

Prairieview Post

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

February 2014

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

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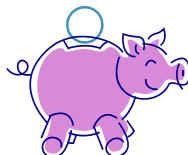
Ski trip

Our first ski trip is just around the corner. On February 10th, be sure to dress for the weather and pack extra water and snacks. The bus will be leaving at 6:30 from the school, so please be here at 6:15 am. We plan to be back at about 6:30 pm. Thank you to Mrs. Ellis and Mrs. Lanktree for all of their work in organizing this amazing opportunity.



Also our second ski trip is coming up so be sure to return those forms!

Congratulations to Jennifer Pilon our first winner of the ATB gift certificate draw. Keep those deposits coming in!



Principals Message


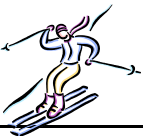

What exactly do teachers do on P.D. days anyway? This past Thursday and Friday, staff of Vulcan Prairieview came together for two important days of professional development. On Thursday, the teachers examined more of the latest research on learning mathematics at the elementary level. On one hand, there is an important need for children to construct their own meaning through exploration, reasoning and connecting math to everyday life. When children learn to use these skills in a problem solving approach, they will be much more prepared to take on the challenges that 21st century learners will face. Yet, we also understand that there needs to be some direct, explicit instruction and that teachers need to have purposeful and targeted lessons. The area of basic facts was discussed in depth along with the importance that we continue to place on it. Whether your child is in grade 1 and learning addition or grade 6 and working on fractions, students' must have mastery of their basic facts to increase their success in math. Please ask your child about how they are learning basic facts or check in with your child's teacher on how families can support their learning at home.

On Friday, the teachers and support staff shared the day with the staff of Arrowwood School and worked with staff from the Covey Foundation on the '7 Habits of Highly Effective People', and in particular, the Leader in Me. As you may know, the 'Leader in Me' is the school based component that supports the 7 Habits. As we discussed on Friday, the Leader in Me is not a program, but rather a shift in culture; a culture where leadership is developed and expected from all students and staff. If we can develop leadership skills in our school community, the potential for greatness in each of us is compounded. Leadership in academics, citizenship, arts, sports.....the potential for leadership opportunities is endless. A quote that has resonated with me since Friday and one that our staff will focus on with our students is; "Leadership is communicating people's worth and potential so clearly that they are inspired to see it in themselves." It was a great two day of professional development for our staff and will ultimately make our school even better than it already is! Have a great February.

Shane

February Calendar of Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 ATB Deposit Day	6 Junior Curling 	7 Gr. 5/6 French Test Kidz Rock resumes
10 Ski Trip 6:30-6:30 	11 Sewing Club	12	13 100 Day and Olympic Day! Junior Curling 	14 5/6 County Floor Hockey Tournament No Kidz Rock Valentine's Day
17 NO SCHOOL Enjoy your week off!	18 NO SCHOOL	19 NO SCHOOL	20 Teacher's Convention (No School for Students)	21 Teacher's Convention (No School for Students)
24 TRICKSTER THEATRE WEEK	25	26	27 Evening Trickster Performance	28 Kidz Rock Morning Trickster Performance

Time for Trickster!

Many of you may remember that 3 years ago, Trickster Theatre came to VPE. This is a company that comes for one week, and with the student's ideas creates unique performances for each class on a theme with props, costumes and music. It was great last time and we are excited this year to put on a show to help everyone more fully understand the '7 Habits'. Thanks in particular to Mrs. Helland and to Mrs. Tharle for the work they have already done. We would also like to thank parent council for helping to fund this amazing learning experience!



New at VPE...

Dodgeball is a new intramural sport this year. We are about half-way through the regular season. Each time teams compete in backboard bombardment and doctor dodgeball. Many of the games have been very close with a couple even going to a 'throw-off' to determine a winner. It promises to be an exciting finish to the season as we look ahead to play-offs.



Busy Hands Sewing Club

Mrs. Kirk has a number of eager students coming each week to learn more about sewing and who will be making some exciting projects this year. Students have already practiced hand sewing, sewing on buttons, learning the parts of a sewing machine and practicing their sewing machine skills.



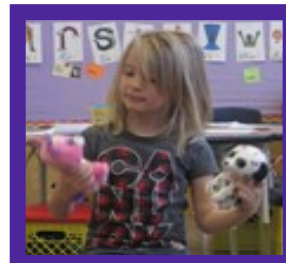
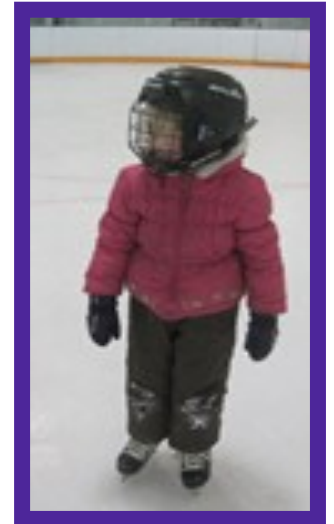
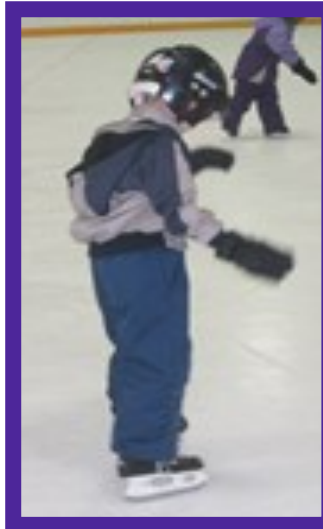
Kinder Corner

We all got our own data notebooks. This is a notebook where each child chooses an academic goal and then tracks their progress. For now, we are starting with a literacy goal such as learning to recognize and name lowercase letters, or reading 20 sight words.



Skating has been a terrific experience. We improve each time we go. Every child is taking risks to become a better skater. It's wonderful to see those children who have never been on skates before getting encouragement from their classmates. Thanks to our wonderful, dedicated parent volunteers for making the skating program a success.

Snow has been the mini-theme this month and we have done a variety of snow related activities including snowman snow globes, a snow concentration game, snowflake math and even snow in the water table. Brrr!



Grade 1/2

Mrs. Bianchini, Miss Honess, Mrs. Kirk

January has flown by with the Grade 1's and 2's busy back at school learning after the Christmas break! Twice a week we have been walking to the arena and practicing our skating skills. We have been working on skating forwards and backwards, gliding, stopping, and keeping our balance. Each of the Grade 1's and 2's should be proud of the great skaters they have become! Thank-you to all of the parents who volunteered to tie up skates and drive our equipment to the arena!

This January we have also been learning about the 7 Habits of Happy Kids. Ask the Grade 1's and 2's to show you the actions for each of the 7 Habits! In Math we have continued to work on developing our number sense by taking inventory of items in our classrooms. We have also continued to practice our reading skills by learning different strategies to help us become better readers during our Daily 5 time. February brings Trickster theatre, the 100th day of school, the ski trip, and reading break! Have a great month!



Grade 3/4

Mrs. Booker, Miss Kubik, Miss McBride

February is already here and when we look back, what a year it has been so far.

We have been busy working on stuck stories that use 'showing not telling'. Students are much better about using our writing checklist to help ensure they have a story that includes a problem, two failed attempts to get unstuck before finally having the character get free. We have done lots of practice writing about what emotions look like and it is exciting to read everyone's ideas.

In math, we have just begun multiplication. We are trying to get our basic facts automatic as this will make it much easier to multiply bigger numbers. We will be sending some flashcards home with your child so they can practice both multiplication and division facts.

Hopefully you have heard about all the building that we have been doing in science. We have tested different ways to join popsicle sticks and toothpicks. Who knew marshmallows could be such a good building method? We have examined arches and towers too. All of this is leading up to each student creating their own freestanding tower of at least 30cm tall that can stay up overnight and survive a serious windstorm (provided by a fan).

Be sure to keep up with that home reading. We have been learning about Habit #4: Think Win-Win. When you read at home your child improves their reading, you get to spend time together with a book and you get to help donate books to those in need. Everyone benefits so keep up the good work!

A big thank you to all of those people that have come to help with the skating program this year. We truly appreciate not having to carry our equipment over and to all the help tying those skates.

Farewell to Joslyn and Jordan Bailey as they are moving at the end of January. They moved from High River in the summer. Good luck in your new school from your teachers and classmates!



A Message from the Grade 5/6 Team

This month seems to have flown by way too quickly. We had a successful wrap-up to our Social Studies unit on the Great Lakes/ St. Lawrence Lowlands region, and are well under way in our Science unit on Weather. We are planning a final assessment for February so please watch your child's agenda for a final date. In math students are working hard with their basic facts to solve problems. If you or your child would like support in this area please contact your child's teacher for additional resources as it is vital for students to be fluent in their multiplication and related division facts.

This past week, we were lucky enough to experience Calgary in a way many of us have not yet had the opportunity to. We commuted around Calgary via the C-train, which made the day of many downtown workers. We heard, "Can you imagine seeing 60 kids on a C-train?" Later, we had the pleasure of watching the Philharmonic Orchestra rehearse, explore the Devonian Gardens, and tour the Glenbow Museum. A special thank-you to our parent-volunteers for helping to make our day so memorable.

Finally, just a reminder to keep sending in your child's home reading, as this allows your child to continue to work on their reading skills while earning books for those in need.



Monday February 17th 2014
CRC Parking lot
11am – 2pm

Family Day Toboggan Party!!!



- Toboggan on the small hills
- Outdoor games
- Roast hotdogs over an outdoor fire pit
(bring your own roasting stick)
- Hot chocolate
- Indoor crafts

ALL FREE !!!



Thank You to the following organizations that made this all possible :
Vulcan County Early Childhood Development Coalition, FCSS,
Rainbow Literacy, Victim Services, Town of Vulcan Recreation Department

Grade 5/6 Update

Writing All About it!

By: Elista Sillito and Sara Hutchinson



In writing we are in groups. Each group is doing projects that are different.

In Ms. Colborne's and Ms. Edmond's group we are doing personal narratives/seed stories and rainbow editing. Personal narratives/seed stories take a lot of describing so we are learning different words to make our writing more interesting. Rainbow editing is a way to make sure we have checked over our work. We underline or circle parts of our writing that need detail (blue), capitals (green), punctuation (orange), and correct spelling (red).

In Mrs. Booth's group we are doing stuck stories. Stuck stories are when you have a character that gets stuck somehow. The author gives the character three chances to get unstuck.

We are all working hard to make our writing our personal best.

Grade 5 Math

By: Dekoda Nelson and Lydia Coffey

This month, the Grade 5 students have started our new unit on multiplication. We are learning how to multiply 2 by 2 digit numbers together, and have been using different strategies to help us understand our equations. We have also been taught how skip counting and repeated addition, and doubling is part of multiplication. We have been given multiplication charts to help us find the patterns in the fact families. We have been having so much fun! And are looking forward to wrapping up and doing long division.



Grade 6 Math

By: Leslie Swan

Starting a new unit on integers and BEDMAS went quickly! We learned about integers, which are used on thermometers, by using number lines. Learning about integers would help us in science, as we are currently learning about the weather. We also learned about the "Order of Operation," BEDMAS. Meaning...

B	Brackets
E	Exponents [NOT LEARNING IT YET]
D	Divide
M	Multiply
A	Add
S	Subtract

With this rule, solving problems like the one below is simple!

$$(8+9 \times 3) \times 7 - 5$$

It would be great to keep exploring if we had more time, but because we're behind in math we have to hurry up and get back on track!

Science News

By: Emily Slocombe and Sydney Carey



We are excited to be starting our new unit in Science on Weather. We have been learning about different instruments to measure weather, such as anemometers, and thermometers. We have been doing some experiments, including finding the warmest and coolest temperature in the room. We have learned that hot air rises, so the temperature is warmest near the ceiling. We have been learning about different types of weather, including Chinooks which come over the Rocky Mountains. We look forward to continuing this unit in Science.

Physical Education

By: Tyce Daniells

In Gym, we have been skating. We have been playing different games and have been split into different groups to help us learn to skate better. Every grade in the school has been doing it. We have been playing broomball, "What time is it Mr. Wolf?", British bulldog, and hand-ball.

A big thank-you to Mrs. Donovan who has been helping with skating by coaching one of the groups. Thanks also to all the parent volunteers for helping to tie skates.

We have had a lot of fun skating and look forward to starting our next unit of Stuntnastics, and competing in a floor hockey tournament against other schools.

ATB Update

Our Vulcan Junior ATB workers have been busy with our bank branch here at school. There is added incentive to use the bank for students as each deposit day offers a chance to win a \$10 gift certificate and enter their name for a chance to win a bicycle of their choice at the end of the year. Keep bringing in those deposits!



Fine Arts

~Mrs. Helland

Grade 1/2- We have taken a break from our regular art classes and spent the month of January enjoying a program called "Fun with Composers." This program allows students to enjoy classical music while acting, singing and dancing. We have focused on 2 pieces from J. Strauss, the "Tritsch Tratsch Polka" and the "Pizzicato Polka." The students have been acting like Bugs/ Buggy in the Pizzicato Polka and like Ring Masters and Tightrope Walkers in Tritsch Tratsch Polka. The students love this child-centered program while enjoying musical concepts through imaginary fun! We have enhanced each piece with percussion instruments allowing students to follow simple patterns and beats.

Grade 3/4 -In the month of January we have changed our focus from art to music with a unit based on the parts of an Orchestra. We have studied the instruments in an orchestra and categorized them as being part of the BRASS, WOODWIND, STRING, and PERCUSSION families. Students are creating dioramas of an orchestra by placing paper musicians in the correct seating arrangement as a classical orchestra. We have also enjoyed some instrument demonstrations of the French horn, trumpet and violin.



Grade 5/6 - The big highlight of January was our Fine Arts trip to Calgary! It was a great day! We started off the morning by riding the c-train downtown, what a great experience for all the kids! We then headed to the Calgary Philharmonic Orchestra where the kids got to witness some of the best musicians in the world play. I know some of the students found this part a bit boring but it did enhance their musical awareness and the building was spectacular! From there we went to the Devonian Gardens and ate lunch, enjoyed some play time and the highlight; the fish pond! We then walked to the Glenbow Museum and took part in a "learn to draw" demonstration. Students then took what they learned and drew pieces from the Asia and African displays. We toured through the museum and ended the day with a trip home on a very crowded c-train. It was a great trip and the students were able to use their orchestra lessons from music class and apply it to real life!

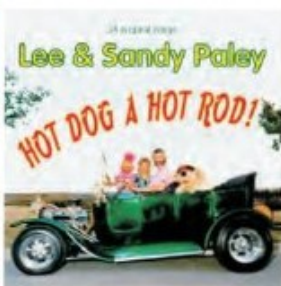
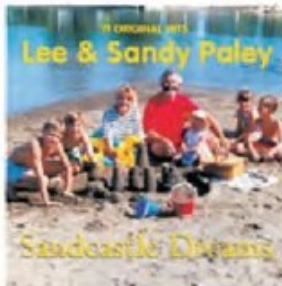
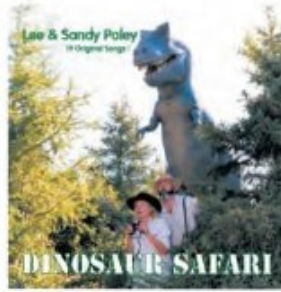


Lee & Sandy Paley



Concerts for Kids

Pre-schools, Kindergarten, Grades 1 & 2 in
Vulcan County are invited to this concert.



PLACE Vulcan Prairieview Elementary

DATE: February 11

TIME: 9:30 a.m.

www.schoolhousesongs.com

Sponsored by:



Celebrating Reading

In conjunction with Family Literacy Day, VPE hosted a 'Book-nic'. This was once again a chance for students and their families to enjoy reading and lunch altogether. Mrs. Donna Milan came from Rainbow Literacy to kick-off the picnic with the story, "If You Give a Mouse a Cookie". She also had lots of door prizes and juice boxes on hand and money from our ATA fund went to providing cookies and apples for all. It was once again great to see so many family members attend. *Happy Reading!*



Get active this winter

Find yourself wanting to curl up under a blanket rather than get active when it's frosty outside?

For many families, getting active in the winter can be a challenge. Keep your family active this winter by trying these useful tips:

- Dress for the weather!
- Take up an activity you can only do in the winter like hockey or skiing
- Incorporate winter activity into your daily routine. Consider walking your child to and/or from school.
- Complete a family challenge! Try a snowman building competition, take part in Winter Walk Day in February 2014, or attend a local winter carnival.
- If the weather is just too terrible, keep active indoors. Try swimming, racquetball or yoga. Try some mall walking or other indoor walking programs.

With a little preparation, your children and family can enjoy staying active this winter.

Take action to stop bullying

Being bullied or bullying can have negative effects like low grades in school, anxiety, depression or even increased thoughts of suicide. What can we do to stop or reduce bullying?

- Step in when you see someone being bullied. Or, tell an adult. Don't remain silent.
- If you are being bullied, tell someone you trust. Preferably an adult. They can help.
- If you are bullying, but don't know how to stop, ask for help to learn different ways to deal with emotions.
- If your child is being bullied talk to them and listen to what they are going through. Contact the school and ensure the issue is being dealt with.



Healthy baking and cooking tips

Healthy cooking and baking doesn't have to be hard. With a few simple changes, you can make a healthier version of your favourite meals. Here are some ways to decrease the fat, salt and/or sugar content in your recipes:

Baking Tips

Fat

- Use oil instead of butter or hard margarine.
- Replace up to half the fat with yogurt or pureed fruit such as applesauce or mashed banana.

Salt

- Salt can be reduced or removed in many recipes.
- Use recipes that don't include ready-to-use baking mixes which can be high in sodium.

Sugar

- Often, the sugar in a baked good recipe can be reduced by 1/3 of the amount without affecting the taste. Instead of 1 cup (250 mL) of sugar, molasses, or syrup, use 2/3 of a cup (167 mL) in your recipe.
- Add more flavour to recipes by adding extra vanilla extract, almond extract, or spices.

Cooking Tips

Fat

- Trim visible fat from meat and remove skin from poultry.
- Drain the fat from ground meat after cooking and rinse the meat with hot water. Do not drain fats down the sink or you may clog the drains.
- When possible, use low fat



cooking methods such as baking, broiling, barbecuing, grilling, microwaving, roasting, stir-frying, and steaming.

- Use oil instead of butter or hard margarine.

Salt

- Use herbs, spices, lemon juice, garlic, or onion instead of salt to flavour your food.
- Limit the amount of processed or prepackaged foods you include in your recipes.
- Choose lower sodium sauces or broths when preparing a stir-fry, casserole, or soup.
- Rinse canned beans and vegetables with water before using.

For more information about healthy baking and cooking methods, please visit: <http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-making-foods.pdf>

For recipes please visit: <http://www.healthyalberta.com/recipes.htm>

A Month Full of Stars and Fun!

