

October 2019 Newsletter



Dear Parents and Guardians,

Thank you to all the families who attended our **Mission Statement Night** and **Meet the Teacher Night** last month. A sincere thank you to the Parents and Families for their donations to the Breakfast Program.

October is going to be a busy month with many special events planned. Our **Thanksgiving Liturgy** will be on **Thurs. October 10** led by Ms. McLean's Grade 2 class. Parents are welcome to attend. We and we are asking for donations to the Food Bank during that week.

We will be doing a special Leader in Me parent session on **October 17 at 6:15** as part of the School Council Meeting. This will help parents to learn about the Leader in Me program and get some ideas on how the program will work at home.

We will have our **Leadership Success Assembly** on **Thurs. Oct. 24th**. Parents are always welcome to come and join us for our monthly assembly.

Our **Halloween** activities will take place on **Thursday. Oct. 31st** this year. Students will be given the opportunity to wear their Costumes for the afternoon, we will send out more information about Halloween activities closer to the end of the month.

I am hoping for a few more weeks of beautiful fall weather that takes us well into the month of October, with that being said, please have your children dress accordingly.

Sheldon Germain
Principal

VOLLEYBALL

Grade 5-6

Girls – Mondays 3:00-4:00pm

Boys – Wednesdays 3:00-4:00pm

Girls & Boys – Thursdays 3:00-4:00pm

NO Volleyball on October 31!

THANK YOU!

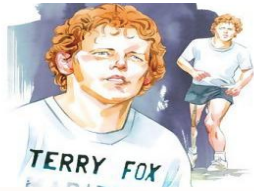
D.A.G Mobile Mechanical for their generous donation to our Breakfast Club.

Sign Guru Portable & Mobile Signs for taking our vision for *Every Child Matters* and putting in on a banner and donating it to our school!

See Photos on last page!

Thank you to all who have volunteered during the month of September, God Bless you all!

Check out what's happening
<https://goodshepherd.fmschools.ca/events/>



Thank you to everyone who made our Terry Fox Run a huge success! From the teachers, to our students, and our wonderful parent volunteers, we couldn't have done it without your support. Our students and staff had a wonderful afternoon on September 20, 2019. We started out with a mini assembly in the gym, completed our run, and came back as a whole school for snacks and an assembly. This year, we raised over \$650.00! The classes which had the highest class participation by bringing in a toonie for Terry was grade 1 Lamirande, and 5 Cormier. Their students' names were randomly drawn and Kimmy Brown won our Terry Fox T-shirt! Well done Kimmy! Students who also participated in our Terry Fox run were put in a draw to pick some of our lovely teachers in the face! Mr. Germain was our running guide for our Division 2 students, and here are our top 20 runners:

- | | |
|---------------------|---------------------|
| 1. Landon Bourque | 11. Jana Barrow |
| 2. Brynn Zorn | 12. Liam Stevenson |
| 3. Dawson Davis | 13. Meghan Dunn |
| 4. Lily Cranswick | 14. Alira Hintz |
| 5. Nicholas Sopczak | 15. Nicholas Schell |
| 6. Jay Bennett | 16. Evan Lawley |
| 7. Kailey Poulin | 17. Cole Brake |
| 8. Kelsey Pelley | 18. Krislan Trefry |
| 9. Kaitlyn Deranger | 19. Karyss Haas |
| 10. Mackenzie Cook | 20. Aiden Brisbane |

Congratulations to our top 20 runners! Their names will be drawn for Terry Fox T-shirts later this week. Thank you all for a successful and wonderful Terry Fox run!
#onecollittleschool #jagsrock #forterry

We raised a total of \$698.06!
Way to go Jags!!

#onecollittleschool

FOOD BANK DRIVE OCTOBER 7-10TH

We would like to help fill the shelves at the Food Bank. If you are able to, please send in an item with your child during the week of October 4th-10th.

October Hot Lunch

- 1st – Boston Pizza
- 3rd – Mitchell's Café
- 8th – OPA!
- 10th – Pizza Hut
- 15th – Booster Juice
- 18th – Mitchell's Café
- 22nd – OPA!
- 24th – Pizza Hut
- 28th – Booster Juice
- 30th – Boston Pizza

November Hot Lunch online orders will open at **10:00am** on **October 15, 2019** & will close at **3:00pm** on **October 29, 2019**

7 HABITS OF HAPPY KIDS: HABIT 1

Be Proactive - You're in Charge!

STUDENTS HAVE BEEN LEARNING ABOUT HABIT 1. IT TEACHES STUDENTS TO BE IN CHARGE OF THEIR OWN LIVES, TO TAKE RESPONSIBILITY.

TO THE RIGHT, YOU'LL FIND A CHECKLIST OF CHARACTERISTICS OF SOMEONE WHO PRACTICES *BEING PROACTIVE*. WHILE STUDENTS ARE ENCOURAGED TO USE THESE CHARACTERISTICS AT SCHOOL, PLEASE REINFORCE THEM AT HOME BY COMPLETING ONE OF THE ACTIVITIES BELOW.

Proactive People:

- Are responsible
- Take initiative
- Have a positive attitude
- Make good choices
- Do the right thing without being asked

STORY TIME	TALK TIME	WORK TIME	PLAY TIME
READ "CARROT SEED" BY RUTH KROUSS AND DISCUSS WHAT CAN AND CANNOT BE CONTROLLED.	TALK WITH YOUR CHILD ABOUT WAYS THEY CAN BE PROACTIVE IN GETTING READY FOR SCHOOL.	WHEN DOING CHORES TALK ABOUT HOW YOUR CHILD DOES HAVE CONTROL OVER HOW THEY GET THE JOB DONE.	GIVE YOUR CHILDREN A CHANCE TO CHOOSE A FUN ACTIVITY YOU CAN DO TOGETHER.

The _____ family completed a Be Proactive Activity.

Student Name: _____

Grade: _____

Complete and return the bottom part of this sheet to be entered into a monthly draw. Please drop off in the office or have it passed in to your child's teacher.

A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

Bone Bounce Blitz

This month, students are learning about bone health through a campaign called Bone Bounce Blitz. Here is a summary of the learnings.

Building and maintaining healthy bones should continue throughout a person's life. Bones play many important roles in the body: support, protect organs, help muscles work, and store calcium.¹



Building better bone health is not just about the foods we eat. Adding weight-bearing exercises that involve jumping and running helps build strong bones.³

Where can I find calcium?

There are plenty of options that contain bone building nutrients:

- Dairy products like milk, yogurt, and cheese
- Dairy substitutes like soy or almond milk
- Vegetables like raw cabbage, cooked spinach, rhubarb, kale, white beans, bok choy, broccoli, pinto beans, red beans
- Sardines

Age	Calcium (mg/day)	Upper Limit (mg/day)
4-8 years	1000	2500
9-18 years	1300	3000
19-50 years	1000	2500

What else keeps my bones healthy?

Vitamin D is needed for your body to absorb the calcium you eat. That's why vitamin D is added to milk and other dairy products, but it is also made in your body when you are in the sun. Spending time outside can help keep your bones strong!²

Age	Vitamin D (IU/day)	Upper Limit (IU/day)
4-8 years	600	3000
9-18 years	600	4000
19-50 years	600	4000

Reference:

¹ <http://www.albertahealthservices.ca/>

² School Milk Foundation of NFL and Labrador

³ Petit MA, McKay HA, MacKelvie KJ, Heinonen A, Khan KM, Beck TJ. 2002.



For more information about APPLE Schools, visit www.appleschools.ca





Inclusive Monthly Support Group for Parents

Fort McMurray Catholic School District will be hosting a coffee, information and parent support group. Please come and join us in this relaxed informal conversation surrounded with common support.

Where: Catholic Education Center (boardroom)- 9809 Main St.

When: Wednesday October 2, 2019

9:15 am – 10:30 am.

Guest speaker for the first part of the meeting – Christal Ford – Support 4 Moms Group

* First Wednesday of every month this support group will be ran at this location *

If you have any questions please contact
Mishell Usick,
Early Learning Consultant
musick@fmcasd.ab.ca

The following programs offer assistance to Families who are facing financial barriers, so their children can participate in registered sport programs

Kidsport Wood Buffalo

Visit their website @

<http://www.kidsportcanada.ca/alberta/wood-buffalo/>

&

Canadian Tire JumpStart

Visit their website @

<https://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html>

INFLUENZA:

Could be one less thing
your child brings
home this winter

Fort McMurray Influenza Clinics:

Mac Island

October 23rd 1:00 - 7:30
October 24th 1:00 - 7:30
October 26th 9:00 - 4:00
October 30th 1:00 - 7:30
November 1st 9:00-4:00
November 2nd 9:00-4:00

RMWB Wellness Fair

October 22nd 9:00-4:00

Golden Years Society

October 23rd 9:00-12:00

Airport

October 31st 10:00 – 3:00

Influenza immunization also available at **Public Health (113 Thickwood Blvd) on a walk-in basis from October 21st, 2019 until March 31, 2020**
Monday-Friday 8:30-4:00 pm
Wednesday and Thursday 4:45-8:00 pm (beginning November 6 ending December 19, 2019)

Influenza is serious. Immunization works.

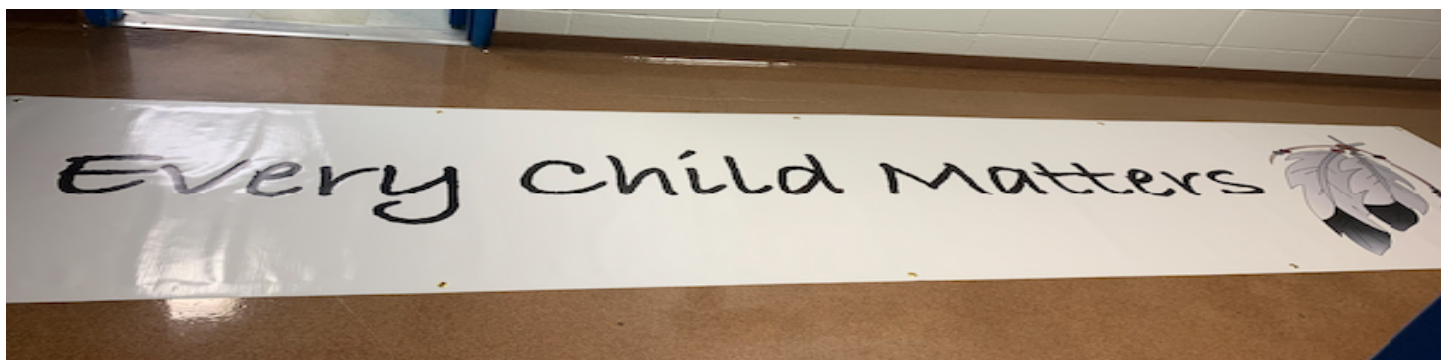
Protect your family.

ahs.ca/influenza | Call 811

Alberta
Government

 Alberta Health
Services

At the beginning of the day!



446 Hand Prints Later!



Coming together in the spirit of reconciliation to honour and remember the experiences and loss of thousands of children placed in Residential Schools.



#onecoollittleschool