The Phoenix Messenger

North Middle School 211 McKnight BLVD NE Calgary AB T2E 5S7 P: 403.253.9257 F: 403.253.1273

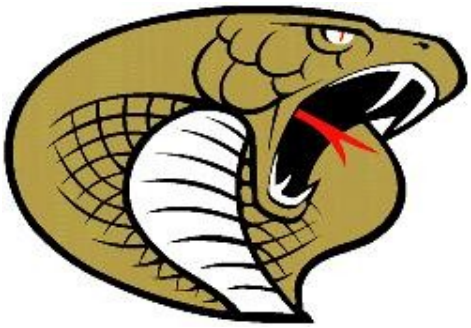
MATTER OF PRINCIPAL

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

ALBERT SCHWEITZER

There are many people that put in a great deal of volunteer time to make the North Middle School a success. This month I would like to take the time to acknowledge the efforts of the School Council members. This group continues to work behind the scenes throughout the school year with very little thanks from anybody. These people do such things as raising funds to purchase new school or classroom equipment, organizing hot lunches, organizing volunteers, putting on Staff Appreciation Week, among many other things. All of these undertakings take a great deal of work and time commitment from the people on School Council. The School Council at North Middle School deserves our gratitude for their efforts on behalf of all students in our school. I would like to let all members of the School Council know that we are proud and thankful. This group of people continually rekindles the flame in this school.

L. McDonald
Principal Educator
North Middle School



DECEMBER 2011

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Absences

All absences **MUST** be reported to the Office. Please call 403-253-9257 ext 100. Please leave a message with student's first and last name, grade, teacher and SYMPTOMS. Thank you!

Electronics

Any electronics brought to school **MUST** be kept in your locker from the beginning of homeroom, 8:20 am, until the end of homeroom, 3:10pm. These are not be taken out of the lockers for any reason. If electronics are lost it is the responsibility of the student.

FFCA

SNOW BIZ

FFCA NORTH MIDDLE SCHOOL INVITES
YOU TO OUR WINTER MUSICAL

WEDNESDAY, DECEMBER 14, 2011
7:00 P.M.
IN THE SCHOOL GYMNASIUM

Grade 8 Leadership Rakefest

A GREAT SUCCESS!!!

On October 27th, Grade 8 Leadership students raked leaves for people living in the surrounding community. In our afternoon of raking, students filled over 40 bags of raked leaves! It was awesome to see students doing active service in the community.

A community member even sent over a thank you card to the Grade 8's to thank them for raking her yard. Our residential neighbor even stated it was a pleasure to have our school across the street!

Way to go, Grade 8 Leadership students. As well, a big thanks to our parent volunteers for your help. We couldn't have done it without you!

Student Representative Council

Hello, fellow students of FFCA. We, as the SRC, would like to thank all the parents and students for helping with the chocolate sale this year. It was a great success. So far we have bought a drum set for the music room for our new rock band. We also hope to have enough money to buy 2 or 3 mirrors for each washroom for every grade. The SRC has got a D.J. for the Spring Dance coming up on March 23, 2012. The SRC would like to hear any feedback about how we do and things to help our school. Together we can make a difference in our school!

Written by: Amanda—Grade 6

Bus Passes

Please note at the North Middle School we **do not** issue bus passes for social reasons. However, occasionally a bus pass will be issued for unexpected emergencies. Thank you for understanding.

Uniform Consignment Site

FFCA Families are able to buy and sell gently used uniform items by accessing the Consignment Store within the FFCA website.

To access the site, go to your Campus Home Page, and select the link to "Family Log In".

- Choose "Consignment Store" for your shopping needs, and "Your Consignment Items" to put an item on the site and manage your account

For any questions of how to use the site, please contact Wanda Olson at wanda.olson@ffca-calgary.com .

Please note: All buying and selling of items is done between the families - no payments or collections are available on the site. To purchase an item, simply email the family posting the item and ask for photos or set up a time for viewing and payment.

Volunteers Needed

We are looking for volunteers to help make or donate costumes for the Winter Musical. If you are able to help, please contact Miss Linton at amy.linton@ffca-calgary.com

About the SRC 2011-2012

From the months of September to December, the SRC have been working hard and focusing on several things. First of all the biggest thing we have dealt with is selling chocolate boxes, and we encouraged all the students to sell and bring back the money. If so, the one class in each grade that sold the most chocolates got a pizza party. The top three students in the school which happened to be the most productive selling chocolates got a Future Shop gift card with $100.00 on it. The SRC have also made a decision to buy new mirrors in some of the bathrooms. In other matters we have also purchased a Cobra's mascot costume for basketball and volleyball games and such. Also, we have booked a spring dance on March 23rd, the last day before spring break. The SRC have voted and decided to do secret Santa in the month of December. Students are not obligated to participate in this activity.

Written by: Adam Pap

Simple Snacks

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

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives. Some easy snack ideas include:

Berries and yogurt
Apple and peanut butter
Whole grain crackers and cheese
Red and green peppers with hummus
Half a sandwich and milk
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://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf

Featured recipe:

Yogurt Parfait
¾ cup (175 mL) low fat yogurt
½ cup (125 mL) fresh fruit or berries
⅓ cup (75 mL) high fibre cereal

Directions: Mix together or layer in a cup

Counsellor's Corner

Hi Everyone

Another school year is upon us and it is passing quickly! It has been a busy start to the year. Currently my time has been focused in several different areas. In October I launched an opportunity for students to get together and connect on many levels. The Connect Groups have been split into Grades 5 &-6 and Grades 7& 8. The boys and girls are meeting separately. These groups are running during lunch recess three days a week and are proving to be action packed and a great place to relate and celebrate each other! These groups will continue until the end of the school year.

Early in November the Grade 6, 7 and 8 girls had the opportunity to explore an opportunity of linking up with an on-line mentor in a science or engineering field. It was a great presentation and the girls asked many questions. Cybermentor is an online mentoring program that matches girls aged 11 to 18 with professional women scientists and engineers or female students at Alberta universities who are studying science and engineering. If you are interested in knowing more about this exciting opportunity check it out at www.cybermentor.ca

During the week of November 13-19 it was Bullying Awareness Week and I was able to visit each classroom to provide a presentation. The result was some good conversation and an awareness of our ability to make a difference! The students all participated in a poster campaign and many students commented on the impact the presentation had on them. There are some bullying and cyber-bullying resources for parents located outside the office in the Counselling Zone. There is also a free Internet Safety and Awareness presentation at Wildwood School January 25, 2012 at 6:30 p.m. You can register at http://fcrc.albertahealthservices.ca/course_registration/public_course_list.php

Please make sure to check out Alberta Health Services website at http://fcrc.albertahealthservices.ca/calendar.php for more free workshops for families.

Wishing you all a Happy Holiday Season! As we move into a new year I look forward to continuing to work with your children as they reach for success!

The Grade 7 Students are Adopting a Family for Christmas

Every year we try to get the students involved with a community service project. This year we have decided to adopt a local family for Christmas. This service is organized by the Kinette Club of Calgary (female branch of the Kinsmen). The families have to make less than $12,000.00 annually to qualify and cannot have received a hamper in the past three years. More information can be found on their website http://www.kincalgary.com/id8.html if you would like to know more about the program.

The Grade 7 students and their teachers have adopted a family of three - a single mother and her two children. The commitment is to provide $75 in grocery gift cards for each family member and $75 in wrapped gifts (items have to be new) for each family member. The Kinette Club gathered information about the family to help donors select appropriate gifts.

The students are really excited about helping a local family in need over the holidays. We understand that this is an expensive time of year for everyone and appreciate whatever you can do to help. The items will be dropped off on the morning of December 10th. To make this possible the last day to bring in items is Wednesday December 7th.

A special thanks to those of you who have already given generously to this community service project. As for those of you who are planning to contribute – **THANK YOU IN ADVANCE.**

Spotlight on School Council

Every month we would like to put the spotlight on a group of people who work hard behind the scenes! This dedicated group of parents that meet monthly are called our **"School Council"** and they are responsible for many exciting things, including organizing hot lunches and end of the year BBQ's!

This month we will start with an **interview** done by our **SRC (Student Representative Council) PRESIDENT, *Ejaaz Lakhani*,** with our **CHAIR PERSON OF SCHOOL COUNCIL, *Key Dang*.**

What made you want to be a chairperson on the School Council?

It was at the request of your Principal, Mr. McDonald during the last annual general meeting tha prompted me to join the existing School Council members in supporting the efforts of FFCA through parental partnership.

1. What does a chairperson do?

(i) Responsibilities in the School Community.
(ii) Consulting with the Principal on a regular basis to keep current with developments at the school.
(iii) Communicating with the school community so everyone is aware of the work of the school council.
(iv) epresenting the School Council when meeting with other organizations (such as Alberta School Councils Association).

2. What do you do besides being a chairperson?

Outside of the role I hold on School Council, I support the technology behind the City of Calgary's 911 call centre and emergency services. I am responsible for maintenance and upgrade projects involving the computer assisted dispatching system that communicates with fire stations, ambulances and fire trucks.

3. Who has inspired you in your lifetime or been a role model to you?

I am lucky to not have to look far for a role model, as my parents have always demonstrated all the values that help to guide me in life. They were honest, intelligent, hard working and showed respect for others.

4. What is one of your favorite books and why?

I have been captivated by the book Ringworld by Larry Niven, since I first read it many years ago. The novel grabbed hold of my attention and transported me to a future where anything was possible, where people lived for hundreds of years and deep space travel is common place!

Important Notice to Southland Bus Parents

With winter fast approaching, we would like to remind you to sign up for the Southland Bus Communication System. This is the easiest and quickest way to receive information directly from your driver if they are experiencing any kind of delay on route. **You can receive an email to your email address and/or a text to your cell phone**. Please note that some cell phone companies do charge an additional fee for this service. Please be aware that your child's campus will no longer phone parents in either the morning or afternoon when a delay occurs.

Go to: **www.yourschoolbus.com**

User name is: **ffcasubscriber**

Password is: **signup**

Then follow the link and provide the information needed.

If you do not have access to email or a cell phone you must contact Southland Transportation directly to determine the status of your child's bus. Please remember that the dispatchers are very busy at peak bussing times, morning and afternoon. Do not call until a bus is at least 15 minutes late.

ATTENTION: We are trying to have a fan out system set up for Willco bus routes carrying **NMS** students. We are in need of volunteers. If you are interested in volunteering in this phone fan out in the event of a delay, please contact Susan Goldsmith by email. **Susan.goldsmith@ffca-calgary.com**

Please ensure you arrive five (5) minutes prior to the bus stop pick up and drop off times.
Transportation requests will NOT be reviewed until after September 22, beginning with the most urgent. We will address any concerns raised regarding the **safety** of a particular stop location. In these situations we will have the Southland/Willco Transportation safety department visit the stop and make recommendations regarding the stop. **Stop change requests will not be considered for convenience and/or proximity to residences as we locate stops to service a number of families.**

Susan Goldsmith
Director of Transportation

Milk Boosted By Flavour

Alberta Health Services

Milk Boosted By Flavour

Did you know that chocolate, strawberry and vanilla flavoured milks are delicious and nutritious drinks? Well – they are – especially if you choose them instead of a high sugar drink.

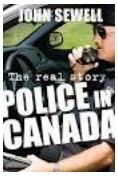
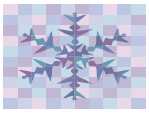
A recent study from the University of Vermont (Johnson, Fray & Want, 2002) has shown that kids like flavoured milk so much that they will choose it instead of less nutritious drinks such as soft drinks and fruit drinks. In addition to enjoying the taste, these kids increased their calcium, Vitamin D and phosphorus intakes while their intakes of simple sugar from sweetened drinks decreased.

Milk is the most important source of calcium and vitamin D in our diet. It's very difficult to meet our needs for these nutrients without milk and dairy foods. So go ahead. Add a little flavour and choose milk.

For more information, please refer to the School Nutrition Handbook available online at (http://www.calgaryhealthregion.ca/nutrition) or contact Calgary Health Link at 943-LINK (5465).

DRINK WELL.
LIVE WELL.
got milk?

FFCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 6P FIELD TRIP TO POLICE INTERPRETIVE CENTRE 	6 6M FIELD TRIP TO POLICE INTERPRETIVE CENTRE	7 6D FIELD TRIP TO POLICE INTERPRETIVE CENTRE ANNUAL GENERAL MEETING CENTRAL OFFICE 7 PM	8	9
12 SCHOOL COUNCIL MEETING 6:30 P.M. 	13	14 6J FIELD TRIP TO POLICE INTERPRETIVE CENTRE WINTER CONCERT 7PM 	15 6H FIELD TRIP TO POLICE INTERPRETIVE CENTRE 	16 CASUAL DAY HOT LUNCH CHINESE
19 WINTER BREAK NO SCHOOL 	20 WINTER BREAK NO SCHOOL 	21 WINTER BREAK NO SCHOOL 	22 WINTER BREAK NO SCHOOL 	23 NO SCHOOL CHRISTMAS EVE
26 WINTER BREAK NO SCHOOL 	27 WINTER BREAK NO SCHOOL 	28 WINTER BREAK NO SCHOOL 	29 WINTER BREAK NO SCHOOL 	30 WINTER BREAK NO SCHOOL
31 NEW YEARS EVE NO SCHOOL 				

2012 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 PD DAY NO SCHOOL 	3 Classes Resume Welcome Back! 	4	5	6	
9 SCHOOL COUNCIL MEETING 6:30 PM 	10	11 BOARD MEETING CENTRAL OFFICE 6:00 PM 	12	13	
16	17	18	19	20 CASUAL DAY	HOT LUNCH
23	24	25	26 LEARNING CONFERENCE NO SCHOOL USBORNE BOOK FAIR FAMILY VIEWING	27 LEARNING CONFERENCE NO SCHOOL USBORNE BOOK FAIR FAMILY VIEWING	
30 Parent Meeting NMS Gym 7:00pm	31				