



The Phoenix Messenger

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Matter of Principal

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As you might be aware, we had the “Manners Lady” attend our school and put on a student and parent presentation on October 26th. Thank you to all of the parents who came out to this event and support the work that we are doing in the area of character education. For those who were unable to attend, or might want some follow up material, below are some key points that were shared that you might want to follow up with your child on:

Respectful Attitude

Everyone committing to choosing a respectful attitude, words, and actions that build up our family and our community – not tear them down. Together, we can make a difference

We will choose to have a good attitude – an “Attitude of Gratitude.” Our family is thankful for each other and for all that we have. By having a thankful heart for what we do have.

Respectful Words

We use “The Five Fabulous Phrases” that can change the world!

- Please
- Thank you
- You’re welcome
- Excuse me
- I’m sorry. Will you forgive me?

We use kind words because we want to build people up – not tear them down.

We always tell the truth – the whole truth and nothing but the truth.

Respectful Actions

We respect other people’s property – we don’t steal, cheat, or “borrow” without permission. We will help our personal and shared spaces tidy.

We show respect by being polite on the telephone.

We show hospitality to guests who come to our home and we show kindness and compassion to those who are less fortunate.

Yours in Learning

Justin Kool
Principal Educator

Joan Burke
Associate Principal

November 2011

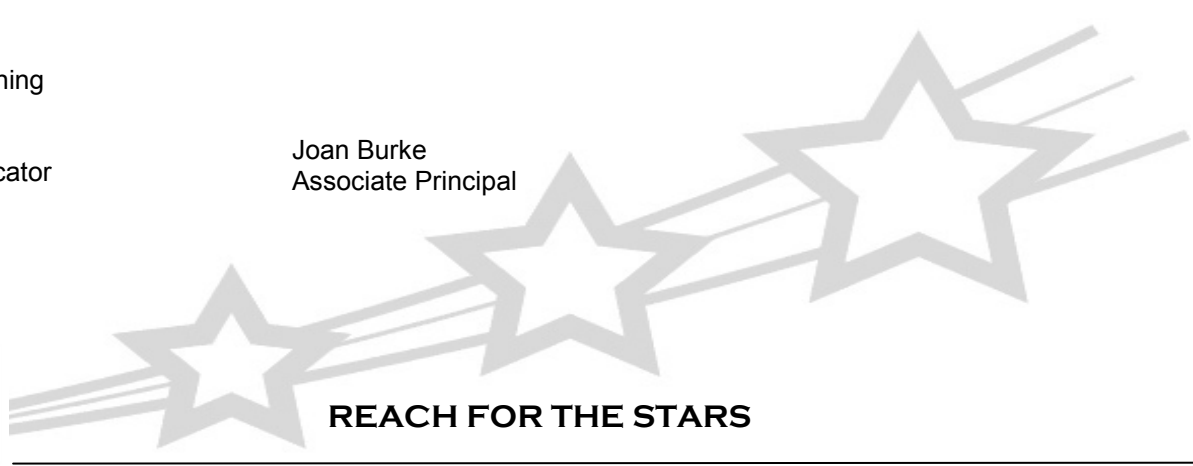
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Dates to Remember



REACH FOR THE STARS



Art

Art room volunteer opportunities and donations

If you have an interest in art, are an artist yourself or would even just like to spend some time with your son or daughter, during class, please contact Mrs. Wanhill for potential volunteer opportunities in the art room (cutting paper, sharpening pencils, guest artist visit). Also, the art room is looking for donations of kid friendly magazines for image inspiration as well as project collages.

Art Explorers

For students who are busy during lunch recess, this year, SWE is also offering the Art Explorers club. Check the newsletter for art explorations. Students are encouraged to find art around them at home and either photograph it or bring found objects in to Mrs. Wanhill. Work submitted will displayed in the art room each month.

Exploration 2: Stickers, Stickers, Stickers

TASK—Look for stickers on your fruits and veggies.

Collect stickers from your fruits and vegetables and bring them into the art room. Let's see if we can create a found object collage.

Did you know that some artists make art out of found objects? (You can see some of fruit sticker artist, Barry Snyder's work here:

<http://stickermanproduceart.wordpress.com/>)



Barbara Wanhill

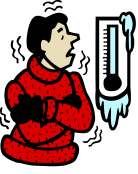
Art Specialist Teacher



REACH FOR THE STARS

New From The Bus

As winter begins we need to remember that **HIGH WIND-CHILL/SNOWY CONDITIONS MAY AFFECT BUS TIMES!!!!**



All FFCA schools will remain open to provide a safe warm and secure environment for attending students.

- Children should be well prepared for extreme cold and not left unattended at bus stops for any period of time, under any circumstances
 - Delays will be expected throughout the city due to weather conditions
 - Buses will not always run on schedule, Southland may not have extra buses to replace your bus if it fails to start
 - Parents/guardians should provide alternate arrangements for their child/ren that provide timely shelter, if required (ie a neighbour who will be home during the day)
 - If parents/guardians cannot ensure the safety of their children to and from their bus stop the child should be kept at home or other arrangements made for that child(ren)
 - Please know your bus route number when calling Southland
 - Southland Spruce Meadows Dispatch 403- 873-7268
- No fan out system is available for your bus routes

***JUST A REMINDER THAT YOUR NEXT ON-LINE BUS INSTALLMENT IS DUE
DECEMBER 1, 2010***

Morning Bus Zone safety



As the weather starts to get colder, mornings are darker and roads may be covered in snow or ice, please be safe during dropping off students in the morning. Please obey no parking signs as they are there to allow busses safe passage to their zones and around corners. When the yellow bus signs are blocking the school parking lot that is an indication that not all busses have arrived. Please also watch carefully when crossing the road and be visible to passing motorists. Thank you for your cooperation and respect for safety as we enter into the winter driving season.



Cold Weather



In anticipation of our upcoming winter weather we want to remind parents of our inclement weather procedures. We use the Environment Canada website to determine what the temperature is with the wind chill. Once the wind chill drops to -20 C we keep the children in side for recesses. Fresh air is important for all children and we try to allow our students to be as active a possible throughout the winter months so we only keep them indoors when it is not safe to be outside. To ensure your child enjoys their time outdoors please ensure they are dressed appropriately for the weather. Calgary is a tricky climate because our weather can change quickly so keeping mitts and hats in backpacks is often a great way to make sure students are prepared for whatever the day may bring.

We also do not bring students inside in the morning unless the wind chill is -20C. Parents can wait with their students inside the front door, but unsupervised children are expected to go to the back of the school and line up as usual. Hopefully this explanation helps you prepare for the onset of winter. Stay warm!

Remembrance Day Assembly

We held our Remembrance Day Assembly on November 10. Students spent the week leading up to this special assembly reading and discussing a story called "A Bear in War". This touching story reminded us about the importance of offering small gestures of kindness especially when people are faced with troubling times. Thank you to the parents and special guests who found time to join us. We encourage everyone to think of small gestures that can be offered to promote peace and harmony in our communities. We hope you all wore your poppy proudly and remembered the many people who have fought so bravely for our freedom.



Report Cards

Report Cards will be sent home on Wednesday, November 23. Teachers have been busily looking at evidence of student learning in order to send home a progress report to parents. Students have been given many



opportunities to "show what they know" and teachers have used this evidence along with their professional judgment to provide a snapshot of where your student is performing at this given moment in time. As you review the report card with your child talk with him or her to find out what (s)he has learned in the various subjects this term. Ask him or her if anything was particularly easy and If there was anything (s)he found challenging. En-

gaging your child in a conversation related to his/her report card communicates to your child that you believe learning is important and you are interested in what your child has to say about school. Research suggests that children who come from supportive homes who value education often succeed in all areas of their studies. Use the report card as a means to understand your child as a learner so that you can help him/her look forward to the learning journey that lies ahead.



Absence/Late/Sign Out

Just a quick reminder to please call and leave a message on our Attendance Line (430-159-3527 X 100) if your child is going to be away from school or arriving late or alternatively you may email your teacher and provide a cc to wendy.leuw@ffca-calgary.com. It is also VERY important that when you sign your child out that you include their bus number so that we can account for all our students at the end of day and do not delay bus departure looking for a child who has gone home with a parent. We appreciate your help in keeping all our students safe.



Carols



We hope that you all join us on the last day of school before the holidays for a wonderful Christmas celebration! As a school community, we will be singing carols, performing skits and sharing Christmas stories to warm our hearts and get us ready for this festive season. Please come and join us in the gym (in your pajamas, since it will be Pajama day!) at 1:15pm on December 16 for this fun festivity! We look forward to seeing you there!

Lisa Kostecki, Music Specialist



Uniform Consignment Site 2011-2012

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.



Library Corner

Library Corner – November

A house without books is like a room without windows. ~Heinrich Mann

Parent Conversation Outcomes

We had several wonderful conversations during October on the issue of reluctant readers. For many children, reading just doesn't come easily. Some children have difficulty connecting letters and their corresponding sounds. Others have yet to discover that special enchanting story that grabs the imagination and shows just how fun reading can be. For all children, though, being at ease with letters, their sounds, and words is an important foundation for learning throughout life. Here are a few simple ways to help kids become eager readers:

Start with your child's picks. Graphic novels or joke books may not be your first choice to cultivate literacy, but they can motivate kids to read. Don't worry that these texts may not be substantial enough. They can play important roles in helping kids understand some fundamentals, like how events take place in a sequence and stories are laid out. They also help build vocabulary and show that books can be visually appealing. Once your child becomes comfortable with the experience of reading, you can encourage other literature selections with a variety of challenging content.



Read and reread and reread. Many children reach for the same books over and over again. That's OK. Through repetition children can master the text and eventually sail through it with ease and confidence. Each new reading of the book may also help them understand it just a little better. And that positive experience may inspire them to give new books a try.

Read aloud. By reading aloud, you can help build your child's vocabulary, show that you enjoy reading for fun, and help your child connect sounds with letters on the page. Above all, reading aloud provides together time that you'll both enjoy. And it doesn't have to end once kids get older. The comfort of a parent's voice and undivided attention is something kids never outgrow.

Create opportunities to read and write beyond the pages. Provide children with many rewarding chances to read every day. Write notes and leave them on a pillow, in a lunchbox, or in a pocket. Leave magnetic letters and words on the refrigerator, and you may find children spontaneously creating words, sentences, and stories. On road trips or errands, play word games that strengthen

language skills. You might try "I Spy" ("I spy something that starts with an 'a' ...") or games where you pick a category like "food" and then everyone has to name foods that begin with a certain letter. Children often like reading signs seen while you're on the road, like those on restaurants.

I look forward to our next month's conversations!

Until next time, I leave you with this fun *Mind Trap*

Something extraordinarily unusual happened on the 6th of May, 1978 at 12:34 pm. What was it?

[See below my name for the answer]

Mrs. De

(At that moment, the time and day could be written as: 12:34, 5/6/78)



REACH FOR THE STARS

Update from YDC corner

As the Chilly Winter weather begins approaching it's time to remember the importance of dressing for the weather. Below are some tips for staying warm and dry while being active:

Dress in layers. This assists in keeping us warm, dry and protected from the wind and water.

A great deal of heat is lost through the head and neck; thus making it important to remind students to wear a hat that covers their ears, while playing outdoors.

Wearing boots and snow pants helps keep our legs and feet warm while we are out in the snow or making snow angels.

A warm pair of mittens or gloves with a wind/water proof outer shell are best for keeping fingers and hands warm while playing in the colder weather or building a snowman.



With Alberta's short growing season, buying fresh vegetables and fruit can be a challenge. With the Canada Food Guide to Healthy Eating recommending five to ten servings a day, we must remember that frozen, canned, and dried fruits and vegetables are all great alternatives to fresh fruits and vegetables. Frozen, canned, and dried fruits and vegetables are typically processed at the height of the season when the nutrients are at their peak.

During the winter months the Alberta Fresh Farm Association indicates that Beets, Brussel Sprouts, Cabbage, Carrots, Onions, Pumpkin, Rutabagas, and Winter Squash are the Fruits and Vegetables that are in season.

Here are some fun and different snack ideas you may want to try.

Bugs in a Rug

Cut the crusts off a slice of whole wheat bread; roll it out lightly with a rolling pin to flatten. Spread evenly with low-fat cream cheese (Peanut Butter works great to, just not for school) and sprinkle with raisins, dried cranberries, etc. Roll up tight and enjoy!!

Raspberry Oat Bran Muffins - Makes 12 regular or 24 mini muffins

1 ½ cups Whole Wheat Flour
 1 cup Oat Bran
 1 tsp Baking Soda
 1 tsp Baking Powder
 1 tsp Cinnamon
 ¾ tsp Salt
 1 Egg
 ¼ cup Canola Oil
 2/3 cup Unsweetened Applesauce
 2/3 cup Honey
 1 ½ cups Frozen Raspberries

Preheat oven to 375°F . In a medium bowl, whisk together flour, oat bran, baking soda, baking powder, cinnamon, and salt. In a large bowl, beat egg, and oil. Whisk in applesauce and honey.

Add dry ingredients to wet in thirds, combining until just mixed, then gently fold in raspberries.

Line muffin –pans with paper cups, and spoon in batter. Bake until golden brown, approx 20 minutes (15 minutes for mini-muffins). Cool on rack.

Enjoy the start of our Winter Season

Eagle Bear

Youth Development Counselor

