

Parkside School Newsletter

Principal's Message



Merry Christmas Everyone!!

It is very hard to believe that the Christmas holidays are already here.

The students and staff at Parkside School will be enjoying a much needed holiday break. We believe we had a very good start to this school year and look forward to bigger and better things in the New Year.

Also, please access our school newsletter on our website for all of the up to date information and homework. We are very pleased to have open access to all students and parents with our Pearson Power School Gradebook. A letter went home with steps to access the website and a password to view your child's marks at any time. Please contact me if you have any questions, comments or concern with this application.

Again, I would like to thank everyone for a wonderful 4 months of success at Parkside School.

Finally, I would like to wish everyone a very Merry Christmas and the best in the New Year. Students will be off Wednesday, December 21 at 2PM and will return Thursday, January 5, 2012.

Mr. Miller



Dates to Remember

December 21	Last Day of School 2:00 Dismissal
January 5	School Resumes 8:35
January 9	CHHS Play—How to Succeed All Students
January 19	Outdoor Ed Field Trip to Elkwater
January 30	Parent Council Meeting 7:30

Check out these websites:

Parkside School

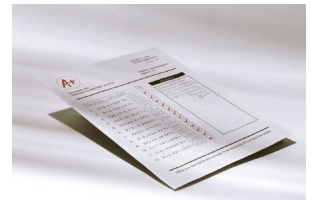
<http://www.parksideschool.ca/>

PRRD Website

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



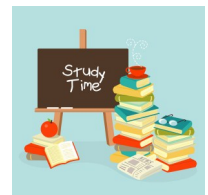
Parent Access to Pearson Power School



Letters have been sent home to all parents, with your personal access code and login information for Pearson Power School. You can now check your child's marks and assignments at any time. If you want to have a Progress Report sent home contact the school. Please feel free to call us with any questions you may have. Let us know if you did not receive this information.

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



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.

2010/2011 Yearbooks

The yearbooks are now at the printer, and we expect them to be ready early in the new year.

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.**



Congratulations to Mr. Bray's homeroom for winning a pizza party courtesy of Canyon Technical Services.

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**



Peer Pressure

Whether it leads to pink hair or body piercing, peer pressure is a powerful reality! Peer groups impact much of teen's decision-making. Research indicates that teens consider what their peer group will think of them. Peer pressure is as often positive as it is negative. Negative forces could lead to experimentation with tobacco, alcohol and illegal drugs. Parents have a tremendous influence over their children, especially teenagers. Here are some things parents can do:

Signs That May Indicate Drug or Alcohol Use in Your Child

Parents, you are the first line of defense when it comes to your child's drug use or drinking. And you do **MAKE A DIFFERENCE!** Trust yourself to know when there is a problem. No one sign alone can indicate drug or alcohol use...look for patterns or combinations of indicators like:

- ~Changes in school performance
- ~Changes in attitude towards sports and other activities
- ~Changes in weight or physical appearance
- ~Changes in eating or sleeping habits
- ~Changes in friends
- ~Changes in behavior

If you see a pattern of change in your children, talk to them. Tell them you are concerned and explain why. It is possible that there is another cause for their behavior. If you need support or information contact our office at 403.529.35.82 or visit <http://www.albertahealthservices.ca/parents.asp>

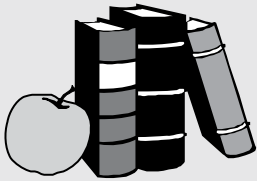
Be a Positive Role Model

As a parent or guardian, your habits, beliefs and behaviors will be reflected in those of your child. You have more influence on your children than maybe you thought you did. Children who have caring, supportive relationships with adults, have improved mental

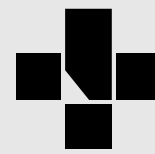
health, self-esteem and confidence. They are also less likely to be harmfully involved with alcohol, drugs and gambling and more likely to stay in school. **YOU CAN MAKE A DIFFERENCE!** We all need to strive towards improving ourselves, not just for us, but for our children.

Here are some tips to help you become a great role model for your children:

- ~Demonstrate self-respect and self-esteem with health actions



Healthy Schools Healthy Futures



Alberta Health
Services

Travel Outside of Canada

International travel can expose you and your family to infectious diseases not frequently seen in Canada.

Based on your current health, immunization history, and travel plans, a healthcare provider can assess your health risks and advise you on immunization requirements, your need for preventative medication and how to avoid health risks.

Currently, there is a world-wide risk for red measles.

Please contact your local Public Health office, a pharmacist specializing in travel health, or your physician at least six weeks before departure for an individual health assessment.

Go to www.travelhealth.gc.ca for more information.

Celebrate Family Literacy Day January 27

On Family Literacy Day Canadian families are invited to spend at least 15 minutes a day reading and learning. This could be reading a storybook together, playing word games, singing, writing to family or friends or assisting with writing out simple things like a grocery list.

Reading aloud helps children learn listening, vocabulary and language skills as well developing their imagination and creativity. Time spent reading together increases a child's reading skills, increases their sense of security and gives them a sense of being worthwhile.

To encourage a lifelong reader parents should read to their child daily, have lots of books around, and to let your child see you reading.

For more activities families can do to make learning a part of daily life go to www.FamilyLiteracyDay.ca.

Breaking Up is Hard to Do!

National Non-Smoking Week: January 15-21

Most parents hope that their children will choose to avoid tobacco. For parents who use tobacco, it can seem difficult to discuss these expectations with their children. Research indicates that children whose parents talk to them about smoking are less likely to start. **That is especially true if the parent is a smoker.** Parents are one of the greatest influences in their kids' lives and honest conversations about the risks and consequences of tobacco use can influence kids' decisions about smoking.

If you are a smoker and tried to quit at least once before, tell your child about how difficult it is and why you wish you could. If you're thinking about quitting again, or are interested in helping someone else make changes in tobacco use, there are supports available.

For advice on how to "Break-Up with Tobacco", visit www.albertaquits.ca or call 1-866-710-QUIT(7848)

What is "Physical Literacy"?

Just as kids need to develop reading and writing, they also need to develop their physical literacy.

Canada's Long-Term Athlete Development (LTAD) program, defines physical literacy as "*a sound foundation of fundamental movement and sports skills*". It means developing agility, balance, coordination and speed; being able to move comfortably in different environments – on the ground or in the water; and mastering skills like throwing, catching a ball, riding a bike and skating. "Many children develop good physical skills by trial-and-error, but many do not," reports the LTAD program's *Developing Physical Literacy* guide for parents. "Children tell us that not having the skills to play is one major reason they drop out of physical activity and organized sport." With physical literacy, kids are more likely to be active, and this will help them stave off health problems such as obesity and chronic disease.

To find out how to enhance your child's physical literacy go to: www.canadiansportforlife.ca

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

Basketball Schedule



January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 A-B Boys practice 3:00 A-Girls practice 6:00 B-Girls practice 4:45	2	3	4	5	6	7
8	9 Boys Practice	10 Girls Practice Boys @ Seven B- 4:15 A- 5:30	11 Boys Practice	12 Girls Practice Boys @ AMS A- 3:45 B- 5:00	13 B-Girls @ St. Mary's Tourney	14 B-Girls @ St. Mary's Tourney
15	16 Boys Practice Girls @ Seven B- 4:15 A- 5:30	17 Boys @ PHS CHHS A- 4:15 B- 5:30	18 Boys Practice Girls @ PHS AMS A- 4:15 B- 5:30	19 Girls Practice	20 A-Girls @ Irvine Tourney A-Boys @ MHS B-Boys @ AMS Tourney	21 A-Girls @ Irvine Tourney A-Boys @ MHS B-Boys @ AMS Tourney
22	23 Boys Practice B- 3:00 A- 4:30	24 Girls Practice A- 4:30 B- 6:00	25 Girls @ PHS CHHS B- 4:15 A- 5:30	26 B-Boys Practice Boys @ MHS A- 4:15 B- 5:30	27 A-Girls @ St. Mary's Tourney	28 A-Girls @ St. Mary's Tourney
29	30 Boys Practice	31 Girls Practice				

2012

January 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1  New Years Day	2	3	4	5 First Day Back	6	7
8	9 Play at CHHS 	10	11	12	13	14
15	16	17	18	19  Outdoor Ed. Field Trip to Elkwater	20	21
22	23 School Improvement Day No School	24	25	26	27	28
29	30 Parent Council Meeting 7:30	31				

February 2012

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