



IRVINE SCHOOL

HOME OF THE TIGERS



"LEARNING, CARING, GROWING, SHARING"

Website: irvineschool.ca

Phone: 834-3783

Newsletter

November 2011

Administrators' Message

October is always an interesting month. Not only can the weather sometimes be challenging, but it is also an extremely busy time at school. We have had everything from Picture Day to our annual Turkey Trot and of course, Halloween Happenings.

Although the weather has been very nice for us this fall so far, we would like to remind everyone that, with the coming of winter, we all need proper winter clothing. All students **MUST** have a winter coat, mitts, hat or ear muffs and proper winter footwear. **ALL STUDENTS** are expected to go outside everyday unless the wind chill is very high. Please ensure that your children are dressing properly for the winter weather. Also, remember that a bus driver can refuse to transport any student that is not properly dressed. It is unsafe. One never knows when a bus may breakdown, and the odds are that it will be a very cold day.

Our Grade Nine students, under the leadership of Mrs. Kraft, will be participating in the "Take Our Kids To Work" program on Wednesday, November 2nd. Thank-you to Mrs. Kraft and all the community members and parents who support this program.

Our Remembrance Day Assembly will be held on Thursday, November 10th at 11:00 a.m. Parents are more than welcome to attend. Please remember to send a donation of at least 25¢ for your child's poppy. It helps to support those that fought or are fighting for our freedom. The poppies will be handed out the morning of the Assembly.

Report cards will be going home on Friday, December 2nd. Parent-Teacher interviews are scheduled for Wednesday, December 7th (3:30 p.m.—6:30 p.m.) and Thursday, December 8th (3:30 p.m.—6:30 p.m.). We hope that you will book an interview with your child's teacher if you have any concerns or questions at all. Interview sheets will be sent home with the report cards. By working together, we hope that your child can have a most successful year in every way possible.

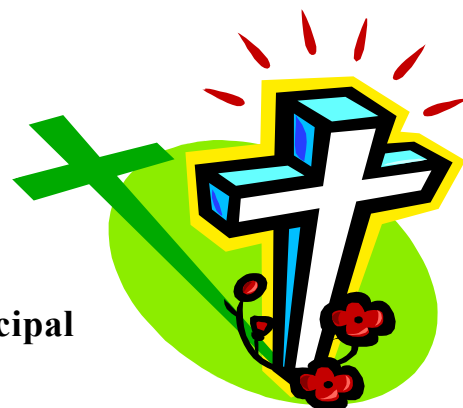
Please contact your bus driver when your child is **NOT** going to be on the bus, whether due to an all day absence or if they have been picked up at some point during the day. The driver will sit outside the school and wait (assuming the student will be on the bus) which then makes him late for drop offs. Parents begin to worry and call the school wondering whether there was a problem with the bus. Also, any students wishing to ride a bus other than their own must have a signed form complete with the signature of the bus driver of the bus they plan to ride on and their regular bus driver. These forms are available on the website or at the office.

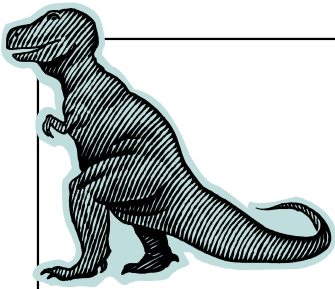
Please remember that communication between home and school is very important. If you have any questions or concerns regarding your child's education at Irvine School, please do not hesitate to contact the school office at 834-3783.

Sincerely,

J. Wilson, Principal

C. Lutz, Vice-Principal





**Grade 2 overnight trip to the
Tyrell Dinosaur Museum
is coming up and they need YOUR help!!**

Help support this amazing and educational trip
by placing an Epicure or Nutter's order with one of the grade 2's.

The fundraiser will run from

Monday, November 7 to Wednesday, November 30.

Orders will need to be back at the school Thursday, December 1.

Orders will be ready to be picked up
at the school Monday, December 19.

If you don't know a grade 2 student, you can contact
Amber Renschler directly at 403-504-5203 or renchler4@telus.net
to place an Epicure order.

You can also contact Linda Fink at 403-487-4800 or
linda.fink@prrd.ab.ca to place a Nutter's order.

THANK-YOU IN ADVANCE FOR YOUR SUPPORT!

IRVINE FALL DANCE



**Saturday, Nov. 12th
At the
Irvine Sports Complex
8:00 p.m.**

Family \$20 / Individual \$10

*Sponsored by the
Irvine & District Agricultural Society*

**SC PHOTO will be here on
Thursday, November 17th
to take
TEAM PICTURES
&
CLUB PICTURES.**



If you are on a team
please make sure to have your
UNIFORM here that day.



Hot Lunch Dates



Lunch dates for the next few months are:

November	4	Beef on a Bun
	18	Subway
	25	Sloppy Joes
December	2	Chicken / Mashed Potatoes
	9	Soup and a Bun
	16	Pizza

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.
Last year's tokens will still be accepted.
Money and/or tokens are NON-REFUNDABLE.

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

2011-2012 Calendar of Events

November	10	Remembrance Day Program - 11:00 a.m.
November	11	NO SCHOOL - Remembrance Day Holiday
November	14	NO SCHOOL - S.I.D.
November	15	School Council Meeting - 6:30 p.m.

December	2	First Report Cards
December	7	Parent/Teacher Interviews - 3:30 - 6:30 p.m.
December	8	Parent/Teacher Interviews - 3:30 - 6:30 p.m.
December	15	Christmas Activity

December 22 - January 4- CHRISTMAS HOLIDAYS - NO SCHOOL

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	27	Awards Day
June	28	Last Pupil Day,

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

FREE PLAYGROUP

FUNDED THROUGH MCMAN PARENT LINK CENTRE



Location: Irvine Sports Complex

Dates: Alternating Thursdays, October 13 and 27, November 10 and 24

Call (403) 504-0833 for more information.



BABYSITTING COURSE

Town of Redcliff
Wednesday, Dec. 28th, 2011

Phone Mavis @ (403) 548-3232 to register

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)
- Salad dressings, soup mixes
- Almond and hazelnut paste, icing, glazes

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.*

ISSU ACTIVITIES

Dress Up Days

October 19 – Wacky Sock and Headwear Day
October 31 – Halloween Dress Up
November 16 – Super Hero/ Cartoon Character Day
November 30 – Multiples Day
December 9 – Red and Green Day
December 14 – Tacky Christmas Sweater Day
December 16 – Christmas Tie and Hat Day
December 21 – Warm and Cozy Day
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

November 25 – Snow Ball
February 10 – Be My Valentine
April 27 – Spring Fling

Sock Hops

October 31 – Monster Mash
June 8 – School’s Out

Other Events

November 2 – 16 – Food Drive and Operation Christmas Child
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



Theme Weeks

12 Days of Christmas December 6 – 21

December 6 and 13: K-3 Gym Activities/Dance
December 7 and 14: 4-6 Gym Activities/Dance
December 8 and 15: 7-9 Gym Activities/Dance

Salad Dressing Week

May 14 – Thousand Island
May 15 – Ranch
May 16 – Blue Cheese
May 17 – French

CHEQUES FOR PAYMENTS



Homework A Problem?

Why not check our homework site at <http://prrdweb.com>

Simply click on **Irvine School** and then your child's homeroom.

The Homework should appear for the date that it is assigned.

Help your child to stay on track!



Thank-you to those of you who have sent your school fee payments so promptly. For the remaining families, **UNLESS YOU HAVE BEGUN A PAYMENT PROGRAM**, school fees are **OVER DUE**. If you have not made arrangements at the office and are not paid up, please do so ASAP.

****When paying by cheque, please DO NOT combine payments for different items. Eg: School fees, milk tokens, hot lunch tokens. This causes difficulties as the money is deposited into different accounts and is entered at different times.**

THANK-YOU

BOOK FAIR

Our first Scholastic Book Fair of the year will be held from December 1st to December 7th.

Students in grades 1 - 6 will have the opportunity to view books one day and to buy books another.

All proceeds will be used to purchase new items for the library.

Keep this in mind as you plan for Christmas!



Bus Lane Safety

Help Us To Keep Your Children Safe

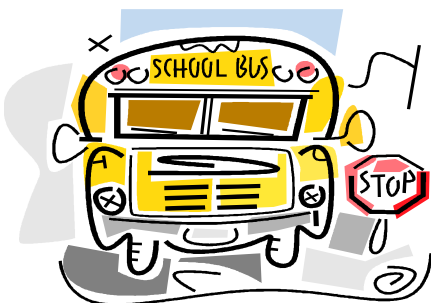
Reminder to parents:

Please **DO NOT DRIVE** in the bus loop.

If you are picking up or dropping off your children, we ask that you do so **at the front doors**. The bus drivers are very concerned about the safety of your children in the bus area.

Thank-you in advance for your attention to this matter.

All students are to be **signed in or out** at the office if arriving or leaving at odd times.



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

A reminder that there will be no school on Friday, November 11th to observe Remembrance Day.



REMEMBER

The students will also have Monday, November 14th off while the teachers have their second School Improvement Day.

Irvine Skating Club

Skating for all ages at the Irvine skating club

Tuesdays & Thursdays at 4:00pm

Starting October 4th & October 6th



Learn to Skate (levels 1 – 4)

Learn the Basics and more

Must wear a Helmet

Figure Skating (levels 4 – 7)

More advanced lessons



1 day per week = \$100.00 per season

2 days per week = \$175.00 per season

10% fee reduction for 3 or more children from same family skating

Classes run until March 15th

With an exhibition night on March 16 at 7:00pm

No need to pre-register, just come on the day you want to skate

For more info call

Charlotte Krupa – 403 834 0000

Melissa Brost – 403 834 2632

After-school Meltdowns

It's common for pent-up frustration to erupt after school

Teresa Pitman

Submitted By: Jenn Hynes Mardian, Family School Liaison Worker

Reacting to tantrums

Anne Carson* says her eight-year-old son, Brian, "flew into a tantrum like you'd expect to see from a two-year-old" one day after school because his younger brother took a piece of Lego without asking. While she was upset with Brian, she admits she wasn't pleased at her own reaction either.

"I started yelling at him about how ridiculously he was behaving, and that didn't help the situation at all."

For Julie Laporte's* daughter, Alexis, the meltdowns didn't start until her full-day senior kindergarten class phased out rest times. Alexis was six then, but without the daily "quiet time" when the students snuggled with their blankets, she found the long hours at school pretty taxing. Once she got home, the meltdowns would start, and they're still happening at times a year later. "Usually something tiny sets it off, like her zipper gets stuck or I ask her to move her boots out of the hallway," says Laporte. "She starts yelling, usually saying no to every suggestion I make. Sometimes she just screams out loud or throws something."

Lesley Lang* calls her son Thomas the "king of the after-school meltdowns." She recalls: "In grade one, he was a quiet, model student all day at school who turned into a monster once I picked him up in the van and started driving home."

Fortunately, all three parents have mastered a few tricks to reduce the tantrums — and survive the inevitable few that continue to happen.

Tantrum tricks

Feed the hungry "Thomas only has 20 minutes for lunch and he often doesn't finish eating," says Lang. "So I make lunches that are easy for him to eat quickly but have plenty of protein to keep him full long enough to get through the day. He has pizza many days, or sandwiches made with leftover steak, or chicken drumsticks." Laporte has a snack handy the minute Alexis gets home: yogurt and granola or muffins with milk.

Get them moving For some kids, having to sit at a desk much of the day is the biggest challenge, and they're desperate for a chance to get active. Laporte says Alexis "needs to burn off that energy before she has her snack; other times she has the snack first, then heads out to skip."

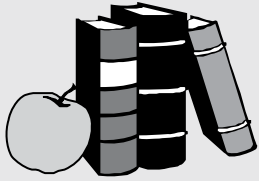
Give them space Younger siblings are often excited to see their big brother or sister get home from school, but their exuberant greetings and demands for attention can be too much for the stressed older child. "I asked the younger kids to wait for a while before talking to Thomas after school," Lang says.

Take some time It may be mom and dad who need to change their routine a little. If you typically arrive home and rush to start dinner or throw in a load of laundry, taking some time to chat and reconnect with your child might forestall some meltdowns.

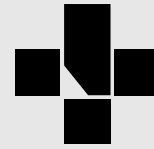
Investigate (but don't interrogate) "I've learned that if Brian starts freaking out over little things when he gets home, then something has happened at school that day," says Carson. "But he can't talk about it right away — it's only after he's calmed down that I can ask about school."

Manage the meltdowns "If Alexis is throwing things or trying to hurt people, I usually bring her to her room to separate her from the others," Laporte says. "Usually after five or 10 minutes, she has calmed down and needs a hug. Once she's blown off that steam, she's bright and full of energy and back to normal. The whole incident is forgotten in her mind!"

Carson adds: "I find the most effective way to get through the tantrums is the most difficult — I need to stay calm and realize there is more to this behaviour than just him being difficult."



Healthy Schools Healthy Futures



Alberta Health Services

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 give-aways 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





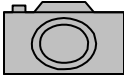
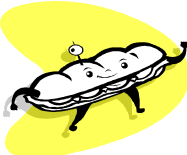


When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

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.








November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Assembly	2 Food Drive Operation Christmas Child (Nov. 2—16)	3	4  BEEF ON A BUN	5
6 Turn Clocks Back 	7 Kindergarten Parent Council Meeting @6:30	8	9	10  11 am Remembrance Day Program	11 Remembrance Day NO SCHOOL	12
13	14 School Improvement Day NO STUDENTS	15 Parent Council Mtg 6:30pm <div style="border: 1px solid black; padding: 2px;">Skating Kind Gr. 4</div>	16  Super Hero / Cartoon Character Dress Up	17  Team & Club Pictures <div style="border: 1px solid black; padding: 2px;">Skating Gr. 1 Gr. 6 Gr. 3</div>	18  SUBWAY	19
20	21 <div style="border: 1px solid black; padding: 2px;">Skating Gr. 2 Gr. 5</div>	22 <div style="border: 1px solid black; padding: 2px;">Skating Kind Gr. 4</div>	23	24 Shots—Gr.5/9 <div style="border: 1px solid black; padding: 2px;">Skating Gr. 1 Gr. 6 Gr. 3</div>	25 SLOPPY JOES  SNOW BALL (evening dance)	26
27	28 <div style="border: 1px solid black; padding: 2px;">Skating Gr. 2 Gr. 5</div>	29 <div style="border: 1px solid black; padding: 2px;">Skating Kind Gr. 4</div>	30  Multiples Dress Up Day			



December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Skating Gr. 1 Gr. 6 Gr. 3 Assembly	2 Chicken & Potatoes 	3
				Report Cards		
				BOOK FAIR (Dec. 1st—7th)		
4	5 Skating Gr. 2 Gr. 5	6 Skating Kind Gr. 4	7 3:30-6:30 Parent Teacher Interviews	8 3:30-6:30 Parent Teacher Interviews Skating Gr. 1 Gr. 6 Gr. 3	9 Soup/Bun 	10 Red & Green Day
BOOK FAIR (Dec. 1st—7th)					"B" Girls BB Tourney	
11	12 Skating Gr. 2 Gr. 5	13 Skating Kind Gr. 4	14  Tacky Christmas Sweater Day	15 Skating Gr. 1 Gr. 6 Gr. 3	16 Pizza 	17 Christmas Tie & Hat Day
18	19 Skating Gr. 2 Gr. 5	20  Christmas Activity	21  Warm & Cozy Day	22 23 24 CHRISTMAS HOLIDAYS—BACK ON JANUARY 5, 2012		
25	26	27	28	29	30	31
CHRISTMAS HOLIDAYS—BACK ON JANUARY 5TH, 2012						
Swimming begins Jan. 6th						