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Oct 1, 2019

Glen Allan Elementary Principal's Message

Thank You to all the students, staff and parents who have helped make the start of this year so positive. The enthusiasm and energy shown by all is truly inspiring. Our students are well on their way learning all the great new things they are needing to learn this year.

We have already completed a number of activities at the school including Meet the Teacher Night, Parent Advisory Council meeting, the Grade 6 leadership activities and the Terry Fox Run. We enjoyed meeting many of you at these special events and look forward to working with you to further your child's/grandchild's future educational goals.

With the fall season coming upon us so quickly here are a few little reminders to help us provide the best care we can for your children.

- Please be sure your child has warm clothing before they leave for school.
- Please make sure your child has a pair of indoor and outdoor shoes.
- Please remember we are a garbageless lunch school so please use recyclable containers where possible.

We have our Parent Teacher conferences coming up at the beginning of November on Nov 4 and 5th. This is a great time of the year where we can come together and share each other's insights in order to help your child be as successful as possible. At Glen Allan Elementary we believe that parents, students, and teachers are partners working together and collaboratively for the benefit of our student's success.

Have a super month and remember to enjoy the unique fall weather. Thank you for your continued support. All families are encouraged to contact the school if they have any questions, concerns and/or suggestions. We appreciate your input.

Tracey Arbuthnott
Principal
Glen Allan Elementary

TIPS FOR PACKING A HEALTHY SCHOOL LUNCH

GET THE KIDS INVOLVED

Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.



Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.

Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.



ENCOURAGE HYDRATION

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).



Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!

If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up and keep it cooler.



MAKE YOUR OWN SNACKS & LIMIT PROCESSED ONES

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

NO BAKE ENERGY BITES



ANTS ON A LOG



FRUIT LEATHERS



YOGURT COVERED RAISINS



TURN HEALTHY FOODS INTO FUN FOODS

Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon baller for fruit.



Use kid-friendly skewers to make colorful food kebabs.

Create a lunch theme for the day and have all of the foods in their lunch relate to the theme (i.e. pirate theme, rainbow theme, etc).



INCORPORATE ALL FOOD GROUPS

A balanced diet includes all of the food groups. Use MyPlate as a visual to help you structure what should go into your child's lunch. Luckily, there are so many different ways to enjoy each food group.

FRUIT

Fresh, frozen, dried, canned, baked (think apple chips!) or puréed.



VEGETABLES

Fresh, frozen, or baked (think kale chips!)



LEAN PROTEIN

Baked chicken, deli meats, hard boiled eggs, beans or nuts (make sure you're aware of nut allergy regulations at your child's school).



LOW-FAT DAIRY

Milk, cheese or yogurt.



WHOLE GRAINS

Pita, sandwich bread, tortillas, wraps, and pastas.



COOKSMARTS helping home cooks live happier, simpler, smarter in the kitchen

UPCOMING EVENTS AT A GLANCE

October

- 2 Early Out/Staff Meeting 2:15PM
- 7-11 Read-In Week
- 10 Elder Wilson Visit
- 11 School Closure Day - Professional Learning Day
- 14 School Closure Day - Thanksgiving Day
- 15 TELUS World of Science - Grade 3
- 16 GASC Meeting
- 23 Picture Retakes - Kindergarten A
- 24 Picture Retakes - Kindergarten B and Grades 1-6
- 25 School Spirit/Hot Lunch Day - Who You Are Hat Day
- 31 Hallowe'en Parade

School News

Grade 6 Leadership

September 18,19

The grade 6 students owe an enormous thank you to all the staff and volunteers who made the Leadership events a success. The students had an amazing time both with the Mobile Escape Rooms and the Birch Bay day.

Terry Fox Run

September 20



The Terry Fox Run is an annual non-competitive charity event held in numerous regions around the world in commemoration of Canadian cancer activist Terry Fox, and his Marathon of Hope, and to raise money for cancer research.

This year our amazing students were able to raise \$566.

Orange Shirt Day - Every Child Matters

September 30

On September 30, Glen Allan staff and students participated in Orange Shirt Day. Orange Shirt Day is a day when we honor the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools.

For more information about this event, please visit <http://www.orangeshirtday.org>



Upcoming Events

Read-In Week

October 7-11

Glen Allan Elementary School will “Celebrate with Stories” during Read-In Week’s 30 Year Anniversary, October 7 – 11, 2019. Teachers may read to their buddy class and may also do some extra reading with their own class. Buddy classes can read together. Volunteers and guests can visit classes to read. If parents or grandparents are willing to read to a class, please contact your child’s teacher to let them know! Students may share their own writing of celebration stories! The Strathcona County Library will share “Great Reads” with various classes. Usual library visits will continue where books will be displayed (and can be signed out) related to the theme “Celebrate with Stories”. We encourage families to read together as often as possible during Read-In Week!

Shoe Drive

October 21-25

The annual **Waste Reduction Week Shoe Drive** is back for the fourth year! Students will collect shoes at school **October 21-25, 2019** for a chance to win prizes.

Over the past 3 years Strathcona County schools have collected over 36 000 pairs of shoes. These are kept out of the landfill, fixed up, and given to those who need it most. You may send in any kind and any size. Children and adult shoe sizes are welcome.

We are so grateful for the generosity and helping spirit of the staff and students at Glen Allan! Thank you!

District News

REMINDER: Make head checks for lice a routine!

Head lice are one of the most common problems faced by school-aged children and their families. Typically, head lice are tiny, greyish-brown insects that live on the scalp and lay their eggs, or nits, in the hair close to the scalp—itching is the main complaint. Lice don't jump from head to head, nor are they dangerous. Having a head lice infestation, however, can cause stress, anxiety and hardship for staff, students and parents. As such, it's essential each of our families do their part at home by undertaking weekly routine head checks and, if head lice and nits are found, physically removing them.

While head lice prevention and control are primarily the responsibility of the parent, the school does work discreetly with the teacher, students and families to prevent further transmission. To prevent the spread of head lice, we encourage you to speak to your child about preventative behavior such as avoiding head-to-head contact and not sharing combs, hats, pillows and hair accessories. It's also important to teach children not to tease other students about head lice—anyone can get head lice. If you find head lice on your child, notify the school, physically remove the lice and nits using the proper lice comb, and keep your child home until all signs of active head lice are gone.

For more information about head lice prevention and treatment, visit www.eips.ca/programs-services/healthy-schools/head-lice. Alternatively, you can contact the school 780-467-5519.

No Child Without: Free MedicAlert for students

In our ongoing effort to provide safe and caring schools for our students, Glen Allan Elementary continues to be registered in the Canadian MedicAlert Foundation's No Child Without program. The program is a national initiative that provides no-cost MedicAlert services to children—between the ages four of 14—who have chronic health conditions. The goal is twofold: to help children with severe allergies, medical conditions or special needs and to assist schools with medical-emergency plans for students.

Once a child is registered, their school is provided with advice on a medical-emergency plan for that student and given a list of medications, allergies and medical conditions the student has. If your child has a serious medical condition or allergy and could benefit from MedicAlert services, contact the school office 780-467-5519.

To learn more about the No Child Without program, visit www.nochildwithout.ca.

Celebrating World Teachers' Day: October 5

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives. New this year, to honor the day, EIPS kick-started a new contest inviting friends, family, students and staff to share a story about how a teacher inspired them. Thank you to all those who have shared stories to date. Collectively they tell a story about the vital role teachers play in shaping the minds of youth and supporting their journey of success.

EIPS extends a heartfelt thank you to all its teachers for their dedication, hard work and commitment in guiding and educating our students through their kindergarten to Grade 12 years.

Read-In Week takes place October 7-11

Read-In Week 2019 returns, marking its 30th anniversary, on October 7-11. The theme this year is “30 Years of Read In: Celebrate with Stories/Célébrons avec des Histoires 30 Anniversaire de Read In.” Through various activities, students will spend the week learning how stories have the power to teach lessons, broaden perspectives and foster empathy.

Read-In Week is a Divisionwide initiative held annually to encourage a lifelong love of reading and to enhance literacy awareness among students, staff, parents and community members. We invite all our families to participate in Read-In Week with us by reading yourself, with your child or with someone in the community. Don't forget to share what you've learned throughout the week using the hashtag #eipsreads. We hope you discover some amazing stories.

School Bus Safety Week: October 21-25

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 21-25. The theme: Ready to Ride, which focuses on being a responsible rider. Throughout the week, various activities are planned, including information sessions, bus-safety lesson plans and bus-evacuation drills.

As part of School Bus Safety Week, we'd like to remind students and families of all of the Division's school buses are equipped with a bus-pass scanner and GPS technology, which allows Student Transportation to better monitor and manage its more than 156 buses and 594 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child is scanned onto a bus.

For more information about School Bus Safety Week and EIPS Student Transportation services visit www.eips.ca/transportation or contact Student Transportation (780-417-8151, st@eips.ca) directly.

Pay School Fees Online!

School fee information for the 2019-20 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to “Student Fees.” There you can view your fees and pay them online using Visa, MasterCard or INTERAC Online—when available from your financial institution.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, athletic-team fees and more.

If circumstances exist where you are unable to pay your fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2019.

For more information about school fees, waivers and payment deadlines, visit www.eips.ca/schools/fees. Alternatively, contact Mary Powell at Glen Allan Elementary at 780-467-5519.



In recognition of **World Teachers' Day**
EIPS invites you to share your story of

A Teacher Who Inspired You

OPEN TO:

- community members
- EIPS teachers and employees
- current and former EIPS students



Submit your story to communications@eips.ca or post it to Facebook or Twitter using the hashtag **#eipsteachersinspire**

SEPTEMBER 23-30, 2019

Prizes for the top stories announced the week of October 7



GASC News

The next GASC (Glen Allen School Council) meeting will be held on October 16, 2019 in the school library. ALL parents and members of the community are welcome and encouraged to attend. This is your opportunity to be part of the wonderful relationship the school staff and administration have with the student body and the people who love them!

Upcoming Events

Hot Lunch

Our first hot lunch of the school year was a big success!
Our excellent vendors, Panago and Booster Juice, helped it run very smoothly.

A great big THANK-YOU to all the wonderful parent volunteers that came out to make hot lunch day so great for our students. Let's keep up that enthusiasm and show our kids what a fabulous community they belong to.

Anyone wishing to volunteer at any of our hot lunches
(Oct 25, Nov 22, Dec 20, Jan 24, Feb 21, Apr 24, May 22, Jun 19) can meet in LC2 at 11:30am on hot lunch day. Just be sure you have filled out and returned the confidentiality form that was sent home on the blue sheet of paper week 1. There will be copies available for those that haven't, just let a coordinator know when you arrive.

Book Fair

There is SNOW much to read! A blizzard of books will be here on November 4-5th and everyone is invited. Bundle up for an Arctic Adventure. There will be games, activities and contests as big as an iceberg! PLUS if you bring your family to the Book Fair you'll have the chance to win FREE BOOKS!

It's the coolest place to be!

If you haven't had a chance to sign up to help out please contact Chandel Plester at chandel.plester@shaw.ca or 780 467-1682. We need volunteers for set up Thursday Oct 31st (9-11am), take down Wednesday November 6th, (9-11am) or there are various times during book fair hours. Thank you all for your support.



Home & School CONNECTION[®]

Working Together for School Success

October 2019

Glen Allan Elementary School

SHORT NOTES

Estimate everything!

Weave estimation into daily life to build your youngster's math skills. While cooking, you might ask, "How many cherry tomatoes do you think are in that container?" Or in a waiting room, challenge her to estimate the number of ceiling tiles. Have her count to check. The more she practices, the better she'll get at estimating.

Take initiative

Part of developing initiative is learning to recognize what needs to be done. Instead of guiding your child through each step in a task, get him in the routine of figuring out what to do next. If he's clearing the table and forgets to wipe it off, say, "Take a look at the table—what's the last step?"

Family fire drills

Use National Fire Prevention Week (October 6–12) to create a fire escape plan with your youngster. Encourage her to draw a map of your home with two exits per room and a meeting place outside. Then, hold a fire drill. *Note:* Studies show that many kids sleep through smoke alarms, so be sure your plan includes waking everyone up.

Worth quoting

"Learning is a treasure that will follow its owner everywhere."

Chinese proverb

JUST FOR FUN

Q: What do you get when you cross a stream and a brook?

A: Wet feet.



Secrets of better behavior

It's no secret that parents want their children to behave appropriately. But what really works? Try focusing on teaching your child to behave rather than punishing him for misbehavior, and you're likely to see better results. Consider these tips.

Be a mirror

Your youngster looks to you for guidance, so model the behavior you expect. For example, if he sees you staying calm when you're angry, he'll be less likely to throw fits when he's upset. Talk through your actions, too. You might say, "I had a stressful day at work. I'm going to relax with my book for a little while so I'm not cranky."

Make rules together

Children find it easier to remember and follow rules that they have a role in creating. Sit down together, and write a list. Be sure your youngster understands the reason behind each rule. For instance, ask, "Why shouldn't we leave things on the stairs?" (Because someone could trip



and fall.) *Tip:* If you need to add or change a rule, include him in that discussion, too.

Highlight success

When you praise your child, emphasize the good feelings he gets from behaving well. Saying "You must be proud of yourself for waiting so patiently" gives him a sense of accomplishment. That feeling of pride will motivate him to repeat the behavior in the future. ♥

Mistakes make your brain grow

Did you know that mistakes actually help kids learn more? Use these ideas to encourage your youngster to make the most of her mistakes:

- Give your child room to "mess up." You might suspect that masking tape isn't strong enough to hold her project together. But she'll gain more from the experience if she tries, fails, and comes up with a new solution all by herself.

- Help your youngster put mistakes in perspective. Perhaps she forgot to include an important point during her class presentation. Ask her what part went well—maybe her graphics were cool and her classmates seemed interested in her topic. ♥

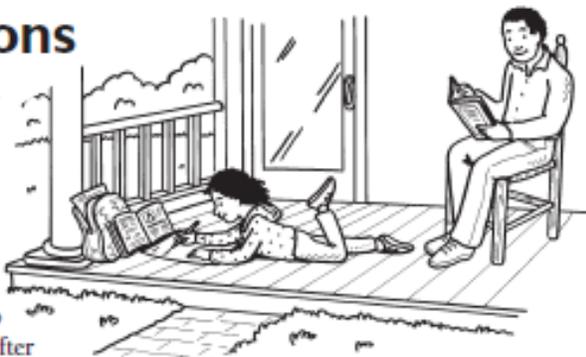


Homework solutions

Whether your child is new to homework or has been doing it for years, your support can help her do her best. That's important, because homework reinforces what she's learning in school. Here's how to set her up for success.

Find a good schedule

Set aside a specific time for homework so it becomes a habit, perhaps right before or after dinner. Also, suggest that she figure out a plan that works best for her. She could start with the easiest assignment to gain momentum or get the hardest one out of the way first.



Eliminate distractions

Make sure your child turns off electronics before she starts homework. Also, you might encourage everyone in the house to have "quiet time" while she does her assignments. Maybe you'll read or pay bills while younger siblings color, for instance.

Troubleshoot problems

When your youngster gets stuck, offer to help—but avoid telling her the answers. If she's confused by the directions, try reading them together. Or if she's struggling with an addition problem, offer to walk her through a few sample problems in the back of her math book.♥



PARENT TO PARENT

Engineer a maze

Ever get lost in a corn maze? That's what happened to our family last week at a fall festival. When we made our way out, the farmer explained that engineering and technology were used to create the maze.



My son Mason was fascinated. We learned that a designer drew the maze on a computer. Then, an engineer generated GPS coordinates, which guided the farmer as he mowed the corn into the maze.

At home, Mason decided to create his own maze. He drew a castle-shaped design and plotted it out in the yard with tent stakes. Next, he arranged pool noodles, lawn chairs, and other outdoor items between the stakes. When it was ready, he invited friends over to go through his maze.

Now Mason is busy planning his next maze. I can't wait to see what it is!♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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ACTIVITY CORNER

Be a true friend

Children who form friendships with classmates tend to do better in school. Inspire your youngster to "treasure" his friends with this writing activity.



1. Draw: Have him draw a treasure chest on a sheet of paper and make "coins" by cutting circles out of yellow paper.

2. Identify: Take turns naming things you each value in a friendship. *Examples:* Being loyal, enjoying the same things, helping each other. Your child can write each idea on a separate coin.

3. Discuss: Let him glue the coins onto his treasure chest. As he adds each one, you can both share real-life examples from your own friendships. Your youngster might say, "Raul and I like to read together at language arts time," and you could say, "My friend Jess helped us by bringing meals over after your sister was born."

Hang up his treasure chest as a reminder of qualities he'll look for in his classmates—and will remember to show in himself.♥

Q & A

The parent-teacher team

Q: I want to be more involved in my daughter's education. Where should I start?

A: Teaming up with your child's teacher is a great way to get started. Send the teacher a nice email, perhaps about a classroom activity your daughter enjoyed, and let him know you'd like to stay in touch throughout

the year. You might ask if you can volunteer in the classroom or from home.

Also, look over papers the teacher sends home. You'll see how your child is doing in various subjects.

Then, if she's struggling with anything, you can reach out to the teacher for advice.

Finally, tell your daughter that you and her teacher are a team, with the same goal—helping her succeed in school.♥

