



VINCENT MASSEY SCHOOL

OCTOBER BULLETIN



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

SCHOOL FEES ARE NOW 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**. \$50.00 will be for instruction materials and \$60.00 for program fees.

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 or Mrs. Pahl for details.

SCHOOL WEBSITE/MONTHLY BULLETINS

Thanks to those families who responded.

We're trying to avoid wasting money and paper. From now on, students will only receive one page which includes the monthly calendar and point-form messages to parents. **Those parents that have sent back the form requesting a paper copy of our bulletins will receive them.**

The complete bi-monthly bulletins will be available for viewing on line at www.vincentmasseyschool.ca. It's easy to subscribe!

PRINCIPAL'S PERSPECTIVE

Excellent Homework Tips for Parents – How to help your child succeed in school!

1. Make sure your child has a quiet, well-lit place to do homework.
2. Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.
3. Make sure the materials your child needs, such as paper, pencils, and dictionary, are close at hand.
4. Ask your child if special materials will be needed for some projects and get them in advance.

5. Help your child with time management.
6. Don't let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates.
7. Be positive about homework.
8. Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.
9. Help your child understand that the skills they are learning are related to things you do as an adult. If your child is reading, you read too.
10. When your child asks for help, provide guidance, not answers.
11. Giving answers means your child will not learn how to solve problems on their own. Too much help teaches your child that when the going gets tough, someone will do the work for you.
12. Cooperate with the teacher. It shows your child that the school and home are a team.
13. Stay informed. Talk to your child's teacher. Your child may not be giving you the whole picture, so it is important to get the teacher's perspective on what is expected. This can usually be done by phone calls or by emails.
14. Have your child do the hard work first. This will mean he will be most alert when facing the biggest challenges.
15. Watch your child for signs of failure and frustration. Let your child take a short break if he is having trouble keeping his mind on an assignment.
16. Reward progress in homework. If your child has been successful in homework completion and is working hard, celebrate that success with a special event to reinforce the positive effort.

Your support in all these areas can make a huge difference towards your child's success in school!

Student-Led Conferences

The first round of Student-Led Conferences will run according to the following schedule:

October 12th – Kindergarten to Grade 6 - **5:00-7:30 p.m.**
October 13th – Kindergarten to Grade 6 - **3:00-5:30 p.m.**

A letter will be sent home from your child's teacher explaining the format of the Student-Led Conferences. We hope you will be able to attend.

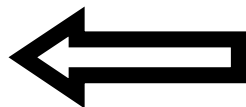
Book Fair!

We are holding our Book Fair Oct 11-13 and are excited about sharing the joy of books with our students. The Fair will run Tuesday 8am-4:00pm, Wednesday 8am-7:30pm (with a **family event** and chance to win \$25 in free books for you and for your teacher from 4pm-7:30pm) and Thursday 8am-5:30pm.

We invite you to participate in this year's Scholastic Book Fair. Our library can receive up to 60% of the profits to purchase books!! Students complete your activity sheet that was sent home and return it to the library for your chance to win **\$15.00 in FREE books** daily, during the Fair!

We are in need of volunteers. If you can volunteer, please contact Mrs. Pahl at 403-527-3750 Ext 5625, and we can work out a time. Thank you in advance for helping to make our students lifelong readers – we couldn't do it without your participation.

LOCKDOWN REHEARSALS – Keep Them Safe/Shelter in Place



Just as we practice how to safely respond in the unlikely event of a fire, so too should we prepare how to safely respond to other possible incidents or emergent situations. As a school and as a district, we have continued to review and revise existing plans on how to best respond to any incident or crisis that may arise, no matter how unlikely. In order to best manage potential incidents and to protect the safety of staff and students, it is imperative to have plans to deal with:

- Getting people out of the building or areas of the school (evacuation);
- Keeping people in the classrooms or school (lockdown, or shelter in place); and
- To get them back to school when it is suitable.

In accordance with district policy, Vincent Massey School will be conducting several lock down rehearsals throughout the year. Although people often associate lockdowns with intruders, there are numerous other valid reasons for conducting a lockdown (or "shelter in place") to keep people safe. Lockdowns could be done to protect students from witnessing a serious traffic accident near the school, to keep people safe from a threat outside the school, or even to safely control the dismissal of students in specific areas of the school.

Lockdown rehearsals can be frightening to younger children, therefore, you may want to talk to your child and remind them that this is only a rehearsal, in order to alleviate their fears.

It is important to remember that the better prepared we are, the better we are able to deal with unforeseen incidents or situations that may arise. Parents interested in any other information regarding lockdowns or have other emergency and crisis response concerns may contact Mr. Klautt at 527-3750 (ext 5603).

Student Success!

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.

TERRY FOX CHALLENGE

Students have been hard at work running laps for our **Terry Fox Challenge** at school this past month. Each student in Kindergarten to Grade 3 have a goal of running 21 km (42 laps of the playground) before Thanksgiving in honour of the efforts Terry Fox made in his Marathon of Hope 30 years ago. Grades 4 - 6 are working toward 42 km (84 laps), which is the distance Terry ran each day of his marathon.



We would like to thank those families who have contributed to the **"Toonies for Terry"**. We don't have a final total yet, but wanted everyone to know that your support is sincerely appreciated!

GENERAL INFORMATION

- **PEANUT PRODUCTS** – At Vincent Massey, we have several students who have **severe allergies**. We would request that **NO peanut products** be brought to school.
- Paying for milk on a monthly basis **does not include early dismissal days, “no school” days, or Hot Lunch days.**

October - \$12.60	November - \$13.30
December - \$11.20	January - \$11.20
February - \$910.50	March - \$14.70
April - \$9.80	May - \$14.70
June - \$11.90	



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.

HEALTHY SNACKS AVAILABLE AT SCHOOL

We will continue offering healthy snacks at lunch time. Choices are yogurt tubes, puddings, fruit cups, cheese strings, fruit snacks and **peanut-free** granola bars. All these items will sell for **50¢** each. We have hot water and microwaves available for students who want to bring their own lunch items to school. Microwaves will be available to warm up food, but we ask that you send items that require less than 2 minutes to warm up. The line ups at noon can get very long and this will make things move a little quicker.



PLEASE NOTE: For the younger students, sending “lunchables” e.g mini-pizzas, burgers, etc. that require “building” and heating up are very time-consuming and we do not have a lot of extra help and time at noon hour to assist these children, so they become frustrated. We would appreciate you sending simple lunches that are easy for the children to deal with. Thanks for your cooperation.

WALK TO SCHOOL WEEK – October 3-7

Grab your friends and family and walk to school. Or walk when you get to school. It is a great way to start your day and visit with friends and family. Try starting a walking school bus. Have fun by naming your walking school bus and having theme days like wacky hat day or crazy shirt day.

For info see www.shapeab.com



HALLOWEEN FAMILY DANCE

The first family dance will be held **Friday, October 28th from 6:30-8:30 p.m.** The cost is **\$5.00/family.**

It is important to remember that this is a **family** dance and we want **families** to attend. **Please do not send your children on their own.** A parent must accompany older siblings who wish to attend the dance as well. If you, as a parent, are unable to attend, please ask another **family** if your child may

accompany them. We are always concerned about safety, so please **no running in the gym or hallways.** We want our dances to be fun for everyone! Please bring some snack food that will be put out on tables to be shared by everyone. School Council will be supplying the refreshments. **Come out and join the fun and feel free to dress up in your Halloween costumes!**

Betsy Dunphy has volunteered to organize the dances again this year. **Additional volunteers** are always needed to set up and help clean up following the dance. Please contact the school if you are willing to help out.

OPERATION CHRISTMAS CHILD

“Spreading Christmas Cheer Overseas”

Once again, Vincent Massey School will participate in Operation Christmas Child, a unique relief project, sponsored by Samaritan’s Purse in Calgary. They have provided us with the following information:

- Plastic containers (instead of the cardboard shoeboxes) are recommended as the families can use them later as storage containers. **However, the cardboard boxes are just fine.**
- Picture books, not chapter books please.
- Small toys that don’t require batteries.
- School supplies.
- T-shirts and baseball caps are always appreciated.
- Enclosing a card, note or picture of yourself (group) with your name and return address is also a good idea.
- It is a good idea to bag candies, soaps and crayons separately in small ziploc bags.
- **No more toothpaste** (customs regulations)
- **No food items** – except hard, wrapped candy. **No gum.**
- Nothing that melts, freezes, leaks, or breaks.
- Nothing that scares or harms.
- **No used items please.**
- **No gel pens, liquid glue, liquid paints, gel deodorant or lip balms.**

Points to remember when packing:

- Please try to balance your shoebox with a variety of gifts from each of these categories: school supplies, toys, hygiene items.
- Secure your shoebox with 2 or more strong elastics.
- Please put the money **INSIDE** the box, in the envelope provided with the brochure, on top of your gifts. **(\$7.00/box (cheques payable to Samaritan’s Purse)**
- Place the label indicating whether your gift is for a boy or girl on the **OUTSIDE, ON TOP** of the shoebox and securely tape it on.



Shoeboxes will be available at the school office. All shoeboxes **must be brought to school no later than Wednesday, November 9th,** 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.

PARENT INFORMATION

PRESCHOOL

Our Preschool program is well on its way. This program is for children aged 3-5. Registration is on-going.

For more information or for a registration form, please call or stop by the office.

PARENT COUNCIL FUNDRAISER

Thank you to everyone who has sold or purchased the \$20.00 SUTP Coupon Books. This fundraiser will wrap up on October 11th. Please have all orders and money into the office on or before this date.

NEWS FROM PALLISER HEALTH

What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "influenza season."
- Complications include pneumonia, bronchitis, and croup.
- Symptoms appear quickly and include: fever, chills, aches, cough and fatigue.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.

Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach/bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia; can be life threatening	Sinus infection Ear infection	Dehydration

How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization.
- Seasonal influenza vaccine is available at no charge for all Alberta residents over 6 months of age (including pregnant women) during October and early November.
- The vaccine takes 2 weeks to become effective and lasts for 4 to 6 months.
- Next to immunization, the most important way to prevent infection is hand washing. Washing hands well and often is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.



Please go to Alberta Health Services website at www.albertahealthservices.ca or call 1-866-408-5465 for information on Influenza immunization clinics in your area.

Influenza clinics start October 17. Please check your local newspaper for dates, times and locations.

BREAKFAST IMPROVES SCHOOL PERFORMANCE

Children who eat breakfast perform better at school, are less likely to be absent and have an easier time paying attention to their teachers. Plus, breakfast skippers tend to overeat during the rest of the day—a habit which may lead to extra body weight. Start the school year off right and try these quick and easy breakfasts:

- Whole grain cereal, a piece of fruit and milk;
- Toast, peanut butter and a banana;
- Fruit cup, cheddar cheese and whole grain crackers.

BUILDING SELF-ESTEEM IN YOUR CHILD

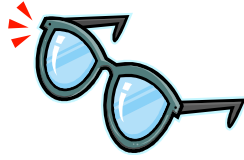
Parents, you have the greatest influence in shaping your children's sense of self worth.

Provide your children with three important traits: *respect for others, responsibility and resourcefulness*. Self-esteem arises from self-sufficiency, the ability to stand on one's own two feet. Build good self-esteem in your child by:

- ~Providing them with LOVE and ACCEPTANCE~Helping them feel SPECIAL and APPRECIATED
- ~Helping them DEVELOP PROBLEM-SOLVING and DECISION-MAKING SKILLS
- ~Being an EMPATHETIC PARENT and positive ROLE MODEL
- ~PROVIDING CHOICES for your child
- ~NOT COMPARING siblings or peers
- ~HIGHLIGHTING your child's STRENGTHS by providing accurate feedback

VISION FOR CHILDREN

October is vision health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.



Here are a few symptoms you should watch for that may indicate a vision problem:

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when on the computer or playing video games. For further information go to www.opto.ca.

SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups for Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice, keep cut up veggies and fruit in the fridge. For more information and snack ideas please visit <http://bit.ly/ohAllm.com>



This month's newsletter is coming to you from **MR. FILLUP (Phillip)**
CONGRATULATIONS TO JOSHUA THUNBERG, A GRADE 4 STUDENT AT VINCENT MASSEY SCHOOL!!

He was the lucky one chosen that came up with our logo name for our Sept contest. Joshua will enjoy a gift certificate for free lunches. Thank you to all of the children who emailed us their ideas, We enjoyed reading all entries, they were creative and playful.

October's KidsPlate Contest: "Name that Lunch"

We're always looking for new healthy fun lunch ideas. Email us your entrée idea(s) and the winner will have that entrée named after him/her for the month of December, as well as a great KP prize! Good Luck! Email: info@kidsplate.ca

We invite ALL children to enter this contest. We ask you to email us your children's entry along with their name, grade and school. In the next month's newsletter we will announce the winner, what school they go to and what they have won!

PARENT EDUCATION

From Advance OT – Occupational Therapy Services

Good Sense! For Parents

In this program you can help your child to be at their "Just right State" for learning and living.

Learn how to:

- Use the sensory systems of touch, movement, proprioception (muscles and joints), auditory, visual and oral to help your child:
 - pay attention
 - minimize behaviors and frustrations
 - succeed in everyday activities

Receive a manual with directions

NEXT WORKSHOP: November 15, 2011

Deadline for registration: November 8/11

FINE FUN FOR PARENTS & CHILDREN (AGES 0-5)

In this program you can build a foundation for children's future fine motor skills.

Learn how to:

- Teach your child fine motor activities:
 - grip a pencil
 - cutting
 - printing
- Choose activities that are for your child's age
- Make a fine motor kit
- Evaluate your child's progress

Receive a manual with directions.

NEXT WORKSHOP: November 30, 2011

Deadline for registration: November 8/11

To Register contact Advance OT at 403-528-2037 or email DaniellePluth@AdvanceOT.ca

Each session is \$35 – call now to see if you qualify for funding!


Location: Med. Hat Public Library – Honor Currie Room, 414 – 1st Street SE.

Time: 6:30 – 8:30pm



OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 Hot Dog Day! 	7 NO SCHOOL – PLC DAY	8
9 	10 Thanksgiving holiday NO SCHOOL	11 Book Fair 8-4	12 Student-Led Conferences 5-7:30 p.m. Book Fair 8-7:30 Family Night 4-7:30	13 Student-Led Conferences 3-5:30 p.m. Book Fair 8-5:30	14 Hot Lunch forms due today	15
16	17 KPAC Meeting 6:30 School Council Meeting 7:30 EVERYONE WELCOME!	18	19	20	21 Hot Lunch Day Pride & Praise Assembly 2:10	22
23	24	25	26	27	28 Grade 6 Pizza Sale! FAMILY Dance 6:30-8:30 \$5/family	29
30	31 Halloween Parties – PM only	Don't forget to attend Student-Led Conferences				