

# Beaverlodge Elementary News

A Special Place for You and Me!

April 2009

## Just a reminder . . .

- Please call the school if your child will be absent from school. The number is 354-2446.
- We ask that all visitors to the school please check into the office when you come into the school. It is very important for our children's safety that we know who is in our school at any given time. This would include parents picking up their children during the school day.
- **Remember that no parking is allowed in front of the school along 5<sup>th</sup> Avenue.**

We thank you for your continued cooperation!

## April Dates:

- 2 – South Peace Centennial Museum - Pioneer Days (Interactive Displays)
- 3 – Hotdog Sale
- 6 – Staff Meeting, School Council meeting at 4:30 pm in the library. Childcare provided.
- 9 – D.A.R.E. Graduation at 12:40 pm, SUB Sale (**Money must be in by 9:00 am April 7<sup>th</sup>**)
- 10-19 – Easter Holidays
- 20 – Classes Resume
- 23 – Grade Six Trip Parent Meeting 7:00pm
- 24 – Hotdog Sale
- 30 – Pizza Sale (**Money must be in by 9:00 am on April 28<sup>th</sup>**), Senior's Tea at 1:00 pm, Assembly at 2:30 pm (Theme - Blast from the Past)



**At the BES office, Gena, Lisa and Carolyn will be selling Daffodils on March 31<sup>st</sup> & April 1<sup>st</sup> to help raise funds for the Canadian Cancer Society. \$5.00 for a bunch of 8-10 daffodils. Helping put an end to Cancer.**

## F.Y.I

- The Beaverlodge Child Development Center will be hosting Power to Parent sessions on Tuesdays and Thursdays from April 7-30 from 6:30-8:30pm. The fee is \$75.00 per Family. Please register before April 2<sup>nd</sup> by contacting South Peace Rural Community Learning at 780 354-2656. Child care will be available on site.
- WJS Behavior Outreach Services will be hosting training sessions for Proactive Behavior Strategies. This session will be held on April 4<sup>th</sup> from 9:00-4:00 pm at G.P.R.C. in room B201. There is no fee to attend this workshop. To register, contact Crystal Novak at 780 532-5246 ext. 103 or at [cnovak@wjsgroup.com](mailto:cnovak@wjsgroup.com).
- As part of our Education festivities, we will be holding our Annual Senior's Tea on April 30<sup>th</sup> at 1:00 pm.

**Please complete this Milk Form for the month of April and return it to the school ASAP if you are purchasing milk monthly. April cost is \$11.25.**

Child's Name \_\_\_\_\_ Class \_\_\_\_\_ Amount \_\_\_\_\_

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Child's Name \_\_\_\_\_ Class \_\_\_\_\_ Amount \_\_\_\_\_

**To encourage students to deliver the newsletter to their parents, we will be drawing for a pizza from Anna's Pizza. Please have your child return this slip to his/her teacher.**

Student's Name - \_\_\_\_\_ Parent Signature - \_\_\_\_\_

# Kids' Health

## Cooking with your kids

There are lots of reasons to cook with your kids. Here are just a few.<sup>1</sup>

- Learning to cook helps kids to learn about nutrition and health eating. Teaching kids to cook will help instill skills to last them a lifetime.
- Boost their self esteem. If your child needs a boost of self confidence, cooking in the kitchen will do just that. They are accomplishing a task, learning something important and contributing to the family.
- Creates family time and bonding. It may take a longer time to get the meal or snack done but the moments with your children will be priceless. (Just remember to have patience. Don't worry about flour on the floor or spilled milk).
- Kids will be more apt to eat what they make. Perhaps it is the enthusiasm of creating something themselves, but they will be more likely to eat whatever they had a hand in making.

### What are some ways to get my kids involved with cooking dinner?

- Younger children can help wash vegetables, tear lettuce for a salad or grate cheese. Older kids may be able to help assemble and cook a stir fry and chop fruits or vegetables. Everyone can get involved with setting and clearing the table.
- For more ideas and to download "the Amazing Cookbook" for children go to [www.healthyalberta.com](http://www.healthyalberta.com). The whole family can also get involved by working together to plan menus for the week.

Taken from the Kids Cooking Activities website at [www.kids-cooking-activities.com](http://www.kids-cooking-activities.com)

## Hints for Happy and Healthy Smiles

- Have dental treatment completed prior to leaving on vacation. If you plan to fly the cabin pressure can cause severe pain for the vulnerable tooth.
- If you require any medications for a gum problem or tooth pain make sure you have enough for the duration of your vacation.
- Ensure your extended health benefits include dental coverage when travelling out of the province or country.
- For more information please call: **1-800-732-8981** or visit our website at [www.pchr.ca](http://www.pchr.ca)

## Helping to Make Good Things Happen

Stress is the non-specific response of the body to any demand placed upon it- whether that demand is positive or negative. It is generally negative stress that we worry about because it can have the biggest effect on our body, mind and spirit.

Following is information about how we can manage its harmful effects and stay healthy.

- **Look for the Silver Lining** - refuse to worry about those negative elements in your life that you can do nothing about.
- **Build a Network** - Don't isolate yourself with a problem. Talk with others: with family, friends, professional counselors, support groups
- **Be Active** - Structure activity and active living into your day.
- **Eat Properly** - Base your diet on Canada's Food Guide to Health Eating. Limit your intake of salt, sugar, caffeine and alcohol.
- **Believe in yourself** - Be courageous. Take a risk: there is no such thing as failure - it is a learning opportunity.
- **Know Your Limits** - Learn to say "NO." Take action when excesses occur in either direction.

[www.pchr.ca](http://www.pchr.ca)  
**1-800-732-8981**

