

MAGRATH ELEMENTARY SCHOOL

JANUARY 2012

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UPCOMING EVENTS

| | |
|---------|--------------------------|
| Jan. 27 | Kindness Assembly |
| Jan. 30 | PD & PLC Day - NO SCHOOL |



SCHOOL FORMS

In December the following forms were sent out for every student in grades K to 6:

- Student Enrollment Card
- Media Consent Form
- Student Off-Site Recurring Activity Consent Form

Thank you to all of you who have completed the set of forms and have returned them to the school. If you have not returned your child's forms to the school yet, please do so as soon as possible. If you have more than one child in MES, forms must be signed for each individual child.

If you are unable to find the forms that were sent home with your child, please contact the office and another set will be sent to you.

It is very important that we keep your child's information updated in PowerSchool.



PRINCIPAL'S MESSAGE

Happy New Year! I hope everyone had a relaxing and enjoyable Christmas break. It's hard to believe, but we are now almost half way through the school year. How time flies when you are having fun.

We have many fun and educational activities planned for the month of January and look forward to spending them with your child. We will have a Kindness Assembly on January 27th, where the winners of our dodgeball intra-murals will play the teachers.

In our quest to insure that students are eating healthy while at MES, we have asked SASH to take all deep-fried items such as French Fries off the menu. We understand that these food items may be tasty but doctors have long warned against consuming them because of their hefty doses of both sodium and saturated fats.

We thank you for your support and encourage you to look at our MES website or Teacher Pages at www.magrathelementary.ca to find out about other activities that are happening at our school. Thank you again for your support. If you have any questions or concerns please remember that our doors are always open.

SCHOOL FEES

This is a reminder to those who haven't paid school fees yet, they are past due and there is a \$10.00 late charge. Please stop by the office to pay your fees or make arrangements for payment.

SURFIN' SANTA



CHRISTMAS PRESENCE





Four Tips for Soothing Sibling Rivalry

Why is sibling rivalry such a perplexing issue for so many parents? Simply because we can't *make* our kids love each other. That's completely out of our control.

Listed below are just a few of the many things we *can* control:

Whether we do extra things for kids who are battling with each other.

- It's perfectly reasonable for a parent to say, "This is such a bummer. I'm tired-out from listening to you arguing with each other. I don't have the energy to drive you to your friends' houses."

Whether we allow certain items to remain in our homes.

- A friend of ours said to her kids, "This is so sad. Every time you guys play with that game you get in a fight. I gave it away so it wouldn't be a problem anymore."

Whether we allow their fighting to interrupt our responsibilities and time.

- Have you ever noticed how kids tend to argue and bicker with each other when you are trying to do something that requires your complete attention such as trying to talk on the phone? If you feel secure that your kids won't harm each other, it's probably best to say, "This is really draining my energy. You guys need to work this out or go your separate ways."

Whether we give them "bonding opportunities."

- When your kids start to battle with each other, experiment with saying, "Sounds like you guys need some bonding time." Then assign them some chores to give them an opportunity to feel the love.

Dr. Charles Fay

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.

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

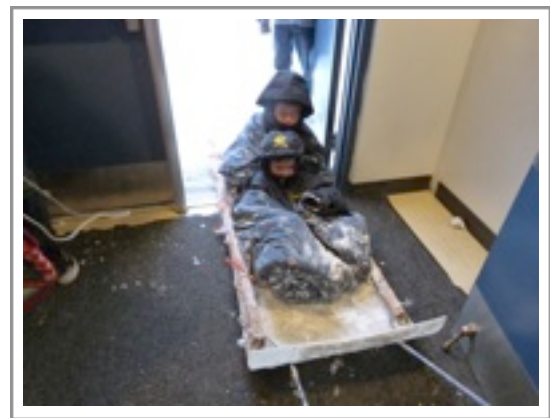
Celebrate Family Literacy Day January 27

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 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. Celebrate Family Literacy Day January 27.



Two of Mrs. Hatch’s Grade 1 class arrive at the North Pole with help from some Grade 8 “reindeer”.