

NO MICROWAVE, NO PROBLEM

Preparing lunches can be a dreaded chore, and not having access to a microwave adds to the challenge. There is hope. Read on...

Do yourself a favor - buy a thermos. Invest in a wide-mouth thermos and you won't be disappointed. Soups, stews, chili, and leftovers can be reheated in the morning, packed in a thermos and enjoyed hot at lunch time. This is easy, cost effective and nutritious.

Here are some kid friendly, no heating required lunches:

- make a regular sandwich more interesting by using whole wheat wraps, pita bread, subs, English muffins, or mini bagels
- pack cubed bread, cheese, meat and raw veggies in a container
- make tuna balls. Roll leftover sushi rice into a circle. Put a scoop of tuna salad in the middle. Form into a ball
- send a slice of pizza with extra veggies on the side
- bake bran muffins and send cream cheese and applesauce with them
- hard-boil eggs. Send cooled with toast fingers and fruit.

SCHOOL COUNCIL

School Council meetings will be held the last Monday of each month at 7:00 pm unless otherwise notified. Babysitting is provided in the school free to all who attend.

This month's regular meeting is on November 30th. We will be finalizing plans for all Christmas events. We hope you will join us.



... THANKS.

A special thanks to all of our parents who sent snacks for Halloween. We had a wide variety of very tasty treats that were delightfully presented. It was particularly nice to see so many healthy snacks for children to choose from.

Also thanks to our many committed parent helpers who have been helping in the classrooms and in the Library. Your ongoing support is appreciated.

November 2009 Newsletter



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PRINCIPAL'S MESSAGE

We can see the light at the end of the tunnel... really! As I look down the north hallway I can see the windows at the far end of our new addition. We are so excited! We are waiting for a few final details and our occupancy permits and then we'll be ready to move. I'll send notes out to those classes affected as soon as we know exact dates. I know many of you have expressed willingness to help with the move if needed. We will likely take some of you up on your offers in the near future.

We are almost finished our first instructional term. Report cards will be sent home mid-month and parent teacher interviews are scheduled for the following week. I hope you will take this opportunity to come into the school to visit your child's teacher. We would like to discuss your child's progress so far this year and ways we can work together to maximize your child's success. If you have any general school concerns, or suggestions, please drop by to visit me while you are in the school. Together we can make this school the best place for your child.

We have two assemblies this month that you are welcome to attend. The first assembly will be on November 10th at 1:30p.m. This will be our annual Remembrance Day Assembly. Our regular month end assembly will be on November 27th at 1:30 and will be hosted by the grade one classes. We hope to see you this month.

LIBRARY CORNER

I would like to thank all of you for helping your children find their lost library books. Our prize day on Wednesday, October 28 was a resounding success. Thank you also for sending back my note letting me know when you don't think you have a book because then I can look on our shelves for it. The system is far from perfect, but, with your help, we are getting better.

Hazel Hutchins' visit was a great success. She talked about how she became an author, read from some of her books and had some fun activities for the students to do. I also purchased a number of her books that we didn't have and will have those available for sign out this week.

We are through with the Halloween books now and I am anxiously waiting to bring out the Christmas books. I don't want to pressure you though so I will try to hold off until the middle of this month! Thanks again for all your help.

Frances Barnes



GOING GREEN

Many of you have signed up for our newsletter to be delivered to you electronically by email. We really appreciate this and would now like to stop sending you a paper copy as well. This saves duplication costs and cuts down on all the paper that we use here at the school. Our only problem is that some of you have some really funky email addresses and so we have no idea who you are! If you could simply email me at the school (frances.barnes@prrd.ab.ca) letting me know your name or your child's name I can then take you off of the list of families that receive a paper copy. If you are interested in receiving an electronic copy instead of paper (which we would really appreciate) you can do this by going to our school website at www.ifcox.com and at the bottom you just have to enter your email address. Thanks for your help with this.

COMING AND GOING

With winter approaching it is really important that students enter and exit the school through the proper boot rooms. This prevents mud from tracking through our school. Junior Kindergarten students need to use the front entry. All other students should be dropped off on the East side of the school and enter through appropriate East entries. As this changes with construction moves we will keep you informed. Thanks for your help.

