



October 2010

Parkland Village School



Literacy Evening

Tuesday, October 5th
At 6:30 pm

Please join us at Parkland Village School to learn about reading behaviours and strategies, and the significant impact home reading can have on your child's education.



Picture Day

Thursday,
October 14th
at 9:00 a.m.

for all students except Kindergarten M/W scheduled for November 10 at 9:00 a.m.

Running Club News

A BIG congratulations to all Cross-Country runners! We had a great season participating in two runs, the Mill grove Mile and the race at Chicano Lake. Way to make our school proud! A special thanks goes out to parents who helped get our students to and from the race safe and sound!

Miss Roy

Thursday,
October 21st
Popcorn Day



Thursday,
October 27th
Hot Lunch
Day



Healthy Lunches

Packing a variety of healthy foods will help make sure your child gets all of the nutrients he or she needs. In addition, healthy eating fuels brain development and learning.

Make your trip to the grocery store fast and efficient by creating a simple lunch and snack menu for the week before you go grocery shopping.

Think in food groups when creating your lunch and snack menu:

[Eating Well with Canada's Food Guide](#) places foods into one of four food groups.

- The four food groups include vegetables and fruit, grain products, milk and alternatives, and meat and alternatives.
- Choose foods from all of the four foods groups at lunch.
- Snacks should include foods from at least two of the four food groups.

Limit foods that are high in fat, sugar, salt or calories:

- Example of these foods include potato or nacho chips, cheese spreads, instant noodles, donuts, pastries, cakes, soft drinks, chocolate and candy.
- These foods provide few nutrients and can curb your child's appetite for healthier choices.

Try something new:

- Lunches don't need to be limited to sandwiches.
- For variety, try to send a range of different kinds of foods each day (see some suggestions for quick and healthy lunches below).

Don't forget beverages:

- Provide thirst-quenching water.
- Avoid sending pop, fruit drinks, lemonade, iced tea, or sport or energy drinks (these drinks are all high in sugar).

Base your shopping list on the foods on your menu:

- Organize your list by grouping similar foods together. This will let you move through the store quickly and help to prevent impulse buying.

Compare costs:

- Pre-packaged lunches may seem like a quick solution. However, these are generally more expensive and less nutritious than homemade lunches.

Here are some ideas for quick and nutritious school lunches:

- Hummus, pita bread wedges, raw vegetables, yogurt and canned fruit.
- Banana bran muffin, boiled egg, carrot sticks.
- Leftover pasta, meat sauce, melon cubes.
- Cold pizza (topped with lean meats), yogurt, apple.

Make It a Family Affair

Involving the whole family in lunch and snack preparation eases the workload and teaches children valuable skills. Make the experience enjoyable for everyone by:

- Having everything you need within arms' reach.
- Assembling reusable containers and cutlery, thermoses, napkins, lunch bags and cold packs before you begin.
- Setting out the items on your lunch and snack menu so that they are ready for packing.
- Assigning each person a task appropriate to their age and skill level. For example, a kindergarten child could put napkins in each lunch bag while a teen makes sandwiches.

Respect Awards

Were Awarded to:

Grade 1

Alexi Lee
Brady Gurnee
Brayden Warren
Alex Sachiko

Grade 2A

Kaitlin Clark in
Trey Ford
Ali Van Beers

Grade 2B

Tyler Clarke
Hannah Kazak
Dylan Matched

Grade 3A

Christopher Fleming
Cassias Tikal-Roy
Keno Rutherford

Grade 3B

Kale Gurnee
Needed Kafka
Hunter Obviate

Grade 4

Randy Cartier
Brandon Fuller
Katie McLaughlin
Congratulations!



October's theme is:

INTEGRITY

Change in Bell Schedule

Outdoor recess:
12:00 noon —12:25 p.m.
Indoor eating time:
12:25 p.m.—12:50 p.m.
Dismissal: 3:00 p.m.

School Council Meeting

Wednesday, October 20th, 2010
At 6:30 p.m.
All parents are invited to attend the meeting.

Parents/Guardians,

Please write to your teacher either in your child's agendas or in a note (this is such an important tool to keep the communication, and information flowing back and forth between home and school) especially when you know the dates your child is going to be away. Also, use it to update phone #'s. The teachers will ensure the information will be passed along to the office. Information changes so much, and we all are trying to keep it as current as possible.

In our agenda you will find Parkland Village School's Handbook. Here you will find very important information regarding our school and our school's policies.

Don't Forget School Fees were Due Sept. 30th

Instructional Material Fees
\$57.00 (all grades)
Agenda
\$8.00
(Kindergarten to Gr. 4)
Swimming Fee
\$35.00 (Gr. 1 - Gr. 4)
Due January 3rd., 2011
Cheques payable to:
Parkland Village School

Before and After School Care Program

Opens September 1st.
Childcare for children in Grades 1-6
Subsidy Available
Healthy Snack Provided
Monday - Friday
(includes all PD days, Spring Break & the Christmas Break)
Limited Spaces
For information call Cindy Van Beers
780-962-1505 Home
780-918-7825 Cell

TERRY FOX!!

What a fantastic month we have had celebrating Terry Fox. Some of our classes watched the Terry Fox movie or documentary made of his journey. Our children raised \$693.79 for the Terry Fox Foundation, which was way above our goal of \$300.00. Way to Parkland Village School students, parents, and staff. We also sold \$200.00 worth of collector shoelaces.

On Wednesday, September 29th our children did the "Fox" trot in the school yard. The students walked or jogged for 10 minutes then received freezes to cool them off at the end of their trot. We would like to thank Parkland Village School parents for all your support .

A huge THANK YOU to Miss Lynds for her hard work and organization of the Terry Fox events.



October 2010

Monthly Theme is INTEGRITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Literacy Evening 6:30 p.m.	6	7	8 Professional Development Day NO SCHOOL	9
10	11 Thanksgiving NO SCHOOL	12	13	14 Picture Day 9:00 a.m.	15	16
17	18	19	20 School Council Meeting 6:30 pm	21 Popcorn Day	22	23
24	25	26	27 Hot Lunch Day	28 T/T Kinder Hot Lunch	29 Halloween Activities Spirit Assembly 9:55 am Theme: Integrity	30/31

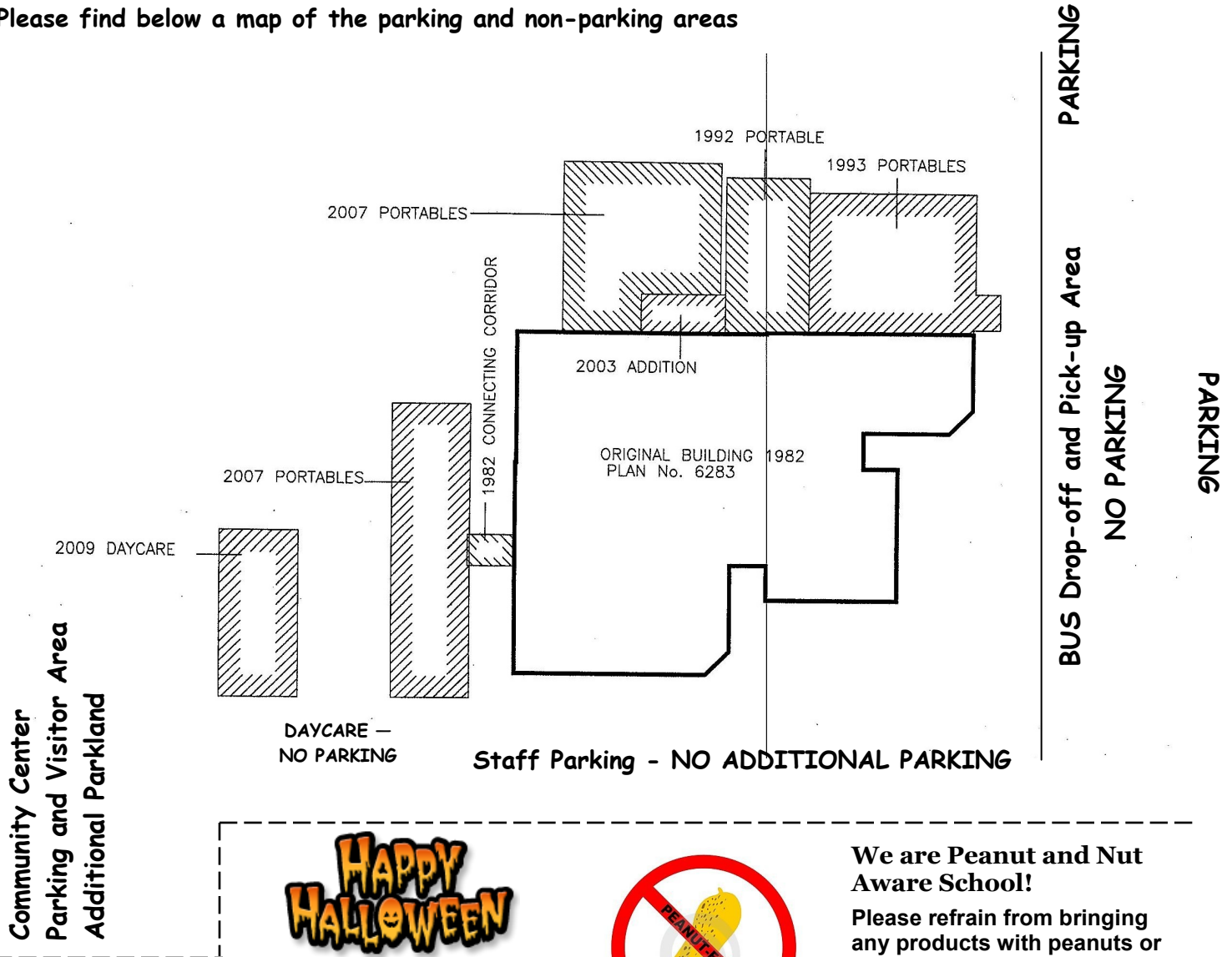
Just a Reminder - PARKING AND TRAFFIC SAFETY AWARENESS

Parents please help us take extra precautions to help keep all of our children safe by: slowing down, parking in designated areas and walking your children across the street.

The EAST side of our school is the SCHOOL BUS ZONE. We need to keep this area clear of vehicles. You may park across the road or further down, along the fence by the playground. Please walk your child across the street to the school doors.

Parking space is very limited this year. We would like to suggest that parents use the community hall parking lot as their parking/visitor area. We do not have the room available in the staff parking lot for additional vehicles. You CANNOT park in front of the Daycare, this is their emergency access area.

Please find below a map of the parking and non-parking areas



HAPPY HALLOWEEN



We are Peanut and Nut Aware School!

Please refrain from bringing any products with peanuts or nuts to school. Let's all take part in making our school safe for everyone.

There is an allergy alert in affect for our school. Food restrictions for lunches, classroom parties and snack times are school wide - no exceptions.

Be safe this Halloween:

Wear a costume that fits well, wear makeup instead of masks.

Use pumpkin carving tools instead of knives to carve your creation.

Have an adult check your treats to ensure they are safe to eat.

