

Medicine Hat School District No. 76

601 – 1st Avenue S.W., Medicine Hat, Alberta T1A 4Y7 Fax: (403) 529-5339 Phone: (403) 528-6701



September 1, 2009

Dear Parents and Guardians;

Students in grades two to eight, in the Medicine Hat School District will write Canadian Achievement Tests (CAT-4). The CAT-4 is a testing system that assesses the essential learning outcomes of the following basic skill areas: reading, language, spelling, and mathematics. From these tests, teachers garner valuable information regarding individual student strengths and challenges.

Students in the district will be writing the CAT-4 tests between September 14 and 21, 2009. It is particularly important that students have regular attendance during this week. If your child must be absent, it may be possible for them to write the test another time. Otherwise, they will be scored on the portion of the test completed.

Individual student and class reports will be provided to the schools to assist teachers with program planning and program provision. At the schools' parent-teacher interviews, a **parent report** will be available for parents to take home so that you have information on the performance of your child.

Further information may be obtained on the parent section of the Canadian Test Centre website - www.canadiantestcentre.com or by contacting your school principal.

Sincerely,

A handwritten signature in cursive script that reads 'Sherrill Fedor'.

Sherrill Fedor
Associate Superintendent
Student Services



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September, 2009

Dear Parents:

Re: Fair Notice

The safety of our children is a top priority for all of us. We, as a school system, have been involved in intensive safety training with our community partners – the City of Medicine Hat Police Service, Southeast Alberta Child & Family Services and Palliser Health Region Mental Health Consultants. The District has developed a plan for responding to all situations in which students may be posing a threat to themselves or others.

This letter is to inform you that we, as a school system, now have a policy that requires principals (as part of a trained team of professionals) to complete a “threat assessment” in all cases of students making significant threats to harm themselves or others. The purpose of the assessment is to determine how best to support high risk students so that their behavior does not become hurtful or destructive. If your child tells you that a student has behaved in a threatening way at school, please confirm the information with your principal and be assured that your principal will be taking measures to deal with the situation in a positive and proactive manner. If your principal invites you to a meeting to discuss safety concerns about your own child, please contact the school administrators and be assured that the principal is acting in the best interest of your child and all students in the school. Our ultimate goal is safety.

This letter is intended to serve our community with fair notice that we, as a school community, will not accept “no response” to a threat in our schools. Our goal is to respond to all threats in a professional manner that provides for a safe and caring learning environment.

We are proud to be able to provide this level of support to our school communities and fortunate to have our community partners assisting us with this initiative. If there are any questions please feel free to call your school principal or myself at 528-6701.

Sincerely,

A handwritten signature in blue ink that reads "G. Henderson". The signature is written in a cursive style.

Dr. Grant Henderson
Superintendent of Schools

GWH/sg

Edited from: Threat Assessment Training Guide – 2nd Edition



Hey Parents...

Did you know that
Medicine Hat School District No. 76 is promoting
healthy living for your kids
through our **Healthy Foods Policy!**

Food Policy states that beginning September, 2009, schools will be offering foods that fit Alberta's Nutrition Guidelines. This includes school snacks and purchased lunches and beverages.

Introducing... "Living in a Healthy School Environment"

This one-year project helps create positive school environments by working with schools, parents and the community to increase healthy eating and active living.

Healthy kids mean better learning!

The program promotes healthy eating for improved memory, concentration and learning; and regular daily activity to increase energy, flexibility and strength for muscles and bones... and help build confidence and concentration.

We're here to help...

- Resources and Information
- Assistance with planning your school events
- Education Sessions such as: "Beating the Brown Bag Blahs!" and "Healthy Choices for your Family"

Need more information?

Contact: Molly Hanson-Nagel, Healthy School Project Facilitator
Phone: 403-526-4495, ext. 5836
Email: molly.hanson-nagel@sd76.ab.ca



Medicine Hat School District No. 76
Where Kids Count

Back To School

September



Fun Healthy Lunches

Why lunch matters

Between grade 1 and the end of high school, a student may eat more than 2,400 lunches at school.

Nutrition plays a key role in optimal health, growth and intellectual development for children.

Making healthy food choices each day can help with concentration and enhance learning.

A healthy lunch includes at least one food choice from each of the four food groups in Canada's Food Guide.

Vegetables & Fruits: Vegetable sticks; fresh fruit, canned fruit packed in its own juice, salad, fruit salad, 100% pure fruit/vegetable juice.

Grain products: Whole grain breads, bagels, tortillas, muffins, crackers, pasta, rice cakes, high fiber cereal.

Milk and Alternatives: Milk (1% or 2%), yogurt, cheese, cottage cheese.

Meat & Alternatives: lean chicken, turkey, beef or pork; lentils, beans, peanut butter, eggs, tofu.

Choose most often:

- ✓ Foods that are not artificially flavored, coloured or processed
- ✓ Foods that are not deep fried
- ✓ Foods or beverages with very little or no added sugar.
- ✓ Foods low in salt or sodium
- ✓ Remember adequate fluids. Water is ideal!



Lunch Ideas



The Day	The Filling	The Crisp	The Sweet	The Smooth
Monday	Ham & cheese tortilla wrap	Carrot Sticks	Banana	Apple Juice
Tuesday	Chili with a dinner roll	Green pepper strips	Cantaloupe	Yogurt
Wednesday	Chicken salad sandwich on rye	Cucumber slices	Canned peaches	Cheese string
Thursday	Tuna sandwich on kaiser roll	Celery & Cheese	Sliced oranges	Vegetable soup
Friday	Hummus & mini pitas	Cherry tomatoes	Fresh apple	Milk/chocolate milk



Back To School

September

Beat Supper Blues!

Eating together is linked with more healthy eating patterns. Enjoy meals with your family as often as possible and get caught up on the day's events

September can be a busy time, with sending the children back to school and summer winding down. Try these tips to make supper stress free!

Plan Ahead: Look at your calendar to get an idea of how much time you will have to grocery shop and prepare meals for the week

Cook In Bulk: Cook casseroles, soup, pasta sauces, chili and your favourite recipe in bulk and freeze for a quick meal when you are rushed

Break a Few Rules: Try foods like pancakes, waffles, eggs, soup and sandwiches for a change

Involve the Whole Family: Involve your family in choosing meals and cooking. Young children can measure ingredients and other simple tasks while older children can help cook. Everyone can help clean up!

Follow Canada's Food Guide:

- ✓ Include at least 3 out of the 4 food groups for a balanced meal
- ✓ Try whole grains like brown rice, whole grain bread and pastas
- ✓ Have meat alternatives like beans and lentils often
- ✓ Eat at least two Food Guide Servings of fish a week



Fast Pizza- Style Fish

A delicious, easy recipe that the whole family can help prepare

- | | |
|----------------------------------|---|
| 1 lb fish fillets of your choice | ½ cup tomato sauce |
| ¼ cup green pepper, chopped | ¼ cup parsley, chopped |
| ½ tsp basil, dried | 1 cup part-skim mozzarella cheese, shredded |

1. Turn oven on. Grease 7" X 11" (2 L) pan.
2. Place fillets in greased baking dish.
3. Spoon tomato sauce on top. Sprinkle with green pepper, seasonings and cheese.
4. Bake for 10 minutes or until bubbly and fish flakes easily when you test it with a fork.

Variation: You can use frozen fish fillets. Thaw slightly before baking and cook a little longer.

Recipe Courtesy of : Grant MacEwan College, Retrieved from Healthy U Alberta

<http://www.healthyalberta.com/HealthyEating/461.htm?category=Main%20Dishes&groupName=Type%20of%20Recipe>

Elm Street School

September 2009



Sun

Mon

Tue

Wed

Thu

Fri

Sat

LUNCH MENU Soup and Sandwich on Mon., Tues. and Thurs. Hot Dogs on Friday	31 9:00 Assembly	1	2 School Council— 7:00	3	4	5	
	7 No School Labour Day	8 Gr. 4, and LAP Field trip	9	10	11	12	
	13	14	15	16 Meet the creature 6—7:30	17	18 Terrific Kids—8:45	19
	20	21	22	23 10:30— Terry Fox Run	24 School Pictures	25 No School School Prof. Dev.	26
	27	28	29	30			