

Fort Assiniboine School Newsletter



Fort Assiniboine School

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Principal:
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Principal's Message

Happy New Year and welcome back to Fort Assiniboine School! We hope you have had a wonderful Holiday Season and we wish that 2011 be a year filled with happiness and good health for you and your family! As we enter a brand new year, we look forward to continued academic growth and efforts in building Fort Assiniboine School community spirit. With the welcoming of a new year, it also is a time to make resolutions for positive changes. We challenge our students to continue to put their best efforts forward to making this school year the best that it can be. As a school, we also look at possible changes to make our school the best that we can be.

As we enter the month of January, we are closing into the midpoint of the school year. As a result our Senior High school students will be writing final exams beginning the 12th of January. In order to support parents and students, our curriculum corner topic of the month focuses on studying for exams. There are practical approaches that students can undertake in order to get ready for these exams. A final exam protocol is included to inform parents of expectations for students.

We are proud of all our students at Fort Assiniboine School. We would like to celebrate our students' successes and recognize our parents, staff, community members, and students for their support, making these successes possible. I would like to express our sincere gratitude to all

parents who assist us in creating a positive school environment by becoming partners with us in your child's education.

As you are aware, January 21st will be my last day at Fort Assiniboine School prior to joining the administrative team at Morinville Community High School, consequently, this is my last newsletter submission. Transition plans have been implemented and there is an open competition for the principal position for Fort Assiniboine School. For the past 2.5 years, it has been a pleasure and honour to work with the parents within the community to serve the needs of the students. The ongoing support from parents, students, and community organizations has been greatly appreciated by the staff at Fort Assiniboine School and myself. The ongoing support from educational stakeholders has been crucial as we carried out our work in the delivery of programming to the student and to meet the present and future challenges that were presented to us in the delivery of this programming to students at Fort Assiniboine School. Having the opportunity to work within and to serve the community of Fort Assiniboine School has presented me many great memories and the highlight in my education career. I wish you all the best in the future.

Yours in education,

Allan Menduk
Principal

Individual Highlights:

Calendar	2
Exam Info	3
Bears Den	4
Parent Council	5
This and That	5
Curriculum Corner	6

January School Calendar and Important Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2	3	4	5 Back to School	6	7	8
9	10	11	12 Diploma Exam	13	14	15
16	17	18	19 Diploma Exam	20	21	22
23	24	25 High School Core Courses Exams	26 High School Core Courses Exams	27 High School Core Courses Exams	28 Missed Exams – Make Up ONLY NO Classes for High School Students ONLY	29
30	31 PD Day No School for Students					

General School Exams and Midterms on Page 3

Other Important Dates Coming Up:

February 1.....Semester 2 Starts
 February 3.....Sr High Report Cards
 February 10 and 11.....Teacher’s Convention
 February 21 Family Day
 February 23Early Dismissal (2:30)

From the Bears Den

Jan 6 - League game

“The boys had a great game coming out with a strong win! They were ahead from the start and just continually maintained and gained for the rest of the game.”

The Lady Bears

The Fort Assiniboine Girls basketball team has a new coach this year. Thanks to Mr. Darren Lee for taking over the reigns this season.

League games have started (see schedule to the right).

The month of February is packed full of tournaments as well.

Before we know it the season will be here and gone.

So Come on out and Cheer on the “Bears”

League Schedule :

Tuesday, Dec. 14 in Fort Assiniboine vs. Onoway

Thursday, January 6 in Fort Assiniboine vs St. Joe’s (Whitcourt)

Thursday, January 13 in Hilltop High School (Whitcourt)

Thursday, February 3 in Fort Assiniboine vs Hilltop Sr Team (Whitcourt)

Tuesday, February 8 in Mayerthorpe

Tuesday, February 15 in Fort Assiniboine vs. Mayerthorpe

Thursday, February 17 in Onoway

GO BEARS GO

The Bears

The Senior Bears also have new coaches this year. Thanks to both Devin and Dustin Williams for taking time out of their busy schedules to coach our Senior High Boys team.

While the boys team is rather small, condition is the

key to success, and the boys have been fairly successful thus far this year.

As with the girls League games have started for the boys. They too have a tournament filled February.

We wish them well with their season☺.

JUNIOR BEARS

Our Junior Bears are off to an exciting years. Our junior high coaches, JJ Pattyson and Curtis Fraser (Mr. Davison staff supervisor), are whipping the boys into fine shape. Jenna Robinson (Miss Baton staff supervisor), are tuning the girls up for a great season. We are looking into a number of games for both junior high teams.

March 4 and 5 will be the Divisional tournament.



ELEMENTARY BEARS

The Elementary Bears will be starting practices January 17. Our elementary team (Grade 4,5 and 6) is under the watchful eye of Mrs. Charlene Assenheimer. The first few practices will be all about learning the fundamentals of the games. All practices are during the lunch break.

Games have yet to be arranged for this team but we are sure a few will games will happen as well as there is usually a tournament arranged for them in mid March.

Good Luck Bears!!!!!!

“PIZZA WITH THE PRINCIPAL”

In order to encourage the reading of the newsletter, after you have read the newsletter, fill the location below out with the name of your child from a draw for “Pizza with the Principal.” One student will be chosen each month for this draw where he/she and one of their friends will have a chance to have a free pizza lunch with the Principal. Ballots are only valid with a parent or guardians signature.

I, _____ have seen and read the Fort Assiniboine Newsletter. I give permission to my Son/daughter _____ to participate in the Pizza with the Principal draw. Please list any food allergies your child may have:

Signature: _____ Date: _____

Please turn in the entry form no later than Jan 22, 2011

This and That

Lee & Sandy Paley "Schoolhouse Songs" Concert Feb. 9th in the gym @ 2:00pm.

This Concert is for preschool children to Grade 6. It is only one hour long and is presented by the Fort Assiniboine Library, Woodlands County Library Board and Woodlands County. Please be seated before 2 p.m. so the concert can begin at 2 p.m. sharp.

Staff Recognition:

On Saturday December 4, a number of our staff were recognized for their years of service to Pembina Hills Regional Division. At this time, we want to let everyone know and thank the following people for their service and commitment:

Debbie Breitzkreitz 20 years

If you see her in the halls, congratulate Mrs. B.

Also Welcome to Miss. Amber Schulte (Kindergarten Program Assistant) and Mrs. Sandra Larsen (Playschool Program Assistant) to the Fort Assiniboine School Staff



Winter Wear

Please be sure that your son or daughter have the appropriate winter wear while traveling on the school bus and while at school. Every effort is made to ensure that all buses are in proper running condition but you never know when something could happen. The weather network site is checked throughout the day as well to monitor outside recess times. If you child require any winter clothing please let the office know as we have some items available.



Student Union

Special Thanks to the Student Union for providing the Candy bags for Santa's visit at the Christmas Concert and on the 17th of December.

No hot lunch sale in January

Grade 5/6 Bake Sale

The grade 5/6 Bake Sale on December 8 during the Christmas concert was a huge success. The grade 5/6 class raised over \$225. All proceeds will towards the "Breakfast for Learners" Program for the Elementary.

Thanks to all the parents who provided cookies and to everyone who purchased or gave donations.

Counselling Update

Confidential counselling available to students on Tuesdays and Wednesdays from 1pm-3:30pm or contact Mrs. Assenheimer to arrange a time that suits you.

Skating

Skating for grades 1 and 2 will be on Tuesdays from 10:45- 11:45 starting on January 18th. We will be skating on January 18, 25 and February 1, 8, 15 and 22. Students will need their own skates, a helmet and ski pants.

Parents that are able to come and tie skates will we greatly appreciated!

Recycle Report

A successful bottle drive of over 1000 containers collected Friday January 7. Our total count for this school term is 8554 containers or 62 containers per student. Great work Fort Assiniboine. Please remember to collect your bottle caps and place them in the green bin opposite the library doors. Let's support children who are not able to run and play as most of us do so that they can have special moments of fun also.



Studying for Exams

When it comes to preparing for exams, there is really 'no one size fits all' for every student. However, there are some common approaches that can be undertaken by students in order to be more successful in the writing of their exams. Here are a few practices that they can undertake in order to assist in making the practice of studying more effective for students.

1. Manage time appropriately:

For final exams, try to spend as much time as possible studying and begin doing so with much advanced time as possible. There is no set rule for the amount of time to spend studying; however, if it is spread out over a greater amount of time, students typically will have less test anxiety as they are not trying to cram at the last minute. If they cannot figure something out, they have time to ask their teacher. Students should be reading over their notes every night.

There is a need for students to incorporate breaks into their studying for exams. Again, there is no set rule to follow as every student is different. However, if students are studying, they should incorporate a 10-15 minute breaks at least every 2 hours (many students may need more frequent breaks). This will allow them to get something to eat, give their eyes a rest, and provide a chance to relax.

However, with this being said, it is important that students not be tempted by any free time that they have during exam week, to do anything other than studying.

2. Find a quiet and well lit place

It is best that studying occur in a location where there is minimal traffic, noise, or other disruptions. For some students, music can help drown out other noises in the home; however, with this being said, the music volume must not be elevated to the point where it becomes disruptive. The television should not be on as the movements within the picture and the changes in the like is a great distraction to a student studying.

The location needs to be well lit, but students need to be positioned as to have glare coming off of their study materials. A poorly lit room can lead to eye strain and fatigue and consequently, reduce the effectiveness of the study session.

3. Take Advantage of Class Reviews

It is crucial for students to attend as many classes as possible leading up to exams. Teachers will spend considerable time review key ideas and concepts prior to an exam. As part of a student's study routine, they should take advantage of the review tasks that may be assigned. This will make his/her studying easier as he/she will have a better idea in terms of what he/she needs to focus on.

4. Read Actively, not Passively

That is, don't just read the text straight through without thinking about what one is reading. If a student reads without thinking, their mind will eventually wander off, their eyes will eventually glaze over, and they will become very fatigued and have difficulties focussing—it's a form of self-hypnosis. The first step in reading actively is to read *s-l-o-w-l-y*. Here is an a procedure for how to read any text, in any subject, slowly and actively:

WHILE there is a next sentence/paragraph to read:

Read it, SLOWLY;

IF you do not understand it,

re-read the previous material, SLOWLY;

re-read the incomprehensible sentence, SLOWLY;

IF you still don't understand it, THEN ask a fellow student to explain it;

IF you still don't understand it, THEN ask your Teacher to explain it;

As students are reading over the notes that they took, paraphrasing the teacher's notes using their words is a good habit to get into. When students recite and paraphrase, it means that they understand. And, understanding is better than memorizing. When students memorize, students only remember the material that they just read for a short time. When they understand, the material sticks.

This procedure has three major advantages... First, it forces the student to actively think about each sentence they read before they go on to read the next one. Second, it slows the student down, so that they do not read past the point at which they do not understand. This is especially important in mathematical and scientific subjects. Finally, it can help the student get help from his/her teacher, because the student can show his/her teacher exactly where he/she got lost. It is always much better to show the teacher exactly what it is that the student does not understand than it is to just say that he/she does not understand the material.

5. Do not rely just on notes, use old assignments.

It is important to review old assignments, quizzes, or tests as well. Even if a student has done poorly on a task, the feedback can provide additional information that a student can use in order to enhance their understanding of a concept. The feedback is there for the improvement of student learning and is another tool that can be used by the student.

6. Rest and Nourishment:

No matter how much studying a student does for an exam, if they are not well rested for the day of an exam and have not eaten a good breakfast (morning exams) or lunch (afternoon exams), all the work preparing for an exam may have, gone to waste. It is essential that students get a good nights rest before the exam and have had a good breakfast or lunch to have the greatest opportunity for success.