

# Parkside School Newsletter

Vice Principal's



## **Greetings From the Parkside Office**

**The school year is hustling by us at a ridiculous pace. We are now halfway through the year and hopefully the 2<sup>nd</sup> half of the year can be as smooth as the 1<sup>st</sup> half has been thus far.**

**I would like to extend our gratitude to the basketball coaches for their time and expertise volunteered to our students. Thanks to Mr. Toews for coaching the A AND B boys teams this year. And a special thanks to our numerous community coaches this year; Kim Olsen, Kara Jacober and Jessica Harris. Thanks again and great job!**

**New Electives have just got under way for the second semester. Please realize that some electives have necessary fees and that these fees must be paid promptly if your child is going to take these electives. If you have any questions in regards to Electives please feel free to give me a call anytime.**

If you do not wish to receive this newsletter, or are receiving it in error, please go to our website and **unsubscribe.** [www.parksideschool.ca](http://www.parksideschool.ca)



## **Dates to Remember**

February 7th Anti Bullying Program Grade 9

February 20th to February 24th No School

February 27th First Day Back

February 27th Parent Council Meeting 7:30 PM

March 22nd & 23rd No School



### **Check out these websites:**

#### **Parkside School**

<http://www.parksideschool.ca/>

#### **PRRD Website**

<http://www.prrdweb.com/>



### **Reminder - School Hours**

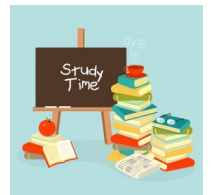
The school is open from 8:00 am to 4:00 pm. If your child is arriving earlier than 8:00 please ensure he or she is dressed appropriately for the weather conditions.



## **Yearbooks for Sale**

Grade 8 and 9 Students. We have a few 2010-2011 yearbooks left. They are for sale at a cost of \$10.00 each.

**Does your child need extra help with homework, completing assignments or studying for tests? Parkside is now offering assistance with these on the following days, on a drop in basis.**



**Monday to Friday 8:10 to 8:40 Art Room**

**Monday to Thursday 12:00 to 12:25 Room 136**

## **School Fees**

School Fees for 2011/2012 are due immediately. They are \$95.00. Please call the office to make alternate arrangements, if they cannot be paid. They can be paid by monthly post dated cheques. Unpaid school fees will be sent for collection. **Students with unpaid fees will not be allowed to participate in extra-curricular activities, including the Grade Nine Farewell, movies and field trips.**

### **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're equipping students for success.

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

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 2012, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.



# Baseball Tryouts

**Sunday, Feb. 5<sup>th</sup> – 12-2**

**Sunday, Feb. 12<sup>th</sup> – 12-2**

**Sunday, Feb. 26<sup>th</sup> – 12-2**

**Sunday, Mar. 4<sup>th</sup> – 12-2**



**Eagle Butte 403 528-1996 for more info**

**\*\*Please bring a glove and running shoes\*\***



**WINTER WALK DAY- FEBRUARY 8, 2012**



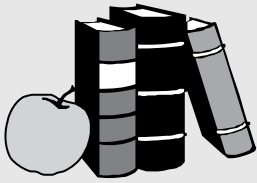
We encourage you to "Step Up" and join Albertans for the Winter Walk Day on Wednesday February 8th. It is easy to participate , simply walk outside for at least 15 minutes then visit [ <http://www.shapeab.com> ]www.shapeab.com to submit either yourself or your group that has completed the 15 minutes of walking. Watch for more info on this "Active" event!

This is an idea that is being used to promote families spending? time together "unplugged" on the Family Day holiday.

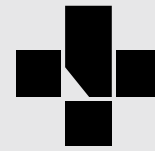
## **DISCONNECT TO CONNECT!!**

Why Unplug? 73% of kids would rather play with their parents than watch TV or use the Internet, teens who have more than three family dinners per week are more likely to get better grades and residents in connected neighborhoods have a greater quality of life.

As well, we have another Babysitting Class scheduled for February 22 as well as a First Aid Class on Feb. 18 & 19.? Call 548-3232 to register for these classes.



## Healthy Schools Healthy Futures



Alberta Health  
Services

### February: Love your Body!

Body image is the mental picture we have of our bodies. It is affected by how one feels and values themselves. Those who feel really good about themselves, usually have a healthy body image.

As children's bodies grow and change it is important to promote a positive body image. Eating healthy, being physically active and getting enough sleep are some ways to help them learn to love their body!

Promote a positive body image:

Enjoy a variety of healthy foods at regular meal times

Be physically active

Encourage your child's unique interests

Be a positive role model (don't criticize yourself or others for size or shape)

Get enough sleep

Discuss unrealistic media images

For more information for ages 6-12, please visit: [http://www.healthyalberta.ca/Documents/HEAL\\_6\\_to\\_12\\_2008.pdf](http://www.healthyalberta.ca/Documents/HEAL_6_to_12_2008.pdf)

For more information for ages 13-18, please visit: [http://www.healthyalberta.ca/Documents/HEAL\\_Brochure\\_13to18.pdf](http://www.healthyalberta.ca/Documents/HEAL_Brochure_13to18.pdf)

### Encourage Communication

When children are telling you about their experiences, be sure to ask them how they felt, by making eye contact with them. The more we talk with our children about everyday experiences, both positive and negative, the more likely they will be able to tell us about a problem.

Some tips to encourage communication:

~Ask open-ended questions, such as "Tell me about your day?"

~Listen reflectively. You can do this by repeating what your child says back to them in your own words. This will show that you truly understand what your child is trying to tell you.

For more information regarding communication please view our parent information series located on our website; <http://www.albertahealthservices.ca/parents.asp>

Here you will find topics such as; How can I help my young child learn to get along with others? Or contact our 24 hour toll free hotline 1-866.332.2322.

# 2011 - 2012 PUBLIC SKATING TIMES



**Weekdays  
9:30-10:30 am**

**Saturday  
5:45-6:45 pm**

**Tuesday/Thursday  
12:00-1:00 pm and  
6:30-7:30 pm**

**Sunday 6:30 - 7:30 pm.**

**A big "Thank you" to Medicine Hat Kinsmen  
for sponsoring Public Skating in Redcliff**

For more information or to book ice contact Community Services at 548-3232

# February

## Basketball Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
A-B Boys practices 3:00 A-Girls practices 6:00 B-Girls practices 3:00			1 Boys Practice	2 Girls Practice Boys @ St. Mary's B- 4:15 A- 5:30	3 A Girls SEVEN Tourney B Boys St. Mary's Tourney	4 A Girls SEVEN Tourney B Boys St. Mary's Tourney
5	6 Boys Practice Girls @ St. Mary's B- 4:15 A- 5:30	7 B- Girls Practice A Girls @ PHHS CHHS A1 A- 4:15	8 Boys Practice Possible Playoff Start A Girls & Boys	9 Girls Practice Possible Playoff Start B Girls & Boys	10 A Boys St. Mary's Tourney	11 A Boys St. Mary's Tourney
12 Tentative Playoff Week	13 Boys Practice A&B Girls Second Round	14 Girls Practice A Boys Second Round B Boys Semi Final	15 A Boys & Girls Semi Finals B Boys Final B Girls Semi Final	16 A Boys & Girls Final B Girls Final	17	18
19	20	21	22	23	24	25
26	27	28	29			

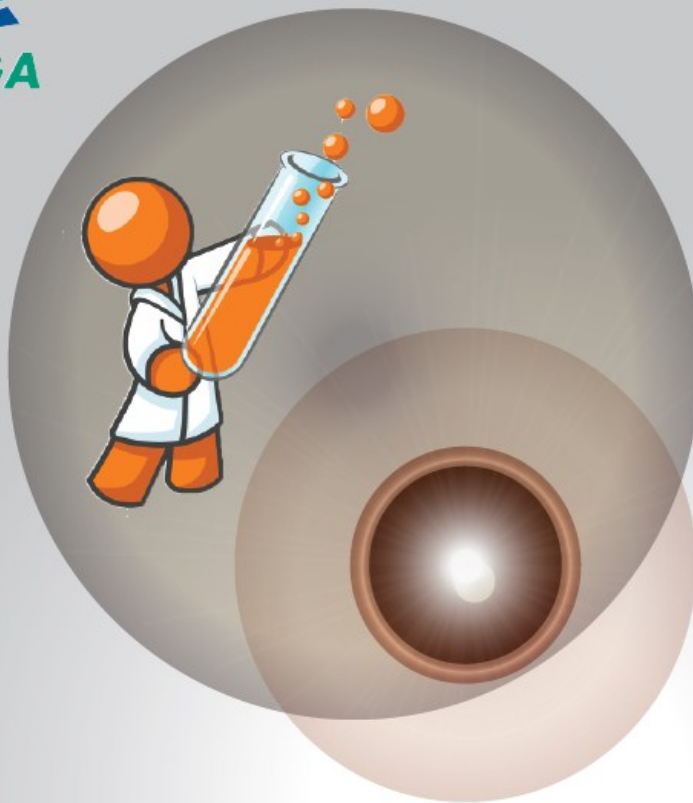
**2012**



MEDICINE HAT  
COLLEGE



SCIENCE



MEDICINE HAT  
COLLEGE

March 24, 2012

# 37th Annual Kiwanis Regional Science Fair

Judging Starts at 9:00 AM

More information and registration at:  
[www.seab-sciencefair.com](http://www.seab-sciencefair.com)





Jan 2012

# Nutrition Times

PREPARED MONTHLY BY LOCAL DIETITIANS FROM  
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

## Set Goals for Healthy Eating



It's that time again, the New Year is upon us and so are thoughts of New Year's Resolutions. Healthy eating, weight loss and exercise may be on your mind. You may also be thinking of past failed attempts. How are you going to make a resolution that you can stick with this year? Making changes to your lifestyle is easier when you make "SMART" goals.

### Why set goals?

Goal setting is a good way for you to decide exactly what you are going to do and how you are going to do it. A SMART goal is a **S**pecific, **M**easurable, **A**ttainable, **R**ewarding and **T**imely goal. The more detailed your goal, the more likely you will stick to it and be successful.

<b><u>S</u>pecific:</b>	Your SMART goal should tell you what you are going to do and how to do it. Your goal should answer the questions how, what, when and where.
<b><u>M</u>easurable:</b>	Your goal should state how much and how many. This will help you keep track of how you are doing.
<b><u>A</u>ttainable:</b>	Start with small changes you think you can do. Small changes can make a big impact over time. You can always make your goal more challenging in the future, however, over-ambitious goals can be hard to maintain.
<b><u>R</u>ewarding:</b>	You should feel good about achieving your goal. The more important your goal is to you, the more likely you are to succeed.
<b><u>T</u>imely:</b>	Decide on a time frame for your goal. Your goal can be short term (one week) or long term (one month). Over time your changes will become habit.

**Examples:** General goal: I am going to eat healthier.  
SMART goal: I am going to eat more vegetables by filling half my supper plate with vegetables for the next month.

### Tips for setting healthy goals

- Make small changes. Small attainable goals are better than large daunting goals.
- Break larger goals into smaller goals. For example, try adding more vegetables and fruits one meal at a time.
- Focus on your health rather than your weight. It is better to focus on making healthy changes than to try and decrease the number on the scale.



Healthy Living ... Healthy Body, Healthy Mind ... Healthy U

Below are some ideas for healthy changes you can make. Create a SMART goal from one of the ideas below, or think of your own!

- I will make meals and snacks at home more often.
- I will keep healthy snacks like vegetables and fruit washed, cut up and ready to eat.
- I will read the Nutrition Facts table and choose foods with at least 2 grams of fibre per serving.
- I will choose higher fibre foods like high fibre cereals, whole grains, beans, peas or lentils, and vegetables and fruits.
- I will fill half my plate with vegetables
- I will add fruit to my breakfast meal.
- I will add extra vegetables when making casseroles, soups, stews and sauces.
- I will eat from a smaller plate (luncheon or salad plate instead of a dinner plate)
- I will eat less foods with added sugar such as cakes, cookies, candy, granola bars and sweetened drinks.
- I will choose healthy fat like olive, canola, sunflower oil and non-hydrogenated margarine.
- I will read ingredient lists and avoid foods with hydrogenated or partially hydrogenated vegetable oils
- I will look at the Nutrition Facts table and avoid foods with trans fat.
- I will choose to drink water throughout the day.
- I will choose low fat milk to drink with meals.
- I will limit juice to 1/2cup (125 mL) per day. Make sure it's 100% unsweetened fruit juice.
- \_\_\_\_\_

My SMART goal:

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### Staying on Track

**Write your goal down.** Post it on your fridge or cupboard as a visual reminder

**Buddy up.** Working on the same goal with someone else provides support and will make it easier.

**Give yourself a break.** If you get off track, forgive yourself, and then start back at your goal. Nobody is perfect, and you don't have to be either. If you find yourself getting off track, change your goal to something more attainable.

**Reward yourself.** Goals can be hard work. Reward yourself for your successes with non food rewards such as a massage or a new movie or even a relaxing bubble bath.

#### Sources:

AHS, Getting Started with Goal Setting 2011 (Draft)  
AHS, Setting Smart Goals 2011 (Draft)

#### Upcoming classes:

Baby and You: Infant feeding 0 – 6 months  
(breastfeeding and formula)

January 18, 2012

Baby and you #2: Feeding 6 - 12 months  
(introducing solids and making baby food)

February 29, 2012

Classes are Free.

No registration required.

Location:

Medicine Hat Community Health Services  
2948 Dunmore Road SE, Medicine Hat





2948 Dunmore Road SE  
Medicine Hat, AB, T1A 8E3  
403.502.8200

440 3rd Street East  
Brooks, AB, T1R 1B3  
403.501.3300

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U

# February 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 <b>Anti Bullying Presentation Grade 9</b>	8	9	10	11
12	13	14  <b>Happy Valentine's Day</b>	15	16	17	18
19	20 <b>No School Family Day</b>	21 <b>No School</b>	22 <b>No School</b>	23 <b>No School Teacher Convention</b>	24 <b>No School Teacher Convention</b>	25
26	27	28	29			

# March 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17  <b>St. Patrick's Day</b>
18	19 <b>First Day of Spring</b> 	20	21	22 <b>School Improvement Day</b> No School	23 <b>School Improvement Day</b> No School	24
25	26	27	28	29	30	31