



Learning together; doing our best!

MAGRATH ELEMENTARY SCHOOL

DECEMBER 2011

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UPCOMING EVENTS

Dec. 1 - 16	Christmas Presence
Dec. 20	Christmas Evening Activity 7:00 pm in Tom Karren Gym
Dec. 22	Last Day of School Before Christmas Break
Dec. 23 - Jan. 8	Christmas Break - No School
Jan. 9	First Day Back at School



DISMISSAL FOR CHRISTMAS VACATION

The final day of school before the Christmas break is Thursday, December 22nd. There will NOT be early dismissal that day. Regular dismissal times will apply.



Students enjoy a visit from Panda.

PRINCIPAL'S MESSAGE

As I sit and write this message I realize there are only 27 days left until Christmas. How time flies when you are having fun.

We had a busy month of November with lots of things happening. We had Quest Theater come and do a presentation on bullying. We had a very successful book fair, a Remembrance Day assembly and a Student of the Month Assembly.

We also had our Celebrations of Learning. I would especially like to thank all of you for coming and supporting your children and our school at this activity. Celebrations of Learning is a great way for you to see what your children are doing and what they are learning, and to touch base with their teacher about specifics of their education.

With Christmas just around the corner, I would like to remind you of our annual MES Christmas program. It will be held on Tuesday, December 20th starting at 7:00 PM in the Tom Karren Gym. Students are working very hard on this production and are excited to be able to present it to their family and friends.

The last day of classes before the Christmas break will be on Thursday, December 22nd. The children will be returning on Monday, January 9th.

Please check our MES website or the classroom teacher pages at www.magrathelementary.ca to find out other important things that will be happening in the next few weeks.

I hope you all take the time to enjoy family and friends this holiday season. Have a great Christmas and if you have any questions about your child's education, please do not hesitate to give us a call.

CELEBRATIONS OF LEARNING



Parents get to find out what students are learning during Celebrations of Learning.



NASTY BACK TALK

As Mom walked out of the teacher's room after a long discussion about Jake's lack of motivation and failure to do homework, she told Jake to put on his coat.

"I don't have to. It's not cold," he snapped.

"I mean it, young man. You listen to me!"

"Oh, all right, I'll do it, but you're a retard!"

"Don't you talk to me like that. You show a little respect, young man!"

Turning to the teacher, Mom asked, "What do I do with this kid?"

A wise observer would probably think, "Homework is the least of this family's problems. Here is a mother and child who appear to have very little respect for each other. That problem needs to be cured before anything else."

Jake's teacher empathized with Mom and told her about having some of the same problems before learning about Love and Logic. She told her how she was tempted to try to solve all the problems immediately but started to make progress when she tried to use only one skill at a time.

She told Mom how she started dealing with back talk by refusing to react. Every time her son said something nasty she simply said, *"Bad decision. I'll have to do something about that after I cool down."* That was her mantra.

After cooling down she waited for him to ask for something. When he did, she delivered her other mantra, "I'm happy to do the things you want when I feel respected," and he didn't get what he wanted. He hated the fact that she always said the same thing.

The teacher went on to say that for a while, those were the only changes she made with her parenting. But it got her off to a great start and life changed for the better.

Thanks for reading! Our goal is to help as many families as possible.

Jim Fay





Distracted Driving

On Sept. 1 2011, the Distracted Driving Law came into effect making it illegal for drivers to use hand-held cell phones, to text or email, or use electronic devices while driving. Distracted driving is potentially as dangerous as impaired driving and is much more common.

Before you start driving:

- Adjust dashboard and electronic controls.
- Turn off your cell phone and tell everyone for safety reasons, you will no longer answer calls or text messages or emails while driving.
- Deal with distractions such as putting on make-up, reading and grooming.

Stay focused while driving:

- If you have to make a phone call, do so at a rest area when you stop for gas or a bathroom break. Vehicles are not permitted to park on the shoulder of a provincial highway except in an emergency.

Visit: www.saferoads.ca for more information.

Have a Happy, Healthy, and
Safe Holiday Season
From the Comprehensive School Health Team



Tis the Season to be Healthy

In the holiday season, treats seem to be everywhere.

Here are some quick tips to promote a healthy holiday season for your family:

- Store treats until snack or meal time. Your child is more likely to nibble throughout the day if treats are left out in the open. Keep them away in a cupboard, refrigerator or out of sight.
- Offer regular meals and snacks. Offer healthy food choices at regular times throughout the day. This will help to satisfy your child's appetite so they do not eat too many holiday treats.
- Slow down and taste the food. Encourage your child to fill his/her plate and sit down to enjoy the food. Teach your child to enjoy small amounts of special holiday foods along with regular healthy choices.

For more information check out these nutrition pages:

<http://www.albertahealthservices.ca/2925.asp>

Winter Helmet Safety

Skiing and snowboarding are popular Canadian winter sports, but they do carry a level of risk. Head and brain injuries are the most common cause of death among skiers and snowboarders.

Wearing a ski helmet can effectively reduce the risk of head injuries by nearly 50 percent.

It is important to ensure everyone engaging in these activities wears a new, properly fitted and appropriate helmet.

Helmets should be either CSA, ASTM, or Snell approved. If the helmet has been involved in a fall it may need to be replaced, even if there is no visible damage. Check the manufacturer's instructions on when to discard. Do not use helmets designed for other purposes such as bicycle helmets as they are designed to absorb different types of impacts.

For more information on helmet safety access

www.thinkfirst.ca or www.safekidscanada.ca.

MES BOOK FAIR

The support for our recent Book Fair was OUT OF THIS WORLD!! Our students were inspired by the 13-foot robot in the library, courtesy of Mr. Norm Jensen and Connor McLean, and brought in some fantastic creations of their own to display. We had a lot of fun hosting this book fair and hope that you and your family enjoyed it too. Thank you so much to all who attended and purchased books, and to those who volunteered their time to help make this our most successful book fair ever!

