



**Bon Accord**  
Community School



# **BEAR FACTS**

# **NOVEMBER 2008**

[www.bonaccordschool.ca](http://www.bonaccordschool.ca)

## **Principal Message:**

You are invited to attend BACS Annual Remembrance Day Ceremony on November 7 at 9:00 am. Our students learn to honor the military, past and present, who ensure we all live in peace. Also we hope all parents will be active participants in their child's learning by attending parent/teacher conferences on November 19 and 20.



Mrs. McWilliam

## **From the VP's desk**

October has been another great month at Bon Accord School. Lots of great things have been happening. I have managed to meet most of the students by now, and have learned a LOT of names. I still get confused every once in a while, though. Bon Accord Community School is definitely proving to be a warm and fun place to work.

I would like to remind everyone to have a look at the school web page. We have tried to post pictures of some of the events that have occurred lately. I think you will enjoy looking at some of the things that have gone on, and talking about them with your family.

Darryl Propp  
Vice Principal

## School Notes:

- Thank you to those families that have paid their school fees for the school year. If you have not paid the school fees please forward fees as soon as possible to the school office or to make payment arrangements, please call the office.
- **Excellence in Teaching Awards Program**  
The 2009 Excellence in Teaching Awards Program opened the week of October 20, 2008 and nominations will be accepted until February 5, 2009. The program gives Albertans an excellent opportunity to honour teachers and principals for the outstanding work they do in classrooms across the province. If you would like to nominate one of our teachers at BACS nomination packages are available at the office.
- Please remember to check our website for updates of information and pictures, our web address is on the top of the newsletter.
- **Our stage curtains are in need of some repairs. Many hands make light work. If you could help it would be greatly appreciated, please call the office.**
- Our school will be practicing a lockdown procedure periodically throughout the school year so all the children and staff will be prepared in case of an emergency.

### Healthy Interactions

"Your task is to keep communication open!"

- Healthy interactions are a process and philosophy for consistently dealing with conflict in a positive and solution- focused way.  
Parents/Guardians and Teachers have many of the same beliefs, most importantly, for the success and increased opportunity for all students.
- Some healthy interactions suggestions when dealing with conflict:
  - Avoid confrontational body language and words.
  - Not dealing with issues will most likely make them worse
  - If you have a problem or concern....go to the source
  - Effective conflict resolution is based on finding common interest and not on establishing rival positions
  - If conflict can't be resolved between two or more parties, then a meeting must result with those in conflict and a third party mediator.

## The Board of Trustees

- Meet each fourth Wednesday of the month 4:30pm at the board office in Morinville. Members of the public are invited to attend. Please note the Board Meeting in November will be held on November 26<sup>th</sup>

### 1. Library News:



We are gearing up for our Book Fair on Nov. 19, 20 and 24. Please make plans to attend during Parent-Teacher Interviews. The Book Fair will be in Room 101 this year. Our author, Marion Brooker, was quite a hit with students. She demonstrated how to get started on the writing process and that it is not just a one time effort. It takes time and dedication to complete a good writing project. She encouraged students to write, rewrite and write some more.

Thank you for your continued support,  
Mrs.DeChamplain & Mrs Hodge

### Music Notes:



In Grades one to three, we are continuing to develop our skills in beat and rhythm. I have seen a lot of improvement in many students in the two months of classes so far. We have learned a few Halloween songs, and will be looking at upcoming themes like Remembrance Day and Christmas very soon. I would like to thank all the students who purchased O Canada CDs. They are still available, if anyone else would like one.

Music Teacher  
Mr. Propp



## Counselling

Mrs Merry DeChamplain is our new school counsellor. If your child is experiencing difficulties with friendships or personal problems, please call or send in a note. Mrs. DeChamplain is willing to provide guidance & or referrals for help.

### PARENT INFORMATION ABOUT THE NEW ALBERTA MATHEMATICS CURRICULUM

## *How can I help my child look forward to math?*

Parents are their children's first and most influential teachers. Your support and encouragement are vital to your children's success in mathematics. The attitudes toward math that you display are picked up by your child, even without you knowing!

Parents can help students see math as useful and necessary for life. Include your child in activities with you that require mathematics, such as making purchases, checking the time, measuring ingredients for a recipe, writing a cheque and paying bills. In this way your child can see the relevancy and immediacy of mathematics.

Have a positive attitude toward math!

- Let your child know they can be successful in mathematics.
- Let your child know you see math as important.
- Be curious and excited about the math activities your child is involved in at school.
- Encourage your child to be persistent when the work becomes difficult.
- Remain patient and give praise when your child shows effort.
- Avoid negative comments and criticism.
- Don't underestimate your own math abilities.
- Don't say "I was never good at math".

### **How might I support or promote a math environment at home?**

- Play games and puzzles with your child that deal with things such as logic, reasoning, estimation, direction and classification (Concentration/Memory, Chess, Checkers, Othello, Sudoku puzzles, Crib, Clue, Card Games, etc.).
- Do math problems together! This could include problems such as mixing juice crystals with water, figuring out how long to cook a roast or turkey, determining how to set the table for a certain number of people, etc.
- Involve your child in daily activities that require the use of mathematics. This may include brushing teeth for a certain amount of time, folding or sorting laundry, feeding pets, checking the television schedule, determining driving routes for errands, etc.
- Make familiar objects (toys, blocks, buttons, measuring devices, etc.) available so that your child can use them to help solve problems.
- Provide materials such as pencils, paper, calculators, and scissors to use for study or creative play.
- Listen carefully to your child's explanation of what he or she is learning.

# Make reading a priority for your family Building Readers Reading Extras

It can be hard to fit "family reading time" into today's hectic schedules. But the benefits for your child greatly outweigh the hassle. By making reading a family priority, you show your child that reading is very important—and also a fun activity. To promote reading as a family:

- Set aside family reading time each day. Even 15 minutes a day is a great start.
- Pick a regular time for reading. This will make it easier to fit into your schedule. This demonstrates that reading time is too important to miss.
- Decide how to spend the reading time. You can read a book aloud as a family, or everyone can read silently to themselves.
- Read books you like and enjoy. Enthusiasm is contagious!
- Keep it interesting. To prevent your reading routine from becoming stale, act out a play together. Or create a monthly reading challenge. Just keep reading!

## Winter Safety Tips:

The season you either love -- or love to hate -- is in full swing. Whether you're out and about with your family braving the elements, or getting cozy at home, don't let cold-weather fun snowball into situations that can threaten your family's safety. Keep your kids protected with the following tips:

- 1. Maintain a sunny disposition.** The season's frigid temps shouldn't fool you -- snow reflects more than 75% of the sun's damaging ultraviolet rays. Don't stow away the sunscreen during winter; use it to protect your children's faces before they go outside and play.
- 2. Keep snug like a bug -- but not too snug.** Winter wear should fit kids properly, but the gear shouldn't be so tight that it restricts movement. This is particularly true for footwear. Too-tight boots constrict blood flow, causing feet to become even colder. When sizing shoes, allow room for an extra pair of socks.
- 3. Be clever about clothing choices.** When sending kids off to school or out to play, make sure they're dressed warmly in layers that are wind- and waterproof. If possible, opt for wool instead of cotton. This durable and flexible material is an excellent insulator that will help keep kids dryer and warmer than cotton, which is quick to absorb water.

Help your little ones stay warm with adequate head, face, hands, and neck protection. You can save time while getting your brood out the door by storing gloves and scarves inside hats.

**4. Practice safety when playing winter sports.** Always supervise your children's winter activities. Ice skating should only be done on ice that has passed proper inspection. Sledding paths shouldn't be too crowded or too close to roadways. The safest sleds are those that allow for steering, so avoid snow tubes or disk-shaped sleds. If your little ones want to try skiing or snowboarding, consider getting lessons from an instructor. While out on the slopes, they should always wear helmets and gloves with built-in wrist guards, and be accompanied by an adult.

**5. Serve superior snacks.** Good nutrition can help kids fight off cold and flu season, so strengthen their immune system with a balanced diet. Snack time is a great opportunity to sneak in some extra nutrients; try dried and fresh fruits, sliced raw vegetables, whole-wheat crackers with cheese, and yogurt.

**6. Let the fluids flow on frosty days.** Although your kids may not be sweating as much as they do in warm-weather months, they still need to keep hydrated. Smart choices for winter are low-sugar juices that are high in vitamin C, which studies show can lessen the severity and duration of winter colds. Decaffeinated tea and [hot cocoa](#) are also wise picks -- these [comforting hot drinks](#) are a great source of antioxidants, which are believed to strengthen the immune system.

- **If busses will not be running due to weather and road conditions it will be announced on the Sturgeon Webpage plus on radio stations CFCW, K-Rock, Mix 96, Power 92, CFBR(BEAR), CBC, and TV stations Global and City TV.**



## Health Notes:

Your child is sent home from school with a sore throat, cough, and high fever — could it be the flu that's been going around? Or is it just a [common cold](#)?

Typically, the flu (also known as [influenza](#)) has symptoms that make a child feel worse than symptoms associated with a common cold, but it's not always that easy to tell the difference between the two.

### Symptoms Guide

To help determine whether your child's fighting the flu or combating a cold, review these questions:

Flu vs. Colds: A Guide to Symptoms

Questions	Flu	Cold
Was your child's onset of illness ...	sudden?	slow?
Does your child have a ...	high fever?	no (or mild) fever?
Is your child's exhaustion level ...	severe?	mild?
Is your child's head ...	achy?	headache-free?
Is your child's appetite ...	decreased?	normal?
Are your child's muscles ...	achy?	fine?
Does your child have ...	chills?	no chills?

If most of your answers fell into the first category, chances are that your child has the flu. If your answers usually belonged in the second category, it's most likely a cold.

## **Community News:**

- The annual Bon Accord Community School Craft Fair will be held on November 9<sup>th</sup> from 10:00 am- 4:30 pm please call Amanda @ 921-2216 or Cindy @ 921-3559 to book your table.
- **Sturgeon School Division is in need of Caretakers at all schools.**  
Duties include maintaining cleanliness of the school by cleaning washrooms, mopping, sweeping and waxing floors, washing walls/lockers, and removal of garbage as well as vacuuming when necessary. Applicants must be able to lift 25lbs. Hours of work: Afternoon/evening shift hourly rate \$13.29-\$15.18. For more information go to [www.sturgeon.ab.ca](http://www.sturgeon.ab.ca)



### **Bon Accord Pre-School Association**

- The preschool has arranged for St. John Ambulance to come out and give a two day course on First Aid in Child Care November 29 & 30 from 8:00am-5:00pm at the Jewel Box each day. The price of the course may vary depending on the number of people we have attending (\$106.25-\$118.75 per person). We require a minimum of 7 people to run the class. If you are interested in participating, please contact Anna at 780-665-2893.

# NOVEMBER 2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b>
<b>2</b>	<b>3</b> Picture Retakes	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Remembrance Day Ceremony 9:00am 	<b>8</b>
<b>9</b> Craft Fair 10-4	<b>10</b> P.D Day No Classes	<b>11</b> Remembrance Day No Classes	<b>12</b> Staff Meeting Early Dismissal @ 1:30 	<b>13</b>	<b>14</b> Report Cards Sent Home 	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> Author Visit	<b>19</b> Parent Teacher Conferences 5:00-8:00 PM  BookFair	<b>20</b> Parent Teacher Conferences 5:00-8:00 PM  Bookfair	<b>21</b> No Classes	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> Kindergarten @ 5:30 School Council @ 6:30 P.S.S 7:00	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						
						

# DECEMBER 2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3	4	5	6
7	8	9	10 Staff Meeting Early Dismissal @ 1:30  	11 Lilian Schick Christmas Concert 1:00PM 7:00PM	12	13
14	15	16	17	18 Christmas Concert 9:30AM 7:00PM	19 Early Dismissal  	20
21	22	23	24	25 Christmas Day  	26	27
Christmas Vacation December 20, 2008- January 5, 2008						
28	29	30	31 New Years Eve  			
Christmas Vacation December 20-January 5, 2009					2008	

## Question and Answer

In the newsletter every month there will be a question and answer section for parents and children that attend the BACS for the students to return for a draw. The answer form must be returned by the date specified with the correct answer for your child to be entered in for the draw of the month. Good luck to all parents and children.

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**NOVEMBER 2008**

**NAME:** \_\_\_\_\_

**Question #1 STUDENT QUESTION-**

**What is the tallest mountain in the Canadian Rockies and how high?**

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**Question # 2 PARENT QUESTION-**

**When is our Christmas Concert?**

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**What has the biggest eyes of any land animal?**

Answer to last month's question: The Tarsier has the largest eyes of any land animal.  
Thanks to Randi, Tori, Kayley, Kierra, Danielle, Jordan and Nola.

Bon Accord Community School

Box 300, Bon Accord, Alberta, T0A 0K0

Phone: (780) 921-3559 Fax: (780) 921-2539

Absentee Line: (780) 921-3570

Email: [www.bonaccordschool.ca](http://www.bonaccordschool.ca)

Principal: Mrs. Betty McWilliam

Vice Principal: Mr. Darryl Propp

Trustee: Mrs. Elizabeth Kohle

School Council Chair: Jessica Rigney

780-921-3092

[jrigney@ualberta.ca](mailto:jrigney@ualberta.ca)