



# The Phoenix Messenger

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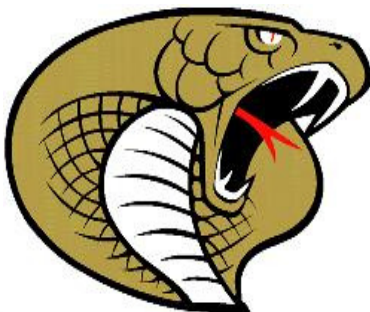
## Matter of Principal

It is hard to believe that we are just a few days from completing yet another school year. It seems that it was just yesterday we were opening up this facility for our second year, and third year of the North Middle School. Like many years, this year has been one full of success and challenges that we have met as community and become stronger. We continue to be a strong community in no small part due to the endless effort of our incredible staff, school council, and our dedicated students.

The planning for next year has been ongoing and will continue right into the new school year. Looking at the new school year with excitement is something I have always enjoyed a great deal. We have gathered what looks to be a great School Council to help us continue to develop our community. The next year will see continual growth in our math program, as well as our assessment knowledge. Our school house teams have gained a prominence throughout the year and we hope to maintain this momentum as we introduce house shirts for casual days next year. These things we will do while working with ever tightening budgets in the foreseeable future. These are but a very small sampling of some of the challenges and opportunities we will have next year that we will once again meet and conquer as a school community.

Thanks for a great year and have a great summer!

Lorne McDonald  
Principal Educator



## June 2011

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## Grade 8 Farewell

The Grade 8 Farewell is  
Friday June 24th at 10:00am



## Thank you Parent Volunteers

A BIG thank you to our Parent Council and all our parent volunteers this year. We appreciate your dedication and hard work, we couldn't have done it without you!

Teachers and Staff  
North Middle Campus



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## 5 Ways to Beat Summer Weight Gain

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When we think summer, most of us think outdoor fun. So it seems like we should naturally lose weight over the summer — not *gain* it.

In reality, though, summer isn't all beach volleyball and water sports. Lots of summer activities can work *against* our efforts to stay at a healthy weight (campfire smores and backyard barbecues, anyone?). The good news is it's easy to avoid problems if we know what to look out for.

Here are 5 ways to beat summer weight gain:

**Get going with goals.** When we don't have a plan, it's easy to spend summer moving from couch to computer, with regular stops at the fridge. Avoid this by aiming for a specific goal, like volunteering, mastering a new skill, or working at a job. Just be sure to plan for some downtime so you can relax a little!

**Stick to a schedule.** With school out, we lose our daily routines. If you don't have a specific job or activity to get up for, it's easy to sleep late, watch too much TV, and snack more than usual. Make sure your summer days have some structure — like getting up at the same time each day and eating meals at set times. Plan activities for specific times, like exercising before breakfast, for example. If you have time on your hands, offer to make dinner a couple of nights a week so your family can enjoy a sit-down meal together.

**Stay busy.** When we're bored, it's easy to fall into a trap of doing nothing and then feeling low on energy. In addition to helping you avoid the cookie jar, filling your days with stuff to do can give you a sense of accomplishment. That's especially true if a dream summer job or planned activity fell through. Limit your screen time — including IM and video games — to no more than 2 hours a day (write it in that schedule you put together!).

**Beat the heat.** Don't let summer heat put your exercise plans on hold. Move your workout indoors. If a gym isn't your scene, try bowling or an indoor climbing wall. If you love being outdoors, try joining a local pool or move a regular run or soccer game to early morning or evening.

**Think about what (and how) you eat.** Summer means picnics and barbecues — activities that revolve around an unlimited spread of food. Pace yourself. Don't overload your plate. Avoid going back for seconds and thirds. Choose seasonal, healthy foods like fresh fruit instead of high-sugar, high-fat desserts. Make catching up with family and friends your focus, not the food. Another good tip for summer eating is to limit frozen treats like ice cream to no more than once a week.

Reviewed by: Mary L. Gavin, MD

Taken from [www.kidshealth.org](http://www.kidshealth.org)

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## Change of Address and Bussing

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Change of address over the summer: Did not sign up for the yellow school bus but now require it?

If you are moving during the summer and need bussing you will need to do two things:

- 1) Enter your change of address onto the Family Login Screen located under Parent and Family Login. This will inform the school of your new information.
- 2) Email the FFCA Director of Transportation at [susan.goldsmith@ffca-calgary.com](mailto:susan.goldsmith@ffca-calgary.com) and provide detailed information so that your new address will be included with the new bus routes for 2011-12. Once your bussing option is reset, you will need to log in and pay the 100 dollar deposit for new riders. Bus routes will be posted on the FFCA website in Mid August. All requests for additional or moved stops **will only be accepted in writing**. No phone calls will be returned.



## Volunteer Request June 27th Sports Day



Hello Everyone. Well it's hard to believe that the end of the school year is upon us already. It's been a pleasure serving on school council as Volunteer Coordinator and I look forward to another year come September. I would like express and convey my sincerest gratitude to ALL the parents, families and students of FFCA that have supported and contributed throughout the year in our fundraising and social events. Without you, it would be impossible. THANK YOU SO VERY MUCH!

To kick off the last week of school, on Monday June 27<sup>th</sup>, FFCA North Middle Campus will be hosting a "Sports Day" for our students. We will be requiring some extra hands on deck to make this a smooth and memorable experience for our students who have worked so hard all year long!

This is an all day event and would appreciate anyone that has anytime during the morning or afternoon to assist FFCA staff and teachers. Once again; many helping hands make for a lighter load. Your availability and time would be greatly appreciated!

Please contact me directly at [cm.ck03@hotmail.com](mailto:cm.ck03@hotmail.com) to sign up and for more information.

Sincerely,  
Christine Cloutier

## Grade 8 Park Pass

If you're a Grade 8/Secondary 2 student, you will have received your "My Parks Pass" from your teacher in April 2011 so that you can visit over 200 Parks Canada locations for free. You have a full year (until April 30, 2012) to discover all that Canada has to offer at 42 national parks, 167 national historic sites and 4 national marine conservation areas across the country.

For more information please visit:  
<http://www.myparkspass.ca/your-pass>



## 2010-11 School Council

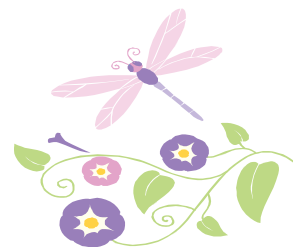
I would like to thank the members of the School Council and the NMS Administration for all of their contributions. The selflessness of their dedication should be praised and commended!  
Thank you everyone.

It was a pleasure serving as Chair for the 2010-2011 school year.

I would like to wish the new School Council all the best for the Coming year!

Enjoy your Summer break!

Susan Elson  
2010-2011  
Chairperson



**Thank You from the SRC**

The SRC has had a great year this year! They did an excellent job preparing for the Chocolate Sale in November, The Scavenger Hunt in February, the dance in March, and especially the World Partnership Walk in May and June. Athena and I are really happy about the W.P.W. because FFCA was the school that raised the most money. Finally, I would like to say a big thanks to the entire SRC team for trying their best to attend every meeting.

Thanks from your SRC President,

Ejaz



**Grade 5 Poetry**

Summer  
 Sunny, full of life  
 Shining, glowing, burning  
 Plant life, sunlight, frosty, bitter cold  
 Shivering, snowing, freezing  
 Frostbite, biting wind  
 Winter  
 By: Ziyana K.



Young, tall, weird, crazy  
 Friend with friends  
 Cares deeply about myself, my family & friends  
 Who feels like a ten year old girl  
 Who needs an education  
 Who gives ideas  
 Who fears homework  
 Who would like to see the Eiffel Tower  
 Resident of Calgary, Alberta, Canada  
 By: Kanchan D.



Energetic, athletic, playful, awesome  
 Friend of Jakob  
 I care deeply about soccer  
 I feel like playing soccer  
 I need to run around and have fun  
 I give away fun opportunities  
 I fear the dark  
 I would like to see and hold the World Cup Trophy  
 Resident of Earth  
 By: James M



Summer  
 Humid, Sunny  
 Sweltering, blazing, scorching  
 Dry, hot, frigid, crisp  
 Snowing, freezing, penetrating  
 Cold, chilly  
 Winter  
 By: Sofian M.



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Family Orientation and First Day of School Notice

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**2011-2012**

**Family Orientation is**

**Friday September 2<sup>nd</sup>, 2011**

**9:00am or 1:00pm**

**First Day of School is**

**Tuesday September 6<sup>th</sup>, 2011**

**8:20am**



# Hey! Take it outside!

*This summer, reduce screen time and take the games outdoors*

Some kids are already really active. You may know some and you might be one.

You play outside during your breaks, you like to try different activities in gym, and you do things after school like dancing or playing street hockey or belong to a soccer team.

You like to "live outside the box."

Some kids could be more active.

The following tips will help you to be more active and have fun.

After all, *everything is more fun when it's real.*

### What parents can do ...

- Set and impose limits on the amount of screen time allowed for youth – and enforce the rules!
- Keep the TV off during meals
- Remove the TV and computer from bedrooms

### What friends can do ...

- Encourage face to face interaction and socialization with friends
- Take a walk together
- Encourage friends to participate in active games



*Imposing limits on the amount of exposure to this kind of "glow" during the summer months is important.*

## Concerned your kids aren't eating enough meat?

The following are the Canada Food Guide's recommended daily servings of meats and alternatives for school-aged children:

### • Girls and boys, ages 4-8:

One serving

### • Girls and boys, ages 9-13:

One to two servings

### • Teens, ages 14-18:

Girls (2); boys (3)

One food guide serving of meat and alternatives is equal to:

- 75 g (2-½ ounces) of cooked fish, shellfish, poultry, or lean meat
- 175 ml (¾ cup) of cooked legumes
- 150 g (¾ cup) of tofu



*One Canada Food Guide daily serving of meat or meat alternatives is equal to two eggs.*

- Two eggs
- Two tablespoons of peanut butter or other nut butters
- 60 ml (¼ cup) of shelled nuts and seeds

### Consider serving size ...

Many children may not eat a full food guide serving of

meat or alternative at one meal or snack, but will spread the servings out throughout the day.

For example, a child may eat one egg at breakfast (a half-serving), 25 grams of meat at lunch (1/3 serving), 50 grams of fish at supper (2/3 serving), and one tablespoon peanut butter at snack time (a half-serving); providing two servings in total for the day.

### Choose variety ...

Along with fish, poultry and meat be sure to offer meat alternatives such as beans, lentils, tofu, eggs and nuts or nut butters.









## Fight tooth decay with dental sealants

### Here's some information on dental sealants:

- Help to prevent cavities on the biting surfaces of your child's teeth.
- They are a clear plastic coating used to protect the teeth.
- Do not require drilling or freezing.
- Are placed in the pits and grooves of teeth which do not show any signs of decay.
- Call the dental program or ask your dentist about sealants!






2011 CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Grade 5 Field Trip Bow Habitat Station 5W / 5K	Grade 6 Field Trip Aerospace Museum 6J/6D/6H	2 Grade 5 Field Trip Bow Habitat Station 5DE/5DV		3 Grade 5 Field Trip Bow Habitat Station 5DH	Grade 8 Field Trip Calaway Park
6 PD Day No School 		7		8 Grade 7 Field Trip Village Square Leisure Centre		9 Grade 7 Field Trip Fish Creek 7K/7M		10 Grade 7 Field Trip Fish Creek 7RA/7S /7W	Grade 4 Orientation 10:00am
13 Parent Council Meeting 6PM 		14 Grade 6 Social Studies PAT 9:00am – 10:00am		15 Grade 6 Language Arts PAT Part B 9:00am – 10:00am	Board Meeting Central Meeting 6PM	16 Grade 6 Math PAT 9:00am – 10:15am		17 Grade 6 Science PAT 9:00am – 10:00am	
20		21 Grade 6 Field Trip Edworthy Park	Grade 8 Field Trip Kayaking 8K/8M	22 Grade 8 Field Trip Kayaking 8S/8V		23 Grade 8 Field Trip Kayaking 8T		24 Grade 8 <i>Farewell</i>	Grade 5 & 6 Field Trips
27 Sports Day 	BBQ 	28 Last Day of School 		29 Summer Vacation 		30 Summer Vacation 		1 	



2011 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Family Orientation 9:00am and 1:00pm
5 Labour Day No School 	6 First Day of School 	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30 PD Day No School 



2011-2012  
MIDDLE SCHOOL CALENDAR

**AUGUST**

S	M	T	W	T	F	S
	1	2	3	4	5	
	8	9	10	11	12	
	15	16	17	18	19	
	22	23	24	25	26	
	29	30	31			

**OCTOBER**

S	M	T	W	T	F	S
	3	4	5	6	7	
	10	11	12	13	14	
	17	18	19	20	21	
	24	25	26	27	28	
	31					

**DECEMBER**

S	M	T	W	T	F	S
				1	2	
	5	6	7	8	9	
	12	13	14	15	16	
	19	20	21	22	23	
	26	27	28	29	30	

**FEBRUARY**

S	M	T	W	T	F	S
			1	2	3	
	6	7	8	9	10	
	13	14	15	16	17	
	20	21	22	23	24	
	27	28	29			

**APRIL**

S	M	T	W	T	F	S
	2	3	4	5	6	
	9	10	11	12	13	
	16	17	18	19	20	
	23	24	25	26	27	
	30					

**JUNE**

S	M	T	W	T	F	S
					1	
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	

**SEPTEMBER**

S	M	T	W	T	F	S
				1	2	
	5	6	7	8	9	
	12	13	14	15	16	
	19	20	21	22	23	
	26	27	28	29	30	

**NOVEMBER**

S	M	T	W	T	F	S
		1	2	3	4	
	7	8	9	10	11	
	14	15	16	17	18	
	21	22	23	24	25	
	28	29	30			

**JANUARY**

S	M	T	W	T	F	S
	2	3	4	5	6	
	9	10	11	12	13	
	16	17	18	19	20	
	23	24	25	26	27	
	30	31				

**MARCH**

S	M	T	W	T	F	S
				1	2	
	5	6	7	8	9	
	12	13	14	15	16	
	19	20	21	22	23	
	26	27	28	29	30	

**MAY**

S	M	T	W	T	F	S
		1	2	3	4	
	7	8	9	10	11	
	14	15	16	17	18	
	21	22	23	24	25	
	28	29	30	31		

**JULY**

S	M	T	W	T	F	S
	2	3	4	5	6	
	9	10	11	12	13	
	15	16	17	18	19	
	23	24	25	26	27	
	30	31				

**IMPORTANT DATES**

- = No Classes for Students
  - = Holiday: No School
- Aug. 29-Sept. 1** Organizational Days
- Sept. 2** Family Orientation
- Sept. 5** Labour Day - no classes
- Sept. 6** First Day of Classes
- Sept. 30** PD Day - No Classes
- Oct. 6 & 7** Learning Conferences  
-no classes on 6<sup>th</sup>  
-no classes on 7<sup>th</sup>
- Oct. 10** Thanksgiving Day  
-no classes
- Oct. 21** Charter School Conference  
- no classes
- Nov. 11** Remembrance Day  
-no school
- Nov. 23** Term 1 Report Cards
- Nov. 24 & 25** PD Days -no classes
- Dec. 19-Jan. 1** Winter Break
- Jan. 2** PD Day - no classes
- Jan. 3** Classes Resume
- Jan. 26 & 27** Learning Conferences  
-no classes on 26<sup>th</sup>  
-no classes on 27<sup>th</sup>
- Feb. 16 & 17** PD Days - no classes
- Feb. 20** Family Day - no classes
- Mar. 8** Term 2 Report Cards
- Mar. 9** PD Day
- Mar. 26-Apr. 6** Spring Break
- April 9** PD Day - no classes
- April 20** Learning Conferences  
-no classes
- May 18** School Holiday
- May 21** Victoria Day - no classes
- June 4** Organizational Day  
-no classes
- June 28** Last Day of Classes.  
Final Report Cards
- June 29** Organizational Day  
-No Classes
- PD Day = Professional Development Day  
Learning Conference = Parent-Teacher-Student

Please note that the early return in January is to accommodate the high school diploma and provincial exam schedules which are set by Alberta Education for 2012.

