

## DREAMS

### FOOD FOR THOUGHT

Researchers through the Centre on Addiction and Substance Abuse at Columbia University have been studying the impact of eating meals together as a family. The busy schedule of work, organized activities and the ease of fast foods have made the family meal-time something that needs to be prioritized.

For those of us that need to make this extra effort, it has been shown that meal-time starts out feeling uncomfortable but will develop into a trusted, safe environment with open communication between everyone. Research has shown children who eat with the family 3 or less times per week are less likely to think their parents are proud of them. It also states that these children wished there were more shared meals.

Researchers have noted something they predict will change over time. Currently it shows that the less educated parent will have more family meal-times than the more educated. The reason they predict a change is in the fact that those children who have shared family meal-time are 40% more likely to get A's and B's in school.

The benefits of the family meal time are even more evident with adolescents. Adolescents of families that practice family meal-time are reported to be less likely to smoke, drink, do drugs, get depressed, develop eating disorders, or consider suicide. They are more likely to do better in school, eat their vegetables, learn new words, know how to use a fork and how to talk and listen.

The family meal-time once practiced out of necessity is now being recognized for its importance to the family as a whole. It is proving to be a significant time for family sharing and support of one another.

## SCHOOL COUNCIL

Our next school council meeting will be on April 26 at 7:00p.m. We will be reviewing the results from the school review as well as beginning to plan for the next school year.

We look forward to seeing you.

## LIBRARY CORNER



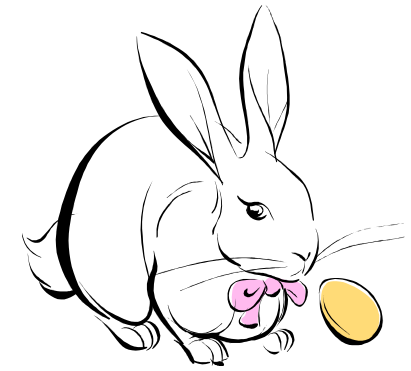
Wow, I've just finished up the book fair and it was another great event. Thank you so much for supporting this and bringing more books into your homes. Evan D. in JK won the \$25 of free books. Congratulations.

Part of the profits from this fair have been used to purchase \$300 worth of new books for the library as well as a cash deposit for a book buying trip to the United Library Services in April. I can't wait! Watch for these new books coming home after Easter.

Frances Barnes

## FIDDLER ON THE ROOF

Our children will be going to a performance of *Fiddler on the Roof* at the Esplanade. Grade 2&3 Students will be attending on April 27<sup>th</sup> at 12:00p.m. On April 29<sup>th</sup> Kindergarten will attend at 10:00a.m. and Grade ones will attend at 12:30p.m.



*April 2010*  
*Newsletter*



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## PRINCIPAL'S MESSAGE

We're entering our last school term for this year. As we work towards completing our goals for this year, we are also beginning to plan for next year. Since our school has just had a full review, we will be able to use these results to help us make improvements for next year. Mr. Volkman, our assistant superintendent will be visiting our staff this month to share the results from the review. These will also be shared at the April school council meeting. Following this we will begin reviewing our school plan and goal setting for next year. We have many things to look forward to next year and welcome parent input.

We are now accepting registrations for kindergarten and junior kindergarten for next year. If your child is currently registered in kindergarten through grade two, we automatically register them in the next grade, unless you indicate you will be transferring out of the school. If you know anyone in the community who will be attending next year, please encourage them to register early. It helps us to plan when we have accurate numbers.

Enjoy your Easter break.

Melissa Gozolinski

## HOT LUNCH

Our Mennonite ladies will again be cooking hot lunch for the students. This will be served on April 30<sup>th</sup>. This month we will be serving spaghetti. Notes to purchase lunch will be sent home later in the month. Please ensure these are returned in time so we can prepare enough food for everyone. Late orders will not be accepted this month.

## GOT MILK ???

Due to the Easter holidays, our next milk delivery will not be until April 14. If your child regularly purchases milk, please send an alternate drink on the April 12, 13 and 14<sup>th</sup>. Milk sales will resume on the 15<sup>th</sup>.



## RUN/WALK CLUB

I am hoping to start a run/walk club after Easter. We will set up a "track" on the playground and use it once or twice a week. I would like to encourage the students to attend the Rattler's Run in April and also our own Mayor's run in June. This will be a voluntary club with only those interested attending.

Frances Barnes



## SCHOOL REVIEW

On March 1 and 2<sup>nd</sup>, a Prairie Rose Administration team completed a school review of our school. Results from this review will be shared with staff on April 14<sup>th</sup> at our staff meeting. These results will also be shared with school council at our regular April meeting on April 26<sup>th</sup>.



## KALEIDOSCOPE

For the third consecutive year, Prairie Rose will be holding a division-wide arts competition and festival, *Kaleidoscope*. *Kaleidoscope* will take place on Saturday, May 29 at The Esplanade in Medicine Hat. There will be fine art, dramatic, choral, vocal, musical and multimedia displays of various types showcasing many schools from throughout the district.

The Esplanade will be open from 9 a.m. to 5 p.m. for guests. Entry is free of charge to all members of the public. A record number of student artists from across the division are expected to participate. The quality of the artists and performances are always exceptional. We hope you will be able to join us.