the displays will be on Wednesday, March 18<sup>th</sup> in the AM. All items are to be collected and taken home on Thursday, March 19<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. If you have any questions or plans have changed for the project, please contact 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.

## Report Cards and Celebration of Learning

On March 13<sup>th</sup>, students will be receiving their second term report cards. This document can be viewed on Power Schools Parent Site. 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 20-30 minutes with your child in the classroom. Teachers will also be offering private Parent-Teacher Interviews by teacher request. A letter will be sent home indicating if the teacher is requesting a Parent-Teacher interview.

Celebration of Learning:

Thursday, March 19	
<b>English Classes</b>	
Gr. 1/2	4:30- 6:30pm
Gr. 2/3	4:30-6:30pm
Gr. 4/5	5:00-7:00pm
<b>French Immersion Classes</b>	
Gr. 1	4:00-6:00pm
Gr. 2	4:30-6:30pm
Gr. 3	4:00-6:00pm
Grade 4	4:00-6:00pm
Gr. 5	5:00-7:00pm



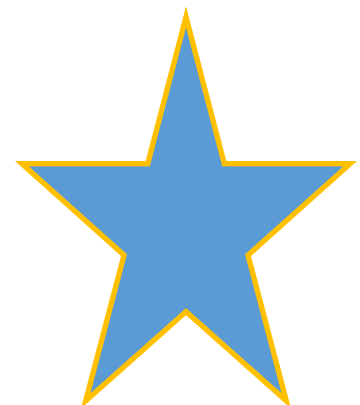
## School Swag!

Our school is excited to be offering Agnes Davidson gear! Please click on the link to access our online school store. You can also find the link on our school webpage.

<https://ecoleagnesdavidschool.entripyshops.com/>

## FRANKLIN

All proceeds from our bake sale support Franklin, our 14 year old foster child from Honduras. Franklin is currently in secondary school. His favourite activities are studying Math and Languages!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2 <b>Connections to the Land Presentations</b> ( Mon-Thurs)</p> <p><b>Yoga Club</b> 12pm <b>Dance Club</b> 12pm</p> 	<p>3 <b>Junior Choir</b> 12pm <b>Advanced Handbells</b> 3:30pm</p> <p><b>School Council</b> 7:15pm</p>	<p>4 <b>Year 1 Violin</b> 12pm <b>Beginner Handbells</b> 3:30pm <b>Senior Choir</b> 12pm <b>Math Club</b> 3:35pm</p>	<p>5 <b>Sports Club</b> 12pm <b>LOTG</b> 12:30pm</p>	6	7
8	<p>9 <b>English Scholastic Book Fair</b></p> <p><b>Yoga Club</b> 12pm <b>Dance Club</b> 12pm <b>Rock Climbing Club</b> 3:45</p>	<p>10 <b>English Scholastic Book Fair</b></p> <p><b>Junior Choir</b> 12pm</p> <p><b>Advanced Handbells</b> 3:30pm</p>	<p>11 <b>English Scholastic Book Fair</b></p> <p><b>Year 1 Violin</b> 12pm <b>Beginner Handbells</b> 3:30pm <b>Senior Choir</b> 12pm <b>Math Club</b></p>	<p>12 <b>English Scholastic Book Fair</b></p> <p><b>Sports Club</b> 12pm</p>	<p>13 <b>English Scholastic Book Fair</b></p> <p><b>Report cards Home</b></p> <p><b>Teacher Requested Interviews</b> -open online (5pm)</p>	14
15	<p>16 <b>Science and Heritage Fair</b> (Mon-Thurs)</p> <p><b>Yoga Club</b> 12pm <b>Dance Club</b> 12pm <b>Rock Climbing Club</b> 3:45</p> 	<p>17</p> <p><b>Div.1 ( gr.1-3)</b> 10:40-11:30am Science Fair Walk Through</p> <p><b>Div. 2 ( gr.4-5)</b> 1-2pm Science and Heritage Fair Walk through</p> <p><b>Junior Choir</b> 12pm <b>Advanced Handbells</b> 3:30pm</p> <p>Online Teacher Requested Interviews close (9pm)</p>	<p>18</p> <p><b>No School for Kinders-AM/PM</b></p> <p><b>Science and Heritage Fair Judging</b> (AM)</p> <p><b>Year 1 Violin</b> 12pm <b>Beginner Handbells</b> 3:30pm <b>Senior Choir</b> 12pm <b>Math Club</b> 3:35pm <b>Rock Climbing Club</b> 3:45</p>	<p>19</p> <p><b>LOTG-cut off</b></p> <p><b>No School for Kinders-AM/PM</b></p> <p><b>No School Gr. 1-5 (PM only)</b></p> <p><b>Teacher Requested Interviews</b> (PM)</p> <p><b>Celebration of Learning</b> (evening)</p>	<p>20</p> 	21
22	<p>23</p> <p><b>Yoga Club</b> 12pm <b>Dance Club</b> 12pm <b>Rock Climbing Club</b> 3:45</p>	<p>24</p> <p><b>Junior Choir</b> 12pm <b>Advanced Handbells</b> 3:30pm</p>	<p>25</p> <p><b>Gr.5 Bake Sale (Franklin)</b></p> <p><b>Year 1 Violin</b> 12pm <b>Beginner Handbells</b> 3:30pm <b>Senior Choir</b> 12pm <b>Math Club</b> 3:35pm <b>Rock Climbing Club</b> 3:45</p>	<p>26</p> <p><b>Senior Choir-Festival</b> 9am</p> <p><b>Sports Club</b> 12pm</p>	27	28
30	<p>30</p> <p><b>Yoga Club</b> 12pm <b>Dance Club</b> 12pm <b>Rock Climbing Club</b> 3:45</p>	<p>31</p> <p><b>Year1/2 Handbells-Festival</b> 9:30am</p> <p><b>Junior Choir</b> 12pm <b>Advanced Handbells</b> 3:30pm</p>				

# Rock Climbing Club

Rock Climbing Club is a fun place to learn basic rock climbing skills and discover the incredible sport of bouldering. To sign up, contact M Braun by email at [jarred.braun@lethsd.ab.ca](mailto:jarred.braun@lethsd.ab.ca).

**Where:** Coulee Climbing

**When:** Monday OR Wednesday,  
3:45-4:45PM, March 9 - May 6

**Who:** École Agnes Davidson  
students grade 1-5

**Cost:** \$5 per session or \$40 for  
all 8 sessions including shoe  
rental.

**Bonus:** All members of our Rock Climbing Club will be  
eligible for %20 off a family 10 punch pass!



# 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.*

## Mental Math and Estimation

### Why is mental math and estimation important in numeracy?

- Estimating helps us to find solutions for problems in everyday life.
- We estimate amounts, time, space, shape, direction and location. We also estimate relationships between objects.

### How can I help my child?

Together with your child, try these activities:

- Play guessing games, such as: Which takes more time? How many of these will fit into that? Which do you think is heavier, lighter, longer, shorter, etc.? Explain your thinking.
- Collect leaves, stones and pinecones. Before counting, estimate how many you have. Estimate how many stones would cover a leaf.
- Go to the grocery store. Choose a few items and estimate how much it would cost to buy all of them.
- Estimate how fast you can run, hop or wheel to a spot and back and then time it.
- Place small items, like buttons or beads, in a jar or cup and estimate how many there are.
- Find containers of different shapes and estimate which one holds more buttons or beads.
- Imagine how you could arrange chairs around a table. Will they all fit?
- Estimate how tall a person is and then measure their actual height.
- Estimate how many scoops or shovelfuls of sand or dirt could fill a bucket. Try it out.
- Talk to your child's teacher about how numeracy is developed and practiced in the classroom.

### 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 videos to find out more:
  - Alberta Education Numeracy Video <https://education.alberta.ca/literacy-and-numeracy/numeracy/everyone/numeracy-video/>
  - Alberta Education: 7 Processes-Mental Mathematics and Estimation <https://education.alberta.ca/mathematics-7-9/program-supports/everyone/videos/>
- Read about helping to develop mental math and estimation skills: The 7 Mathematical Processes: Mental Math and Estimation [https://education.alberta.ca/media/563587/mental\\_math.pdf](https://education.alberta.ca/media/563587/mental_math.pdf)

### 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.

## MAKING CONNECTIONS

### MARCH NEWSLETTER

Here are some community agencies I've used or suggested to families over the years. For those families needing financial support for their children to join in sports or recreation activities you can contact:

Lori Harasam at 403-360-1720 or [lori.harasam@lethbridge.ca](mailto:lori.harasam@lethbridge.ca)

She can help with any recreation/sports activities that occur in Lethbridge. You can apply once between Jan and June and once between July and December. Each family member can receive up to \$150.00 in each time frame.

JumpStart from Canadian Tire can offer up to \$150 twice in the year for each child. The website is: [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca) and you would be applying for Individual Child Grant. The website gives the necessary information you need before applying. They can support dance as well as sports and fees for sports equipment.

KidSport can offer half the registration free up to \$300.00 in the calendar year. They only support sports, so not dance. And not sports equipment. The website is [www.kidsportcanadan.ca>alberta>lethbridge-taber](http://www.kidsportcanadan.ca>alberta>lethbridge-taber).

You can use a combination of all 3 sport subsidies to cover the cost of registration and equipment if necessary.

The Interfaith Food Bank offers free cooking classes to everyone in Lethbridge. There is no proof of income necessary. You cook the meals and take them home along with the recipes. You can go once a week, either their morning or afternoon classes. The classes last 2 hours. You need to call 403- 320-8138 to register. It can also be a great place to meet new friends.

MyCityCare can support families with second-hand clothing, the occasional food hamper, Christmas toy supports and a variety of other supports. They are located at the building on 5 St. S. and 5 Ave. S, their entrance in on the 5 St. S side of the building. You can contact them at 403-942-1378 or [Carol@myvictory.ca](mailto:Carol@myvictory.ca).



# Healthy Children

March 2020 Parent Newsletter

## Self-management

Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from [www.parenttoolkit.com](http://www.parenttoolkit.com))

## Articles

Self-management

Role Modeling a Healthy Relationship with Food

### 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.



# Healthy Children

March 2020 Parent Newsletter

## Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: [www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf](http://www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf)
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
  - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
- **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.



**Do you want to know more about helping children to develop healthy habits and positive body image? Visit Raising Our Healthy Kids:**  
<https://vimeo.com/160413076>