

May 2011

Volume 10, Issue 9

Fort Assiniboine School Newsletter

Fort Assiniboine School/ 780-584-3751



Message from Administration

Well, spring is finally here and it is an exciting time for our youth. Ball games, camping, bicycling – so much to do – so much to learn. But at this time of year, our young people are so busy and the days are so long that they become tired and lethargic. It is also a stressful time for students because they realize the importance of the upcoming exams. So I write this piece to ask your help. I am asking that you ensure that your children get the correct amount of undisturbed sleep to enable them to enjoy the events each day holds. All of us know, it has been proven that the key to success is proper preparation and the correct amount of sleep will help maintain ones physical and psychological health and development. Below are bullets of information about sleep that we know but you might find interesting to review.

and they have difficulty concentrating. Younger children who get less than 10 hours sleep have also been shown to be less likely to do as they are told.

- Sleeping too much or too little can sometimes be an indication that a child is unwell and/or depressed, but remember that children do vary in their needs.
- Sleep can be interrupted or prevented by stress, excitement, anxiety, worry, noise, hunger, pain and bed-wetting.
- Sleep can also be disturbed by common childhood experiences such as nightmares and night terrors.
- A good bedtime routine is important to develop a healthy sleep pattern in children as well as adults.
- Don't forget the bedroom environment - make sure that it is quiet, comfortable and conducive to sleep.

Kerry McElroy



Individual Highlights:

Calendar	2
Diploma Exam Schedule	3
Forestry/Energy Month	3
Bears Den	4
This and That	4/5
School Council Report	6

- The amount of sleep children and young people need varies from individual to individual. Age is only one of the factors that can affect the amount of sleep required.
- Babies require on average 16-17 hours each day but older children usually require 10 hours.
- Adolescents sometimes appear to need less sleep at night, but will sleep longer in the morning.
- There are consequences for children who do not get enough sleep; they are tired all the time, they fall asleep during the day,

May and June Important Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Spring Forestry/Energy Camp	2 Spring Forestry/Energy Camp Grade 1-6 Swimming Lessons	3 Spring Forestry/Energy Camp Grade 1-6 Swimming Lessons	4 Spring Forestry/Energy Camp Grade 1-6 Swimming Lessons HATS ON FOR MENTAL HEALTH	5 Spring Forestry/Energy Camp Grade 1-6 Swimming Lessons	6 BEAR DAY No School Spring Forestry/Energy Camp	7 Roadside Clean Up Parent Society/ Athletic Teams
8 Mother's Day	9	10	11	12	13 Class/Whole School Picture	14
15	16	17	18	19	20 BEAR DAY No School	21
22	23 Victoria Day No School	24	25 Early Dismissal 2:30 p.m. KIND/GR1-2 Fieldtrip	26	27 Elem Recycle Walk	28
29	30	31 Volunteer Appreciation Breakfast	June 1	June 2 KIND/GR1-2 Fieldtrip	June 3 BEAR DAY No School	June 4

Important dates in June:

June 3 – Alternate School Day **NO SCHOOL**
 June 9 and 10 – Dinner Theater
 June 20 – Awards Night *** **NEW DATE*****
 June 28 – Last Student Day
 June 30 – Grad 2010
 July 5 - 8 – Junior/Senior High Report Card can
 be Picked up
 July 9 – Aug 21 School Closed for Summer
 Aug 22 - School Open for New Registrations
 Aug 31 – First Student Day for 2011-2012
 School year.

Provincial Achievement Tests

Dates May and June:

May 17 9:00 – 10:10 A.M.	Grade 3 LA Pt A
May 18 9:00 – 11:00 A.M.	Grade 6 LA Pt A
May 19 9:00 – 10:10	Grade 9 LA Pt A
June 14 9:00 – 10:00 A.M.	Grade 3 LA Pt B
	Grade 6 SS
June 15 9:00 - 10:00 A.M.	Grade 6 LA Pt B
June 16 9:00 – 10:00 A.M.	Grade 3 Math
	Grade 6 Math June
17 9:00 – 10:00 A.M.	Grade 6 Science June 22
9:00 – 10:15 A.M.	Grade 9 LA Pt B
June 23 9:00 – 10:15 A.M.	Grade 9 Science
June 24 9:00 – 10:30 A.M.	Grade 9 Math June
27 9:00 - 10:15 A.M.	Grade 9 SS

PLEASE TRY NOT TO BOOK ANY APPOINTMENT
ON THOSE DAYS IF YOUR SON OR DAUGHTER

Diploma Exam Schedule:

Monday June 13 – English 30-1 and -2 Part A
Thursday June 16 - English 30-1 and -2 Part B
Wednesday June 22 - Biology 30
Friday June 24 - Chemistry 30
Monday June 27 Physics 30

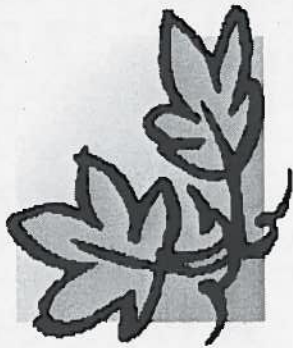
Tuesday June 14 – Social 30, -1 and -2 Part A
Friday June 17- Social 30, -1 and -2 Part B
Thursday June 23 – Math 30

Wanted

Pictures of School related activities from the 2010-2011 school year for the 2010-2011 Memory Book

Example of pictures could be from:
Christmas or Spring Concert
Basketball Games and All Sport Related Activities
Hanging out with Friends in Hallway or Playground
Spirit Week

Please sure to put your name on the back of your picture. All pictures not used will be returned to you.
If no pictures are submitted then the memory book will be very thin.
Remember this is your memory book:)



Forestry/Energy Month May 1- 31

Team Sign Up (Jr/Sr High ONLY) – May 11
Energy/Forestry Workshop – May 2 – 6
Team Competitions May 25
Closing Assembly Monday May 31

Lumber Jack Competitions
Jr/Sr High

Rough Neck Competitions
Jr/Sr High

Fun and Exciting
Prizes

Individual Contests /
All Month Long

Largest Tree Circumference
Drawing or 3 D Model of an Oil Rig
Best Collage – All Devices that run using energy (appliances, cars, electronics, etc)

Scavenger Hunt

Community Clean Up



From the Bears Den

Badminton Bears

Congratulations to our senior badminton players, JJ Pattyson, Avery DeGroot, Dustin Lee, Candice Trelenberg, Sarah Webb, Channce Smith and Allan Dean, who were in Whitecourt April 19 competing in the conference playoff. The players represented our school very well and learned some valuable lessons in the art of Badminton. Congratulation! Also our junior high boys badminton team traveled to Westlock on April 21 to compete in Badminton tournament, Conrad Appel, Michael Kummer. Dawnaven Olson, Jordyn Fenske, Chelsey Lee, Haley Ehl and Colin Wilson. Thanks to Mr. Davison and Mr. McElroy for coaching the badminton teams this year.

Track and Field Bears

Next on the sporting agenda will be Track and Field. If after school practices are arranged students will be informed via morning announcements.

Jr/Sr High Athletics/Parent Society Fund Raiser Highway Clean Up Saturday May 7, 2011

Starting at 8:15 a.m. Meeting at the school
(with Saturday, May 14 being the alternate day in the event of inclement weather)

All Athletic Participates are Required to Attend

This fundraiser will be help cover the cost of tournaments and bussing.
All Participates are required to view the Safety Training DVD
Lunch will be provided

Fort Assiniboine School

Senior Drama Class is pleased to Present



"A Family Reunion to Die For"

June 9 and 10 at 6:00pm

Dinner Theater



Tickets will be available May 24 to June 8 for \$15.00 each please stop in or call the school

It's time for the Knotting Family Reunion, and newlywed Christine Franklin is eager to show off her husband Freddie to the family she hasn't seen in years. The joyful reunion quickly turns sour though when Aunt Gretchen, Cousin Rachel and Cousin Stefan are all murdered. The members of the Knotting Family are dropping like flies, and Christine seems to be next in line to become a victim! To make matters worse, a terrible storm has trapped all of the guests inside. It's up to Freddie to catch the murderer and save his blushing bride. Who is trying to wipe out the Knotting family? Tickets include supper and the show, and are available for sale at the School Office from May 24 to June 8. The students have been working hard to be ready two nights of their performance this year!! Space will be limited for each night so make sure to specify which performance you would like to attend when you get your tickets. See you at the Family Reunion.

WHAT'S NEW?

Over the last few months, we have been trying to renew old programs like the downhill skiing and swimming to provide our youth with new experiences and new skills they could use as they grow older. As you have probably noticed, we have focused on the elementary students but in May we have a new program for our grade twelve students that we call "Are You Ready!" It was Louise Ralston's who suggested that our teenagers are missing some basic skills and knowledge that they should have before leaving home this fall. So we have created four seminars that our graduates will take during their CALM classes on May 10, 12, 16 & 18th. These four seminars are about an hour and a half long and will address the following topics:

Nutrition: A seminar presented by Louise Ralston where teens will learn some basic food prep skills and how to meet nutrition requirements as a single male or female in the pursuit of further education or work force.

Self Protection: A seminar presented by Constable Morocco in which she teaches our teens how to protect themselves from drugs, and abuse. She will teach our young people some self defense skills and how to prevent getting into situations that might arise.

Money Matters: A seminar presented by Servus Credit Union in which they teach our youth basics of banking and the importance of compound interest. It is believed that as our young people enter the workforce, many will not have access to a retirement plan so it is important that our teens manage their money and plan for the future.

Landlord and Tenants: A seminar presented by Mr McElroy Many students will probably rent accommodations during their first years away from home. This seminar will teach students what they can do and cannot do when renting an apartment or house. Questions like can you sublet to friends to keep an apartment you like. Can you add locks to the doors if you do not feel safe with what is there?

Phenomenal Community Support for Our School's Recycle Programs

* The message is travelling well. Our school has 3 recycling programs in place and the participation and support has been great.

By May 1st, the elementary has delivered 14,878 containers to the Bottle Depot. Our goal is 20,000 containers per year. We really appreciate those who support our Bottle Drive day each month and those of the community (many that do not have student connections to the school) that deliver beverage containers to the school. We are willing to make arrangements to pick-up containers if you desire. Just call the school at 780 584 3751. This year we are purchasing a Defibrillator to increase the number of these life-saving devices for our community.

** Fort Assiniboine Schools Plastic Beverage Caps Off Program has been beyond imagination. These caps raise about 11 cents per pound. We have a bag that is 2 feet square and 3 feet high that is full of plastic caps to be delivered to the Westlock Bottle Depot as this is the only depot in our area which supports the Caps Off Program.

*** Our Campbell's Labels for Education program is also being well supported. We presently have over 1400 labels contributed so far. This is an on-going program from year to year so please save those complete flat soup labels over the summer months so that we can add to our sports equipment.

Please accept our hearty appreciation for your continuing support of our recycling

**Fort Assiniboine
School**

PHONE:
780-584-3751

FAX:
780-584-3876

We're on the Web!
See us at:
www.fortschool.ca

DID YOU KNOW ?

Every month, in this section of the newsletter, I plan to answer questions about the operation of the school that were asked by parents or students. At the recent PAC meeting, it was brought to my attention that many parents were unaware of the fact that the school calendar would need to change. There are two main reasons for this change. First, because we will be a Kindergarten to grade nine school, fewer hours of instruction are required. And finally, because students will have a longer day due to the revised bussing schedule fewer instructional days will be needed.

So at the last PAC meeting, parents made two suggestions about the next years calendar which we sent to the Board of Education for approval. Their first suggestion was that we start school after the September long weekend and their second suggestion was to make as many weeks as possible four days long instead of the traditional five day weeks. Parents believed this proposal would benefit younger students who would the ability to rejuvenate.

So what does this mean to you? It will probably mean that most of the school weeks next year will be four days long. Because PHRD wants all students and staff to start on the same day, school will need to start in August. So stay tuned, the year end information you will receive in the next few weeks will have the new calendar within it.

Awards Night 2011

Monday, June 20
School Awards 7:00 p.m.
(for the 2010-2011 School Year)

Fort Assiniboine Student's
Union would like to invite you to
Staff Appreciation Night June 20
Please come out and show support for our
current, past and retiring teachers
by joining us with cake and coffee
following the Awards Ceremonies

**HATS ON FOR MENTAL
HEALTH**

Pay a loonie and wear your hat in
recognition of those people around us
who are afflicted with Mental Illness.
Statistics show that 1 in 4 people will
suffer from a mental illness sometime in
their lifetime. Silly hats, colorful hats,
beat up hats all are welcome as long as
they are "school " appropriate.



www.21centuryawards.com



www.21centuryawards.com



www.21centuryawards.com

Put a lid on it!

Helmets are the safe way to go when cycling ... and they're also the law



Kids between the ages of five and 14 account for half of the cycling-related deaths in Canada each year.

More than 100 people die in Canada each year from cycling-related injuries and children aged five to 14 account for about half of those deaths.

Also, more than 50,000 Canadian children are injured every year in bike-related mishaps.

Wearing a helmet is the most effective way to prevent injury while cycling, no matter the age.

Every cyclist in Alberta under the age of 18 must wear a helmet. The law applies to both riders and passengers, including children in bike trailers.

Here are some other injury prevention tips:

- Take a bicycle safety course from a trained in-

structor.

- Stop before riding into traffic from a driveway, sidewalk, alley or parking lot.

- Look left, right and left again before proceeding.

- Ride on the right side of the road with traffic.

- Find out your community's rules regarding riding on the sidewalks.

- Obey all traffic signs and signals. Young cyclists are encouraged to walk their bikes across busy intersections.

- Look back over your left shoulder and yield to traffic coming from behind before moving into traffic.

- Wear bright and reflective clothing.

- Be sure your bike has reflectors and a working bell or horn.

Weekends getting a little too quiet?

There are many different things you can do as a family on the weekend.

• **Make and fly a kite.**

All you need is some bamboo or plastic, a few pieces of tape or glue, paper or a garbage bag and some string. Fly it in a nearby field or park.

• **Tennis court challenge.**

If you have racquets try a game of tennis, or bring a beach ball or a pair of rolled up socks and create your own game.

• **Gardening and cleaning the yard.**

Plant flowers or pick weeds in your yard or a neighbour's yard. Be sure to wear sunscreen and a hat!

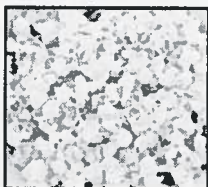
• **Try something new.**

How about skating, biking, hiking, inline-skating or swimming?



Looking for a new activity to try as a family? How about inline skating?

Healthy snack choices for the lunchbox ...



Popcorn is a good snack choice for lunchboxes as long as you hold the butter and the salt!

Choose foods from the four food groups of Canada's Food Guide to help you meet your daily needs.

The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.

Encourage your kids to have a snack or meal every three to four hours. This will help provide them

with energy to concentrate and be active throughout the school day.

Some snack ideas are:

- Fresh fruit or individually packed containers of sliced fruit
- Sliced raw vegetables
- Dry mixed cereal
- Pita bread and hummus
- Low-fat crackers and cheese
- Yogurt and fruit
- Hard cooked eggs
- Plain popcorn