



VINCENT MASSEY SCHOOL

NOVEMBER BULLETIN

Visit us on the Website at
<http://www.vincentmasseyschool.ca/>



SCHOOL FEES ARE NOW PAST DUE

Thanks to those families who have already paid. **Please refer to the fee payment option sheet sent home with your child.**

Kindergarten

Fees are **\$110.00/student.**

Grades 1-6

The cost is **\$100.00/student.**



Payment may be made by cash, cheque, VISA or MasterCard. **Please make cheques payable to Vincent Massey School.** There will be a **\$10.00** fee for all NSF cheques. **If you qualify, a school fee waiver** can be applied for. Please contact Mrs. Knutson for details.

PRINCIPAL'S PERSPECTIVE

How the Home Environment Impacts Student Learning

We want to have a great school to send our kids to, but the truth is **their home environment has a profound impact on their learning.** The old saying, "The most important work you do takes place within the walls of your home," applies here. When I was a Language Arts teacher of Gr. 5 students, I could always tell which students did some reading at home with their parents in the course of their daily life. They did better in most subjects and generally had a more positive attitude about reading.

Then I read some interesting research a few years ago, studying factors in families that support students' reading skills that confirmed what I'd observed in the classroom. Here are some of the finds: These children had a lot of conversations and reading at home. There was at least one adult who interacted with them about their reading; took time to let them read their stories, poems, or whatever they'd been reading; and encourage them to talk about what they read. The parent encouraged their child to read by using practical reading opportunities like reading notes on invitations to birthday parties or reading the grocery list. Or, these parents would write notes to their child and put them in their room, on white message boards or in their lunch bag. These were not parents who were professionals or highly educated, but ones who saw reading as a lifelong skill and encouraged it at home. And reading is such a valuable skill, even (and especially) in this high -tech era. There are millions and millions of jobs today in which people use reading and writing to convey and transfer information. Because we're in an information-oriented

world, success in a great part depends on a precise and effective use of spoken and written language. So a young person who can read and speak well (the two skills tend to work together) will be the adult who can rise to the top of his/her field.

Take this principle and apply it to other things your children need to learn, such as math (the attitude about math that children come into the classroom with, and experience at home with measuring, learning to set up a simple budget, counting toys while putting them away) and writing (avid young writers tend to come from homes where there's a lot of writing, and are engaged in their own writing using various forms of technology available to them).

Not just moms, but **dads** also have an important role in developing their child to be a lifelong learner. Mothers are often the ones expected to help with homework and volunteer at school, but over and over studies show that a **father's** encouragement and support – whether it's reading aloud to his children, sharing a hobby, or showing genuine interest in the content that his children are learning (not just the grades) can have a powerful impact on raising lifelong learners.

Excessive TV watching (including DVDs and videotapes) robs children of important parent-child time and is strongly related to inattention and obesity. And please don't put a television or computer in your young child's room, isolating him or her from family interaction and parental supervision.

Make the most of your role model, because the top way children learn is by **imitation.** The daily example you set in being interested in learning about the world around you, being persevering, patient, and optimistic about your challenges at work or home, will help your sons and daughters develop the determination to keep going on difficult math problems or other tasks despite frustrations.

LIFETOUCH PICTURE "RETAKE" DAY

Picture retakes for Lifetouch Photography will be held on **November 1st from 4:00pm to 5:00pm** at the Medicine Hat Lodge. This will be the only opportunity you will have for retakes.

CHILDREN OF NOBLE CHARACTER

Our first character-building program for this school year will be "Empathy". Our program will run from Oct. 24th to Nov. 25th. What is empathy? Empathy is the ability to identify with and feel for another person's concerns, which makes this virtue the foundation of moral intelligence. This moral virtue is what sensitizes our children to different points of view and increases their awareness of other's ideas and opinions. Empathy is the emotion that alerts a child to another person's plight and stirs his/her conscience. It is what moves children to be tolerant and compassionate, to understand other people's needs, to care enough to help those who are hurt or troubled. A child who learns empathy will be much more understanding and caring, and will usually be more adept at handling anger.

Our children are often exposed to an unsettling world of violence, drugs, cruelty and incivility; empathy is possibly the best antidote. By learning to show empathy to others, our kids can help create a more tolerant, peaceful world.

There are three steps to building this critical aspect of moral intelligence. Because the foundation for empathy is the understanding of emotion, the first teaching step helps your child develop an awareness of emotions and develop a feeling vocabulary. They'll need this skill to successfully identify a wide variety of emotions so that they can tune in to the feelings of others. The second step provides ways to enhance your child's sensitivity to other people's feelings so that they'll become more aware of their needs and concerns. The last step helps expand your child's awareness of perspectives other than their own. Only then will they really feel with them. These three steps increase the empathic capacities that your child will need to face a world that too often stresses apathy, coldness and self-centeredness.

Step 1: Foster awareness and an emotional vocabulary

T – Tune in your child's feelings and listen with empathy
A – Acknowledge what is causing the emotion
L – Label how your child is feeling
K – Kindle a resolution for your child's needs

Step 2: Enhance sensitivity to the feelings of others

1. Praise sensitive actions
2. Show the effect of sensitivity
3. Draw attention to nonverbal feeling cues
4. Ask often, "How does he/she feel?"
5. Use the formula "feels + needs"
6. Share why you feel the way you do

Step 3: Develop empathy for Another Person's point of View

1. Switch roles to feel the other side
2. Walk in my shoes
3. Imagine how the person feels

Discipline that Builds Empathy

C – Call attention to the insensitivity, uncaring behavior
A – Ask, "How would I feel?"
R – Recognize the consequences of the behavior
E – Express and explain your disapproval for the insensitive action

The true parenting challenge is to use those unplanned moments when a child's behavior is unacceptable as learning tools to help your child develop empathy. These are always the best lessons; they help the child discover for herself why she/he should be kind and allow her to see that their uncaring actions affect others.

Staff members of Vincent Massey are very proud of our students and we love hearing about their achievements **outside the school setting as well**. If you would like us to acknowledge your child's accomplishments for out-of-school activities, please contact Mrs. Knutson or Mrs. Pahl at 527-3750, ext. 5601.

PRIDE & PRAISE STUDENTS

Abby Amancio	Cody Briere
Cole Brosnikoff	Sharli Clarke
Alyssa Ford x2	Madison Hunt x2
Emily Martin	Hayden Maxwell
Kaetlin Moch	Abbigail Nelson
Allie Pillibeit x2	Tyson Pillman
Kaitlyn Roberts	Abigail Sauers
Marissa Schmaltz	Josh Thunberg x2
Isabella Walter	Ardit Zejnullahu
Isaac Handley x2	Anna Heggie
Seth LaRochelle	Bailey McCann x2
Jocelyn Middelhoeck x2	Benjamin Milner x2
Jolene Moffat x2	Blayne Penner x2
Nataya Penttila	Riley Rutledge x2
Cheyenne Schimpf	Josh Suelzle x2
Austin Anton	Tara Bourassa
Dominik Ferrier	Adam Hilgendorf
Jayden Jackson	Kyllo Phoenix
Sara Malek x2	Autumn McFetridge
Ty Petersen	Keeley Schnuth x2
Dakota Degenstein	Kaedom Hernandez
Israel Honig	Victoria Jones
Tanner Maxwell	

FAIR PLAYER AWARD WINNERS

This is awarded to students who demonstrate honesty, effort, helpfulness, a positive attitude and fair play during PE classes.

Congratulations to: Jessica Sembaliuk, Jorja Schlepp, Brea Carriere, Andrew Kelly, Alivia Cahoon, Rhyann Drummond, Evan Cochran, Lizzy Tweed, Justin Lantican, Cole Brosnikoff, Riley Rutledge, Dominik Ferrier, Adam Klick and Davis Fishley.

S.W.E.A.T. AWARD WINNERS

The S.W.E.A.T. Award Winners for October are:

Logan Milner	Briggs Perrett
Kohen Foley	Ava Ferguson
Evan Cochran	Doninick McCrory
Corbin Netolitsky	Olivia Allan
Kennedy Bierback	Isaac Handley
Israel Honig	Kevin Hudson



CHESS CLUB

This year, Chess Club will begin on **Tuesday, November 8th at 12:05pm** for all interested **grade 5 and 6 students**. The club meets at noon every Tuesday, under the instruction of

Dr. Bill Taylor. Dr. Bill Taylor has been playing chess for over 40 years, and participating in many provincial, national and international championships. He has also had experience in playing many Grandmasters, the elite players of the chess world. In February, March and April, members participate in a round-robin Chess Tournament. Trophies are awarded to winners, and they also have their name inscribed on a large chess trophy that remains in the school showcase. A pizza party concludes our year. We hope to have lots of participants this year. **Come out and learn the game of royalty and noblemen, that we call Chess!**

NO SCHOOL DAYS

There will be a district-wide professional development day on Thursday, November 10th. There will be **NO SCHOOL FOR STUDENTS** that day. Also, there is **NO SCHOOL** on Friday, November 11th for Remembrance Day. A representative from Vincent Massey will be laying the wreath at the city Remembrance Day service. There will be **NO SCHOOL** Friday, November 18th as this is the monthly PLC Friday for the district.

COUNCIL MAGAZINE FUNDRAISER

Parent Council will be selling magazine subscriptions again this year. The CCRP booklets and order forms will be going home shortly.

PLEASE, if you are receiving renewal notices in the mail, disregard them. You can renew during our campaign and we will profit 37% from every order. Also, a reminder that you can order a subscription at any time by going on the CCRP website at www.ccrp.ca and using our school campaign code **AB1322**, which also earns us a 37% profit. Thanks for your participation!

REPORT CARDS

Report cards will be sent home with students on **Friday, November 25th**.



Please communicate any questions or concerns regarding your child's progress. There will be no scheduled Student-Led Conferences, however, if you feel the need to meet with your child's teacher, please contact the school and arrangements will be made.

LIBRARY NEWS

I am so pleased to report that the book fair was a **huge** success thanks to the great students, parents and teachers of Vincent Massey. Over \$3,350 was raised and of this the school received \$350.00 worth of books from the fair and almost \$1,000.00 in cash that can be spent on books and resources!!

A big THANK YOU goes out to **Janice Ritchie and Jennifer O'Connor** for volunteering their time to help Mrs. Pahl at the book fair. Your help was so appreciated!!

I have ordered some fantastic graphic novels for the library. The kids are very excited about these. Graphic novels are novels told in comic form. These books get even the reluctant readers reading and enjoying new books. Some of the graphic novels include titles such as Archie, Betty & Veronica, Nascar Heroes, Pokemon and Transformers. I hope to expand the collection of these as the year progresses.

Please remember that library books are signed out for 1 week. Your help in remembering your books **every** week is appreciated!

SCHOOL COUNCIL NEWS

The focus of the October meeting was the family dance to be held on October 28th. There was some discussion on how to draw more of the upper elementary students to the event. It was decided that for this dance we would use a DJ and school council would also provide the snacks.

The school pictures with Lifetouch this year were also discussed. The reviews were mixed with the strength being the quality of pictures and the weakness being that the packages (pricing) were confusing to understand and some people found it more expensive depending on the package they wanted.

The school council magazine fundraising is now underway. Remember it is optional, but we appreciate all the support and the money all goes towards your child/children's educational experience.

A few of the executive members attended the District Council of School Councils meeting which was very informative. They are working towards moving our schools into more unique

PARENT COUNCIL NEWS CON'T

learning environments with more digital learning etc. The one key point that I really found inspiring was to focus on one's strengths not deficits. This is a valuable thought in the school, in the community and in the home.

As always we would love to see even more people out at the November 21st meeting where one of the topics will be a Christmas Carnival.

The next school council meeting will be held Monday, November 21 at 7:00 p.m. Everyone is welcome to attend.

NOVEMBER IS PEDESTRIAN SAFETY MONTH

Walk and teach your child to cross the road safely.

1. At an intersection, children should look all 3 ways before crossing the street.
2. If crossing in the middle of the road is the only option, cross the road directly from where you want to go.
3. Cross the road where there are no obstacles to block a child's view.
4. If crossing between parked cars is the only option, come out to the corner of the parked car, stop, look both ways, then cross when it is safe to do so.



- Well-balanced, healthy lunches delivered to your child's school just in time for lunch!
- No more running to the school with forgotten lunches!
- Peace of mind your children are eating healthy, nutritious lunches!
- Eliminate school lunch making stress!
- Easy online ordering for convenience in your busy schedule!
- School staff orders welcome!

We invite **ALL** children to enter November's Monthly contest! We ask you email us your children's entry along with their name, grade and school.

November's Contest: "Eating Healthy"

Email us a picture of your son or daughter eating a healthy meal from home!

Be sure to include what they are eating! Good Luck!

"We Make Healthy Easy!"

Visit us online www.kidsplate.ca to place your order!

RESOURCES FOR FAMILIES DURING ECONOMICALLY CHALLENGING TIMES

Assistance with employment or underemployment:

Community Employment Services
PH 403-527-3400
#120 – 1310 Kingsway Ave. SE

Financial and income supports:

Alberta Human Resources & Employment
#3201 – 346 3rd Street SE
PH 403-529-3550/529-3778

www.sd76.ab.ca

You're Invited!

Medicine Hat School District No. 76
TOWN HALL MEETING
Tuesday, Nov. 29, 2011
Higdon Hall – Cactus Room
6:30 pm to 8:15 pm

Where Kids Count!



Medicine Hat School District No. 76

1886-2011...celebrating 125 years of success!

OPERATION CHRISTMAS CHILD

"Spreading Christmas Cheer Overseas"

Boxes are now available at the school office. Please refer to the October Bulletin for suitable items to place in the boxes. You can find the October Bulletin online on our school website.

All boxes/containers **must be brought to school no later than November 17th**, so that they can be prepared for shipping. Please remember to **enclose a \$7.00 cheque/box** (payable to Samaritan's Purse) to cover overseas shipping costs.



Employment insurance benefits:

Service Canada Centre - PH 1-800-206-7218
#4 - 346 3rd Street SE

Assistance with family food and household needs:

Food Bank & Services - PH 403-528-4313
Mission of Grace - PH 403-529-9300

Assistance with finding affordable housing:

Med Hat Community Housing Society
#104 – 516 3rd Street SE
PH 403-527-4507

Daycare subsidy program:

Southeast Alberta Family & Social Services
PH: 403-529-3100

Funding for sports & activities for children:

KidSport Medicine Hat & Redcliff
PH 403-526-2606

Assistance for women in crisis:

Phoenix Safe House - PH 403-529-1091

Career preparation and confidence building for women:

New Worlds for Women &
Career Advantage programs
Medicine Hat College - PH 403-504-3619

Healthy relationships:

Courage to Change – Groups
for Women or Men
Medicine Hat Family Service - PH 403-504-8026

Education/retraining planning:

Academic Advising at Medicine Hat College
PH 403-529-3819

Financial assistance for educational programs:

L.E.A.R.N. Further Education Council (Medicine Hat
College) - PH 403-504-3513

Legal assistance:

Legal Aid - PH 403-529-3553
#304 - 346 3rd Street SE
Women's Rights legal information presentation
PH 403-529-3844 (Med. Hat College) to register

ALBERTA HEALTH SERVICES - (403) 502-8257**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 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.

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

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

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Picture Retakes at Medicine Hat Lodge 4:00-5:00pm	2	3	4 Hot Dog Day! 	5
6	7	8 Grade 5 & 6 Chess Club begins today at 12:05 p.m.	9  Remembrance Day Service 10:15 a.m. Hot Lunch orders DUE	10 District-wide PD Day NO SCHOOL FOR STUDENTS	11 Remembrance Day NO SCHOOL	12
13	14	15	16	17 Hot Lunch Day Deadline for Operation Christmas Child Boxes.	18 PLC Day NO SCHOOL FOR STUDENTS	19
20	21 KPAC meeting 6:30 School Council meeting 7:00 Everyone is welcome to attend.	22 Alberta Opera "Pinocchio" 9:30am	23	24	25  Report Cards go home today. Grade 6 Pizza Sale.	26
27	28	29	30	Please make sure your children are dressed for the weather. The Lost & Found box is already overflowing with coats, jackets, etc.		

GENERAL INFORMATION

- Paying for milk on a monthly basis **does not include early dismissal days, "no school" days, or Hot Lunch days.**

Grades 1-6

November - \$13.30
March - \$14.70

December - \$11.20
April - \$9.80

January - \$11.20
May - \$14.70

February - \$10.50
June - \$11.90

Kindergarten – see teacher for fees

Please understand that we cannot predict when your child forgets to pick up their milk or misses a day of school. If you require a refund, please contact the office.