



SCHOOL COUNCIL NEWS

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FUNDRAISING COORDINATOR

SHELLEY MURRAY

COMMUNITY REPRESENTATIVE

KAREN BROWN

TEACHER

REPRESENTATIVES
BRENDA LAVALLEE &
TRINA DUNN

Happy Fall Y'all!



These past 6 weeks of school have been amazing! With a load of field trips, fun nights, and Learning Conferences behind us already, I look with great anticipation for the upcoming months.

School Council has been very busy on your behalf, as well. Currently, we are reviewing our Bylaws to ensure that they are current and still appropriate. This draft has been sent to you, the stakeholders at FFCA, and I ask that you take the time to review it and reply with any questions, comments, or concerns to myself at cjwhitbread@shaw.ca. I will be accepting feedback until October 26th.

I also want to encourage you to join us at any of our council meetings. It is an excellent venue at which to express yourself and have your voice heard, as well as being a great way to stay up to speed with what is happening at our campus. Dates, times, and agenda are posted on the bulletin board.

I am truly excited about this year. Your children are amazing - which is understandable - because so are you!

Happy raking and leaf blowing!

Joy Whitbread
School Council Chair

"It is never too late to be who you might have been."

~ George Eliot

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SCHOOL COUNCIL NEWS

Autumn Fundraising

Hello SWE Families,

Well, our first fundraiser of the school year has closed. You did a great job and sold 327 Entertainment Books. Way to go! We also had every one returned back to the school. Thanks for your participation.

We have a couple of great fundraisers coming up, including our on-line magazine order kick off. Stay tuned for more information on this in the coming weeks. It is a great gift idea for friends and family for the upcoming holiday season.

Shelley Murray
Fundraising Representative



Stay tuned for more information on our upcoming magazine order kick off!

ECS Snack Day



Snack Day for this month will be held on Friday, October 28th for all ECS classes.

This month, we will be having McDonald's Apple Slices and Caramel Dipping Sauce and fruit juice (apple).

Shazia Niaz
ECS Representative

FFCA Specialty Items Available Now!

We are excited to offer an array of specialty items emblazoned with our FFCA logo, available for purchase through the office.

These items are a great way to support FFCA and show your school spirit!

Please stop by the gym hallway cabinet to check out some of the items on display!





Show Your School Spirit with FFCA Specialty Items!

Available from the office year round. Order your specialty FFCA logo items today!

 <ul style="list-style-type: none"> • Stainless Steel Mug with Removable Green Sleeve • Double-wall 18/8 Stainless Steel construction reduces condensation and holds liquid temperatures longer <p>\$15</p>	 <ul style="list-style-type: none"> • Unique Gift Giving Bag • Environmentally-friendly & biodegradable • Woven from recycled polypropylene • Green double ribbon drawstring closure • 13" W x 15.75" H x 4.25" D • Item will NOT bear the FFCA Word Mark <p>\$4</p>
 <ul style="list-style-type: none"> • Reusable Shopping Bag • 15.5" W x 16.75" H x 3.75" D (open) • Non-woven 75 gram polypropylene • Bag folds and zips into itself when not in use * Black <p>\$5</p>	 <ul style="list-style-type: none"> • Heat-sealed, leak-resistant liners • Exclusive two compartment design with top-side dry storage • 9"H x 11 3/4"W x 8 1/2" D • Lower compartment will hold up to 12 cans and ice * Yellow Only <p>\$20</p>
 <ul style="list-style-type: none"> • Double –wall 18/8 Stainless Steel construction reduces condensation and holds liquid temperatures longer • Wide mouth twist-top spout makes loading ice and cleaning easy • Includes two different spill-proof lids for the price of one • Handy Carabiner Clip included <p>\$15</p>	 <ul style="list-style-type: none"> • 16mm black fibreglass shaft • Rubber grip handle • Flexible fibreglass ribs; plastic tips • Two layers of nylon for maximum ventilation to enhance wind-proofing • Wind-proofing spring * Black and grey <p>\$25</p>
 <ul style="list-style-type: none"> • Dual-sided Sofa Blanket / Throw • One side is faux lamb's wool • One side is velour <p>50"x60"</p> <p>* Burgundy</p> <p>\$35</p>	 <ul style="list-style-type: none"> • Made of 210D Polyester • Unique mesh-top design • Draw cord design allows shoulder or back-pack carrying • Great for swimming and other activities • 17"H x 14"W x 1" D * Green with black mesh <p>\$8</p>
 <ul style="list-style-type: none"> • Portable Seat with padded cushioned seating supported by metal rods • Adjustable/detachable shoulder strap • Mesh pocket on one side • Reinforced patches at base to avoid tearing * Black <p>\$25</p>	 <ul style="list-style-type: none"> • Super-soft Sofa Blanket / Throw • Lightweight ultra-soft fleece <p>50"x60"</p> <p>* Green Only</p> <p>\$22</p>



SCHOOL COUNCIL NEWS



Judi the Manners Lady is coming to FFCA SWE! Join us for a fun and informative evening on **Wednesday, October 26 from 7:00-8:00pm.**

Parent Night on Wednesday, October 26 from 7:00-8:00pm

All FFCA SWE **parents and children** are welcome to attend a fun and informative evening with **Judi the Manners Lady**, an award-winning recording artist, entertainer and author, who will be teaching "CHARACTER, CIVILITY & VIRTUES, and MORAL LITERACY in a cool way!"

Judi the Manners Lady will be working with our SWE students during the day from 1:20-2:20pm, emphasizing the importance of manners, respect, honour, gratitude, and fostering healthy relationships.

Do not miss this opportunity to share an important learning experience with your children!

Wellness Week Fresh Fruit Day

Thank you to the **Gill Family Farms** at the Crossroads Market!

During our Wellness Week, we had a *Fresh Fruit Day*. School Council provided half a peach for every student in the school. The Gill Family Farms at Crossroads Market on Blackfoot Trail provided the peaches at a very generous rate: eight large boxes for just \$100. Not only did it feed every student, all staff, and every volunteer who walked by, but Mrs. Hansen and Mrs. Dunn were able to take extras home to make lovely upside-down peach cakes for the staff to enjoy the next day.



Fresh peaches from Gill Family Farms were enjoyed by all.

The peaches were delicious and enjoyed by many. It was a "new fruit" experience for some children, but many were brave and gave it a try and liked them. Please ask your child if they enjoyed their fresh fruit.

Mrs. Yuris' Grade 3 class has made a thank you poster card for us to deliver to the Gill Family.

Thank you,
Elizabeth Zielke
Character & Wellness/Uniform Representative



Please remember that hair accessories should be **burgundy, white, black, or forest green.**

Uniform Reminders

Please continue to use our Uniform Consignment site for your uniform needs. The site is located on the FFCA website under your Family Log In. All transactions on the site are between parent to parent.

Please keep in mind that hair accessories need to coordinate with our uniform. They should be either **burgundy,**

white, black, or forest green.

We now have a small supply of extra buttons for cardigans, burgundy polos, and Wear It white polos. If you need one, please let me know.

If you have any concerns about the uniform, please feel free to speak with me so that I can

pass the information along to the Administration and Central Office.

Sincerely,
Elizabeth Zielke
Character & Wellness/Uniform Representative

ezielke@shaw.ca



2011-2012 Volume 2

Volunteer Hours

Hello FFCA SWE Families!

I am super-excited to see all the volunteering hours that have already been logged into our online system! Our school has already had 37% of our families log volunteer hours! WAY TO GO SWE!!! I can't wait to see that percentage climb.

If you are looking for places to volunteer or are interested in spending even a ½ hour doing something that will count towards your volunteer time, please let me know.

If you have already volunteered but have not logged your hours, please log them as soon as possible.

Thank you!

Amanda Lomboy
SWE Volunteer Coordinator



Please remember to log your
October volunteer hours on-line!

1. Go to the FFCA website www.ffca-calgary.com and choose the **Parent Information** tab. Click **<Family Login>**.

2. Login using your valid username and password.

3. On the **Welcome to the Family Zone** page, select **<Family Volunteer Hours>** on the right.

4. Using the drop down arrows, complete the form. We are the Southwest Elementary Campus.

5. At the bottom, click **Create/Add**.

Do not forget to log out by clicking **Logout** at the top right when you are done!

Try a healthy treat!



Banana Soft Serve

2-3 Bananas, cut into chunks and frozen

* Place frozen chunks of banana into a food processor. Process for 5 minutes, stopping occasionally to scrape down the sides.

If the mixture is too thick, add a splash of liquid (e.g. milk, soy milk, coconut milk, almond milk), and continue to process until it transforms in texture into a creamy and fluffy soft serve. Enjoy!

Note: You can just use bananas, or you can add your choice of flavourings (e.g. cinnamon, cocoa, vanilla extract) to the bananas before processing.

You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around - and why his parents will always wave back.

William D.
Tammeus



Bring in your labels to support the school!



Volunteer to count the labels. Just ask your room parent for more information!

Campbell's Labels for Education

My name is Kathy Becker (I also answer to “Chloe’s Mom” or “Chris’ Wife”). My daughter, Chloe, is in 3B this year and my husband, Chris, co-ordinates the milk program.

I’m the **Campbell’s Soup Label** representative. This year marks the 14th anniversary of the *Campbell’s Labels for Education* program, and, with your help, FFCAs Southwest Elementary can make this year the best ever! The Labels for Education program is a great way to earn FREE merchandise for our school, and label collection and redemption is so easy.

Participation in the program is simple: save labels, lids, or UPCs from eligible products, and have your child bring them to his or her classroom. Please be considerate by not sending *unwashed* lids, Goldfish bags, or broth cartons – these items will be discarded rather than counted.

- Campbell’s condensed soups – save label
- Campbell’s Easy Cooking Sauces – save UPC from carton
- Campbell’s Chunky soups and chilies – save label
- Gardennay – save UPC from box
- Campbell’s Soup at Hand – save lid
- Campbell’s Ready to Enjoy soups – save label
- Healthy Request soups and microwavable bowls—save lid
- Prego sauce – save lid
- Campbell’s Ready to Use broth – save UPC from carton
- Pepperidge Farm Goldfish crackers – save UPC from box or bag
- V8 beverages – save labels from bottles or UPC from carton
- V8 soups – save UPC from carton
- Habitant soups – save label
- Pace salsa – save lid

Collecting the labels is only part of it. I’m also looking for one or two parent volunteers from each class to count the labels once a month. The counted labels will be picked up on the monthly Fun Lunch Friday. Eventually, we can turn the points from the labels into merchandise for the school!

Check out the eligible products list and if you are looking for take home volunteer work, ask your room parent.

Kathy Becker

403-251-5057

beckerck@gmail.com

ELIGIBLE PRODUCTS

All products are worth 1 point unless otherwise stated.

EATING



CAMPBELL'S® condensed soup
10 oz / 284 mL, 28 oz / 796 mL
SAVE: full label (UPC and front panel)



HABITANT® soup
227 mL, 398 mL, 796 mL
SAVE: full label (UPC and front panel)



CAMPBELL'S® CHUNKY® soup or chili
10 oz / 284 mL, 14 oz / 425 g, 19 oz / 540 mL
SAVE: full label (UPC and front panel)



CAMPBELL'S® CHUNKY® bowls
420 mL
SAVE: lid



CAMPBELL'S® Ready to Serve soup
19 oz / 540 mL
SAVE: full label (UPC and front panel)



CAMPBELL'S® HEALTHY REQUEST® bowls
398 mL
SAVE: lid



CAMPBELL'S® SOUP AT HAND®
284 mL
SAVE: lid



CAMPBELL'S® HEARTY NOODLES®
55 g
SAVE: paper lid



CAMPBELL'S® GARDEN-OF-EATIN'®
500 mL
SAVE: UPC



V8® SOUP
500 mL
SAVE: UPC



CAMPBELL'S® Créations soup
500 mL
SAVE: UPC

COOKING



CAMPBELL'S® Easy Cooking Sauce
500 mL
SAVE: UPC



CAMPBELL'S® Ready to Use broth
900 mL
SAVE: UPC



PREGO® Pasta Sauce
375 mL, 645 mL, 1.75 L
SAVE: lid

SNACKS



PACE® salsa
428 mL, 642 mL
SAVE: lid



GOLDFISH® crackers
28 g, 168 g, 180 g, 190 g, 200 g, 1.36 kg
SAVE: UPC



Campbell's® Healthy Request®
Bowls – 420 mL

BEVERAGES



V8® vegetable cocktail
156 mL, 250 mL, 340 mL, 354 mL, 950 mL, 1.36 L, 1.89 L
cans SAVE: crushed cans
bottles SAVE: labels
boxes SAVE: UPC

V8® V-FUSION® beverage
354 mL, 1.36 L
SAVE: cap

V8® SPLASH® beverage
473 mL, 1.89 L
SAVE: cap



SOUTHWEST ELEMENTARY CAMPUS



VISIT US AT:

www.ffca-calgary.com

Join us at our next School Council Meeting!

Next Council Meeting: Monday, November 14 @ 6:15pm

Next Board Meeting: Monday, November 21 @ 6:00pm

Parent Night: Wednesday, October 26 , 7:00-8:00pm

Casual Day: Friday, October 28 – Crazy Hair Day

Fun Lunch: Friday, October 28

Foundations for the Future *Charter Academy*



MISSION

To provide a safe and caring environment where academic excellence, character development, parental involvement and staff leadership are valued and fostered.