

DREAMS PROGRAM

Half the year is over already. Here are a few updates for our programs:

- The DREAMS team and the Prairie Rose FSLW's have attended a full week of Play Therapy Training and will follow this up with another week in February. This will be a valuable tool in providing services to our clients.
- Go Girls Program will be starting January 27 at both the Margaret Wooding and Parkside School. The program is offered through Big Brothers and Sisters in collaboration with the Medicine Hat College Nursing program.
- We have booked Steve Harmer to do a presentation at I. F. Cox and the Margaret Wooding Schools.
- With DREAMS support the Parent Councils of all three school have booked a parent evening with Dwayne Peace of Dare To Care. This should be an informative and enjoyable evening.
- In conjunction with Alberta Health Services - Addiction, we are hosting a Lunch & Learn Program at the Parkside School at noon every second Friday.
- The Redcliff Youth Centre has introduced nutrition to their list of programs. Healthy snacks are made available to the youth daily. If you have not stopped in lately, you should as there have been many changes in the last year.

SCHOOL COUNCIL

Our next school council meeting date has been changed. This month it will be on Thursday, February 25 at 7:00 pm. As always, childcare is free to those attending.

We are also looking for some parent volunteers. The Alberta School Council Conference this year is April 23 - 25 at the Mayfield Inn in Edmonton. Our school council is looking for someone to attend to represent our school. Financial support will be given to support most of the fees for attending this conference. Also, our Casino is fast approaching (May 29 and 30). Back up volunteers are always needed. Please call to sign up today. This Casino can raise up to \$20 000 for school projects. Please contact Noreen Forsyth if you are interested at 548- 6157.

OLYMPICS AT I.F. COX

We will be hosting our own mini Olympics starting with an opening ceremony in the gym for all students on Wednesday, February 10th. At that time we will wave our class flags and take the Athlete Oath. We are also hoping to view some of the events on the big screen to get an idea what they are about. Thursday will then be our event day with each grade completing four events during their Phys. Ed. Class. Go Canada!



February 2010 Newsletter



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PRINCIPAL'S MESSAGE

When February rolls around it gives us a chance to think about all matters of the heart. I believe that a healthy heart can be achieved in several ways. First, eating healthy and moving your body is obviously important. I also believe that having healthy relationships with others is important for our hearts. And last, but not least, finding ways to make a contribution makes our hearts feel good.

Our fundraising efforts for Haiti certainly did my heart good. As a school we were able to raise \$3352.06 through donations and our silent auction. Everyone worked together and contributed in any way they could. I am so proud of all the individual work and effort that everyone in our school community did to raise these funds. With the government matching these funds, our school will be sending \$6704.12 worth of aid through the Red Cross to support relief efforts in Haiti.

This month we will also be celebrating the Olympics and watching to see how our Canadian athletes perform in Vancouver. On February 10th and 11th our students will be involved in special Olympic activities during their Physical Education classes.

We're hoping to have our first hot lunch on February 26th. Our Mennonite ladies will be working together to make a chili lunch for everyone. Notes will be sent home for orders.

Take care of your heart this month.

VOLUNTEERS WANTED

Once construction is finished, our hope is to be able to provide more hot lunch days and cooking activities for our students. Food Safety Guidelines suggest that one person on site should have taken the Food Safe Certification Course.

We are looking for someone to take this course who can be on site fairly regularly during food preparation times at the school. This person may want to be our Food Coordinator.

Medicine Hat College currently offers the course (WH0001 Food Safe) at three different times this spring. The course costs \$149 and involves either three Saturdays, or a series of Tuesday/Thursday evenings. We would be willing to reimburse the fees for this course in exchange for your time to volunteer at the school during food preparation times.

Please call the school at 403 548-3449 and speak to Melissa or Frances if you are interested.



HOURLY ZERO TRAINING

Prairie Rose School Division has hired consultants to help all of our schools prepare for emergencies. This Wednesday, February 3rd, our staff will be involved in intensive training called "Hour Zero Emergency Response Training". Key office staff will be trained for three hours in the morning. All staff will be involved in an hour-long training session after school on Wednesday. We look forward to having detailed plans in place to handle any emergency that may arise.

LIBRARY CORNER

We have now had our first meeting for all three of our book clubs. The first group really loved the story The Christmas Carol and the second group enjoyed The Knights at Dawn. The third group met and discussed what their favorite books were and passed on some good suggestions to the others. We are now reading Hour of the Olympics and Stories that Julian Tells and will be meeting in the next couple of weeks to share our responses.

Our next book fair will run with our Student-Led Conferences at the end of March. Watch for updates on our new theme and competitions.



Frances Barnes