



IRVINE SCHOOL

HOME OF THE TIGERS



"Learning, Caring, Growing, Sharing"

Website: irvineschool.ca

Phone: 834-3783

Newsletter

January 2012

Administrators' Message

A WARM WELCOME BACK TO OUR STUDENTS, STAFF AND PARENTS. WE HOPE EVERYONE HAD A WONDERFUL YET RELAXING HOLIDAY. THE YEAR 2011 WAS EXTREMELY BUSY AT IRVINE SCHOOL AND 2012 APPEARS TO BE OFF TO A GOOD START AS WELL! AS YOU CAN SEE BY THE ATTACHED CALENDARS, JANUARY AND FEBRUARY WILL BOTH BE VERY BUSY MONTHS PARTICULARLY IF YOU ARE INVOLVED WITH BASKETBALL OR SWIMMING. WE ALSO HAVE OUR ANNUAL SKI TRIP (GRADES 4-9) TO HIDDEN VALLEY IS ON FRIDAY, JANUARY 13TH. FOR THOSE STUDENTS NOT PARTICIPATING, IT WILL BE CLASSES AS USUAL.

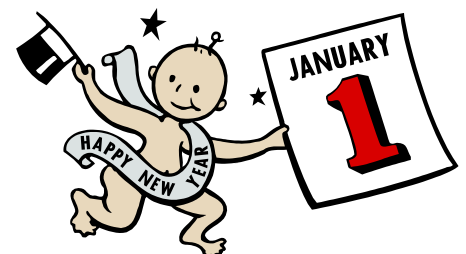
PLEASE KEEP IN MIND THAT OUR MONTHLY PARENT COUNCIL MEETING WILL BE ON TUESDAY, JANUARY 17TH AT 6:30 P.M. IN OUR STAFF ROOM. THIS IS AN EXCELLENT OPPORTUNITY FOR PARENTS TO SHARE THEIR IDEAS AND CONCERNS. MEETINGS ARE GENERALLY ABOUT ONE HOUR IN LENGTH. COME ON DOWN AND WE'LL PUT THE COFFEE ON!

DON'T FORGET TO CHECK THE IRVINE SCHOOL WEBSITE AT IRVINESCHOOL.CA FOR OTHER EVENTS AND HOMEWORK FOR YOUR CHILD. IF YOU CANNOT LOCATE THE DAILY HOMEWORK, THEN CHECK THE "ARCHIVES" ON THE HOMEWORK SITE. IF IT IS NOT THERE, THEN THERE IS A STRONG POSSIBILITY THAT NO HOMEWORK WAS ASSIGNED. IF YOU HAVE ANY IDEAS, QUESTIONS OR CONCERNS THEN GIVE US A CALL AT 834-3783. HAVE A GREAT JANUARY!

SINCERELY,

J. WILSON, PRINCIPAL

C. LUTZ, VICE-PRINCIPAL



Peanut Free

Due to the fact that we have a number of students with **SEVERE PEANUT ALLERGIES** that are potentially **LIFE THREATENING**, Irvine School is striving to become a peanut free school. Please **DO NOT SEND** any products to school that could contain peanuts, peanut butter, peanut oil, mixed nuts, ground nuts, peanut flour. All foods containing these items will be packaged up and returned home.

We

realize that we may not be aware of some products that do contain peanuts, but if we all try our best to refrain from sending these items to school, these students will be much safer as a result. **SOY BUTTER SANDWICHES MUST BE MARKED!** THANK-YOU!

Possible sources of peanuts:

- Snack foods (candy, chocolate, dried fruits, energy bars, granola bars, mixed nuts, popcorn, potato chips, trail mixes)
- Baked goods (cakes, cookies, doughnuts, pastries)
- Desserts (frozen desserts, frozen yogurts, ice cream, sundae toppings)

irvineschool.ca

Visit the Irvine School website to check on homework, upcoming events, school sports teams, hot lunch and more.....

Students have the ability to see what was assigned for homework on days that they were absent.

This is an easy way for students and parents to stay up to date with what is happening at Irvine School.

Newsletter Items

If you have something that you want included in the monthly newsletter, please get items in to the **office** or email to **lori.maser@prrd.ab.ca** before the 23rd of each month.

Thank-you.



*We will not include ads or business solicitations that do not directly benefit or interest our school community and families.



Hot Lunch Dates



Lunch dates are:

January	13	Hot Dogs
	20	Sloppy Joe's
	27	Pizza
February	3	Subway
	10	Hot Dogs

Volunteers are needed to help serve hot lunches on Fridays.

If you can help, please contact Jenine Larsen at 527-5299.

Hot Lunches sell for \$4.00 each.

Money for Hot Lunch is collected on Tuesday morning.

Late orders will not be accepted.

Money and/or tokens are NON-REFUNDABLE.

2011-2012 Calendar of Events

January	5	Back to School
January	17	Parent Council Meeting - 6:30 p.m.
January	23	NO SCHOOL - S.I.D.
February	14	Parent Council Meeting - 6:30 p.m.
February 20 - 24 - Family Day, Days in Lieu, Teacher's Convention - NO SCHOOL		
February	27	Back To School
March	5	K/JK Registration - 6:00 PM
March	20	Parent Council Meeting - 6:30 p.m.
March	21	2nd Report Card
March	22	NO SCHOOL - S.I.D.
March	23	NO SCHOOL - S.I.D.
March	28	Parent/Teacher Interviews - 3:30 - 6:30 p.m.
March	29	Parent/Teacher Interviews - 3:30 - 6:30 p.m.
April 6 - 13 - EASTER HOLIDAYS - NO SCHOOL		
April	16	Back To School
April	17	Parent Council Meeting - 6:30 p.m.
May	7	NO SCHOOL - S.I.D.
May	15	Parent Council Meeting - 6:30 p.m.
May	16	Pancake Breakfast (Education Week)
May	21	NO SCHOOL - Victoria Day Holiday
May	25	Track & Field Day
May	28	Track Rain Out Day
June	4	NO SCHOOL - S.I.D.
June	19	Parent Council Meeting - 6:30 p.m.
June	28	Last Pupil Day / Awards Day

S.I.D. - School Improvement Day - No School for students

IRVINE CHILDCARE

AFFORDABLE SUBSIDIZED CARE

Before/After School Full Time Days Extended Hours

OUR FEES: \$2.84/HR

EVEN BETTER:

WE WILL ASSIST YOU & FILL OUT A SIMPLE FORM AND THE GOVERNMENT COULD PAY ALL OR PART OF YOUR FEES

WITH 2 CERTIFIED CHILD CARE ASSISTANTS, WITH FIRST AIDE CARE IS NEVER A CONCERN.

WE HAVE A FUN LEARNING ENVIRONMENT.

WE PROVIDE 2 BALANCED SNACKS AND 1 MEAL A DAY (EXTENDED CARE MAY INCLUDE MORE)

WE PROVIDE BOTH OPEN PLAY (INSIDE & OUTSIDE) AND EDUCATIONAL ACTIVITIES THROUGHOUT THE DAY

HOURS ARE FLEXIBLE, FEES ARE AFFORDABLE, CONVENIENTLY LOCATED JUST ACROSS FROM IRVINE SCHOOL

INFANT AGE 0 YRS - 3 YRS - NOW FULL (SPOT OPENING JULY 1/12)

ONLY 3 SPOTS FOR AGES 3 YRS - 12 YRS (FULL TIME OR BEFORE/AFTER SCHOOL)

SPOTS FILL QUICKLY AND ARE GOING FAST, COME LEARN AND PLAY WITH US!!

INTERESTED PLEASE CALL

SANDI JAMIESON AT 403-581-9080

FREE PLAYGROUP

FUNDED THROUGH

MCMAN PARENT LINK CENTRE

Location: Irvine Sports Complex

Dates:

Alternating Thursdays

Call (403) 504-0833 for more information.



HAPPY NEW YEAR

ISSU ACTIVITIES

Dress Up Days

January 18 – Imitate a Staff Member Day
February 1 – Fake an Injury Day
February 14 – Red and Pink Day
March 7 – Opposite Gender Day
March 16 – Green Day
April 4 – Easter Theme Day
April 18 – Proud to be Canadian Day
May 2 – “Smartie” Day
May 30 – Duct Tape Day
June 6 – Favourite Era Day
June 20 – Extreme Weather Day

Evening Dances

February 10 – Be My Valentine
April 27 – Spring Fling

Sock Hops

June 8 – School’s Out

Other Events

February 2 – 16 – Magazine Campaign (tentative dates)
February 14 – Heart Day
March 16 – Shamrock Day
January 9-13: Manly Cup (JH)
January 24-27: Talent Week



Reminder that we have a lot of
theme days
remaining this school year, so
dress up
and
earn points
for your colour group.

Theme Weeks

Talent Week

January 24th—27th

Salad Dressing Week

May 14 – Thousand Island

May 15 – Ranch

May 16 – Blue Cheese

May 17 – French

May 18 - House

Parent Council News

1) We will be selling Sobey's purchasing cards again this year. Please keep us in mind if you shop at Sobey's, as these are the same as cash for you and ISPA makes 10% of all sales. (see form later in this newsletter)

2) Don't forget to send in your Campbell's Labels For Education.

Remember that all parents are welcome to come out to our monthly meetings on the THIRD Tuesday of each month.

Irvine School Parent Association

School Holidays

There will be no school for Students on Monday, Jan. 23rd. The staff will be attending another School Improvement Day.

Swimming

Swimming for Grades 4 through 6 begins in the new year. Grade 6's swim our second day back, which is Friday, January 6th, 2012.



Please do not forget your swim wear.

THANK YOU

FROM ALL THE MEMBERS OF THE
IRVINE VOLUNTEER FIRE DEPARTMENT
FOR MAKING OUR
CHRISTMAS HAMPER PROGRAM
A HUGE SUCCESS

Thirteen generous hampers were delivered to residents of Irvine and surrounding area, and a surplus of toys went to the Santa Claus Fund.



And to the
Irvine 4-H Beef Club
For all their help putting the
Hampers together.

It is so wonderful to be part of such a generous community!

HAVE A SAFE AND HAPPY 2012



Children's Health & Developmental Services

CHILDREN'S GROUPS

Kids in Control:

This is a seven-session anger management and emotional expression training program for children ages 4 to 7 years of age. (Separate groups are held for 4-5 year olds and 6-7 year olds.) We believe that an empathetic, professional facilitator and same-age peers can help children understand anger and find appropriate ways to respond, express it and manage it, instead of lashing out with verbal or physical aggression. Through art, games and activities, children in the group will learn self-calming methods and other constructive ways to express their feelings. In the group, children will have the opportunity to enhance their social skills, feelings of competency and personal effectiveness in the area of anger control while reducing self-defeating behaviors.

Next session begins Jan. 9 (for 4-5 year olds) and Feb. 6 (for 6-7 year olds)

Kids in Between:

This is a seven-session program for children aged 6 and 7 years who are experiencing parental separation or divorce. Children who have been affected by parental separation and divorce are often struggling with a variety of unfamiliar and even uncomfortable feelings to which they don't know how to respond. They will sometimes feel that they are the only ones experiencing these feelings and that no one will be able to understand them. It is for this reason that CHADS has established this program, with the understanding that an empathetic, professional facilitator and same-age peers can help these children understand feelings about their parents' separation or divorce, and then appropriately respond to those feelings. Through art, games and activities, children in the group will have the opportunity to express their feelings and have them validated by other members in the group. The children will also learn positive coping strategies to assist them in grieving the loss of their nuclear family and in dealing with divided loyalties.

Next session begins March 5

Bravehearts - Building Courage Through Play:

This is a six-session play therapy group for children ages 3-5 and their parents, who wish to build their child's courage to handle social situations or personal problems. Parents receive a demonstration of how to use play therapy skills to help children manage feelings of fear, sadness and anxiety. Children are provided with a safe environment in which to express themselves, try new things, learn more about themselves, and develop coping skills to manage difficult feelings and problems through play.

Next session begins March 19

Cool Cubs - Learning Limits Through Play:

This is a six-session play therapy group for children ages 3-5 and their parents, who would like to build their child's self-control and emotional regulation in social situations. Parents receive a demonstration of how to use play therapy skills to help children channel their energy, assertiveness and aggression in productive and healthy ways. Children are provided with a safe environment in which to express themselves through play and learn self-control over their excited, angry or impulsive feelings.

Next session begins Jan. 23

Call us at the phone number below for more information or to register.

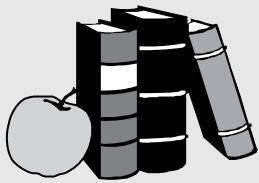
Janice Eckert

Intake Worker - CHADS Behavioral Services
South Zone - East
Allied Health Services
631 Prospect Drive SW
Medicine Hat, AB T1A 4C2

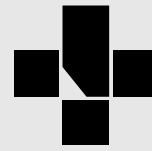
Janice.Eckert@albertahealthservices.ca

tel: 403-502-8257 (Med. Hat)
403-793-6664 (Brooks)
fax: 403-528-8135

Alberta Health Service



Healthy Schools Healthy Futures



Alberta Health Services

Travel Outside of Canada

International travel can expose you and your family to infectious diseases not frequently seen in Canada.

Based on your current health, immunization history, and travel plans, a healthcare provider can assess your health risks and advise you on immunization requirements, your need for preventative medication and how to avoid health risks.

Currently, there is a world-wide risk for red measles.

Please contact your local Public Health office, a pharmacist specializing in travel health, or your physician at least six weeks before departure for an individual health assessment.

Go to www.travelhealth.gc.ca for more information.



Celebrate Family Literacy Day January 27

On Family Literacy Day Canadian families are invited to spend at least 15 minutes a day reading and learning. This could be reading a storybook together, playing word games, singing, writing to family or friends or assisting with writing out simple things like a grocery list.

Reading aloud helps children learn listening, vocabulary and language skills as well developing their imagination and creativity. Time spent reading together increases a child's reading skills, increases their sense of security and gives them a sense of being worthwhile.

To encourage a lifelong reader parents should read to their child daily, have lots of books around, and to let your child see you reading.

For more activities families can do to make learning a part of daily life go to www.FamilyLiteracyDay.ca.

Breaking Up is Hard to Do!

National Non-Smoking Week: January 15-21

Most parents hope that their children will choose to avoid tobacco. For parents who use tobacco, it can seem difficult to discuss these expectations with their children. Research indicates that children whose parents talk to them about smoking are less likely to start.

That is especially true if the parent is a smoker.

Parents are one of the greatest influences in their kids' lives and honest conversations about the risks and consequences of tobacco use can influence kids' decisions about smoking.

If you are a smoker and tried to quit at least once before, tell your child about how difficult it is and why you wish you could. If you're thinking about quitting again, or are interested in helping someone else make changes in tobacco use, there are supports available.

For advice on how to "Break-Up with Tobacco", visit www.albertaquits.ca or call 1-866-710-QUIT(7848)

What is "Physical Literacy"?

Just as kids need to develop reading and writing, they also need to develop their physical literacy.

Canada's Long-Term Athlete Development (LTAD) program, defines physical literacy as "*a sound foundation of fundamental movement and sports skills*". It means developing agility, balance, coordination and speed; being able to move comfortably in different environments – on the ground or in the water; and mastering skills like throwing, catching a ball, riding a bike and skating. "Many children develop good physical skills by trial-and-error, but many do not," reports the LTAD program's *Developing Physical Literacy* guide for parents. "Children tell us that not having the skills to play is one major reason they drop out of physical activity and organized sport." With physical literacy, kids are more likely to be active, and this will help them stave off health problems such as obesity and chronic disease.

To find out how to enhance your child's physical literacy go to: www.canadiansportforlife.ca

Signs of Stress

Fatigue can be a sign of stress

Teresa Pitman

Submitted by: Jenn Hynes Mardian, Family School Liaison Worker

So what can parents look for if they are concerned? Any behaviour that is out of the ordinary for your child might be a sign of stress, says Gross, adding that parents know their own children best. Here are some more signs that might signal a concern:

- Physical symptoms, such as headaches, backache or tummy aches, especially if these are linked to definite times or situations (for example, having a tummy ache every morning before school but feeling fine on weekends).
- Sleeping less, or more, than usual or having nightmares.
- Increased or decreased appetite.
- Regressing or acting more babyish. Some kids under stress will want to seek comfort by doing things they did when they were younger — sucking on their fingers, for example, or twirling their hair.
- Increased sensitivity. Gross says many toddlers are sensitive to little things (tags in shirts, seams in socks, loud noises, etc.), but most will have outgrown it by this age. Under stress, though, such irritations become more upsetting.
- Hostility or moodiness.
- Crying more than normal.
- Nervousness or anxiety in general. "Some kids can explain what is bothering them, but others are less verbal and may just seem generally anxious," Gross says.
- Withdrawing from friends.

The challenge for parents is that these behaviours are often seen as misbehaviour. "You know when you have a baby who is irritable and fussy, and then the next day the baby gets a stuffy nose and a fever, and you realize: Oh, that's what was wrong," Gross says. "It's much the same with these signs of stress. Parents often think the child is just acting up. But it helps if you can step back and think: OK, could he be stressed about something, has something in his life changed or are there issues I don't know about?" That doesn't mean accepting bad behaviour. "You can say, 'I'm thinking you might be worried about the tests at school, and I understand that preparing for them is stressful. But it's still not OK to hit your brother,'" Gross says. With some kids, she adds, you can say, "Hey, what's going on with you?" and they'll tell you, but with others, you have to make educated guesses.

If you suspect your child is stressed but don't really know why, Gross suggests saying something like "You seem a bit out of sorts right now. How can I help?" Just knowing someone cares about their feelings can help reduce children's stress and may help them to open up. It isn't helpful, she adds, to turn it into an interrogation by saying "Why are you acting like this?" because often the child doesn't know why. Dinsmore says the challenge is finding the balance. "We want to be consistent about family rules and not give in to his behaviour," she says. "But I also try to empathize and let him know we understand his frustrations." That empathy, says Gross, may be the best solution a parent can offer. "You may not be able to fix the problem, and you might not even know what it is," she says, "but what you can do is help him cope with his feelings."

Talking about stressful feelings

It's helpful to give kids the vocabulary to talk about how they are feeling, says Susan Gross, a psychological associate with the Waterloo Region District School Board in Ontario. Here's how:

- Label their feelings as they are experiencing them. "Wow, you must have felt proud when you finished that project!" or "Walking into that cave was pretty scary."
- Tell stories about your experiences and describe your feelings. "I was really embarrassed one day at school because I tore a hole in my pants. I didn't want any of the kids to see, but they did."
- Help your child define how big his or her feeling is. "Is this a pea-sized problem? Watermelon-sized? Elephant-sized?"



January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Christmas Holidays				Back to School. Assembly	NO HOT LUNCH Gr. 6 SWIM	
8	9 Kindergarten Parent Council Meeting @6:30	10 Gr. 4 SWIM	11 Gr. 5 SWIM	12 Gr. 6 Bottle Drive	13  No Hot Lunch SKI TRIP (Gr. 4-9)	14
MANLY CUP						
15	16	17 Gr. 4 SWIM 6:30pm Parent Council Mtg CURL-9b,7b	18 Gr. 5 SWIM Imitate A Staff Member Day CURL-8a,8b	19	20  Sloppy Jo Gr. 6 SWIM CURL-9a,7a	21 "A" Girls BB Tourney
22	23 School Improvement Day (no students)	24 Gr. 4 SWIM	25 Gr. 5 SWIM	26	27  Pizza CURL-9a,7a	28
TALENT WEEK						
29	30	31 Gr. 4 SWIM CURL-9b,7b Gr. 4 SWIM Feb. 7,14	Gr. 5 SWIM Feb. 1,8,15		Gr. 6 SWIM Feb. 3,10,17 Mar 6	



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Assembly Curl—8A,8B Gr. 5 SWIM	2	3 SUBWAY "A" Boys Basketball Tournament Curl—9A,7A Gr. 6 SWIM	4
5	6	7 Curl—9B,7B Gr. 4 SWIM	8 Curl—8A,8B Gr. 5 SWIM	9 Staff Appreciation Lunch	10 HOT DOG Curl—9A,7A Gr. 6 SWIM	11
12	13	14 6:30 pm School Council Mtg Gr. 4 SWIM	15 Gr. 5 SWIM	16	17 T.B.A. Gr. 6 SWIM	18
19	20	21	22	23	24	25
FAMILY DAY /TEACHER'S CONVENTION—NO SCHOOL						
26	27 Back to School	28	29			