



# The Phoenix Messenger

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

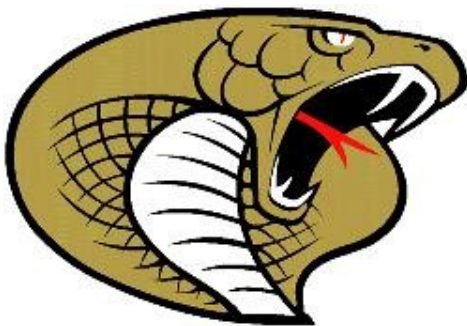
## MATTER OF PRINCIPAL

*“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



## NOVEBER 2010

### What's Inside

Matter of Principal.....	1
Absences.....	1
Electronics.....	1
Remembrance Day Thank You.....	2
A Very Kind Donation.....	2
Canspell.....	2
Mural Club Donations.....	2
Volunteers Needed.....	2
Boys Basketball.....	2
Girls Volleyball.....	2
Bus Passes.....	2
Nenshi Supports our School.....	3
Counsellor's Corner.....	3
Grade 7 & 8 Author Visit.....	3
Notice to Southland Bus Parents.....	4
Christmas Concert.....	5
Children's Cottage Donation Campaign.....	6
Milk Boosted by Flavour.....	7
November Calendar.....	8
December Calendar.....	9

### 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.



## Remembrance Day Thank You

*A BIG THANK-YOU* to Mike Cloutier for making, and donating some beautiful crosses for the Remembrance Day Assembly. They certainly added to the atmosphere and depth of the meaning of Remembrance Day. We look forward to being able to use these crosses in our Remembrance Day Assemblies for years to come.

## A Very Kind Donation

The FFCA NMS School Council would like to thank the Royal Canadian Legion Chapelhow #284 for their very generous donation. As part of this years school council goals, the funds will be put towards the revitalization of the school library.

This gift will benefit all students at the NMS campus.

Sincerely

FFCA NMS School Council  
Susan Elson  
Chairperson

## Canspell

Get ready all NMID spellers! Our school-wide written bee will take place on Monday, Dec 6. All grades in all homerooms will write their spelling tests during DEAR time. Make sure you are studying your grade level words, as well as the next level up. Good luck students!



## 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.



## Mural Club Donations

Dear Parents,

The Mural Club is looking for donations of a couple specific items. If you have any of the following items and wouldn't mind donating them, please send them with your child to school and give them to Mrs. Linton.

- Clean old t-shirts or button-down shirts to use as cover-ups when painting (all different sizes, but preferably adult)
- Clean yogurt containers (large)

Thank you in advance – we appreciate your help!

Thank you,

Mrs. Aldridge and Mrs. Linton

## Volunteers Needed



We are looking for volunteers to help make or donate costumes for the Christmas Concert. If you are able to help please contact Mrs. Linton at [emily.linton@ffca-calgary.com](mailto:emily.linton@ffca-calgary.com)

## Boys Basketball



Congratulations to the following players who made this year's basketball team: Anthony M., Akeel G., Brandon S., Raj K., Usman K., Amrit G., Pavey G., Aaron K., Kyle G. and Gurick K. Mr. Deis and Mr. Kennedy are excited to work with the boys and are looking looking forward to a successful season.

## Girls Volleyball

Congratulations to our Girls Volleyball team that won a Bronze Medal at the Calgary Independent School Athletic Association tournament on November 20th. Great job girls!



## Nenshi Supports our School



### Grade 5 student sells chocolates to Nenshi

I was very lucky to sell chocolates to Calgary's new Mayor, Naheed Nenshi. He looked very proud when I told him the money would help support our school. My dad also came with me and he introduced me to Nenshi because he is one of Nenshi's friends. Nenshi told me that he loves chocolate, especially the ones I sold him.

Ali Muhammad M. in 5DV

## Counsellor's Corner

Hi Everyone,

I am in the process of visiting each and every class to talk about Bullying and Cyber Bullying. So far there has been good discussion about ways to deal with bullying. We have talked about the power of our words, both spoken and written and it is great to see students connecting with the idea of standing up and also reaching out. Cyber Bullying seems to be a strong area of interest and concern for students. This is not shocking as we are living in a multi-media world. I would encourage parents to set some guidelines about using the computer and ensure that you are active in monitoring what your children are doing. It is recommended that the computer be located in a central place so that you are easily able to check on what they are doing. I have some examples of different contracts and there are great resources online. If you need any suggestions feel free to contact me at 403-253-1273 ext 218. A written agreement is a good idea outlining your expectations. It has been an awesome month at FFCA, building relationships, connecting with students and having an opportunity to visit some of the classes.

Christine Payne  
School Counsellor

## Grade 7 & 8 Author Visit

Dear Parents/Guardians,

FFCA-North Middle School will be hosting Vancouver author Pam Withers on the 1<sup>st</sup> of December 2010 for grades 7 & 8. She writes a series of sports adventure books called "Take it to the Extreme". A number of students have requested some of her books, so below is the link to ordering them. Anyone wishing to order autographed book(s), print the page from the link below, fill in and return to the school by this coming **Friday, November 26<sup>th</sup>**. Please make **cheque payment out to Pam Withers** NOT the school. Late orders will be allowed up until the 5<sup>th</sup> December 2010, however these may have a longer delivery time. Books are also available through Chapters/Indigo but will not be signed.

link to book order form:

[http://www.takeittotheextreme.com/downloads/withersbookorderform\\_v4\\_04-08.pdf](http://www.takeittotheextreme.com/downloads/withersbookorderform_v4_04-08.pdf)



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## Important Notice to Southland Bus Parents

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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](http://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](mailto: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



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Christmas Concert

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FFCA North Middle School invites you  
to our Christmas musical:

# Old Man Winter's Icicle Follies

December 14

7:00 pm

In the school gymnasium

Come watch students from Grades 5 – 8 sing, dance, and act in a  
show that will surely start off the holiday season!



## Children's Cottage Donation Campaign

### FFCA North Middle School Children's Cottage Donation Campaign

This November and December, the students at FFCA North Middle School are collecting items to donate to Calgary's Children Cottage Society!

The Children's Cottage is a local charity that provides emergency care for children 12 and under. When parents need a safe, loving, temporary place for their children, the Cottage can help. Children receive clothing, meals and lots of love during their stay.

What makes our campaign so unique is that it was proposed by a Grade 8 student, Alysha S. She has organized the campaign and acted as a liaison with the Society. It is a cause that is very important to her, and now to us here at North Middle!

Each grade at our campus is assigned a specific group of items to donate to the Cottage. Items can be new or gently used, with the exception of baby items, which must be new. Also, please no stuffies!

- Gr 5. – Outdoor and indoor toys
- Gr 6. – Office supplies and non-perishable food items
- Gr 7. – Kids clothing and baby items
- Gr 8. – bedding, linens, household items (shampoo, toothbrushes, etc.)

Each homeroom will be collecting items until the last school week in December. Please give generously and make our campaign a success!

Thanks for your support!



## Milk Boosted By Flavour



### 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.











2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8 PARENT COUNCIL MEETING 6PM 	9	10	11 REMEMBRANCE DAY  NO SCHOOL	12 PD DAY NO SCHOOL 
15	16	17 BOARD MEETING CENTRAL OFFICE 6PM 	18	19
22	23	24 CHILDREN'S COTTAGE ASSEMBLY PERIOD 4	25	26 TERM 1 REPORT CARDS  CASUAL DAY /HOT LUNCH – TACO BELL 
29	30			



2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ANNUAL GENERAL MEETING CENTRAL OFFICE 7PM	2	3 PD DAY NO SCHOOL 
6	7	8	9	10 COMPASSION ASSEMBLY PERIOD 1
13 PARENT COUNCIL MEETING 6PM 	14 CHRISTMAS CONCERT 7PM 	15 BOARD MEETING CENTRAL OFFICE 6PM 	16	17 CASUAL DAY HOT LUNCH PAPA JOHNS PIZZA 
20 WINTER BREAK – NO SCHOOL 	21 WINTER BREAK – NO SCHOOL 	22 WINTER BREAK – NO SCHOOL 	23 WINTER BREAK – NO SCHOOL 	24 NO SCHOOL CHRISTMAS EVE 
27 WINTER BREAK – NO SCHOOL 	28 WINTER BREAK – NO SCHOOL 	29 WINTER BREAK – NO SCHOOL 	30 WINTER BREAK – NO SCHOOL 	31 NO SCHOOL NEW YEAR'S EVE 