

Prairieview Post

Vulcan Prairieview Elementary School
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<http://www.vpes.ca>

January 2014

Together we will ensure learning success for all students to develop their unique potential as caring citizens in a changing world.

In this issue:

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Ski Trip

Remember that our first ski trip is less than a month away.



All students are expected to take part in this excellent opportunity as well as participate in lessons. Be sure to return completed forms to classroom teachers by **Monday, January 13th.**

Raffle Winners

Thank you to all of those who helped support the basket raffle this year by donating items and buying tickets. We raised \$2130!

Congratulations to the winners:

-Sharon Cockwill	-Bobby Donovan
-Joy Donovan	-Andrea Hansen
-Shane Schumacher	-Eric Ericksen
-Dani McKenna	-Stacey McInenly
-Dale Nelson	-Kevin Hansen
-Marnie Steiner	-Barbara Coffey
-Helen Friesen	-Helen Campbell
-Judy Gateman	-Amanda Akitt

-Riley Czech

Thank you to Bob Connolly for donating the candy tray.

Principals Message

Happy New Year! It is great to be back and 2014 is off to a fantastic start. I would like to thank all of you for attending our Christmas concert and for your support of our Christmas basket fundraiser. One hundred percent of the \$2130 raised will go directly to support our grade 5-6's on their trip to Camp Chief Hector this spring. It was another packed house at the C.R.C. and the feedback from families has been great. It takes a lot of talented students, committed staff and supportive parents to make it a success. Thank you!

It did not take long to get back into the swing of things and January is looking to be a busy month in its own right. Skating, a grade 5-6 field trip, new intramurals, after school curling and craft club are just some of the extra events taking place this month. This does not include all of the core curriculum material that will be covered in the next several weeks. This current block of time from January through to mid-February is one of our longest uninterrupted periods of time in the school calendar. This is a prime time of year to reach a new level of learning for our students and we treasure this time with your children. Consistent attendance is obviously a key to achieving this success.





It is also that time of year when families with children in grade 4, 5, and 6 will be receiving a letter from Alberta Education regarding an "Accountability Report" survey. This survey filled out by parents, students and teachers provides key information for Alberta Education, Palliser Schools and our school about the quality of education at all schools in Alberta. Although our results at V.P.E. are excellent, the number of parents who return the survey has not been very high. I would really encourage all families with children in these grades to spend a few minutes and fill it out. If you have any questions about the survey or need support in completing it, please give me a call. I believe it's also important to follow the old adage, if you're happy, tell everyone (and fill it out on the survey); if you have concerns, come and talk to your teacher or me. We have a great school, a large variety of programming and excellent academic results and I am confident that our survey results will reflect these accomplishments.

Thanks everyone and have a great January.

Mr. Shane Cranston

January Calendar of Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2	3
6 Welcome Back! Raz-Kids Resumes	7	8	9 Jr. Curling School Council Bank deposit day	10
13 Skating Starts Dodgeball Intramurals Begin	 14 Hot Dog Day Bullying Presentation	 15 Skating with the Hurricane (Patrollers)	16 Jr. Curling	 17 PJ Day
20 STARS volleyball begins (Gr. 3-6) Sewing Club	21 Hot Lunch	22 Bank deposit day	23 Grade 5-6 field trip (leave at 7 :30 AM) Jr. Curling	24
27 Sewing Club	28	29	30 PD Day (No School for Students)	31 PD Day (No School for Students)

Be sure to check your child's skating schedule throughout the month. We can always use extra hands to tie skates, drive equipment, walk over or helpers on the ice. Please talk to your child's teacher or send a note in your child's agenda if you are able to help out any or all of the times.



THANK YOU FOR YOUR SUPPORT

In total, we raised **\$2130** with our basket raffles this year. These are funds that will help offset the cost of the Grade 5/6 field trip to Camp Chief Hector later this year. Thank you to those who sent in items as well as to all of those who purchased tickets at the Christmas Concert!

12 Days of Christmas-VPE style

12 weeks of practicing,

11 beautiful baskets,

10 pieces for Mrs. Helland to learn,

9 songs with Rodney Rockers

8 comical commercials,

7 happy helpers,

6 Hockey teams,

5 days of Christmas caroling,

4 days of gingerbread,

3 cookie winners,

2 turkey carvers...

...And a totally awesome feast at VPE!



Feast for All!

After a morning of practicing for the concert, all of our hard work was rewarded with a fabulous feast. Turkey, dressing, potatoes, carrots, buns and dessert made up the menu this year. Everyone was excited to eat as soon as they sat down. Our whole school had a chance to eat and talk together-what could be better? A big thank you to all of those staff and students who helped organize food, set-up, decorate and clean-up. We can hardly wait until next year!



Filled with Christmas Spirit!

Early morning carolling kicked off each day with some Christmas Spirit during the last week of December at school. Thank you to all the staff and students who joined in with their musical talents.

Students also worked hard to do their best at the Christmas Concert. We had a practice and dress rehearsal at the CRC prior to the show. Thank you to those seniors who came out to listen as well.

The CRC was filled with song on the evening of December 18th. Everyone was ready to look and sing their best. The kindergarten classes started off the show with "Giving Makes You Happy". The Grade 1/2 classes sang two fun songs and remembered all of their actions for the plate song too! The Grade 3/4 classes sang and performed a Reader's Theatre. The Grade 5/6 classes did a great job with their songs and an awesome black light display. Finally the show ended with our VPE version of 'Christmas is Coming'. It was a terrific night and thank you to everyone who helped out in so many ways and who attended to support the students. A special thanks to Mrs. Helland for all of her creativity and hard work!



Superintendent's Message

Happy New Year, everyone!

The New Year brings proclamations for the year ahead. You know the ones. According to Chinese zodiac, 2014 is the Year of the Horse; the United Nations proclaimed the International Year of Family Farming; and the UN also proclaimed this the Year of Crystallography. (In case you're wondering, the UN proclamation notes "the impact of crystallography is present everywhere in our daily lives, in modern drug development, nanotechnology and biotechnology, and underpins the development of all new materials, from toothpaste to aeroplane components.")

Around Palliser, we continue our theme for 2013-2014, "Today a Reader, Tomorrow a Leader," which is essentially a continuation of the previous school year's focus on literacy. Here's my bold prediction, we will still be focusing on literacy in 2015, 2016, 2017. . . you get the picture.

Literacy will always be an essential and highly marketable skill no matter what new trends come in technology, industry or society. The world will always need people who are critical thinkers, can quickly process complex information from a variety of sources and in a multitude of forms, draw their own opinions and generate new ideas. Literacy skills will never be obsolete or redundant. Our students will always need teachers to support their learning of reading, writing and numeracy skills.

In Palliser, we've committed significant human, classroom and other resources to support our students' literacy journey. Our teachers are learning more and more about how to assess and develop literacy skills and they have the tools to support them. We continue to grow our expertise across Palliser. It's not an easy or simple effort, but it is worth the effort.

Student success helps motivate us through this transformation in how we support literacy. If you and your family have a literacy success story to share, please email me at kevin.gietz@pallisersd.ab.ca or contact the office at 403-328-4111 or toll-free at 1-877-667-1234. I'd appreciate hearing from you.

Kevin Gietz, Superintendent

Palliser Regional Schools

Thank You

- ♦ Mrs Schmidt and helpers for making gingerbread with the Kindergarten students. Then for once again coming in to decorate individual gingerbread houses with each of the Grade 3/4 students. They had to make nearly 70 houses!
- ♦ Our Room Reps and Christmas party helpers who organized games and snacks for the classrooms. You really help to make these occasions even more special.
- ♦ Cathy Dallman for donating floor hockey pads to the school.
- ♦ Geri Budd for the decorations in the office.
- ♦ To the staff members who lent their voices to lead early morning caroling.
- ♦ Our turkey carvers Tom Williams and Cleo Schmidt as well as the Wild Rose Colony for donating potatoes and carrots for our feast.



Olympic Floor Hockey Wraps Up

The students from Teams USA and Sweden decided to combine forces to take on the Staff as Team Canada in the championship game. Last year, the students were the winners and the staff were hoping to rebound with a win, despite losing Mr. Gellrich who thought he was the all-star player! The students opened up the scoring with two quick goals. Then the staff came back to tie it. The staff scored a couple of go-ahead goals and despite some last minute chances for the students, the staff came out with a 6-3 win. Mrs. Clement was awesome once again in net and Mrs. Ashbacher scored a hat-trick. It was lots of fun for both teams and the fans. Thanks to Josh W. for being an excellent game photographer too!

We are looking forward to more intramurals starting soon this year.



Time for Rhymes



A free drop-in program for parents or caregivers with children 0-6 years of age

-Learn rhymes, songs, actions and stories

-Meet other parents and children

-Children develop oral language skills that will help prepare for reading

Arrowwood Library - Thursdays at 10:00 am. beginning January 23, 2014

Champion School - Tuesdays at 10:00 am. beginning January 7, 2014

Milo Library - Wednesdays at 9:30 am beginning January 8, 2014

Vulcan Library -Thursdays at 10:00 am. beginning January 9, 2014

Vulcan Learning Centre - Saturdays at 10:00 am. beginning January 25, 2014

Alphabet Soup



Rainbow Literacy Society will offer our free Alphabet Soup program to parents in **Arrowwood** this spring. This program encourages children's healthy eating experiences while providing parents with new food ideas and information. Together parents and children enjoy food-related songs, rhymes and books. Alphabet Soup is geared to children aged 2-5 years. Watch for registration information in the spring.

Vulcan BASIS Program for Junior High Students will reconvene Wednesdays beginning January 8, 2014 in the CCHS Library.

Give your child the jump on lifelong learning!

Register now for Early Learning and Kindergarten

Early Learning Programs

Palliser Regional Schools' Early Learning Programs will develop your child's:

- Social Competence
- Language and Thinking Skills
- Physical Health and Well-Being
- Emotional Maturity
- Communication Skills and General Knowledge



Children entering an early learning or preschool program for 2014-2015 must be four years old by Dec. 31, 2014. Children with identified speech and language delays and/or physical challenges may register when they are age three to access the many benefits of early learning.

Kindergarten Programs

Palliser Regional Schools' Kindergarten Programs focus on early literacy skills to develop and ensure your child's success throughout school and life. Children entering kindergarten for 2014-2015 must be five years old by Dec. 31, 2014.

To Register

For a complete list of program sites, visit our website at <http://www.pallisersd.ab.ca/early-learning> then visit the site near you to register. All Early Learning Program registrations are required to pay a \$10 non-refundable fee.

Please bring your child's birth certificate with you to register.

Check in at a Developmental Checkup

Palliser Regional Schools encourages all parents of preschool-aged children (3-5) to attend a free Developmental Checkup to assess the child's developmental strengths and any areas requiring support. These checkups will be offered at Palliser's schools this spring. If you have questions or feel your child requires specialized programming, please contact:

Co-ordinating Principal of Early Learning Terri-Lynn Duncan

Phone: 403-308-4506

Email: terri-lynn.duncan@pallisersd.ab.ca





All grains aren't the same

Whole grains have a lot of nutrients that work together to promote good health.

Some examples of whole grains are:

- Oatmeal
- Whole grain whole wheat
- Whole wheat berries
- Whole grain (or hulled) barley
- Wild or brown rice
- Whole rye
- Quinoa
- Cornmeal
- Amaranth
- Triticale

Whole grains are made of the entire grain kernel: bran layer, endosperm and germ. Each part has different nutrients.

Multi grain and whole grain may be different! Multigrain products have more than one kind of grain, but not all of the grains may be whole grain.

Refined grains such as

white flour and white rice have all or part of the bran and germ removed. Some refined grains are *enriched* which means they have some vitamins and minerals added, however, enriched refined grains are still missing some nutrients found only in whole grains.

Finding whole grains

A whole grain product will have "whole-grain" or "whole" listed in front of the grain on package labels.

Choose foods with whole grains listed as the first grain ingredient.

Whole grains give you fibre, protein, and vitamins and minerals that work together to promote good health.

Aim to make at least half of your grain products whole grain each day!

For more information about whole grains visit: www.albertahealthservices.ca/5622.asp

Healthy bodies, healthy minds

Healthy children do better in school; brain function is improved when children are physically active and receive a healthy well balanced diet.

Children need good role models, access to healthy foods and safe places to play to develop positive lifelong behaviours.

Healthy children often do better academically at school and socially. Active children tend to be happier and have better self confidence.

Adding more exercise in your child's day can be as simple as walking your child home from school or going to a local park after supper.

Getting involved in sports helps to develop team building skills as well as an opportunity to network and build important friendships.

Studies show children who eat a well-balanced diet are better equipped to handle a busy day at school.

Eating a healthy breakfast

improves attention, problem solving, and math skills. Having a nutritious lunch and snacks provides energy and nutrients for the day.

A few tips to help your children maintain a healthy lifestyle:

- Let your child help to prepare nutritious lunch and snacks
- Eat together whenever possible
- Make it easy to choose healthy options, have cut up veggies and fruit in the fridge
- Go shopping with your kids – if they choose it they are more likely to eat it
- Ensure that they get a good night's sleep
- Help them to achieve the recommended 60 minutes of physical activity each day

Together we can create healthy environments for our children to learn, play and grow!

Sweet Treats and Your Teeth!

Keep your teeth healthy by brushing with fluoride toothpaste after eating sweet sticky treats.

Can't brush after eating sweet treats? You can try:

- Chewing sugar free gum with xylitol
- Eating a piece of cheese