



# Jennie Emery Elementary School

## Important Dates:

- **January 4** - First Day Back to School
- **January 5** - School Council Meeting @ 6:30 pm
- **January 8** - School Assembly 9 am
- **January 12** - School council workshops 6:30
- **January 14** - Report card information night for parents 7:00- 8:00
- **January 29** - PD Day: NO SCHOOL

## January 2010 Newsletter

### Thank You!

Thank you to all the families who sent the delicious Christmas treats, Christmas cards, and special Christmas wishes for the staff at Jennie Emery Elementary School to enjoy. The

coming of the Christmas season along with all of the activities and festivities was very visible throughout the school.

Thank you to the Special Events Com-

mittee for decorating our foyer.

Thank you to all the parents who helped clean up the gym after the Christmas Concert on Thursday, December 10th.

### January School-Wide Assembly

The Jennie Emery Elementary School assembly will be held at 9:00 a.m. on Friday,

January 8th, 2010. The Grade 2 classes will host the January assembly. We invite

all family members and friends to join us at our school-wide assembly.

### New Years Resolution

Every New Year, people resolve to eat healthier, exercise more, find a new job and drop other bad habits. Why not make a resolution to spend more time doing fun things with your child?

If you want to make this year extra special, consider the following list of 10 activities listed throughout the newsletter to try with your child.

### School Council Update

The next JEES Council meeting will be held on Tuesday, January 5th at 6:30 p.m. in the school staff room. According to our School Council By-laws, any parent, staff member, board member or community member who wishes to present an issue to the council on which they are re-

questing action to be taken should submit a written request to the Chairperson (Mrs. Chris Thompson) at least eight (8) days prior to the meeting. The request should clearly state the issue and reason(s) for the concern. We encourage ALL PARENTS who

have children enrolled in Preschool through Grade Four to attend. If you would like more information about school council you can contact Mrs. Chris Thompson (403-345-6699 or [cat0905@telus.net](mailto:cat0905@telus.net)) or Mr. Dave Fender (403-345-2403).

Jennie Emery



### *1. Take a Walk*

*Many families don't make time to exercise or to get outdoors with each other. You can do both by taking your child for long walks or taking them to a park to run around.*

## Reminders

**Bus Reminder** - Just a reminder that if buses do not run in the morning due to bad weather, they do not run in the afternoon. The school will still be operating as usual and the office should be notified of any absences.

**School Fees Reminder** - THANK

YOU to everyone who has remitted their outstanding school fees to the school office. Please remember that these fees are now due! Invoices for those outstanding school fees will be issued in January 2010. Please submit your payment to the school office **ONLY** and a receipt will be

issued.

**Absence Reminder** - If your child is going to be absent or late please remember to call the office at (403)345-2403. There is an answering machine available to take messages for calls made outside of office hours. We appreciate your cooperation in this matter.

## Welcome Aboard

The staff and students at Jennie Emery Elementary School extend a warm welcome to our PSIII intern stu-

dent, Amanda Rumpel who will be at Jennie Emery from January 4 until almost the end of April. She will be in-

terning with Mrs. Hrynczuk in grade IA. We look forward to working with you, Amanda!

## Student Technology Survey Notice

As part of Palliser's ongoing commitment to student learning and its desire to promote the integration of technology into the curriculum, we plan to involve students in Grades 4, 7, and 11 across the school division in a technology review survey using the "appreciative inquiry method." This

online electronic survey will be completed in school and the results will be compiled in the divisional office. No student will be identified by his/her individual survey; that is, surveys will be anonymous. However, responses will be grouped according to grade level. Based upon the responses from the

various user groups, the technology department will develop strategies to address any issues that arise. The results of the entire technology review, which will include students and Palliser school staff, will be presented to the Palliser Board and subsequently posted on the Palliser website.

## News From the Gym

Hello New Year! The New Year is a great time to make that resolution of eating healthy, but most people who start a diet will end up breaking the diet and resolution before the month is out. While choosing to eat less food and cutting out the “bad” foods seems like it would be easy, the reason most people fall from the diet wagon is that they cut both the amount of food they eat and the types of food they eat. It is important to trim the number of calories that you take in, but if you focus on a few key types of food you should see lots of improvement. Many people think that if you cut the amount of fat in

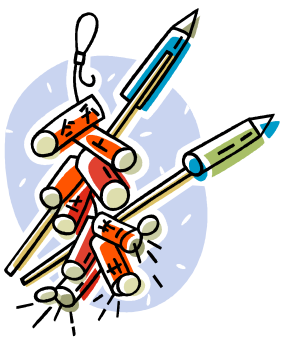
your diet, you will lose weight. It is more important to cut the amount of simple carbohydrates! That’s a fancy way of saying sugar and refined grain products. Sugars and refined grains tend to make your blood glucose spike for a short period of time. This makes your body release insulin to help break down the sugar in the bloodstream. With all that insulin in your blood, your body will want to save some of that energy for later and the way to do that is to convert it into fat. As well, after your blood sugar drops back down, people often find that they are hungry again, even though they may not actually

have an empty tank. Naturally occurring sugars like those in fruits are easier for your body to deal with and tend not to be stored as fat. It’s also important to consult your doctor before you begin any diet or exercise program, just to be sure that you don’t have underlying conditions or that the program you are intending to follow will be safe for you. Be a careful consumer and check the nutritional information on the box. If the carbohydrates come mostly from sugar you should stop, drop it back on the shelf and roll on down aisle!

## 2. Go Backstage

*You can introduce your child to a whole new world by asking to see “backstage” of familiar places. Arrange for a tour of the stock room of the grocery store or the receiving area of the produce department. The possibilities for this type of activity are endless. Just make sure you call ahead to find out the best time to visit.*

## Spirit Committee



A HUGE thank you to the JEES staff, students and their families! We collected loads of socks and food for those less fortunate! What a great way to celebrate the holiday sea-

son!

On January 8th, students and staff are asked to celebrate the New Year by wearing their school colors (black, teal and white) to our January assembly.

Jennie Emery

### 3. Game Day

*Become fans of the local high school sports teams. Your child will love the cheering crowds, the bright colors and all the action at the games. Just be willing to leave if your child gets restless or tired.*

### 4. Plan a Picnic

*Try planning one meal a week outside on a blanket, weather permitting. Pack a basket of your child's favorite finger foods and find a spot in the park to feast. Your child will like doing an everyday activity in a completely different way.*

## Counsellor's Corner

### Scared to Eat

#### It Starts So Young

Eating disorders were once the domain of teenagers and college women. These days, preteens and young children have joined the ranks of those obsessed with their bodies' size and shape. The seeds of future eating disorders can be planted at a very tender age. We're teaching little girls, and increasingly, little boys to be scared and embarrassed by anything other than a thin body.

#### Studies Document Alarming Trends

- A Cincinnati Children's Hospital Medical Center study of 300 children found 29% of third grade boys and 39% of third grade girls had dieted. 60% of sixth grade girls and 31% of sixth grade boys had tried losing weight.

- A recent study of Californian girls found that 80% of nine year-old girls had already dieted.

#### Why So Much Younger?

What has caused children to fear getting fat at younger ages than past generations?

Experts cite the constant media barrage equating thinness with attractiveness and parents' obsessiveness with their own dieting, exercising, weight, and appearance. Kids hear their folks complain ashamedly that they

"have to lose weight soon", and that they "can't stand being this fat".

#### Early Warning Signals

How can you tell if your child is becoming preoccupied and worried about her/his weight and body shape?

Here are some **early warning signs**:

1. Constant talking about her/his body, usually in a negative manner.
2. Continually wearing oversized, heavy clothing and never revealing her/his body.
3. Eating very little and skipping meals.
4. Consistent Weight loss.
5. Frequent, intensive exercising.
6. Always asking how much fat is in food or requesting diet foods.
7. Asking you to buy only non-fat, low fat, or diet foods.

#### What Can Parents Do?

There are many ways parents can help their kids develop and maintain a healthy relationship with food and a positive opinion of their bodies. Here are some tips to help foster those healthy attitudes:

1. Don't criticize your children's bodies. Even a well meaning, "you're a big boy but you could lose a few

pounds" can devastate a young child's self-esteem.

2. Don't talk in front of your children about your dieting, your displeasure with your body, or the fat content of foods.
3. Stock a variety of healthy, appealing foods and snacks in your house. Don't be afraid to include some sweets.
4. Don't brush off your children's comments about their being fat.
5. Empathize with their worries while putting their concerns in perspective.
6. Don't put your kids on restricted diets unless it's a medical necessity.
7. Make exercise a fun family pastime. Explain to them that regular, moderate exercise will help make them fit and strong, not thin.

8. Limit TV time to a few favorite shows per week.
9. Compliment your kids often on attributes other than appearance, like their honesty, humor, and imagination.

\* All information provided here is proprietary to the Family Education Network.

If you have any questions or concerns, please contact your Family School Liaison Counsellor

## CHECK-IT-OUT from the Library

Wow!! What a way to bring in the new year...we will be having a guest in the library on the 18<sup>th</sup> of January. Doug Haslam, an artist that will bring to us "The Cabinet of Curiosities" a small (miniature) box with moving parts and hidden compartments to house the art works of seventeen Alberta artists. In this cabinet, strange and wondrous things in miniature will be housed. These

unique miniatures are created around a personal story or perspective of each artist.

Many strange and wonderful things await our students. This presentation, I hope, will provide the basis of some critical and creative thinking. The students will be doing some preliminary preparation for the exhibit..that will allow them to share personal stories through the objects and places that

are most important to them. This activity will help students build their descriptive vocabulary through a sensory visualization exercise.

The presentation will be made to the Gr. 3-4's and if time permits that Gr. 2's as well. If you can spare some time ...please join us in the library on Monday the 18<sup>th</sup> of January for some weird and wonderful art.

### 5. Explore

*If you're looking for something fun and educational to do with your child, follow your child's lead. Exploring is learning, so if your child stops to look at a bug, talk together about the color, shape and activity. Then choose a book about bugs from the library to read together. You can teach your child about bugs, cars, dogs or anything that he/she seems to like..*

## Appropriate Winter Apparel

Students get to go outside during cold weather and therefore must dress appropriately. Coats, mitts, toques, and proper footwear are necessary. A ski suit and scarf would provide further cold weather protection as well as dressing in layers. Please make sure that

your child is dressed appropriately for that day's weather before they leave home. We will do our utmost to ensure that students wear their winter clothing when going outside.

**Please make sure that your child's clothing and footwear are marked**

**with his/her name,** as there are numerous students who have the same color and make of clothing/footwear.



### 6. Water Child

*Going to the pool is a fun summertime and winter activity. Your child will love splashing and being in the water with you.*

Jennie Emery

## Special Events Committee

### 7. Visit a New Park

*If you and your child always go to the same park, try scouting out a new one in a different neighborhood or across town. The different playground equipment will thrill your child, and a new location will make your play outing even more special.*

### 8. Music Time

*This activity is only fun if you're feeling good because it might give you a headache. But if you're up for it, make a little noise. Gather items from around the house, like pots, pans and anything that makes noise. Line them up and create a band together, moving from one item to the next.*

#### Special Lunches:

Our next lunch will be taking place on **Wednesday, January 20<sup>th</sup>, 2010**. We will be offering Pizza Hut personal pizzas, white or chocolate milk. Watch for the order forms to come home with your child/children early in the New Year.

#### Campbell's Soup

##### Labels:

Keep all those Campbell's Soup Labels coming in. With this program we are able to order great extras for our school, at no cost to us. Remember to take the ENTIRE label off the cans and to make sure that the **UPC code is intact**. There is a red drop-off can for the labels located in the office. We would like to thank the mothers that have volunteered to sort and count all the labels. You're awesome!!!

#### Head Lice:

##### What are head lice?

Head lice are small insects that live and feed on the human scalp causing and irritation. They range in color from beige to black. Lice lay eggs, called nits, on the shaft close to the scalp. The nits are tiny, oval shaped and shiny. They range in color from creamy white to brown. Nits normally hatch in 7 to 10 days. The adult lice cannot survive away from the head for much more than 24 hours.

#### How does a lice infestation spread?

Head lice spread primarily by close head to head contact with persons who have lice and by sharing personal articles such as clothing, hats combs, hair accessories, towels and bed linens.

#### What to do if you or a member of your family has head lice.

Head lice affect millions of people each year, especially school-aged children. They **do not** transmit or cause disease and are **not** a sign of poor hygiene. A head lice infestation can be effectively treated with proper lice products.

#### How to help prevent reinfestation.

Cleaning of personal articles is also an important part of head lice management and may help prevent reinfestation. Personal belongings including recently worn clothing, towels and bed linens should be machine washed in hot water and dried using the hot cycle of the dryer for at least 20 minutes. Personal articles of clothing or bedding that cannot be washed may be dry cleaned or sealed in a plastic bag for a period of two weeks. Combs and brushes should be disinfected by soaking in hot water (above 130 F/ 54 C) for 5 to 10 minutes.

Inspect all family members from time to time for any new

lice infestation.

The above was taken from the NIX company information booklet.

#### Pancake Breakfast & Pajama Day:

Looking ahead mark on you calendar **WEDNESDAY, MARCH 3, 2010**. We will be holding a **FREE Pancake Breakfast starting at 9:00 a.m.** for the students, staff and volunteers of Jennie Emery Elementary School.

This day does not directly involve all the Tuesday/Thursday kindergarten students and not all preschool students; therefore we invite them to participate in this event. We are inviting parents to bring their kindergarten or preschool child on the morning to participate in this event. We just ask that parents bring these children and supervise them accordingly. Please **DO NOT** send them on the bus. The teachers of these children will be involved with the students that attend on this day, as this is still a normal instructional day. We also ask that once your child has finished breakfast that you take them home, as the rest of the school will be returning to regular classes. As this day gets closer watch for more information to come home. We will need many volunteers on this day.

# Parent Preschool Program

Volume 1, Issue 1

9. Picasso

The **Parent Preschool Program of Southwestern Alberta** has been educating, stimulating and entertaining children since 1989.

The Preschool Program offers a free, high-quality early childhood education program for children age 16 months to 5 years.

It includes an informative and exciting speaker program for parents and caregivers.

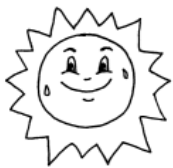
Parent Preschool Program (PPP) is a board guided program with parent representation from each community group, Lethbridge College, and Barons-Eureka-Warner Family and Community Support Services.

The Preschool Program acts as a practicum lab site for the Lethbridge College Early Childhood Education program. The students are supervised by a Child Development Professional. Together, they organize the children's play stations and activities.

## Children's Program

The Program is open to children between the ages of 16 months and 5 years.

The Program is based on 'learning through play' philosophy. It focuses on the development of the whole child. Each week, different activities are planned to stimulate the children using the 'Spice' recipe.



**S = Social**

**P = Physical**

**I = Intellectual**

**C = Creative**

**E = Emotional**

Water tables, kitchen centres, sand tables, art centres, reading corners, science centres and much more create a fun and exciting learning atmosphere.

The Child Development Professional and college students introduce new vocabulary, recognize new discoveries and provide positive guidance for the children.

Children receive a nutritious snack provided by the parents.

Parent Preschool provides parents the opportunity to observe their child's play and generate ideas for age appropriate activities that can be implemented at home.

## Parent and Caregivers

Parents and caregivers participate in an interactive speaker program. Parents include parenting, personal growth and wellness, relationship issues, child safety, community issues and home developing ideas.

PPP provides a unique network for parents and caregivers. It is a great way to meet new people and develop friendships in your own community.

PPP provides parents and caregivers the opportunity to witness and participate in their child's growth and development.

**Program space is available in Coaldale. Phone 403-320-3499 to register and find out about this great opportunity.**

Parent Preschool Program Funded by



*Your child will love getting his/her hands gooey with finger paints. Lay out a large sheet of paper and paint together. Use brushes, hands, even feet to paint. You can also paint a piece of furniture, a poster board or a wall, if you're feeling adventurous. Look for non-toxic paint in case some makes it into your child's mouth.*

## 10. Bedtime Stories

*Fun activities don't always require a special outing. Something as simple as story time is a fun way to connect with your child in a quiet and intimate way. You can make it extra special by getting creative and adding your child to the story.*

## 2010-2011 Kindergarten/Preschool Registration

### Jennie Emery Elementary School

1101—22 Avenue  
Coaldale, Alberta  
T1M 1N9

Phone:(403) 345-  
2403

Fax: (403) 345-5487

E-mail: [www.jees.ca](http://www.jees.ca)

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We're on the  
web! [www.jees.ca](http://www.jees.ca)

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Registration for the 2010-2011 Kindergarten and Preschool programs at JEES will begin on **Monday, January 11th, 2010** and will be continuous as space permits. Registration will take place on regular school days from 9:00 a.m. - 3:20 p.m. Children are eligible to attend Kindergarten if they will be five years of age by December 31st, 2010, and are eligible to attend Preschool if they will be four years of age by December 31st, 2010. Please bring your child's Alberta Health

Care card and birth certificate/citizenship card/passport with you to register your child for either of these programs. The school requires a copy of your child's birth certificate/citizenship card/passport to be kept in your child's student record file. Every child registered at the school will have a student record file created and this file will follow them throughout their school years. A \$10.00 **non-refundable** registration fee is required at the time of registration

for each of these programs.

***Please have the registration fee for Kindergarten made out to: Jennie Emery Elementary School, and the registration fee for Preschool made out to: Palliser Regional School Division.*** The registration fees are utilized to purchase classroom materials for the programs. Should you have any questions about either of these programs, please call the school office @ (403) 345-2403.

## 2010 Kindergarten Program Changes

Effective February 1st, there will be the following changes to our Kindergarten program: Mrs. Robinson will be teaching the Monday/Wednesday (ECM2) class and information on the Teaching Staff for our Tuesday/Thursday (ECT2) class will be provided in January.

## **CHRISTMAS HOLIDAYS**

Students will be dismissed at 2:02 p.m. **on Friday, December 18th, 2009**, for the Christmas holidays for the 2009/2010 school year. **The students and staff of Jennie Emery Elementary School will NOT be attending school from December 21st, 2009 – January 4th, 2010 (inclusive).** Classes will resume on Monday, **January 4<sup>th</sup>, 2010!**

