



Learning together; doing our best!

# MAGRATH ELEMENTARY SCHOOL

## SEPTEMBER 2011

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### UPCOMING EVENTS

Sept. 8	Back to School Night
Sept. 9	Welcome Back Assembly
Sept. 14	Wacky Wednesday
Sept. 23	PD Day - No School
Sept. 30	Terry Fox Run (note different date from the one listed in the school agenda)



### SCHOOL FEES

School fees are now due. Fees are \$52.00 for students in Grades 1 to 6 and \$76.00 for students in Kindergarten. We take cash, cheques, and debit. We will also accept post-dated cheques.

After September 30th, we will be charging an extra \$10.00 late fee. You can avoid this extra expense by paying before September 30th or making arrangements for payment.

We realize that there is a lot of financial pressure on parents this time of year and we want to help in any way we can. Please come and talk to us if you're finding it difficult to pay school fees at this time.

## PRINCIPAL'S MESSAGE

Welcome back to another school year at MES. We hope you had an enjoyable summer and that you were eager to return to school. Welcome to the students that new to MES.

We are excited about the prospect of spending time with you, the parents, as we work together to give your children the best possible educational experience. I encourage you to spend time with your children. It is especially important at the start of the school year to help them set goals and to help them understand the importance of always trying to do their best.

We have some new things in place at MES this year. There is now a bus lane on the south side of the auditorium. This will make it safer for those students who take a bus to and from school. We also have a different bell schedule that is listed here. Please note that classes start at 8:40 and your child will be marked late if they are not in class by that time.

We are continuing with our playground patrollers and our snack program.

Our web site is up and running at [www.magrathelementary.ca](http://www.magrathelementary.ca) Please look over your children's agenda and the new MES fridge magnet to find out more about the variety of activities and special days that are happening throughout the year.

As always, if you have any questions, please don't hesitate to call your children's teacher or myself at anytime.

This is going to be a great year! I am excited to get to know you and your children better and look forward to the many positive experiences that await us all.

## BELL SCHEDULE



Monday to Thursday

8:35 Warning Bell  
8:40 Regular Classes Start  
10:05 Recess Start  
10:19 Recess End  
11:50 Lunch - Grades 1 - 3  
12:10 Lunch - Grades 4 - 6  
12:30 Lunch Ends  
2:05 Recess Starts  
2:19 Recess Ends  
3:20 End of Day

Fridays

8:35 Warning Bell  
8:40 Regular Classes Start  
10:05 Recess Starts  
10:19 Recess Ends  
1:00 End of Day

## Kindergarten Schedule

Monday to Thursday

Morning Class: 8:35 - 11:35

Afternoon Class: 12:30 - 3:10



## TEACHING KIDS TO FOLLOW DIRECTIONS

When you're asking your children to do things for you, do you ever feel like you're talking to a cat? I love my cats, even though they never listen to a thing I say.

Fortunately, children, unlike cats, respond well to the following strategies:

- **When asking your child to do something, don't forget to say "please."**  
Since we want our children to use this magic word, doesn't it make sense that we ought to model it?
- **Get close to them and use a pleasant, calm voice.**  
Few people respond favorably to being hollered at from across the room. Besides, do I want to train my kids to need yelling at, or would it be better if I taught them to respond to a calmer, quieter tone?
- **Ahead of time, have a plan for how you'll respond to noncompliance or defiance.**  
If they refuse to comply, or they dawdle about, reply, "I love you too much to fight with you about doing this. I'm going to have to do something. We'll talk about this later."

Delay the consequence so that you don't find yourself in an unwinnable power-struggle.

- **Resist the urge to threaten, lecture, or give repeated warnings.**  
This is a tough tip for most of us! Just remember that when we use threats, lectures, and repeated warnings, we train our kids to need threats, lectures, and repeated warnings.
- **Allow empathy and consequences to do the teaching.**  
In our DVD, [Simple Parenting Strategies](#), we describe how to apply a consequence when it's tough to think of one. One powerful strategy involves having your children replace energy drained from you by their noncompliance. They can do this through extra chores, doing without some fun activities that you provide, etc.

The key, of course, is the empathy. Nothing works without it!

Dr. Charles Fay



**Healthy Schools  
Healthy Futures**



**Alberta Health  
Services**

## **Welcome back to the 2011 - 2012 school year!**

Alberta Health Services staff from Public Health, Healthy Weights, Addictions and Mental Health, Health Promotion, Dental Health, Tobacco Reduction and Safe Communities will be contributing to our newsletter pages.

We work in partnership and focus on promoting the health of students, staff, and families in the school community.

## **Have a safe, healthy, and happy school year.**

### **Breakfast for Learning**

With students heading back to the classroom makes September a great month to focus on healthy eating. We know well-nourished children have improved memory, problem solving skills and creative abilities – overall they perform better in school.

A healthy breakfast should contain at least 3 of the 4 food groups, such as a bowl of whole grain cereal with milk and fresh fruit. You may also try whole grain toast, a hardboiled or poached egg, celery/ carrot sticks and a glass of milk.

Take the time to get your children off to a great start with a nutritious breakfast every morning.

For more information and ideas on Breakfast for Learning visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca).

### **Does your child have a chronic medical condition?**

Some tips to help keep your child safe and healthy:

- Inform the school of your child's condition
- Provide a Medic Alert® bracelet for your child
- Provide the school with current medical instructions as recommended by your physician
- Provide the school with up-to-date auto-injectors and keep them current
- Provide information to school and teachers
- Participate in the development of an emergency response plan for your child

For more information, contact your school's public health nurse or discuss with the school principal.

### **For information on:**

Allergies/Asthma [www.aaia.ca](http://www.aaia.ca)

Anaphylaxis [www.anaphylaxiscanada.ca](http://www.anaphylaxiscanada.ca)

Diabetes [www.diabetes.ca](http://www.diabetes.ca)

### **Terry Fox National School Run Day Wednesday, September 28th, 2011**

*Get out your running shoes and run for a cause!*

In 1980, Terry Fox faced huge challenges while running a marathon a day for 143 days during his **3,339 mile** Marathon of Hope. Terry challenged himself every day with one goal in mind: raise the most money he could to end cancer. Now it's your turn. Join your school community in celebrating Terry's heroic effort by promoting health and taking part in the National School Run Day on September 28th!

Schools are invited this year to "Take the Terry Fox Challenge" and unite by issuing a school challenge. Challenge ideas include: costume runs – dress up like a superhero or a rock star, obstacle course or dance challenge and many more.

Check out [www.terryfox.org](http://www.terryfox.org) to find out more and get involved!