



CRESTWOOD SCHOOL

February 2012 Newsletter



FAMILY MOVIE NIGHT A TREMENDOUS SUCCESS!!!

On Wednesday, January 25th, the Crestwood School gym was transformed into a theatre so that our Crestwood families could enjoy a night out at the movies. The movie selection was “How to Train Your Dragon.” Thank you to Mrs. Sehn, Mrs. Van Maarion and the many staff members and parents who helped to organize this excellent family event!

ATTENTION GRADE 4 PARENTS – PROVINCIAL ACCOUNTABILITY SURVEYS

Parents of Grade 4 students will be receiving a provincial education survey in the mail which is the Annual Accountability Survey. While the survey is conducted by the province, it is a measure of our school; one which our school board and Alberta Education use to determine how well we are functioning as a school. Each parent who receives this survey is encouraged to complete and return it.

SCHOOL COUNCIL NEWS... SPRING TEA

The next School Advisory Council Meeting is scheduled for Wednesday, February 8th starting at 9:00 a.m. All parents are invited to attend and participate at this meeting, to provide input to the school administration and to receive information regarding school council and school operations.

Plans are now underway for the annual *Spring Tea which is on Wednesday, March 28th*. We are in need of many parent volunteers for this event. If you are able to help out, please call the school and leave your name.

CRESTWOOD JANUARY 30th PD DAY

On Monday, January 30th, the entire staff from Crestwood School met for the day to become re-certified in First Aid. They worked with several trainers, practicing a wide variety of skills necessary to ensure the safety of our students. It was a very positive day for our staff. Thank you to the School Parent Council which shared in sponsoring this important training.

7 Habits Heroes For JANUARY

	KD	Shade Fehr Avery Kaczynski Halle Noon	2C	Regan Schmaltz Cody Teichrib Ashlyn Unreiner
	1A	Hayden Dunn Toby Liske	2D/3D/4D	Kaydi VanDamme
	1B	Jeffrey Bullock Kierra Girling	3A	Jack Butchart Aliya Gordon Jack Watson
	1C	Keaton Schaerer Julia Statham Lincoln Usher	3B	Janesa Brazzell Jaylaina Callan Kobe Coderre
	1D	Keilee Raby Tye Simms Jesse Yanulik	3C	Hannah Christie Harrison Lawson Amanda Robinson
KA		Summer Aspinall Noah Dent Kariim Mohamed Brody Soper	2A	Aayden Callan Anastacia Krein Kai Noon Carter Wilkinghoff
KB		Keely Coderre Jeroen Lawson Justin Vannini	2B	Natasha Krause Grason Lewis Jasmine Sharp
KC		Kaige Rudichuk Ethan Sehn Tessa Wasyluk		

“7 HABITS OF HIGHLY EFFECTIVE PEOPLE” UPDATE: PARENT TRAINING AVAILABLE

The 7 Habits of Highly Effective People continues to be taught in every classroom, and students and staff are working to use the “7 Habits Language” (i.e. Be Proactive, Beginning with the End in Mind, and Think Win-Win) and to apply the 7 Habits to their lives at school and home. Two years ago, we added the Leadership Academy for all grade 6 students as a way to help students apply the 7 Habits Principles in their lives to develop personal leadership skills and attributes.

On Monday, February 6th, Mrs. Thompson and Mr. George will host a parent information night to provide interested parents with an overview of the 7 Habits so they better understand the principles and processes the students are learning and to answer questions. It continues to be our hope that the children will carry much of the 7 Habits into their homes and community associations.

AISI PROJECT: Instructional Intelligence

The Crestwood School AISI Project (Alberta Initiative for School Improvement) is experiencing significant success. Our teachers continue to work in the **Grade Level Professional Learning Communities** (PLC) developing strategies under the title of “Instructional Intelligence” that engage students in meaningful collaborative learning to address higher level thinking skills.

SKATE-A-THON ANOTHER HUGE SUCCESS!

This year Crestwood Students participated in the Annual Kinsmen State-a-thon in January instead of November, as had been done in previous years. This is an example of our school’s contribution to community service and service learning our students do each year. Once again this year our school collected almost \$5000.00 to help pay for free public skating across the city.

CRESTWOOD BINGO

Our December bingo event raised nearly \$2000. Thanks to the following volunteers from 3A and 3B families who helped us out: Bea Serfas, Leanne Kaczynski, Michelle Butchart, Wendy Christie, Raelynn Hall, Kerri-Lee Nevil, Charlie Tran, Marv Theriault, Bobbi Irving and Cam Charlton. Thanks also to Kerrie Simms, a grade one parent who worked the November bingo and liked it so much she came back for another round! We would also like to recognize room reps April Robinson and Sherri Wilkinghoff for recruiting the volunteers.

We now have the bingo dates for the remainder of the school year. They are as follows:

Thursday, January 12
Friday, February 10
Saturday, March 10 - afternoon
Thursday, April 12
Thursday, May 10
Monday, June 11



We are in the process of assigning classes to each of these dates; stay tuned for further details! Please note that the April bingo falls during the Easter Break. Rather than assign this event to any particular class, we are asking for volunteers from the school at large. Please call the school and leave a message for the bingo committee if you are willing to volunteer for this date. Thanks in advance for your assistance.

HAND-WASHING PROJECT

The Crestwood School staff and School Council continue to support using hand sanitizer in each classroom in an effort to combat the spread of germs, bacteria and illness. The Medical Health Officer for the Palliser Health Authority has taught us that frequent hand-washing with hand sanitizer is highly effective in preventing the spread of colds, flu and germs, which is rather urgent given the fact that the flu viruses are present. Thanks to the generosity of our School Advisory Council, we maintain a hand sanitizer dispenser in every classroom throughout the school. Hand sanitation needs to be a habit rather than a response.

STAFF APPRECIATION LUNCHEON



On Friday, January 20th, the Crestwood School staff was treated to a wonderful luncheon organized and hosted by members of the School Advisory Council. Each year, our staff looks forward to this annual event with real anticipation, and continue to deeply appreciate the fact that our parents go to so much trouble to demonstrate their support and appreciation to the staff. Special thanks to Joelle Bacon, and her committee members for heading up this event, and to the many, many parent volunteers who helped out to make this event possible. This contributes significantly to positive staff morale!

SKATING HELMETS A MUST



As a reminder to parents, we have been asked to run this item about skating safety in the Crestwood notes again. For the safety of our students, we have a policy on school skating. For students to participate, each one must wear a helmet. The school has a number of helmets, and the School Council has purchased a number of additional helmets for those without. While CSA approved skating or hockey helmets are preferred, parents may choose to have their children wear an alternative type of helmet if they are confident the helmet will provide the safety and protection needed, but please be cautioned that bicycle helmets are not approved for skating.

We also have a number of skates that have been donated to the school for students who do not own a pair. If your child needs skates you may either purchase or borrow a pair from the school.

Important FEBRUARY Dates

- 1 – SAC Agenda Meeting
- 8 - SAC Meeting
- 10 – Gr. 5/6 Ski Trip; A.R. Winter Term Ends
- 14 –Valentines Day Activities
- 16 – 7 Habits Heroes Assemblies; 2nd Report Term Ends
- 16—Evergreen Theater 1:30 pm
- 17 – Staff Development and Staff meeting
- 20-24 – School Closed – Family Day, Teachers’ Convention

HUG Happenings

January saw us being proactive in solving conflict by learning about “Kelso’s Choices”. This is a wheel which gives students options on how to solve “small problems” in their relationships with their peers. Ask your child to tell you about them! We have challenged the students to try at one least choice per week before we meet again. Solving conflict themselves makes students feel more confident and less anxious. The program stresses to speak to an adult if they have tried two options and they weren’t successful or if their problem is a “big” or “serious” problem.




Our focus for February will be “Acts of Kindness”. All students who are ‘caught’ acting in a caring manner will have a chance to be recognized and enter their names for some draws. Check our bulletin board by the office to see who has been caught being kind in February. As well during the week of Feb. 6-9th the HUG team will be hosting a “Crestwood has Talent Show” at lunch hour. If your student is interested in sharing their strength with an audience, they need to register and have their act approved at the HUG office by Feb. 3rd. Routines are limited to 2 minutes. Examples include: a song, dance, martial arts demonstration, magic show etc.

The HUG (Helping Us Grow) program is a mental health capacity building project which is part of an initiative intended to use a team approach in providing promotion, prevention and early intervention addiction and mental health services to children, youth and their families within a school-based setting.

Please contact any of the HUG team if you have any questions regarding our program.

Thank you from Nicole, Mrs. Barth, Joeleene and Allana

APEGGA Teacher Awards Program



Every year APEGGA (Association of Professional Engineers, Geologists and Geophysicists of Alberta) recognizes exceptional elementary, junior high and senior high school teachers through the Teacher Awards program. **Twenty** awards of **\$2,000** are available throughout the province. Recipients are chosen for their superior teaching skills and ability to inspire learning in math and science. Help recognize your teacher for an award and a **\$2,000** school prize by submitting a nomination form or letter.

Judges are looking for a variety of nominators. Students, parents, school staff, other teachers, school principals and others can all nominate a teacher. Tell us how he or she “makes school cool”! Send us letters explaining why you think your teacher deserves this award or use the downloadable nomination form found here: <http://www.apegga.org/members/awards/taward.html>.

Nomination deadline: March 31, 2012

For more information, contact APEGGA Outreach at (780) 426--3990 (Edmonton) or 1--800--661--7020 (toll free) or a local member of APEGGA and a Crestwood parent, Adria Coombs at (403) 581-3215.

VALENTINE CAUTION:

Valentine's Day is fast approaching and what a great time to remember our "sweeties" with a gift of candy or other treats. Please remember that we have a number of children with severe allergies at Crestwood School. Please take the time to read the ingredient list on valentine's treats to make sure they are free from peanuts or other nut products. If one chocolate in a whole box contains nuts, the whole box is then considered to contain nuts, particularly the very special heart boxes with assorted chocolates in them. Have your "Heart" set on one? Check around for the different brand names, where one brand may contain another may not. Also, please remember that buying bulk candies can also be very dangerous due to the cross contamination that can so easily occur. Please take an extra minute to check the "sweets" you will be sending in to the school so that everyone can have a safe and happy Valentine's Day.



ACCELERATED READER REMINDERS AND UPDATE

Accelerated Reader continues to play an important role in the Crestwood School reading program. This computer web-based reading program ensures that students read at their individual reading level, set reading goals and write computer-generated reading comprehension tests as they complete their books. This program has had a tremendous impact on our school, as students are reading much more than before (library circulation has doubled) and they are motivated to read, and take real pleasure in achieving their AR Goals each term. As the Winter AR Term draws to a close, students and their parents are reminded to be diligent in finishing off their goals before February 10th.

GRADE 5 AND 6 STUDENTS DISCOVER SNOW SKIING!!

Arrangements are being finalized for Grade 5 and 6 ski trips to Hidden Valley to participate in the school ski program which includes transportation, lessons by certified instructors and equipment for interested students. Hidden Valley is a facility where the non-skier can be introduced to basic skills in a relaxed, safe and inexpensive atmosphere. Every student, regardless of experience level must take the lesson to start the day and every skier must wear a helmet. The students will go on February 10th. Students who choose not to participate will remain at school and will have regular school work in the morning followed by a special activity for the afternoon. Costs for the ski trip are covered on a pre-paid, user-pay basis. Thanks to Mrs. Sehn and the Grade 5 and 6 staff members for organizing this novel activity for our students once again this year, and to the School Council for funding the busses as one of our field trips.



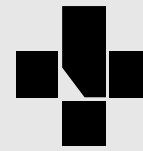
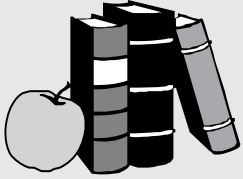
WEEK-LONG BREAK FOR STUDENTS... FAMILY DAY & TEACHERS' CONVENTION

During the week of February 20TH – 24th, the week of Family Day, there will be **NO SCHOOL FOR STUDENTS**. Teachers' Convention is scheduled for February 23RD and 24th, so all schools will be closed to students on those dates. The convention will feature numerous workshop sessions on a wide variety of curriculum and teaching areas that contribute to our staff's professional growth each year.



JUST A REMINDER ...About dressing for winter.

Although we have enjoyed wonderful and unseasonably warm winter weather for the most part, we have had a few cold days and students are still generally required to get some fresh air by playing outside during recess times. When the weather is extremely cold, all children are required to remain indoors, but on most days they go outside for a short time. There has been some periodic concern about the number of students who have not been coming to school dressed appropriately for cold weather. As you know, most days we expect the children to get a little fresh air during recess and noon hour. It is therefore vital that they come to school with warm coats, hats and mitts. Also, please remember that we need to **keep the driveway clear of private vehicles from 2:45-3:15** to make room for the busses. It is also imperative that **parents NOT use the staff parking lot to pick up or drop off students** as the safety of the children is jeopardized. Thank you for your cooperation, and let's keep working together to keep Crestwood School a safe place for our children.



Friendship

February is here and what a better time to talk about friendship. Parents as you talk to your child about healthy relationships, encourage your child to :

- Talk- to others about his/her interests
- Listen to what each other have to say.
- Praise each other for what he/she does well
- Use manners- saying please and thank you
- Be helpful- do things for your friends without keeping track of what they have done for you.
- Be honest about each others feelings
- Handle Conflict. Be clear about what you want and how you will compromise

Friendship does not include bragging about yourself, talking behind someone's back, or putting someone down. For more information, go to:

www.albertahealthservices.ca/2622.asp



Eating Disorders

Eating Disorder Awareness Week: February 5-11
Eating disorders are characterized by a preoccupation with food that interferes with life and keeps children from enjoying life and moving forward. Children learn attitudes towards food and weight at a very young age, so make a positive difference in your child's life. Here are some tips to help prevent eating disorders:

- Give children healthy choices
- Emphasize positive aspects of healthy eating
- Teach children that their worth is not related to how they look
- Encourage children to take responsibility for their own well-being
- Do not use food as a reward or punishment
- Be aware of advertising and toys aimed at children

Make family meals a peaceful time

For more information on eating disorders, visit www.nedic.ca or call Community Mental Health at (403) 381-5260.

Get Healthy and Celebrate Heart Month!

According to the Heart and Stroke Foundation, "families who eat nutritious food together, are physically active together, and live smoke-free lives are well on their way to reducing their risk of heart disease and stroke."

Without a balanced, nutritious diet and regular physical activity, children can gain weight and harm their heart health. Studies show that children who are obese are more likely to remain obese, leading to serious risk factors for heart disease and stroke. They may be prone to developing high blood pressure or Type 2 diabetes. Here are some helpful hints to encourage heart-healthy habits in your children and in yourself:

- Eat nutritious, balanced meals and snacks
- Make sure children are getting 60 minutes of physical activity **every day**

Talk to your children about how tobacco use can effect their health

To find out how to improve your families heart health visit www.heartandstroke.com



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SAC Agenda Meeting	2	3 DQ Chicken Wraps 	4
5	6	7	8 SAC Meeting	9	10 Pasta & sauce Veggies & dip Gr 5/6 Ski Trip AR Winter term Ends	11
12	13	14 Valentines' Day Activities	15	16 7 Habits Heroes Assembly Evergreen Theatre 1:30 Panago Pizza 	17 NO SCHOOL	18
19	20	21	22	23	24	25
NO SCHOOL - FAMILY WEEK						
26	27 Classes Resume	28	29			