



# SCHOOL COUNCIL NEWS

## Our Team

**CHAIR**  
JOY WHITBREAD

**VICE CHAIR**  
WALLACE WELLS

**TREASURER**  
MONA BATES

**SECRETARY**  
ELAINE LEE

**CHARACTER &  
WELLNESS/  
UNIFORM REP**  
ELIZABETH ZIELKE

**VOLUNTEER COORD**  
AMANDA LOMBOY

**FUN LUNCH COORD**  
HEATHER PARKINSON

**ECS REP**  
SHAZIA NIAZ

**FUNDRAISING COORD**  
SHELLEY MURRAY

**COMMUNITY REP**  
KAREN BROWN

**TEACHER REPS**  
BRENDA LAVALLEE &  
TRINA DUNN

"The teacher who is indeed wise does not bid you to enter the house of wisdom but rather leads you to the threshold of your mind." – Kahlil Gibran

## Hello Southwest Families:

And.....we're off!

This has already been a great start to what I am confident will be another fabulous school year.

I'm Joy Whitbread and I'll be the School Council Chair this year. I am the mother of two FFCA students, both of whom attend the SWE campus.

This is NOT a responsibility I take lightly and I want to assure you of my due diligence to work efficiently and effectively on your behalf. Many thanks to the outgoing chair, Angela Cox and other fellow council members no longer serving in this official capacity: Sheri Rolfe, Mel Sorensen, and Maureen Maraj.

I'd like to encourage you early on to actively participate in your child's educational experience and take full advantage of the great opportunities to volunteer availed to us as parents at SWE.

Council will be offering several events and projects in which to become involved and we would love your participation. We welcome valuable input, constructive criticism, and, of course, helping hands: "Teamwork divides the task and multiplies the successes".

Please join us monthly at our School Council meetings. Dates, times, and agenda will be posted on the bulletin board and mentioned in the monthly newsletter. Be sure to peruse both!

I am looking forward to an exciting year and meeting 300+ new friends! I have unlimited texting!!

Happy Fall,

**Joy Whitbread - School Council Chair**

Welcome back Southwest Campus!

I am looking forward to another exciting year as Fun Lunch Coordinator at the Southwest campus.

This month, I have chosen Extreme Pita as an "extreme" healthy choice, with a not-so-healthy Smile cookie from Tim Horton's for a nice balance. As you probably know, all the proceeds from the TH Smile cookies go to the Alberta Children's Hospital. I felt it was a great opportunity to lend support to the Alberta Children's Hospital as well as making the lunch fun for our kids! I hope they all enjoy it!

I am always looking for volunteers to help out with lunch distribution, as well as money and order counting. If you are willing to help out, please email me at [dhparkin@telus.net](mailto:dhparkin@telus.net).

**Heather Parkinson - Fun Lunch Coordinator**



Try a healthy and tasty snack!



### KALE CHIPS

1 bunch Kale leaves, washed, dried, and torn into 1/2" pieces

3 TBSP Olive Oil

1 TBSP Apple Cider Vinegar

1/2 tsp Sea Salt

Preheat oven to 375° F.

Toss kale with olive oil, vinegar and salt.

Line a large baking sheet with parchment paper. Place kale on sheet in a single layer.

Bake for 20-25 minutes, or until crispy.

Salutations,

Let me introduce myself. Personally, my husband and I have four children enrolled at FFCA. Our three girls are at the South Middle School and our son is at this campus, Southwest Elementary. This will be my seventh year on council and I keep coming back, so I must love it!

My role on School Council is the Character and Wellness Coordinator and Uniform Representative. I will be assisting with Character and Wellness Events such as the Annual Family Skating Event. As the Uniform Representative, I am here to answer your questions about the uniform requirements and listen to your needs and concerns about the uniform.

Please feel free to contact me with questions, concerns, or ideas for either of my roles. I look forward to hearing from you and seeing you in the school as a volunteer and or at one of our events.

Sincerely,  
**Elizabeth Zielke**  
Character and Wellness Coordinator and Uniform Representative  
[ezielke@shaw.ca](mailto:ezielke@shaw.ca)

Please remember to log your **September volunteer hours** online!

1. Go to the FFCA website [www.ffca-calgary.com](http://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 Campus**.
5. At the bottom, click **Create/Add**.

Hello to our FFCA families!

I am very excited to be your Volunteer Coordinator this school year.

As a little introduction, I have four children, out of which three are attending FFCA SWE this year. My oldest, Michael and Rebecca are in grade 4, and Daniel is in Kindergarten which leaves one at home still for another few years. This is my second year with council, but my first serving as your volunteer coordinator. Some of my duties are to help organize and coordinate volunteers to help with various school events. I will also be sending emails on behalf of other School Council Members (i.e. Fundraising Coordinator, Hot Lunch Coordinator, Community Service, etc) and the Scholastic Book Fair Coordinator. It is our goal again this year to reach 100% volunteer participation for the 3<sup>rd</sup> year in a row. I will be keeping you posted on our progress in achieving this as this is something to be very proud of.

I can also help anyone who has difficulty tracking his or her volunteer hours online. So please feel free to contact me and I can try and resolve any issues.

If you have not received any emails from me and would like to be added to the distribution list, please contact me at [ffcaswd1@gmail.com](mailto:ffcaswd1@gmail.com) or by phone at 403-257-9151.

**Amanda Lomboy - Volunteer Coordinator**



My name is Karen Brown and I'm new to this year's School Council as the Community Coordinator.

I'm excited to get things underway and have some fun as we work together throughout the school year. Currently, I'm not in need of anything specific for assistance, but, as soon as we jump into the planning of this year, I know I will be in need of help. Looking forward to working with the council and all our communities!

**Karen Brown - Community Representative**

Snack Day for this month will be held on September 23<sup>rd</sup> for all ECS classes.

This month, I will be offering Rice Krispies treats and apple or orange juice. I am collecting \$ 6.00 for the cost of the snacks for September, October, November and December.

**Shazia Niaz - ECS Representative**

Hello SWE families!

I am Shelley Murray, your Fundraising Coordinator for the year.

This year, I have one child in grade 2 at SWE.

We have started off the school year with Entertainment Books which need to be in by September 20, 2011.

We are looking at organizing a couple of new fundraisers this year for SWE, so keep a watch out for notices home regarding these new initiatives.

Please feel free to call me with questions you may have regarding fundraising at 403-238-1527.

**Shelley Murray – Fundraising Coordinator**



Please remember to keep the **Parent Volunteer Workroom** as neat and tidy as possible for the next person.

As parents, we have been afforded the luxury of a GREAT place for the siblings to play while we volunteer our time.

It is **our** responsibility to keep it clean as the janitorial staff is not responsible for it.

So **please**, take a peek before you leave to make sure it is even better than it was when you arrived!



We do not inherit the earth from our ancestors; we borrow it from our children.

~First Nations Proverb



### UNIFORM CONSIGNMENT WEBSITE

For all your uniform needs, please visit our [Uniform Consignment Website](#) to buy and sell used uniform pieces from other FFCA families from across our seven campuses.

Our new and improved site became active in the spring and it has been a very successful tool for parents. Parents have reported to me that they found the site easy to use and were able to purchase just what they needed at a great price. If you have items that you do not need anymore, I encourage you to post them on the website: *there is a parent out there waiting to buy it!*

The site can be found under your Family Log In on the FFCA Website:

Choose "[Parent Information](#)", then "[Family Log In](#)".

To shop and buy, choose "[Consignment Store](#)".

To post an item for sale on the site, choose "[Your Consignment Items](#)".

All purchases are between parent and parent. Purchasing is **not** through the website.

Please check out the website!

For any questions or concerns about the site, please contact myself.

Your Friendly Neighbourhood Uniform Rep,  
Elizabeth Zielke

- Next Council Meeting: Oct. 17 @ 6:15pm
- Next Board Meeting: Oct. 12 @ 6:00pm
- Casual Day: Sept. 23 - Favourite Colour

SEPTEMBER

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SOUTHWEST  
ELEMENTARY  
CAMPUS



Thank you for your recent Gift in Kind donation of pull tabs in support of Ronald McDonald House® Southern Alberta. Your commitment will have a significant impact to helping seriously ill children and their families weather the crises in their lives. Your support is appreciated by those who help them and, most importantly, by those who benefit from our services.

Thanks to you, Ronald McDonald House® Southern Alberta has provided children undergoing medical treatment in Calgary and their families with a safe, compassionate home away from home.

For more information about Ronald McDonald House® Southern Alberta, please visit us at: [www.rmhsouthernalberta.org](http://www.rmhsouthernalberta.org).

Again, thank you for all you do for our organization.

Sincerely,

  
Larry Mathieson  
Executive Director

Sincerely,

  
Marla Cohen  
Director of Development



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