



CRESTWOOD SCHOOL

October
2011
Newsletter

CRESTWOOD SCHOOL STAFFING AND ENROLMENT UPDATE

Student enrolment at Crestwood School stands at 491 which is slightly higher than projected. In an effort to maintain appropriate class sizes and to maximize service to students, we have been able to add some support staff during the first few weeks of September. Joining our Teacher Assistant staff are: Ms. Melanie Shaver, Mrs. Chrissy Eld, Mrs. Naomi Kelly, Mrs. Rose Mock, Mrs. Lisa Warken. Each of these staff members are welcome additions to Crestwood School.

ALBERTA INITIATIVE FOR SCHOOL IMPROVEMENT: PROFESSIONAL DEVELOPMENT IN INSTRUCTIONAL INTELLIGENCE

Crestwood School has entered the third year of a 3-year cycle of the Alberta Initiative for School Improvement (AIS). The focus of this project is instructional intelligence as teachers from across the district will be collaborating in developing and implementing innovative teaching strategies that engage students and utilized critical and creative thinking skills. Teachers will work with colleagues from across the district in Grade Level Professional Learning Communities to integrate the strategies into their instructional programs that will engage students in their learning. The first day for our staff working with their grade level colleagues will be Friday, October 7th when all schools will be closed so the district staff can work collaborate on instructional intelligence. This professional development work benefits each child as the teachers in all schools strengthen their skills and share best practices. As part of the AISI project, schools are to collect data related to the project. As a result all Grade 2-4 students in the district write the CAT-IV Achievement Tests in September and complete a survey called "Tell Them From Me" which is an online survey completed anonymously by Grade 4-9 students whereby students share their perceptions on a number of topics ranging from attitudes toward school to healthy living practices. The survey is administered in the fall and then again in the spring.

CRESTWOOD CARES ABOUT THE ENVIRONMENT

Crestwood School 4C Class of 2011-12 continues to provide leadership to the school in the area of environmentalism and recycling. Thank you to Mrs. Pavelich for her leadership in our environment and recycling programs.

Grade 5 Students



The public Health Nurses will be in our school on October 5th giving Hepatitis B shots to all grade 5 students. These proactive shots require parent permission prior to administration, so if you wish to have your Grade 5 child vaccinated, please remember to return the parent permission forms to the school.

“7 Habits Heroes”

Once again this year, Crestwood School Staff has developed a student recognition program in conjunction with our work on the “7 Habits of Highly Effective People.” This recognition will occur each month at an assembly for Grade K-3 children where teacher-nominated students will receive a “7 Habits Heroes Certificate” with a short acknowledgement by the homeroom teacher for citizenship, improvement, positive attitude and exemplary behavior, accomplishments, which are characteristic of the 7 Habits. The first assembly will be on Thursday, October 27th.



October's Hot Lunch!

Thursday - October 6th
Panago Pizza

Friday - October 14 -
Dairy Queen
Hamburgers



Friday - October 21 - Pasta & meat
sauce (Parent Council)

Friday - October 28 - Chicken Pitas

CRESTWOOD BINGO

Crestwood School Parent Advisory Council is a member of the Cypress Bingo Society. Each month, we are responsible for providing staff to work an evening or afternoon bingo. This has proven to be one of our school's most successful fundraisers. Usually we earn anywhere from \$2000 to \$3000 per month!

The Bingo Committee would like to thank the following staff members who worked our summer bingos:

Audrey Pavelich, Diane Morton, Michelle Butchart, D'laine Werner, Krystal Janecke, Val Browne, Darcy, Nielson, Michele Hammel, Mara Ganten, Jackie Sehn, Marni Pruden, Melynda Harrison, Val Hughes, Heather Allan, Shonna Barth, Nancy Fisher, Kathy Western, and Nicole O'Reilly

Our next bingo falls on Tuesday, October 11 and has been assigned to 4C (Mrs. Pavelich's class) and 6C (Mrs. Nielson's class).

Thanks to those parents who have already signed up!



Important October Dates

- October 5 - SAC Agenda Meeting;
Goal Setting Conferences (3:45 - 6:45)
- October 6 - Goal Setting Conferences (5:30 - 8:30)
- October 7 - District PLC and Staff Meeting Day (School closed)
- October 10 - Thanksgiving Monday - school closed
- October 12 - School Council Meeting
- October 17 - Tell Them From Me Surveys begin
- October 26 - Youth Conference - Gr. 4-6
- October 27 - 7 Habits Heroes Assembly
- October 28 - Tell Them From Me Survey Closes
- October 31 - Halloween Day Activities



REPORTING ABSENCES

If your child is going to be away from school, please contact the Office to report the absence that day. By being proactive and contacting the school in a timely manner, you can help prevent miscommunications.

Success in school is directly related to your child being present in class, so please try to ensure that they can be at school as much as possible.

WHEN CONTACTING YOUR CHILD

In an effort to maximize opportunities to our learning environment at Crestwood, we are trying to minimize interruptions to our school day as it can have a negative impact on the learning of students. One way to achieve this is to try to limit classroom interruptions with messages to students or phone calls to the classroom. Our secretaries do try to deliver messages at the end of the day, which creates less of an interruption, but can be difficult if there are too many messages. With almost 500 students we are asking for parent cooperation to limit such calls asking that a message be delivered to your child or a call put through to the classroom when classes are in session by trying to make family arrangements before school when possible. Teachers can take calls before school and after dismissal. We will continue to try to deliver student messages at the end of the day to the best of our ability.

7 Habits of Highly Effective People

Crestwood School is known as a "7 Habits School" as we have, for the past seven years worked to embed the principles of the 7 Habits of Highly Effective People throughout the school's programs and culture. The 7 Habits of Highly Effective People is a process of self-improvement and character and leadership development that is principle-centered and which helps to promote responsibility, integrity, respect, maturity and effectiveness, leading students to be more

interdependent and to see the leader within each child. A big "kick-off" event is being planned under the direction of our Grade 6 students. Once again each student and staff member will receive one of the rainbow-colored T-Shirts purchased by School Council with a logo designed around the with the theme of The 7 Habits. Teachers will continue to provide instruction and modeling in the 7 Habits regularly throughout the school year. A focus this year in our work with the 7 Habits is to innovate and deepen our work with character and leadership development throughout the school.

Parent-Teacher-Student Goal Setting Conferences: October 5th and 6th

This year we are continuing the report card process used over the last eight years. This process begins with the annual goal-setting conferences at the beginning of October where parents and students meet with the teachers to establish goals for the school year. Progress in achieving these goals will be monitored at each of the following Parent-Teacher Conferences and informally throughout the year. Any parents who may have missed these conferences and would like to establish goals with their child and teacher may contact the teacher directly to make an appointment. Please watch for the Goal Setting form for parents to complete and bring to the conferences. Appointments can be made by calling the school office.

The first report card will be issued on November 17th with formal Parent-Teacher Conferences the following week on November 23rd and 24th. The third report card will be issued in March and will followed by another set of Parent-Teacher Conferences. The final report card will be issued on the last day of school for students in June.

YOUTH CONFERENCE 2011

About once every three years, our Grade 4, 5 and 6 students are provided with an unique experience whereby they attend a conference. This year's Youth Conference will be on October 26th. The day will start as they will be treated to a motivational, Keynote Speaker, named Mark Bevan from Edmonton. Then students will choose from a wide variety of conference sessions dealing with diverse topics that include facebook and digital footprints, bullying, anxiety, appreciating differences, home alone, emotional regulation, colors, nutrition, study skills among many others. In the afternoon, students will board school busses to go off campus for a wide variety of activities including: personal grooming, drama, clowning, cross fitness, hip hop dance, racquet sports, scrap booking, zumba, computers, using facilities from across the city. Many thanks to Mrs. Van Maarion, Mrs. Sehn, Mrs. Western, Mrs. Barth and Ms. O'Reilly for organizing this wonderful event.

STUDENT INDEPENDENCE

We are now into our second full month of school. Our youngest students have mastered the routines and layout of our school. We are now in need parents' assistance and support. The hallways are becoming congested and teachers are having difficulty getting the students ready to go at the end of the day. Would you please help us out by meeting your children in the mudrooms, foyers, or outside, at the end of the day? This will help your child become more independent and will allow the teachers time to complete the day with their students.



HALLOWEEN ACTIVITIES

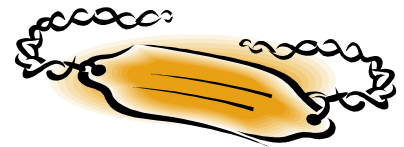
Each year the Crestwood Parent Advisory Council sponsors Halloween games for the K - Grade 3 students on the morning of the Halloween festivities. We need approximately 20 parent volunteers to dress in their cutest costumes (optional) and help run the games from 9:30am until noon on Monday, October 31st. If you can help, would you please leave your name and contact information with the office?

HALLOWEEN TREATS

In response to parent requests, we are again offering Halloween Treats (Old Dutch Potato Chips) as a service to families. Costs will be kept low to make the treats affordable, and any extra funds raised will be used to support student activities. Should you wish to take advantage of this offer and order Old Dutch Chips to give out at Halloween, please send in your order form no later than Wednesday, October 5th. Delivery should be on October 27th.

MEDIC ALERT: NO CHILD WITHOUT

Once again this year, Crestwood School is registered with Medic Alert in the "No Child Without" program. Through this program, children with serious medical conditions may be registered with Medic Alert and receive a FREE Medic Alert identification bracelet.



The free program is for children between the ages of 4 and 14 year. There is a wide range of choices in the bracelets. Some of the conditions that emergency responders need to know in case of emergency include: anaphylaxis or severe allergies to drugs, food or insects; needs "Epipen or Twinject; asthma; ADHD; Autism; Epilepsy; Diabetes; Hemophilia; Visual or Hearing Impairment; or Devices or Implants. If your child has any of these conditions, he/she will qualify for this program, and you may pick up a brochure at the office for registration information.



ANNUAL CRESTWOOD SCHOOL BOOK FAIR COINCIDES WITH GOAL-SETTING CONFERENCES IN OCTOBER

The first Book Fair of the school year took place from September 30th through October 6th to coincide with Goal-Setting Conferences. The annual book fair provides an great opportunity for families to purchase excellent student books, some of which can make a wonderful Christmas gift. This year both debit and credit card payments will be accepted. Thank you to the many students and parents who support this event. Many of our students purchased excellent books and the result of the Book Fair is that many books are added to the library collection.

HUG Happenings

“New Beginnings” was our theme for September. We enjoyed helping students and families adjust to their new classes this fall and making some new relationships. Grade 6 Leadership Boot Camp was a great experience and we look forward to working with the academy throughout the year. Lunch with the new students to Crestwood was a chance to put a name to some of the new faces in our school.

Our individual and group sessions are up and running. Please contact Joeleene or Nicole for more information regarding these programs. Our universal programming in October will be largely based on the theme **“Proactive Positive Mental Health”**. We will be doing presentations in the classroom regarding coping with anxiety and we are working on a parent information night on this topic as well. HUG is also involved with the Crestwood staff to bring the “Firework Youth Conference” to the grade 4 ,5 and 6 students on October 26th. Watch for more information in the weeks to come.

“Anxiety disorders are one of the primary mental health problems affecting children and adolescents today. Given the wide range of stressors associated with growing up, it is important that our children have appropriate skills for coping with anxiety and other difficult emotions.” - www.childanxiety.net

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 Mrs. Barth, Jo, Allana and Nicole!!

**GRADE 6 LEADERSHIP ACADEMY
HOLDS "BOOT CAMP"**

Grade Six students had the opportunity to develop their Leadership and Team-Building Skills as they participated in a "No One Left Behind" Boot Camp at Kin Coulee Park on September 9th. This event,



organized by our HUG Staff and Grade 6 Team of Teachers, saw students practice being leaders and working as team members through a series of

challenging and fun events. It was the kick-off event for the Leadership Academy at Crestwood School. Many thanks to our HUG Team for providing leadership to this event, and to the Grade 6 teachers who helped make the day a great success for our student leaders!

SOCCER TOURNAMENT

Congratulations to the Grade Five Crestwood Cougar Soccer Team as they represented our school very well Elementary Athletic Association soccer tournament on Saturday, September 24th. Our students were excellent ambassadors for Crestwood School and showed great discipline, skills and sportsmanship. We appreciate the many parents who came to cheer our team. Big thanks to Miss Fischer who coached our teams and to Mr. Ashmore who helped prepare the team and is the organizer of the tournament for the city schools.

**PARENT VOLUNTEERS-
PLEASE CHECK IN AT THE
OFFICE**



We would ask that parent volunteers please check in at the office and pick up a name tag each day prior to going to the classrooms. This helps us to identify each of our volunteers and is part of the school's crisis response and safety programs.

CASINO UPDATE

Once every 18 months, the Crestwood School Council operates a Casino through the Medicine Hat Lodge. Our next Casino is scheduled for October 26th and 27th. In those two afternoons and evenings, the School Council will earn between \$18,000 and \$25,000. This money, like the Bingo Fund supports many, many excellent projects, events, and purchases that benefit our students and provide opportunities that few other schools can provide. Many thanks go to Paula Tessier, Leanne Kaczinski and April Robinson for their leadership in coordinating the Casino. While the staffing for the Casino is complete, it is helpful if we have the names of a few people who might serve as last-minute back-ups in case someone is unable to fulfill this commitment. If you are willing and able to do so, could you please call the school office and leave your contact information? Thank You!

***CRESTWOOD SCHOOL SUPPORTS
TERRY FOX WALK***

On Friday, September 23rd, Crestwood School students demonstrated their support for the Terry Fox Walk for Cancer research by collecting donations and by going on a walk throughout the Crestwood neighborhood. Each year our school supports a number of important community events. This year the walk was tied to the School District's 125th Year Celebrations as we departed at 1:25 p.m., and the children walked either 1, 2, or 5 Kilometers. The event is also related to our 7 Habits Program and was used to have the students experience Habit 6: Synergize and Habit 7: Sharpen the Saw.

"WHAT DID YOU DO AT SCHOOL TODAY?"

Curriculum Outcomes and the Role of Technology in Education

When you ask your child "What did you do at school today?" do you get an answer that you are satisfied with? There are a number of ways to help answer your questions about your child's education:

- Your child's teacher or the school
- *Curriculum Handbooks for Parents* provide an in-depth view of the subjects and programs available from Kindergarten through Senior High School
- *Curriculum Summaries* provide a quick overview of each grade from Kindergarten to Senior High School

Alberta Education's Web site contains information on learning from early years to adulthood. The handbooks and summaries, produced by Alberta Learning are available on the Alberta Education Web site at www.education.gov.ab.ca/parents/handbooks and may be downloaded to print or read online. The handbooks are also available for purchase from the Learning Resources Center at (780) 427-5775 to be connected toll-free within Alberta please dial 310-0000. The Alberta Learning Web site is at www.education.gov.ab.ca

One of the changes in recent years to curriculum outcomes in virtually all subject areas is the inclusion of technology and of related outcomes to increase student media literacy. To that end, embedded in most programs of instruction are educational video clips and DVD's. Each of these tend to be brief that apply to specific curriculum outcomes and student learning. The installation of computers, smart boards, projectors and sound systems in each classroom have made this technology much more accessible to all students and recognizes that many students learn best through visual means.

2011-2012 SCHOOL ADVISORY COUNCIL

Thank you to each of the parents who have volunteered to serve on this year's School Council either in the executive or as a room rep. All parents (whether room reps or not) are invited to attend the School Council Meetings, which take place on the second Wednesday of each month beginning at 9:00 a.m. Babysitting is provided free for any child over 1 year of age. This year's executive includes:

Chair – Danielle Robinson
Vice Chair – Joell Bacon
Treasurer – Jackie Wilk
Secretary – Stacey Anderson
Bingo Committee – Michelle Butchart, Sherri Halberg, Paula Tessier, Joell Bacon
Casino Chair – Paula Tessier and Sherri Halberg
Bingo Treasurer – Brandy Mulder

The purpose of the School Advisory Council is to: provide an avenue of communication for the parents of Crestwood School create a sense of community and cooperation between parents, teachers and students consult and advise the principal about educational policies, plans, and operations of the school recommend, assist and participate in various educational and family activities of the school and school community

Our next meeting is October 12th @ 9:00 a.m. Please note that the meeting time is 9:00 a.m. for every meeting this year. We will be making decisions on the "Bingo Wish List/ Budget," among other important topics. Child care is provided by our Grade 5D/6D classes, and parents are asked please NOT to drop their children before 8:55 a.m.

PROFESSIONAL DEVELOPMENT BENEFITS CHILDREN, SCHOOLS AND STAFF

This year all schools in MHSD 76 will have one full Friday per month in which students do not attend to that teachers can attend their staff meetings and participate in collaborative planning and professional learning community activities to strengthen their teaching skills and thus improve the service we provide to students. These days have been coordinated in most months so that all schools close in the same day as a convenience to families. This is also more effective and efficient than pulling teachers from their duties and having substitute teachers in classrooms frequently. Among the many benefits of Professional Devel-

opment and collaborative planning time are: sharing of best practices and resources between teachers; improved instructional programs in all subjects; improved teaching practices; innovations in the classroom; better use of technology as an instructional tool. As a school, we used this regular monthly collaborative planning time to allow teachers the time they need to address important issues and projects to help improve student learning.

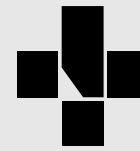
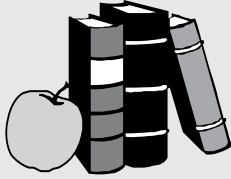
Building Self-Esteem in Your Child

Parents, you have the greatest influence in shaping your children's sense of self worth.

Provide your children with three important traits: *respect for others, responsibility and resourcefulness.* Self-esteem arises from self-sufficiency, the ability to stand on one's own two feet. Build good self-esteem in your child by:

- ~Providing them with LOVE and ACCEPTANCE
- ~Helping them feel SPECIAL and APPRECIATED
- ~Helping them DEVELOP PROBLEM-SOLVING and DECISION-MAKING SKILLS
- ~Being an EMPATHETIC PARENT and positive ROLE MODEL
- ~PROVIDING CHOICES for your child
- ~NOT COMPARING siblings or peers
- ~HIGHLIGHTING your child's STRENGTHS by providing accurate feedback

If you would like more information please go online to www.aadac.com to view the parent information series; How can I help my young child to be more confident? Or feel free to contact our toll free 24 hour hotline 1-866.332.2322



What is Influenza?

Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."

Symptoms appear quickly: fever, chills, aches, cough and fatigue.

Complications can include pneumonia, bronchitis, and croup.

Influenza is highly contagious and spreads through coughing, sneezing and talking.

Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.

Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

| Symptoms/ Description | Influenza | Common Cold | Stomach Flu |
|--------------------------------|-------------------------------------|----------------------------------|----------------------|
| Fever | Usually high | Sometimes | Rare |
| Chills, aches, pain | Frequent | Slight | Common |
| Loss of Appetite | Sometimes | Sometimes | Common |
| Cough | Usual | Sometimes | Rare |
| Sore throat | Sometimes | Sometimes | Rare |
| Sniffles or sneezes | Sometimes | Common | Rare |
| Involves whole body | Often | Never | Stomach / bowel only |
| Symptoms appear quickly | Always | More gradual | Fairly quickly |
| Extreme tiredness | Common | Rare | Sometimes |
| Complications | Pneumonia (can be life threatening) | Sinus infection or Ear infection | Dehydration |

How to Prevent Influenza

Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).

Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.

The vaccine takes approximately two weeks to become effective and lasts for four to six months.

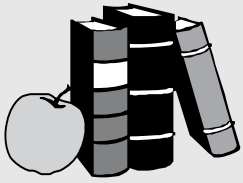
Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.

Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.

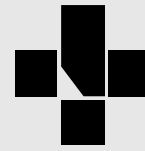
Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations

or go to the Alberta Health Services website at www.albertahealthservices.ca or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.



Healthy Schools Healthy Futures



Alberta Health
Services

VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem; if your child loses their place while reading, avoids close work, holds reading material closer than normal, tends to rub their eyes, has headaches, turns or tilts their head to use one eye only, omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to www.opto.ca.

SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
 - whole grain crackers and cheese
 - red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAllm>.

INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
raises awareness of how walkable a community is and where improvements can be made
raises awareness about concern for the environment
reduces traffic congestion and pollution near schools

For more information: www.iwalktoschool.org



October 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|--|---|--------------------------|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 Goal Setting Conference 3:45–6:45 | 6 HOT Lunch Goal Setting Conference 3:45–6:45 | 7 PD Day NO SCHOOL | 8 |
| 9 | 10 Thanksgiving Day NO SCHOOL | 11 | 12 Sac Meeting | 13 | 14 HOT Lunch | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 HOT Lunch | 22 |
| 23 | 24 | 25 | 26 Youth Conference Gr. 4 - 6 | 27 7 Habits Heroes Assembly | 28 HOT Lunch | 29 |
| 30 | 31 Halloween Activities Assembly | | | | | |

