



NOVEMBER EVENTS

November 1, 2011



Senator Buchanan School

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Lethbridge, AB
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Remembrance Day



This year Remembrance Day is on Friday, November 11th. We shall mark the occasion on Wednesday, November 9th at school with an assembly and service. Guests are welcome. There shall be no school on Thursday, November 10th, or Friday, November 11th.

School Zone, Parking and Safety Reminders

Drop off and pick up times are always high traffic times at schools. Please remember that you are not permitted to pass or attempt to pass another vehicle travelling in the same direction within a school zone during the hours when it is in effect.



When you pass this sign with a speed sign attached to the post, you have entered a school zone and you must stay within the maximum posted speed.

The speed for school zones is 30 km/hr. in effect each school day from 7:30 a.m. – 4:30 p.m. within the City of Lethbridge.



Avoid parking within 5 meters of the crosswalks or stopping on the crosswalks. We need children to be able to see oncoming traffic and traffic to see the children at the crosswalks. Help us keep all of our

children safe.

Parking is frequently an issue. We have a growing group who park along the West Playground fence; there is a plenty of room for even more parking on the West fence. Creating a routine regarding where you park and where the children should look for you always helps families find each other. Let the kids know, "This is where to meet me after school." The West fence is within a playground zone so ensure that your speed remains at 30 km/hr.

DATES TO REMEMBER

November:

- 9- Remembrance Assembly
- 10, 11-No School-Fall Break
- 18 - Report Cards go home
- 21 - HERO Assembly
- 23, 24-No Kindergarten Classes-P/T Interviews
- 24, 25-No Gr 1-5 Classes-P/T Interviews



Report Cards, Parent-Teacher Conferences

Our first Report Card of the year will be sent home on Friday, November 18th. The following week we will hold Parent-Teacher Conferences. Please look for the appointment forms and return them by November 9 so you get your first choice of appointment times. Please use a separate form for each child and list siblings in appropriate space on the forms.

Grades 1-5 will hold conferences on Thursday, November 24th and the morning of Friday, November 25th. There will be no classes for grades 1-5 on Thursday or Friday of conference days. Kindergarten families will participate in interviews Wednesday, November 23rd, Thursday, November 24 and Friday morning, November 25. We look forward to seeing you at the conferences.

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Please call the school office when your child is going to be away for the day or will be late.

Buchanan Hot Lunch Program



Hello Parents,

The hot lunch program is a great healthy way to change up our children's lunch routine. We will be having a special lunch day on the last Wednesday of each month, excluding December and April. In the past we have sent out order forms and had the hot lunch the following week. This year the order forms will be sent home approximately 2 weeks before our hot lunch day. This will give the restaurants time to prepare extra staff and ensure the freshest ingredients for our special lunch day.

Thank you to all parents and students in advance for participating in the Senator Buchanan Hot Lunch Program.



Child Pick-up During School Hours

From time to time it is necessary for parents to pick up children during class time. We understand the need. Please arrange to meet your child at the school office so that child safety and supervision are constant. At most times during class time, there is ample close parking in front of the school on 7 Avenue. You are welcome to park and then run in to pick up children for appointments. If you can't leave your car, perhaps because you have younger children with you, you may call the office on your cell phone to let us know that you are outside waiting. We all want to ensure that children remain safe; we don't want unsupervised children alone outside.

School Council Invites All Parents

Our next parent meeting is Tuesday, November 16th at 7 p.m. in our Staff Room. All parents are invited to attend. Congratulations and thanks to: Lynn Knight, School Council Chairperson; Crystal Lipsett, Vice Chair; Dan McDonald, Treasurer; Courtney Rozee, Secretary; Melissa Cardinal-Gish, special lunch coordinator; Amber Heyboer, District School Council Representative; and Shelly Onofrychuk, Jada Leavitt and Chealsa Mertz, fundraising.



Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and giveaways will be available.

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

What to use

- Use regular soap and water **or**
- Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit www.kidshealth.org Search "hand washing"

Tobacco: Talk About It!

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
- Be honest about the long term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit www.albertahealthservices.ca/2544.asp

Osteoporosis

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit www.osteoporosis.ca.



PARENT TIPS

by Elizabeth Pantley, author of *Kid Cooperation & Perfect Parenting* 1-800-422-5820 www.pantley.com



Lighten up! with these ideas for family fun

Pick one day this month and serve ice cream sundaes for dinner. Make sure you add bananas, strawberries and nuts to include the various food groups! Surprise the kids! Of course you wouldn't do this regularly, but it sure is fun to do it once!

Have a family-only sleep over party. Eat pizza and snacks. Play games. Stay up late. Sleep in sleeping bags in the family room. Get silly and enjoy spending time together.

Dedicate a month to writing a book together. A novel? A mystery? A book of humor and jokes? Don't expect perfection, don't worry about grammar and punctuation. Design a colorful cover. Enjoy the process and have your final product copied and bound.



Buy or borrow a book on home-made kites. Shop for supplies, design and make several different kites. Plan a picnic day at the park to fly your kites.

Start a family bowling team. Create a schedule for play. Plan a season-end banquet complete with trophies! Make sure you include prizes for "most improved" "best attitude" "best cheerleader" and other fun categories.



Learn something entirely new and different! Horseback riding? Rock climbing? Sailing? Chess? Painting with water colors? Start by having a family meeting to select the activity, visit the library to learn a few things, arrange to watch a professional event, and then do it! It's a great way to keep your family close, have fun, and broaden your horizons.

Have a formal party for the family. Everyone gets to dress up elaborately - bring out those rarely used jewels! Use the good china, light some candles. Have every family member who's old enough help to plan and prepare the meal. Perhaps even have each person create one course for the event. Finish the evening off with dancing or story telling.



November 2011

SUN MON TUE WED THU FRI SAT

5 Daylight Saving Time ends. Turn clocks back 1 hour Saturday night.

4 Staff Meeting with our Health Nurse, Joan Smith-Mason.

3 Bookmobile visits During Thursday afternoons.

12

11 Remembrance Day
No School

10 Fall Break
No School

9 Remembrance Day Assembly.

8 Gr. 3 to Armories for Remembrance Day Field Trip 9:00-11:30.

7

19

18 Report Card 1 goes home.

17

15 School Council Meeting 7:00PM.

14

26

25 Staff Learning Day
Parent Teacher Meetings Gr 1-5.
No Classes for students.

24 Staff Learning Day
Parent Teacher Meetings K-5.
No Classes for students.

23 Kindergarten Parent Teacher Meetings.
No Classes for ECS students.

22

21 Hero Assembly 8:45.

30

29

28

27



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Where Children Come First

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December 2011

SUN MON TUE WED THU FRI SAT

1 2 3
 Bookmobile visits During Thursday afternoons. Staff Meeting

4 5 6 7 8 9 10

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

18 19 20 21 22 23 24
 Hero Assembly 8:45. Jump Start Winter Concert 5:00-8:00. 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
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