



Mundare School

A school of dignity and respect
Box 319, Mundare, AB T0B 3H0
Telephone: 780-764-3962

October 2017

upcoming events

Upcoming Dates to Remember

October

- | | |
|-------|--|
| 2 | 2-3 dental visit |
| 2-4 | Read In Week |
| 3 | K-1 dental visit |
| 4 | Early dismissal |
| 5-6 | P.D. Day- no school |
| 9 | Thanksgiving- no school |
| 10 | Gr 1 and 4 swim lesson 11am-12pm |
| 12 | Picture Day
Gr 1 and 4 swim lesson 1pm-2pm |
| 13 | Harvest Dinner for staff and students @ 12pm |
| 16 | School Advisory Council (SAC) meeting @ 6:30. Everyone is welcome! |
| 17 | Gr 1 and 4 swim lesson 1pm-2pm |
| 19 | Gr 1 and 4 swim lesson 1pm-2pm |
| 20 | Backwards Day |
| 23-27 | Book Fair |
| 24 | Gr 1 and 4 swim lesson 1pm-2pm
Parent Teacher Interviews 5pm-8pm (more info on page 7) |
| 25 | Parent Teacher Interviews 5pm-8pm |
| 26 | Bus evacuation drill @ 9:20am
Boston Pizza
Gr 1 and 4 swim lesson 1pm-2pm |
| 27 | Gr 4 and 5 @ Telus World of Science
Kinder Friday |
| 30 | Gr 2 and 3 swim lesson 11am-12pm |
| 31 | Halloween activities- Gr 1, 2 and 3 to Mary Immaculate @ 10:30am |

Principal's Message

Healthy, mindful schools. Why all the fuss!

This year, our staff have decided to focus on healthfulness as a new school goal. We are guided by the Nutrition Policy, Administrative Procedure 164, but being a healthy, active school is more than just nutrition.

We have undertaken several new initiatives around the school and hopefully for the betterment of body and mind health of our students and our staff. Some of the data from our school survey, taken by students in grades 5-8, indicate that some of our students are experiencing higher than the Canadian average levels of anxiety and depression. As well, our qualitative data also indicates that younger students are feeling more anxious due to many contributing external factors. By creating an environment of healthy belonging and socialization, purposeful physical activity and more nutritious food choices, the school can play an important role in reducing some of these negative emotions.

As many of you know, part of our cycle for continuous school improvement, was to convert the art room in to a lunch room. Students still eat in shifts; Div. II at 12:00 p.m. and Div. I at 12:20, but students eat together in integrated grade groups actively socializing and building stronger peer relationships. As well, staff who previously had been isolated in their rooms over lunch now have time to collaborate and visit during their lunch time. Of course, our junior highs, have a few more freedoms and are able to eat in supervised hallways, in the canteen and even go out in to town for lunch, but these are a few of the privileges of getting older. Things seem to be going very well in the lunch room, but please feel free to give us any feedback regarding this initiative. One noticeable positive is that the classrooms, desks and carpets are a lot cleaner with food being managed in one area of the school.

Recently, we have partnered with Vegreville Composite High School to bring in healthier food choices in to our canteen. Each Tuesday, we take delivery of homemade salads, wraps, baking, soups and entrees to be sold at reasonable prices to Mundare Students. We have eliminated many of our ready-to-serve foods such as; noodle cups, frozen dinners and dried pasta in favour of the more positive food choices available now at the canteen. We still offer a variety of "serve less often food" in small serving sizes. As well, we are carefully monitoring the amount sold and regulating safe food handling procedures in order to accurately manage the fresh food.

The aforementioned examples are just two of the new, healthy initiatives that we have underway at Mundare School. I am looking forward to communicating many more of them in the future.

As always, if you have any questions or concerns, I am available any time.

Have a great month!

Liane Schultz

*Remember to follow our school on Facebook and Twitter and synch our calendar with yours at mundareshool.ca



Na



student news

Dragon Athletics

First of all, I want to thank you so much for the continued support of our athletes in our Cross Country Series! We saw some weather challenges, but the perseverance of the athletes was tremendous. Thank you all for your dedication. We look forward to next year's Cross Country event. A big congratulations to those students who participated!



Individual results have been posted here;

<http://sherwoodparkxcountry.blogspot.ca>

Our volleyball season is in full swing! Thank you to parents for the support in ensuring the athletes are attending practices and are able to get to and from games and tournaments. Most information regarding volleyball will be communicated through remind 101. If you have not signed up yet, please do. It is the quickest way to get the most up - to date information.

The girls and boys are improving greatly as individual athletes, as well as players working together on a team. Keep up the good work!

Shout out to the girls team for placing silver in the Cougar Classic on the weekend of Sept 29th and 30th.

Upcoming dates:

Thursday, October 19th: Home game vs. Rudolph Hennig (Boys and Girls)

Thursday, October 26th: Home game vs. Fort Sask. Christian Academy (Boys and Girls)

Tuesday, October 31st: Home game vs. Vegreville Composite (Girls ONLY)

Community Garden



The Grade 4 Class took a field trip through town spotting various trees and plants while venturing to the Community Garden. We dug the potatoes and pulled various other vegetables then cleared the gardens of debris. It was a wonderful way to enhance our Plant Growth and Development Unit is Science.



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Leadership

Leadership class has been busy again this month. We had the MADD presentation come into the school on Friday, September 22. MADD Canada works to stop impaired driving and to support victims of this violent crime.

We also encouraged the students to wear an orange shirt on Friday, September 29. Orange Shirt Day is when communities come together in a spirit of reconciliation and hope because every child matters. We discussed the meaning of reconciliation and are working on videos titled, "What does Reconciliation mean to me?" We had our EIPS tech expert in to help support the students with the creation of the videos.



This month leadership will be focusing on preparing Halloween activities for the primary grades.

Terry Fox Run

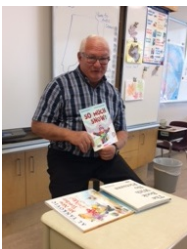
Thank you to all who supported our Terry Fox Run as we had a wonderful school event at Ukraina Park on Thursday, September 28. The weather was perfect for an outdoor run. Students returned to enjoy an ice cream sandwich donated by Nick's No Frills in Vegreville. Our current donation total is \$985.00!



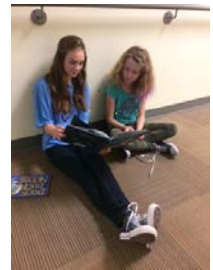
Nellie Sobkow

Read In Week takes place October 2-6

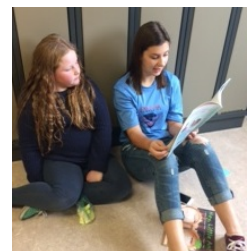
Read In Week 2017 returns on **October 2-6**. The theme for this year is I'm a Reader! I Read for Me! Through various activities, students will spend the week learning how stories have the power to teach lessons, broaden perspectives and foster empathy.



Read In Week is a Division-wide initiative held annually to encourage a lifelong love of reading and to enhance literacy awareness among students, staff, parents and community members. We invite all our families to participate in Read In Week with us either by reading yourself, with your child or with someone in the community.



And, don't forget to share what you've learned throughout the week using the hashtag *#eipsreads*. We hope you discover some amazing stories.



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the news

Celebrating World Teachers' Day: October 5

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world as a way to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

EIPS extends its heartfelt thank you to all its teachers for their dedication, hard work and commitment in guiding and educating our students through their Kindergarten to Grade 12 years.

Canteen News

We are excited to offer a new, healthier selection from our canteen every Tuesday, through Friday. We are now offering a variety of fresh salads, healthy wraps and entrées. Please be advised that fresh items will not be available on Mondays.

Entrées \$6.00 (eg Soup & Cheese Bun, Chili, or Lasagna)

Snacks and fruit are still available, prices vary from 75¢- \$2.50

Garden Salad \$3.00

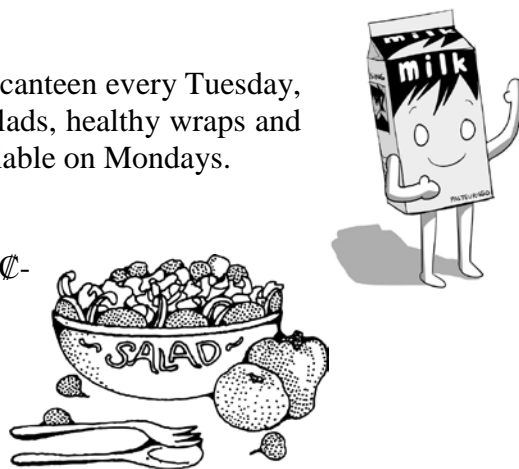
Chicken Caesar Salad - Small \$4.00 - Large \$6.00

Veggies & Dip \$1.25

Half wrap \$3.00 - Full Wrap \$6.00

Homemade Cookie 75¢

White & Ch. Milk \$1.00



Watch for new Entrées Specials on our Social media: Facebook, Twitter or School Website

Pay School Fees Online!

School fee information for the 2017-18 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa, MasterCard or INTERAC Online—when available from your financial institution.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, athletic-team fees and more.

If circumstances exist where you are unable to pay your student fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2017.

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For more information about school fees, waivers and payment deadlines visit www.eips.ca/schools/fees and <http://mundareschool.ca/about/fees>. Alternatively, contact Liane Schultz at Mundare School at 780-764-3962.

Stay Connected: Subscribe to our news

Want to stay up-to-date on the latest news and events taking place at your school? Make sure to subscribe to Elk Island Public Schools' (EIPS) email distribution list. Canada's Anti-Spam Legislation (CASL) now requires the Division to have direct consent before engaging in electronic communication with its families. If you haven't yet subscribed, simply visit www.eips.ca/contact/synrevoice. As soon as you sign up and confirm, you'll begin receiving Division- and school-related news—newsletters, information about upcoming events, parent and community engagement opportunities, important school-based updates and more.

NOTE: Even if you're not subscribed, you will continue to receive emails regarding emergency situations and financial matters. Those who received notifications about high school attendance will also continue to receive those messages.

EIPS appreciates your co-operation in ensuring its distribution lists are compliant with CASL and you continue to receive only the information you feel is important

2017 Waste-Free Lunch Challenge

Mundare School will participate in the Waste-Free Lunch Challenge on Friday, October 20. Please discuss food choices, waste, and packaging with your child. By becoming aware of how much waste we generate daily we can evaluate our food choices. Choose a permanent packaging solution like using a thermos, reusable plastic containers and utensils, and cloth napkins. Purchasing items in bulk reduces garbage. Let nature do the packaging, foods like oranges, bananas, and hard boiled eggs have their own handy containers. Carry on the decision making process with your family at home.

- ❖ Learn about food waste in Canada
- ❖ Take action to reduce your food waste by:
 - Planning meals and making a grocery list
 - Storing fruits and vegetables properly so they last longer
 - Getting creative with leftovers
 - Thinking about expiry dates
- ❖ Share your experience and encourage others to take the pledge on social media using the hashtag #WasteReductionWeek

For more information on the Waste-Free Lunch Challenge, please visit wastefreelunch.com

Municipal Election 2017: Vote October 16

Election Day is Monday, Oct. 16, 2017. Polls open as early as 9 a.m. and close at 8 p.m. If you can't vote during those times, there's also the option of advance voting and voting by special ballot. To learn more about the election and candidates running— for mayor, reeve, councilor and public school trustee—visit:

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Fort Saskatchewan: www.footsask.ca/city-government/city-council/2017-municipal-election
Lamont County: www.lamontcounty.ca/Election-2017
Minburn County: <http://minburncounty.ab.ca/2017-election/>
Strathcona County: www.strathcona.ca/election
EIPS School Trustees: www.eips.ca

Your Future: Post-Secondary and Career Fair — 40+ Exhibitors. Together in One Place

Thinking about attending post-secondary school after graduation? Not sure on the career or sector? Plan to attend this year's Your Future post-secondary and career fair on October 17.

Hosted by Elk Island Public Schools (EIPS), Your Future is an annual educational fair that brings together more than 40 colleges, universities, polytechnic and private schools, and sector experts in one place—the largest event of its kind in Alberta.

The event is free and open to all students in grades 9 through 12 from both EIPS and Elk Island Catholic Schools. Both students and family members will have the opportunity to meet with representatives from each attending post-secondary institutions; ask question; talk to experts about various career sectors; learn about future career trends; and much more.

Event Details:

Date: Tuesday, Oct. 17, 2017

Time: 6 p.m. to 8 p.m.

Location: Clarion Hotel & Conference Centre, 2100 Premier Way, Sherwood Park

Visit www.eips.ca/students/your-future-its-a-matter-of-choice for the complete list of exhibitors.

School Bus Safety Week: October 15–21

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 15–21. The theme: Rider Rules = Safe to School, which is all about teaching children about proper school bus safety. Throughout the week, various activities are planned including information sessions, bus safety lesson plans and bus-evacuations drills.

As part of School Bus Safety Week, we'd like to remind our students and our families all EIPS school buses are equipped with both a bus-pass scanner and GPS technology, which allow Student Transportation to better monitor and manage its more than 170 buses and 600 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child scanned onto a bus.

More information about School Bus Safety Week and EIPS Student Transportation services can be found by visiting www.eips.ca/transportation or by contacting Student Transportation (780-417-8151, st@eips.ca) directly.

Literacy and Learning Day

This year's Literacy and Learning Day Conference takes place at the Northlands Expo Centre on October 28. The event is a fun-filled day for both parents and teachers, and includes various keynote speakers and free workshops. Participants are guaranteed to walk away with new

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strategies, tools and resources to support children as they grow and learn. The conference is free and everyone is welcome. For more information, or to register, visit www.literacyday.ca.

parent corner

REMINDER: Make head checks for lice a regular routine!

Head lice is one of the most common problems faced by school-aged children and their families. Typically, head lice are tiny, greyish brown insects that live on the scalp and lay their eggs, or nits, in the hair close to the scalp—itching is the main complaint. Lice don't jump from head to head nor are they dangerous. Having a head lice infestation, however, can cause stress, anxiety and hardship for staff, students and parents. As such, it's essential each of our families do their part at home by undertaking weekly routine head checks and, if head lice and nits are found, physically removing them.

While head lice prevention and control is primarily the responsibility of the parent, the school does work discreetly with the teacher, students and families to prevent further transmission. To prevent the spread of head lice, we strongly encourage you to speak to your child about preventative behaviour such as avoiding head-to-head contact and not sharing combs, hats, pillows and hair accessories. It's also important to teach children not to tease other students about head lice—anyone can get head lice. If head lice are found on your child, notify the school, physically remove the lice and nits using the proper lice comb, and keep your child home until all signs of active head lice are gone.

For more information about head lice prevention and treatment, visit www.eips.ca/parents/health-safety-information/head-lice. Alternatively, you can contact the school at 780-764-3962.

community news

Trick or Treat

Please remember that the Town of Mundare has a curfew from **5-8** on October 31. Mundare Fire and Rescue will be patrolling the town until the wee hours to ensure everyone's safety.

GUITAR & BASS LESSONS in LAMONT

Weekly half-hour lessons, one-on-one with a top-notch instructor starting after Christmas break.

Mondays only, after-school and evenings. Location TBA.

Ages 7 – adult, beginner to advanced

Instructor Kevin Shirley, has been teaching with Community Music Initiatives for over 15 years. Kevin learned to play guitar at a young age and went on to graduate from Red Deer College, where he majored in theory, composition and jazz guitar. Kevin is a talented musician and a superb instructor; he is personable, patient, and happy to work with whatever genre students are interested in. Please call 1-877-413-4810 (toll-free) for details and to book your lesson time for January.

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Book School Interviews Online

Dear Parents

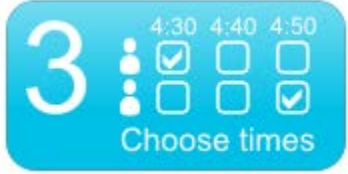
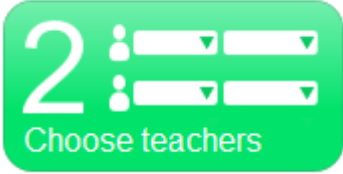
Parent/Teacher/Student interviews will be held from 5:00pm – 8:00pm on Tuesday, October 24 and Wednesday, October 25.

You can now book interviews at times that suit *YOUR FAMILY BEST*. Go to www.schoolbookings.net and follow these simple instructions.

BOOKINGS CLOSE Tuesday, October 24



Enter THIS school event code. Then follow the 3 simple steps.



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately. You can return to www.schoolbookings.net at any time, and change your interviews - until bookings close.

For parents that don't have access to the internet at home, computer kiosks will be available at the school so that parents can still make their own bookings. If you are experiencing any difficulties, please call the school at 780-764-3962 and we will gladly assist you. Interviews are strictly 15 minute blocks and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolbookings.net website, and using the event code. Remember to use the same name and email address, you used when you made your original booking.

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October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Read In Week 2/3 Dental visit	3 K-1 Dental visit	4	5 P.D. Day- no school	6 P.D. Day- no school	7
8	9 Thanksgiving Day- no school	10 Gr 1 and 4 swim lesson 11-12	11	12 Picture Day Gr 1 and 4 swim lesson 1-2	13 Kinder Friday Harvest Dinner for all staff and students	14
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