



Learning together; doing our best!

# MAGRATH ELEMENTARY SCHOOL

## FEBRUARY 2012

### In this Issue:

1. Upcoming Events
2. Kindergarten & PreSchool Registration
3. Principal's Message
4. Fun Facts
5. Education is Hanging Around
6. Love & Logic
7. Healthy Schools, Healthy Futures

### Contact us:

Magrath Elementary School  
Box 548  
Magrath AB T0K 1J0  
Phone: (403) 758-3367  
Fax: (403) 758-6693

### Principal:

Brad Sabey  
[brad.sabey@westwind.ab.ca](mailto:brad.sabey@westwind.ab.ca)

### Vice Principals:

Lorna Dornier  
[lorna.dornier@westwind.ab.ca](mailto:lorna.dornier@westwind.ab.ca)  
Kerry Taylor  
[kerry.taylor@westwind.ab.ca](mailto:kerry.taylor@westwind.ab.ca)

### Secretary:

Marilynn Christie  
[marilynn.christie@westwind.ab.ca](mailto:marilynn.christie@westwind.ab.ca)

### Website:

<http://magrathelementary.ca/>

### UPCOMING EVENTS

Feb. 10	MisMatch Day
Feb. 13	Family Dance
Feb. 17	PLC - No School
Feb. 20 - 24	No School
Feb. 27	First Day Back at School
Feb. 29	Pink Shirt Day



### KINDERGARTEN & PRESCHOOL REGISTRATION

We are now accepting registrations for Kindergarten and PreSchool for the 2012/13 school year. Students registering in Kindergarten should be 5 years old by September 1st and students registering in PreSchool should be 4 years old by September 1st.

The fee for the whole year of PreSchool is \$500.00 and we require \$100.00 deposit when registering. You can apply for subsidy and if you are approved for the year, we will refund the deposit money. The website for child care subsidy is [www.child.gov.ab.ca/childcaresubsidy](http://www.child.gov.ab.ca/childcaresubsidy). We recommend that you start early if applying for subsidy.

Please come to the office to register and remember to bring your child's birth certificate with you.



## PRINCIPAL'S MESSAGE

February at MES is a month of Valentine's Day parties, Mismatch Day, Divisional PLCs, Family Dance, Family Day holidays and, of course, lots of learning.

It is also the month we ask parents of grade 4 students to complete the annual Accountability Pillar Surveys. These surveys are important to us at MES as they give us an idea of things that you, as parents, are happy with and things that we need to look at to make our school better. These surveys will be online this year and we will send you more information as it becomes available to us. Thank you in advance for doing this survey, we look forward to seeing the results.

February is also the month where we ask parents with children who are preschool and kindergarten age to come in and register their children for next year. By registering for these programs early, it gives us the chance to insure that we have programs in place to help these young children gain the foundation they will need to be successful in their education at MES. For more information on these programs and the registration process you can go to our website at [www.magrathelementary.ca](http://www.magrathelementary.ca) or call the school.

On another note, we look forward to seeing you at our 17<sup>th</sup> annual Family Dance on February 13<sup>th</sup>, at 7:00 PM in the Karren Gym. This is the one and only fundraiser for our MES School Council and all the net proceeds go directly back to your children. It is a fun event for all and the students are excited to be able to show off their dancing talents to their families.

Thank you for your support in everything we do in the school. If you have any questions or concerns, please do not hesitate to give us a call or come in and visit.



The word LEGO is formed from the Danish words "leg godt" which means "play well."

The average child will wear down 730 crayons by his or her 10th birthday.

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**"Education is hanging around**



**until you've caught on."  
~~ Robert Frost**

More quotes and wall photos at [www.LightAFire.com](http://www.LightAFire.com)



## WINNING THROUGH LOSING

Do you like to lose? Most of us don't. In fact, some of us dislike it so much that we'll do whatever it takes to make sure that our kids are always winners. When they win this way, they always lose.

I sat on the living room floor, playing a simple board game with our four-year-old, Cody. As we took turns picking cards, the odds seemed consistently in his favor...he was nearing the always coveted goal of being the first to enter Candy Land.

Luck is a fickle friend.

Based on some quick calculations, it was clear to me that doom was on the horizon. His next card was sure to send him back a long way...far from carbohydrate heaven. Tension filled my body. Surely there was something I could do to prevent him from experiencing such despair. Maybe I could distract him and rearrange the cards so that he'd win.

Fighting this desire...I allowed him to be the loser. The tears and crying were heartbreaking. That is, until I remembered that learning about losing is part of life.

In our audio [\*Helicopters, Drill Sergeants and Consultants\*](#), we teach that loving parents allow their children to develop winning skills by allowing them to experience disappointments, make small mistakes, and experience the natural and logical consequences. Shielding them from all of life's hardships sends the message that they aren't strong enough to cope with their losses. Loving them through their sadness allows them to win every time they lose.

Dr. Charles Fay

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"To learn to read is to light a fire; every syllable that is spelled out is a spark." ~ Victor Hugo, *Les Miserables*



### Friendship

February is here and what a better time to talk about friendship. Parents, as you talk to your child about healthy relationships, encourage your child to :

- Talk to others about his/her interests
- Listen to what each other has to say.
- Praise each other for what he/she does well
- Use manners. Say please and thank you
- Be helpful. Do things for your friends without keeping track of what they have done for you.
- Be honest about each others feelings
- Handle Conflict. Be clear about what you want and how you will compromise

Friendship does not include bragging about yourself, talking behind someone's back, or putting someone down. For more information, go to: [www.albertahealthservices.ca/2622.asp](http://www.albertahealthservices.ca/2622.asp)

### Eating Disorders

*Eating Disorder Awareness Week: February 5-11*

Eating disorders are characterized by a preoccupation with food that interferes with life and keeps children from enjoying life and moving forward. Children learn attitudes towards food and weight at a very young age, so make a positive difference in your child's life. Here are some tips to help prevent eating disorders:

- Give children healthy choices
- Emphasize positive aspects of healthy eating
- Teach children that their worth is not related to how they look
- Encourage children to take responsibility for their own well-being
- Do not use food as a reward or punishment
- Be aware of advertising and toys aimed at children
- Make family meals a peaceful time

For more information on eating disorders, visit [www.nedic.ca](http://www.nedic.ca) or call Community Mental Health at (403) 381-5260.



### Get Healthy and Celebrate Heart Month!

According to the Heart and Stroke Foundation, "families who eat nutritious food together, are physically active together, and live smoke-free lives are well on their way to reducing their risk of heart disease and stroke."

Without a balanced, nutritious diet and regular physical activity, children can gain weight and harm their heart health. Studies show that children who are obese are more likely to remain obese, leading to serious risk factors for heart disease and stroke. They may be prone to developing high blood pressure or Type 2 diabetes. Here are some helpful hints to encourage heart-healthy habits in your children and in yourself:

- Eat nutritious, balanced meals and snacks
- Make sure children are getting 60 minutes of physical activity **every day**
- Talk to your children about how tobacco use can effect their health

To find out how to improve your families heart health visit [www.heartandstroke.com](http://www.heartandstroke.com)