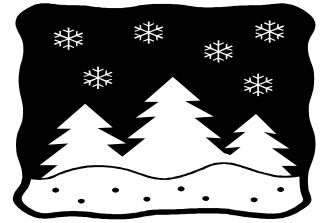




ELM STREET SCHOOL



December, 2010

PRINCIPAL'S MESSAGE

Dear Parents:

The school is working on a Tribes song to be performed on Thursday, December 2nd at the Monarch Theatre. A Family Computer Contract is included here from the Alberta Government and Calgary Police Service.

1. We believe computer security is the business of everyone in this home.
2. We do not fight, swear or gossip in e-mails or IMs. We never respond to inflammatory, obscene or insulting emails or to messages that are mean or in any way make us feel uncomfortable.
3. We never download pictures, free-ware, shareware or text from unknown sources or web sites we don't trust. We understand that plagiarism is cheating and pirating music, movies and games is stealing.
4. We never open e-mail attachments from an unknown person or company. We don't follow links to websites through e-mail or click on pop-ups.
5. We respect our friend's e-mail privacy by deleting forwarded e-mail addresses before sending these messages onward. We use the "Bcc" feature when sending messages from our address book to others to protect our e-mail list and contacts.
6. We never respond to Spam or junk mail. We keep our primary e-mail address only for use by our friends and family.
7. We don't give out personal identifying information such as our name, address, date of birth, school name, phone number on a website or to people we meet online.
8. We do not post personal pictures on the internet of ourselves or other people. We respect privacy and don't send personal or credit card information through e-mail.
9. We only shop at web sites that are respectful of our security and privacy.
10. We always use passwords and we change them often. We do not give out our internet passwords to anyone—even best friends—other than our parents.
11. We understand that people may not be who they say they are in chat rooms and in social networking sites.
12. We never arrange face-to-face meetings with someone we met on the internet or a chat room without notifying a parent or guardian.
13. We speak up and tell someone if we see something on the internet that is wrong, inappropriate or criminal in nature. We will be good online citizens and not do anything that hurts other people or is against the law.

Merry Christmas and a Happy New Year.
Until next time,
Lionel Brideson
Principal

Important Dates

Grades 1—6 Bee Movie	Dec 2
Grades 4—6 Canada Cup	Dec 3
Christmas lunch sponsored by Ken and Lexie Schmidt—Coast Hotel	Dec 17
Christmas Family Night—FLC	Dec 20
NOON DISMISSAL	Dec 21

**NEXT
SCHOOL
COUNCIL
MEETING**
**Wednesday,
December
1st, 2010
6:30 p.m.**
**All
Parents
Welcome!**



Parents/Guardians:

Here are some tips on Cyber bullying-What you can do?

- Guard your personal identifying information such as name, age, date of birth, address, phone number, photographs and school name.
- Do not reply to threatening or harassing messages. Keep a record of these messages including the date and time received. Save messages and report them to the appropriate source.
- If you get bullying messages online, ignore them rather than answer them. Cyber bullies are, just like other bullies, looking for a reaction.
- Parents should always be aware of the family's internet activities.
- Remind your child Emails are as private as a postcard (which everyone can read). Never write anything in a message you would not want the world to read.

If you have any questions or concerns please feel free to contact me at the school.

403-526-3528

Extension # 4806

Thanks, and have a safe and happy holiday!

Candace Koch

McMan Peace Coordinator

FUNDRAISER/RECYCLING PROJECT

We are collecting plastic shopping bags in partnership with Wal Mart.


Wal Mart will give us \$.01 per bag.

Please send plastic shopping bags for recycling. We will collect them until the end of June.

THANK YOU



Newsletter Tips 2010-2011 on behalf of Moving and Choosing, Alberta Health Services and Community Partners

 Nutrition	Physical Activity	Dental Health	Tobacco Reduction	Injury Prevention	Health & Wellness
<p>Healthy Holiday Food</p> <p>Enjoy the holiday season by preparing healthy snacks. Try using unsweetened applesauce to replace half of the fat in a baked good recipe. Use non-hydrogenated margarine or vegetable oil instead of butter, shortening or hard margarine. Use cinnamon, nutmeg or cloves instead of extra sugar or replace some sugar in muffins or cakes by adding extra fruit such as bananas. When company comes over offer easy treats such as low fat cheese and low fat whole grain crackers, vegetables and hummus dip, baked tortillas or pita chips with salsa or fruit platters. The holidays are a great time to try low fat, low sugar baking techniques. Children will enjoy helping you test new recipes!</p> <p>Source: Steps to a Healthy School Environment: School Nutrition Environment, Alberta Health Services, Aug 2008</p>	<p>Gift Ideas for Active People</p> <p>Give the gift of health and promote active living with the following Christmas gift ideas:</p> <ul style="list-style-type: none"> ▪ Pedometer ▪ Recreation centre or pool pass ▪ iTunes gift card ▪ Sports socks ▪ Reusable water bottle ▪ Fitness magazine subscription ▪ Portable equipment such as a resistance band or yoga mat. ▪ A drop-in pass for a group fitness class ▪ A gym bag or tote ▪ A new workout video 	<p>"All I want for Christmas is ...all my teeth for a lifetime."</p> <p>Not the classic wording but a great goal – easily attainable</p> <ul style="list-style-type: none"> • Brush • Floss • Eat healthful, non-sugary snacks • Visit the dentist 	<p>If you smoke, this is a good time to consider quitting. You can have a positive influence on your child's future decision not to smoke. Studies have shown that children who observe their parents quitting are less likely to smoke themselves.</p>	<p>Injuries are not accidents... they are predictable and preventable.</p> <p>The leading cause of death and disability for children is 'preventable injuries'. Try these 'smart risk' strategies.</p> <ul style="list-style-type: none"> • Look first. Before beginning an activity, make a plan to understand and manage your risks...look first! • Wear the Gear. Protective gear (i.e. helmets, seat belts) can reduce the risk of suffering an injury. • Get Trained. Skills take time to develop – however, they also help you assess and manage your risks. Be prepared...get trained! • Buckle Up. Whether riding in a car, wearing a helmet, or putting on a lifejacket...buckle up! • Drive Sober. Impairment can involve more than alcohol (i.e. cell phones, friends). Distractions can affect your driving...drive sober! <p>Handouts or display materials available please contact Ann Fudnell 403-562-8302</p>	<p>Reading to your child is a great way to help your child's language development.</p> <p>Talk about the pictures in the book. Talk about words your child does not know. Talk about new words that are in the book. Ask your child to retell a story. Give clues to help with the order of the story. After reading a part of a story, ask your child, "What do you think will happen next?" Read part of a sentence and have your child fill in the missing word(s). Reading aloud to your child is fun and can help your child develop important language skills.</p>



Christmas Family Night

Monday, December 20th

Family Leisure Centre

Swimming 7—9

Coffee, tea and refreshments available in meeting room

Cost is \$10 for **immediate** family

An RSVP will be sent home at a later date

ELM STREET SCHOOL

December 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
LUNCH MENU Soup or Salad and Sandwich on Mon., Tues. and Thurs. Hot Dogs on Friday			1 School Council— 6:30	2 Grades 1—6 “Bee Movie”	3 Gr. 4—6 Canada Cup	4	
	5	6	7	8	9	10 Grade 5 Hep B	11
	12	13	14	15	16 Gr. 6—EPIC 1:00—2:00	17 Terrific kids—8:45 Christmas lunch sponsored by Ken (alumni of Elm Street School) and Lexie Schmidt—Coast Hotel	18
	19	20 Christmas Family Night—FLC	21 Noon dismissal Christmas break (Dec 22—Jan 4th inclusive)				
Merry Christmas and Happy New Year from the staff at Elm Street School We'll see you on Wednesday, January 5, 2011							