

Jennie Emery Elementary

March

2017 Newsletter

There will be two assemblies happening in March.

Monday, March 6th will be *hosted by Kindergarten M2* and will feature reports from the following Action Teams:



- Mindfulness Leaders
- Leaders of Greeting and Hospitality
- Equipment Leaders.



This will also be "Dress Like a Teacher Day".

Wednesday, March 22nd will be *hosted by 1A* and will feature reports from the following Action Teams:



- Leaders of First Aid
- Lost & Found Leaders
- Senior SWAT Leaders



All family, friends and community members are welcome to attend.



Wednesday, March 8th will be **Pajama Day** at Jennie Emery Elementary!! Students are encouraged to wear their favorite, comfiest pair of pajamas to school.

A morning snack will be provided for all students courtesy of the *Friends of Jennie Emery Society*.



There will be **NO SCHOOL** on Monday, March 13th. Have a safe and wonderful long weekend!

Monday/Wednesday Kindergarten students will have class on Friday, March 3rd and 17th.
Tuesday/Thursday Kindergarten students will have class on Friday, March 10th.

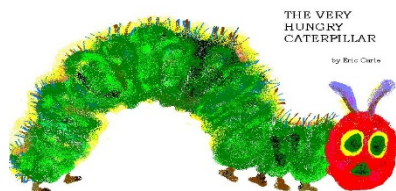


As part of the ongoing communication between teachers and parents/guardians, Jennie Emery will once again be conducting **Student-Led-Conferences**. They will take place on **Wednesday, March 22nd** for Grades 3 & 4 and M/W Kindergarten, and **Thursday, March 23rd** for Grades 1 & 2 and T/Th Kindergarten.

We strongly encourage all parents/guardians to join us with their child(ren). These conferences will be held in the child's classroom. If you are unable to attend on these dates, please contact your child's homeroom teacher to arrange for an alternate date to meet.



Please watch for more information coming home soon.



Emerging Literacy Night for Early Learning Students

March 23, 2017; 6:00-7:00 pm

Early learning is planning a literacy night for early learning students and their parents. Parents are asked to bring their early learning student(s), to come explore different activities to do with the popular book: The Very Hungry Caterpillar by *Eric Carle*.

There will be hands on activities, snacks, and a guest reader to introduce parents to what literacy in Early Learning looks like.

If you are interested in coming with your child, please contact Flo Collier, Early Learning Educator.



The **News Action Team** is a group of **Grade 3 and 4** students who meet once a month to write interesting news stories about the happenings around *JEES*.

The Halloween Walk

On Oct.31st we went around the gym in our costumes and the whole school was in the gym. And each class went to their classrooms and had a party. You had to sit down after you already showed your costumes and there was music playing. We had fun!

By: Blake Smyth



Pajama Day

By: Riley S.

Pajama Day is coming up soon. Pajama Day is where you wear pajamas. You get to wear pajamas for the day. Pajamas are nice and cozy. It is the best thing that anybody invented. There are many kinds of pajamas in the world. It is so cool you can wear pajamas in school then everybody in the school goes to the gymnasium for the assembly.

Registration for the 2017-2018 Early Learning and Kindergarten programs has begun.

You may register your child in the office between the hours of 9:00 a.m. – 3:00 p.m.

Please bring your child's **birth certificate** or **citizenship card/passport** with you when you register for either of these programs.

There is a **\$10.00 non-refundable registration fee** required at the time of registration. *Cheques should be made payable to: **ELP registration – Palliser Regional Schools or Kindergarten registration – Jennie Emery Elementary.***

For the 2017-2018 school year, J.E.E.S. will be offering a full-day and possibly a 4 half-day **Kindergarten** programs.

The **full-day program** will consist of classes on either Mondays & Wednesdays with some additional Friday classes or Tuesdays & Thursdays with some additional Friday classes.

The **4 half-day program** will consist of 4 mornings a week (Monday-Thursday). Please note: Bussing will only be available one way. If you are interested in this program, please sign up in the office **ASAP** as it will only run if enough students are registered.

All programs are filled on a **first come, first served** basis so please make sure to register as soon as possible if you require a specific day/program.

The **Early Learning Program** will again be offering four half-day programs, two days per week as follows: Monday & Wednesday mornings or afternoons as well as Tuesday and Thursday mornings or afternoons. Please note, both morning programs are now full. The cost for the Early Learning Program is **\$80.00 per month**. Please make cheques made payable to **Palliser Regional Schools**.

Sign up now for a developmental check-up

Jennie Emery Elementary will soon be hosting developmental check-ups for three- to five-year-olds who are entering our early learning or kindergarten programs this fall. These check-ups are a service to parents, providing access to experts in early childhood development, including speech and language pathologists, right in their own communities. These free, one-hour sessions are a great way for parents/guardians to confirm which skills their children are well on their way to mastering and which areas require more support.

These check-ups help determine the support and resources incoming early learning and kindergarten students will need this fall. They also give children an opportunity to visit **Jennie Emery**, meet the teacher, and to have a positive hour of fun activity, and alleviate some of the anxiety that might come when school starts.

Jennie Emery Elementary's early learning and kindergarten programs give children a positive, fun foundation to ensure readiness for Grade 1.

Jennie Emery Elementary's developmental check-up will be held at the school on Friday, April 7th (now full) and Friday, June 2nd. Please contact us at 403-345-2403 to make an appointment.



We look forward to meeting you and helping your child prepare for school.

Healthy Choices for Special Events

Schools host a variety of events, including parent teacher nights, sports days, birthdays, school fairs, carnivals, and holiday celebrations. Food is often a part of these events.

In many cases, unhealthy snacks and baked goods that are high in fat, sugar and salt are served. However, these occasions can provide a chance to model healthy choices to students, teachers, families and the community.

Here are some ideas for you to support healthy choices at these events:

- Suggest to teachers or parent councils that non-food activities be included at school events, celebrations and fundraisers. Food does not always need to be the focus and children will have fun whether or not food is offered.
- If you are asked to donate prizes, gifts or take-home items for an event, consider sending non-food items such as stickers, pencils, yo-yos, skipping ropes, bouncy balls, puzzles and games.
- If food is going to be a part of the occasion, keep it simple and try to plan with the teacher and other parents to avoid having too many items.
- Talk to your children, other parents and school staff to get some ideas about the healthy food options that kids like. Consider food choices such as:
 - vegetable and fruit with yogurt dips
 - hummus with baked pita chips or whole grain crackers
 - whole grain sandwiches or wraps with vegetables, cheese, lean meats, egg or hummus



Make healthy choices easier to choose at all special event days and celebrations to help children get the nutrients they need. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nb-oct-celebration-foods.pdf> and <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nb-healthy-party-events.pdf>. For more information about healthy eating visit: <http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

Practical Ways to Help Your Child Build Positive Body Image

Body image is the thoughts, feelings, and reactions a person has toward their own body; this can be a tricky topic for parents. A young person's self-worth is highly shaped while their body, mind, and physical and emotional skills develop. For this reason, it is important to foster positive body image at a young age. The good news is there are many ways to support your child to promote positive body image.

Building positive body image:

- Highlight ways to take care of the whole body through healthy eating, active living, and positive mental health, rather than focus on body weight, size, or shape.
- Encourage balance and variety through eating patterns that support growth and health rather than diet strategies to promote weight loss or changes to body shape.
- Foster open discussion with your child about their body so they can better resist unhealthy pressures from media, society, and peers.

Be a positive role model:



- Speak well about your body; be grateful for its qualities and capabilities. Talk about what your body can do, not about how it looks. Parents who do this teach their children to do the same.
- Show your child how you build physical activity into your daily routine. Introduce your child to some of the activities you enjoy and try some of the ones they enjoy too.
- Model a healthy relationship with food by eating well-balanced meals together as a family.
- Exemplify normal eating – normal eating is going to the table hungry and eating until you are satisfied. It means choosing healthy food most of the time, but not being so limiting that you miss out on enjoyable food.

Children who receive support and respect from adults have stronger self-esteem, better respect for their bodies, and greater willingness to engage in activities. For more information on body image, visit:

<http://www.teachbodyimage.com/images/pdfs/resourcesandresearch/Key-Messages.pdf> <http://mediasmarts.ca/digital-media-literacy/media-issues/body-image>

March

2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 M/W Kindergarten
6 Assembly @ 9 a.m. ~Action Team Reports~ Dress like a Teacher Day	7	8 Pajama Day!!	9	10 T/Th Kindergarten
13 No School	14	15	16	17  St. Patrick's Day M/W Kindergarten
20	21	22 Assembly @ 9 a.m. ~Action Team Reports~ Student Led Conferences Grades 3 & 4 M/W Kindergarten	23 Emerging Literacy Family Night @ 6 p.m. Student Led Conferences Grades 1 & 2 T/Th Kindergarten	24 Report Card #2
27 Farm Safety	28 Farm Safety	29 Farm Safety Cupcake Sale 	30 Farm Safety	31 Farm Safety