



ELM STREET SCHOOL



November, 2009

Important Dates

No School <i>Day in lieu</i>	Nov 2
<i>School Council</i> 7:00	Nov 5
<i>Cultural Fair</i> 9—12	Nov 6
No School <i>Remembrance Day</i>	Nov 11
<i>Report Cards</i>	Nov 16
No School <i>District PD</i>	Nov 23
<i>Terrific Kids</i> 8:45	Nov 27

PRINCIPAL'S MESSAGE

Dear Parents:
As part of the ongoing academic assessment of students from Grades 2—6, Elm Street School staff utilized a standardized achievement test, the Canadian Achievement Test 4 (CAT4). The Canadian Achievement Test was administered to over 44 000 students across Canada in the Spring of 2000. This allows student performance to be compared to the performances of same-grade students across Canada.

Your child participated in the Canadian Achievement Test 4 in September. The areas of Lan-

guage Arts and Math were assessed. The scores they achieved help teachers identify their strongest and weakest skills in reading and math, but the scores will not affect their school marks.

A summary outlining the results of the assessment will be attached to the upcoming report card which will be issued on November 16th.

If you have any questions regarding this academic assessment, please contact me at 526-3528, ext. 4802.

Until next time,
Lionel Brideson

Cultural Fair Info

It is hard to believe that it is November, with the holidays in a month and the Olympic torch arriving in Vancouver on February 12th, 2010.

The Olympics brings countries together from across the world. However, there are many different cultures within our own communities. Therefore, all students will be able to participate in a Cultural Fair on November 6th, 2009 in the gym at Elm Street School. Local volunteers will be representing their country of origin, which include Iran, India, Australia, Columbia, Chile, Pakistan, Switzerland, Nigeria, Saudi Arabia, Bosnia, Canada, Fiji, and Vietnam. The Miyawasin Center will also have a display. In addition, there will be a musical artist playing in the community room while the children try foods of different origins.

A huge thank you to everyone who is making this event possible since “cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.”

-- [Robert Alan](#)

SCHOOL COUNCIL MEETING
Thurs., Nov. 5
7:00 p.m.
All Parents Welcome!



CHARACTER EDUCATION

Book buddies did a great job decoding the messages of the clay hands. It is true, we do have **Helping Hands** and **Hand in Hand we learn together**. We definitely used our **heads** and our **hearts** to decode the messages. We should give each other a **hug** or

high-five for a job well done.

Thank you to the students who read the following messages during the morning announcements:

1. Our Minds Have Wings
2. Ability Not Disability
3. Do Not Bite the

Hand That Feeds You
4. Small Hands Big Ideas
5. My Little Hands With Big Hearts
6. All Of Us Belong In This World
Can you think of ways these messages apply in your home?

PENNY DRIVE

This November, Elm Street School will be practicing their understanding of Empathy as we participate in raising money for World Vision. With the money the students raise, they will be able to buy food, supplies, or animals for less fortunate people in Africa. Examples of some of the items that can be bought are:

- 5 Fruit trees—\$30
- Piglet—\$40
- 2 Hens and a Rooster—\$55
- Fish Farm for a Family—\$65
- School Desks and Chairs—\$75
- Goat—\$100

From Monday, November 9th to Friday, November 20th, we are asking students to bring in pennies to help with this project. On Friday, November 20th, all classes will bring their pennies down to the gym to see if we collected enough to cover the gym floor.

Thanking you in advance for your cooperation.

MEDICINE HAT MINOR SOFTBALL ASSOCIATION

2009 FALL SKILLS CLINIC

Clinic Date: 21 Nov 2009

(Mites and Squirts) (ages 9-12) - 9am to 11:30am

(Peewee, Bantam, Midget and Junior) (ages 13 and up) - 12:00 to 3:00

@ the Medicine Hat Field House

FEE: ** \$10 – (**Note:** for MHMSA players, if you bring a friend who is a non-MHMSA member the cost will be only \$5)

For more information, please go to www.medhatminorsoftball.ab.ca, contact 504-1579 or register at the door.

Remember to be at least 15-30 mins early to "warm up"

Parents as Teachers



FREE PLAY GROUP SESSIONS

All parents with children 0-4 years of age are invited

They will be held Tuesdays from 3:45-4:45 at Elm Street School

1001 Elm Street SE. Bring your children & together you can participate in our interactive centers. They will be fun for your child & give you ideas & information about ways to improve your child's development in 5 areas. The sessions will be held:

October 13	...3:45-4:45	Language Skills
October 20	...3:45-4:45	Social Emotional Skills
November 10	...3:45-4:45	Fine Motor Skills
November 24	...3:45-4:45	Intellectual Skills
December 8	...3:45-4:45	Gross Motor Skills

Plan to attend 1 or all of the group sessions, no registration required

For more information call Sharon or Tammie-Lynn at 526-3577

CAMPBELL'S LABELS

This year marks the tenth anniversary of the Campbell's Labels for Education program, and with your help, Elm Street School can make this year the best ever! The Labels for Education program is a great way to earn FREE merchandise for our school, and label collection and redemption is so easy.

Participation in the program is simple—save labels from eligible Campbell products and send them to the school. Products eligible for redemption in the program include:

- Campbell's Soups—including Chunky, Ready to Enjoy and condensed soups, and Ready to Enjoy broths
- Prego Sauces
- Campbell's Chunky Chili
- Pepperidge Farm Goldfish crackers
- V8
- Selected Campbell's Foodservice products



Triple your efforts by asking your friends and family to collect labels on behalf of our school!

Don't forget to visit www.labelsforeducation.ca for a complete listing of eligible products and more information about the program.

Thank you for your ongoing support. Together with Campbell's Labels for Education—we can build a better school for our children—one label at a time.

Sincerely,

Elm Street School Students



Parents/Guardians

You are invited to a one hour information presentation on

INTERNET SAFETY TIPS FOR PARENTS

Provided by The Medicine Hat Police Service

This is geared towards Parents/Guardians of Elementary and Junior High age children.

Hosted by George Davison School Parent Council and supported by SD76 Council of School Councils

Location: Crescent Heights High School Theatre

Date: Monday, November 23, 2009 7:00-8:00p.m.



SUGGESTIONS FOR HEALTHY AND NUTRITIOUS SANDWICHES

Banana Peanut Butter Sandwich

Ingredients

2 tablespoons peanut butter 4 whole wheat bread 1 firm, small banana, peeled and sliced

Directions

1. Spread peanut butter on 2 bread slices.
2. Arrange banana slices over peanut butter.
3. Top with remaining bread.
4. Place sandwiches on cutting board and cut into quarters.

Serves:2 Persons **Cooking Time:**0 minutes **Preparation Time:**10 minutes

Apple Tuna Sandwich

Ingredients

1 can (6 1/2 ounce) tuna in water, drained 1 small apple, halved (remove seeds) and chopped (1 cup) 1/4 cup lowfat vanilla yogurt 1 teaspoon prepared mustard 1 teaspoon honey 6 slices whole wheat bread 3 iceberg lettuce leaves

Directions

1. Combine tuna, apple, yogurt, mustard, and honey.
2. Spread 1/2 cup mixture on 3 bread slices.
3. Top each with lettuce leaf and remaining bread.
4. Place on cutting board.
5. Cut sandwiches in half.

Serves:3 Persons **Cooking Time:**15 minutes

Crunchy Vegetable Burrito Banditos

Ingredients

1/2 cup shredded carrots 1/2 cup chopped broccoli 1/2 cup chopped cauliflower 2 green onions, thinly sliced 4 ounces shredded low fat Cheddar cheese 1/4 cup nonfat ranch salad dressing 1/2 teaspoon chili powder 4 (7-inch) flour tortillas 1 cup torn iceberg lettuce, bite-size pieces

Directions

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.
2. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center.
3. Wrap each tortilla around the vegetable mixture.

Serves:4 Persons **Cooking Time:**0 minutes **Preparation Time:**15 minutes

The Lana'i Sandwich

Ingredients

1 can (8-ounce) pineapple slices in juice 1/4 cup reduced calorie mayonnaise 1 tablespoon prepared mustard 1 green onion, thinly sliced 1/8 teaspoon cayenne pepper 8 slices 9-grain bread 4 thin slices baked ham 4 thin slices reduced-fat Swiss cheese 4 iceberg lettuce leaves

Directions



1. Place strainer inside a mixing bowl.
2. Pour pineapple slices into strainer; drain.
3. Combine 1 tablespoon of pineapple juice with mayonnaise, mustard, green onion, and cayenne.
4. Spread over one side of each slice of bread.
5. Lay four slices of bread flat on counter.
6. Layer the ham, cheese, pineapple, lettuce, and remaining bread slices.
7. Place on cutting board.
8. Cut sandwiches in half on the diagonal and serve.

Serves:4 Persons **Cooking Time:**15 minutes

ELM STREET SCHOOL

November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 LUNCH MENU Soup or Salad and Sandwich on Mon., Tues. and Thurs. Hot Dogs on Friday	2 No School Day in lieu	3	4 Gr 4—6, LAP Skating 	5 School Council—7:00	6 Cultural Fair 9—12	7
8	9 Dental Nurses—8:30 Gr 5 Hep B	10 Remembrance Day Assembly—10:45	11 No School Remembrance Day	12	13	14
15	16 Report Cards go home	17	18 K—3 Skating 	19 Dream Centre Lunch	20	21
22	23 No School District Wide PD	24	25 Gr 4—6, LAP Skating 	26	27 Terrific Kids—8:45	28
29	30					