



Learning together; doing our best!

# MAGRATH ELEMENTARY SCHOOL

## NOVEMBER 2011

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### UPCOMING EVENTS

Nov. 3	Picture Retakes
Nov. 7	Veteran's Week
Nov. 9	Quest Presentation
Nov. 10	Remembrance Day Assembly
Nov. 11	Remembrance Day - No School
Nov. 16 - 18	Book Fair
Nov. 17	Celebration of Learning
Nov. 18	Kindness Assembly
Nov. 25	PLC - No School
Nov. 30	Report Cards



**Oh My Stars!!** ✨ Fall is here and we're gearing up to host an incredible reading event that is **OUT OF THIS WORLD!** Supporting our Scholastic Book Fair helps us purchase more books for the library and allows our students and staff to enjoy some great new reads. The Book Fair runs Wed. Nov. 16th through Fri. Nov. 18th.

Our family day coincides with parent-teacher night, so come to the library after visiting with the teacher and drop off your family ballot to enter to win \$25 in books for your family and \$25 in books for your child's classroom.

**To the Book Fair and BEYOND!!** ★

(Please sign up to volunteer an hour or so at the book fair. Your child should have brought the volunteer form home on October 26th or 27th.) Thanks.

## PRINCIPAL'S MESSAGE

We had some fantastic learning at MES in October. We also had a kindness assembly, a pumpkin-carving contest, and were even able to raise \$2454.22 for the Terry Fox Foundation. Way to go students for working so hard to raise this money for such a worthy cause.

An ongoing focus for our school is the idea of a safe and caring school. Our playground patrollers are out at recess and are quickly becoming responsible citizens in our quest to eliminate bullying altogether. Our school council members are also helping us with this cause. On November 9<sup>th</sup> they will be bringing in a group from Quest Theatre to do a presentation called "Just Kidding". This will be a very good presentation to help students understand the importance of being a good friend. It will also give them strategies to help them stand up to others who are being bullies.

In October, we got our results back from the Provincial Achievement Tests. I am thrilled to say that these marks showed that the students at MES were above the provincial and Westwind acceptable standard in all 5-subject areas in score and participation rates. It also showed that in 3 out of 5 subjects, we were above the excellent standard when compared to the rest of the province and Westwind schools. Way to go students and staff! This is an amazing achievement and something we hope to build on as the year progresses.

We have many exciting and educational activities scheduled for the month of November. Please check our website at [www.magrathelementary.ca](http://www.magrathelementary.ca) or go to your child's teacher pages in our website to see what other things are going on in our school community.

Thank you for your help this past month. If you have any questions or concerns, please do not hesitate to give me a call or to stop in.

## FLAG CLUB



The 2011 – 2012 Flag Club members are off to a great start this year. They were awesome in their performance at our assembly on October 14.

Club members are Front Row: Abbi Smith, Jesi Thomson, Hannah Orr, Brooke Balderson, Madeline Holthe. Second Row: Keltie Thomson, Ellee Hoy, Bethany Wolsey, Lucy Wilde, Mickyla Larson, Brody Wolsey. Back Row: Anna Barrus, Elly Thomson, Elley Johnson, Mailei Olsen, Madison Cooper, Miss Neilson  
Missing: Dedrick Becker, Annalise Anderson, Daygen Dick, Mrs. Clifton

Our next performance will be at the assembly on November 18.

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## TERRY FOX RUN



Congratulations to the students of MES for raising \$2,454.22 for the Terry Fox Foundation. You did a great job!

### When Kids Argue with Each Other

It came from the backseat. It crept up while we were on the phone. It wasn't a monster, but something much more menacing - kids arguing.

Have you noticed that kids pick the worst times to start bickering? Few things can be as annoying or draining for parents. What options do we have when kids argue with each other? How about:

- Whether we are physically present to hear it or not?
- How much we charge to listen to it?
- How we react?
- What we model?

What statements can we make in these situations to help keep the problem of arguing on the *kids'* shoulders where that problem belongs?

Some parents try this one:

**"It sounds like you guys are having a problem - and it will be interesting to see how you solve it."**

And if they don't solve it?

Parents can solve the problem - perhaps by "charging" the kids something to put back the energy it took to listen to that fighting. Some parents charge \$1 per minute to listen to arguing in the car (or other situations in which the parent can't "escape"). Other parents charge by offering some of their own chores for the children to accomplish to put back the drained energy.

Many parents using Love and Logic techniques have success empowering their kids to solve problems and resolve conflicts (on their own) rather than reacting with anger and frustration in the moment. And when the kids don't resolve things wisely, it costs them something.



Grade 4 classes perform at the October assembly.



**Healthy Schools  
Healthy Futures**



**Alberta Health  
Services**

### **Addictions Awareness Week Nov. 13-19**

*Some tips for parents who want to prevent substance use by their children*

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think.
- Learn about drugs and substance abuse so you can have an informed discussion.
- Listen to them...and then listen some more.
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others.
- Develop clear, reasonable and safe rules, and revise them as your child gets older.

**Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.)** Information and give-aways will be available.

### **Tobacco: Talk About It!**

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke.
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth.
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma.
- Be honest about the long-term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure.
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked").

Visit [www.albertahealthservices.ca/2544.asp](http://www.albertahealthservices.ca/2544.asp)

### **Hand Washing to Prevent Influenza**

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

#### **When to clean your hands**

- After you cough, sneeze, or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

#### **What to use**

- Use regular soap and water **or**
- Hand cleanser or sanitizer with alcohol in it.

#### **How to wash your hands**

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit [www.kidshealth.org](http://www.kidshealth.org) Search "hand washing"

### **Osteoporosis**

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit

[www.osteoporosis.ca](http://www.osteoporosis.ca).

# HALLOWEEN PARADE

