



# December Events

Date: December 1, 2011



## Senator Buchanan School

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### Christmas Plans

This year we will be celebrating the festive season as a school with Christmas at the Fort. Please join us on Tuesday, December 13<sup>th</sup> from 6:00-8:00 p.m. at Fort Whoop Up.



We'll enjoy carol singing, crafts, stories, refreshments and a horse drawn wagon ride. Watch for more information in the days leading up to Christmas at the Fort and be sure to bring in your waiver form so that your family can take part in the Wagon rides. See you there!

### Sock it to 'Em

This little piggy wore Argyll,  
This little piggy wore tube socks,  
This little piggy wore woollies,  
This little piggy dressed in style.  
But this little piggy ... **Had None!**

Mr. Gullage and caretakers and maintenance staff in the Lethbridge and area schools have spearheaded the collection of NEW SOCKS to be donated to local charities for Christmas. Each year thousands of pairs of socks are collected within Lethbridge School District #51 for donation, to make many Christmases a little bit warmer. Your donation of new socks in any size will be collected at Senator Buchanan until December 12. Your support is greatly appreciated!



### DATES TO REMEMBER

#### December:

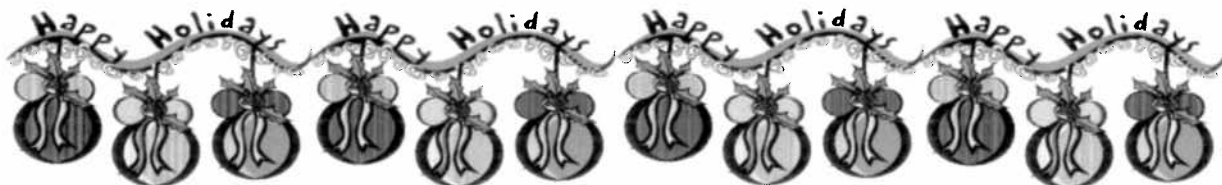
- 13—Christmas at the Fort 6-8 p.m.
- 19—HERO Assembly 8:45 a.m.
- 23—Last day of school before Christmas Break

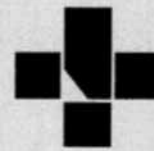
#### January:

- 9—Classes Resume
- 11—After School Skating
- 18—After School Skating
- 19—Family Literacy Night
- 23—HERO Assembly 8:45 a.m.
- 24—School Council Meeting
- 25—After School Skating

### Thank You for Parking in areas that keep Children Safe

In past newsletters we have requested that parents park in safe areas that allow good visibility for children crossing at the crosswalk and away from parking lots. All staff parking lots are completely assigned. If there is an empty space, it is probably because the employee is on a lunch break or out of the building for a meeting. We always ask our students to avoid walking through the parking lots in an attempt to avoid injury. Kids don't always recognize or anticipate dangers so, as adults, we need to anticipate for them. We would like to give you a big Thank You as we have observed more parents picking up and dropping off in areas that are safe for all children. The most under utilized area with the greatest area free for parking with great visibility is west of the school on 10<sup>th</sup> street.





### **Distracted Driving**

On Sept. 1 2011, the distracted Driving Law came into effect making it illegal for drivers to use hand-held cell phones, to text or email, or use electronic devices while driving. Distracted driving is potentially as dangerous as impaired driving and is much more common.

#### **Before you start driving:**

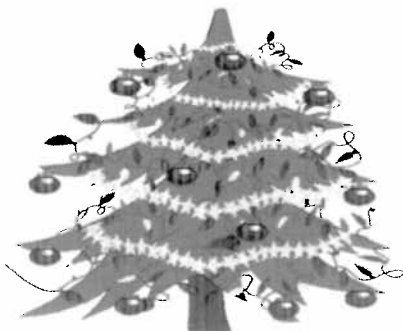
- Adjust dashboard and electronic controls
- Turn off your cell phone and tell everyone for safety reasons, you will no longer answer calls or text messages or emails while driving.
- Deal with distractions such as putting on make-up, reading and grooming.

#### **Stay focused while driving:**

- If you have to make a phone call, do so at a rest area, when you stop for gas or a bathroom break. Vehicles are not permitted to park on the shoulder of a provincial highway except in an emergency.

Visit: [www.saferoads.ca](http://www.saferoads.ca) for more information.

**Have a Happy, Healthy, and  
Safe Holiday Season  
From the  
Comprehensive  
School Health Team**



### **Tis the Season to be Healthy**

In the holiday season, treats seem to be everywhere. Here are some quick tips to promote a healthy holiday season for your family:

**Store treats until snack or meal time.** Your child is more likely to nibble throughout the day if treats are left out in the open. Keep them away in a cupboard, refrigerator or out of sight.

**Offer regular meals and snacks.** Offer healthy food choices at regular times throughout the day. This will help to satisfy your child's appetite so they do not eat too many holiday treats.

**Slow down and taste the food.** Encourage your child to fill his/her plate and sit down to enjoy the food. Teach your child to enjoy small amounts of special holiday foods along with regular healthy choices.

For more information check out these nutrition pages:  
<http://www.albertahealthservices.ca/2925.asp>

### **Winter Helmet Safety**

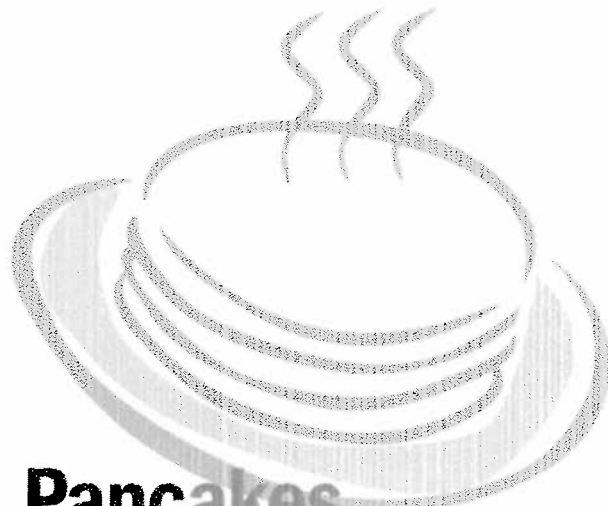
Skiing and snowboarding are popular Canadian winter sports, but they do carry a level of risk. Head and brain injuries are the most common cause of death among skiers and snowboarders.

Wearing a ski helmet can effectively reduce the risk of head injuries by nearly 50 percent.

It is important to ensure everyone engaging in these activities wears a new, properly fitted and appropriate helmet.

Helmets should be either CSA, ASTM, or Snell approved. If the helmet has been involved in a fall it may need to be replaced, even if there is no visible damage. Check the manufacturer's instructions on when to discard. Do not use helmets designed for other purposes such as bicycle helmets as they are designed to absorb different types of impacts.

For more information on helmet safety access  
[www.thinkfirst.ca](http://www.thinkfirst.ca) or [www.safekidscanada.ca](http://www.safekidscanada.ca).



# Oatmeal Pancakes

Makes about 16 to 18 medium pancakes

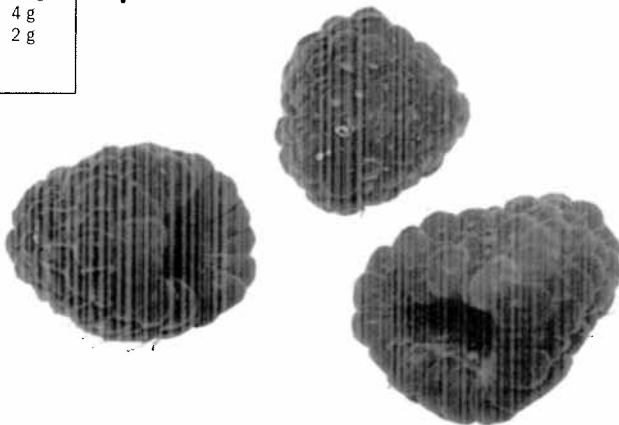
*Serve with a side of mixed berries and yogurt for a flavourful and healthy breakfast fundraiser. Pancakes are great cold too! Pack in lunches with a slice of cheese for a change from sandwiches.*

1½ cups	rolled oats	375 mL
2 cups	milk	500 mL
½ cup	whole wheat flour	125 mL
½ cup	all-purpose flour	125 mL
1 tbsp	brown sugar	15 mL
1 tbsp	baking powder	15 mL
1 tsp	salt	5 mL
½ tsp	cinnamon	2 mL
2	eggs, beaten	2
¼ cup	vegetable oil	50 mL

- 1.** In a large mixing bowl, blend rolled oats and milk; let stand 5 minutes.
- 2.** Stir together flours, sugar, baking powder, salt and cinnamon. Add dry ingredients, eggs and oil to oats, stirring until combined.
- 3.** Pour ¼ cup (50 mL) batter for each pancake onto a hot, lightly greased griddle. Cook each pancake until edges become dry and surface is covered with bubbles. Turn and cook second side until golden brown.

#### NUTRIENTS PER PANCAKE

Calories:	116
Fat:	5 g
Carbohydrate:	15 g
Protein:	4 g
Fibre:	2 g



*The applesauce in the batter serves as a partial substitute for fat and sugar, while keeping the cupcakes moist and flavourful.*

NUTRIENTS PER CUPCAKE	
Calories:	160
Protein:	2 g
Fat:	5 g
Saturated fat:	1 g
Carbohydrate:	27 g
Fibre:	1 g
Cholesterol:	22 mg
Sodium:	189 mg



# Spicy Apple Cupcakes

Makes 10 cupcakes (1 per serving)

Preheat oven to 350 °F (180 °C)  
 10 muffin cups, lined with paper cups or sprayed with vegetable spray

- |         |                            |        |  |
|---------|----------------------------|--------|--|
| 1 cup   | all-purpose flour          | 250 mL | <b>1.</b> In a small bowl, combine flour, pumpkin pie spice, baking powder, baking soda and salt.  |
| 1 tsp   | pumpkin pie spice          | 5 mL   |  |
| 1/2 tsp | baking powder              | 2 mL   | <b>2.</b> In a medium bowl, using an electric mixer or wooden spoon, cream granulated sugar, brown sugar and margarine until fluffy. Beat in egg and vanilla. Stir in flour mixture until blended. Stir in applesauce. |
| 1/2 tsp | baking soda                | 2 mL   |  |
| 1/2 tsp | salt                       | 2 mL   |  |
| 1/2 cup | granulated sugar           | 125 mL |  |
| 1/4 cup | lightly packed brown sugar | 50 mL  |  |
| 1/4 cup | soft margarine             | 50 mL  |  |
| 1       | large egg                  | 1      |  |
| 1/2 tsp | vanilla                    | 2 mL   | <b>3.</b> Divide batter among the muffin tins, filling them half full. Bake in preheated oven for 20 to 25 minutes or until a  |
| 1/2 cup | unsweetened applesauce     | 125 mL |  |



# December 2011

SUN MON TUE WED THU FRI SAT

1 2 3  
 Bookmobile visits  
 During Thursday  
 afternoons.

4 5 6 7 8 9 10

11 12 13 14 15 16 17  
 Snowshoes to be  
 delivered. Christmas at the  
 Fort 6:00-8:00.

18 19 20 21 22 23 24  
 Hero Assembly 8:45. Jump Start Winter  
 Concert 6:00-7:00. Snowshoes to leave  
 the school.

25 26 27 28 29 30 31  
 Christmas Day Boxing Day

Christmas Break  
 No School

Christmas Break  
 No School

Christmas Break  
 No School

**Senator Buchanan School**

*Where Children Come First*

1101 - 7 Avenue North  
 Lethbridge, Alberta

Phone: 403-327-7321  
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 E-mail: [buchanan@lethsd.ab.ca](mailto:buchanan@lethsd.ab.ca)



# January 2012

SUN MON TUE WED THU FRI SAT

1 2 3 4 5 6 7

Christmas Break  
No School

Christmas Break  
No School

Christmas Break  
No School

8 9 10 11 12 13 14

Return to School.

After School  
Skating at Adams  
Arena 3:45-4:45.

Bookmobile visits  
During Thursday  
afternoons.

Gym Mats to be  
delivered.  
Staff Meeting

15 16 17 18 19 20 21

Gymnastics with  
mats to begin.

After School  
Skating at Adams  
Arena 3:45-4:45.

Family Literacy  
Night 6:00.

One School One  
Book begins.

22 23 24 25 26 27 28

Hero Assembly  
8:45.

School Council  
Meeting 7:00PM.

After School  
Skating at Adams  
Arena 3:45-4:45.

29 30 31

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