

General Stewart School



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Principal: Mr. Mel Fletcher

Focus on
R.E.S.P.E.C.T.
Respect - Excellence - Skills
Positive Environment - Enthusiasm
Cooperation - Togetherness

Newsletter -- March 2010



Registrations for 2010/2011

Registration for students entering Kindergarten and Grade 1 in the Fall of 2010 are now being accepted at the school office.

Students attending Kindergarten now at our school have received a registration package. Please complete the registration form(s) and return them to the school ASAP. If your child will not be attending General Stewart in the Fall, please return the form anyway indicating that they will not be attending.

Grade 1 to 4 students not returning in September 2010...Please inform the SCHOOL OFFICE as soon as possible if your child(ren) will not be returning to General Stewart School in the Fall. It is important that we know the number of students who will be here next year for staffing purposes.

General Stewart Family Country Dance

The school council is hosting a Family Country Dance on Friday, March 19/2010 (6-8pm) in the school gymnasium.



Our Read A Thon fundraiser missed the target by approximately \$2000. We need the funds to pay for our year end field trips that are already planned. We hope that our community will support this initiative.

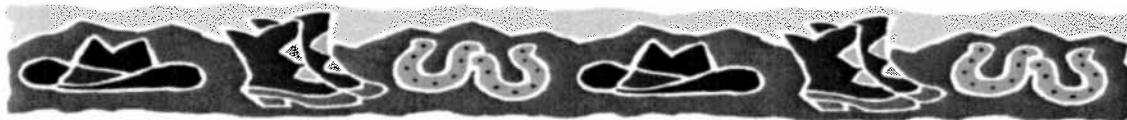
We are asking for donations of items that could be used for a silent auction. Please bring those items to Mr. Fletcher's office from now until March 17th.

We will be sending out food order forms soon. BBQ beef on a bun etc. Prizes will be given out during the dance. We are hoping that all families will attend. Everyone is welcome!

Students must be accompanied by an adult.

Also, we are in need of volunteers to help prepare and serve the food. The more volunteers, the easier the task.

DRESS WESTERN!



I am willing to help serve or prepare the food. _____

Name (please print)

Please return the bottom of this form to the school office.
Thank you for your support!



Grade 5 Handbells

Practices for March will be held on Tuesday, March 9 and Tuesday, March 16. There will be extra practices during some lunch breaks and families will be notified with a memo sent by Mrs. Slomp in the near future.

The grade 5 handbell group will be performing at the Kiwanis Music Festival on Wednesday, March 24, at 9am. The performance will be held at the Lethbridge Public Library.

Gilbert Paterson Middle School Parent Evening

The grade 6 Parent Information Evening for next year's grade 6 students will be held on Wednesday, April 21, at 7pm



UPDATE! Haiti Fundraiser

The Grade 5 class raised \$814 with the bottle drive and bake sale last month!

The Canadian Government matched that amount to make the total dollar donation to PLAN CANADA for Haiti relief to be \$1628 from the General Stewart Community!

Thank you to all who contributed!

School Council Agenda Item

We are inviting parents to attend our next school council meeting on Tuesday, March 16/2010 as the school board would like us to discuss some new policy changes. Some of our parents were not aware that our district and school have cooperated with the Gideons' Bible society historically in providing copies of the Bible to Grade 5 students. The board has a draft policy on the distribution of religious materials in schools and would like us to give feedback. There are also a few other policies of interest that they would like us to give feedback on. (Harrassment etc.)

Report Cards

- Report Cards will be sent home on Friday March 19
 - Parent/Teacher Conferences:
 - Grade 1 to 5 Parent/Teacher conferences will take place in the evening between 4pm-7pm on Thursday, March 25 and the morning between 8:30am-11:50am on Friday, March 26.
 - Kindergarten Parent/Teacher conferences will be held on Wednesday, March 24 and Thursday, March 25. There will be no school for Kindergarten students on these two days. Mrs. Andreachuk will book times with Kindergarten parent/guardians for conferences.
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Underground to Canada

The Grade 4 "Underground to Canada" performances will be held on Tuesday, March 16. This is a tentative date and may be updated if necessary. Times to be announced at a later date.

Newsletter On-Line

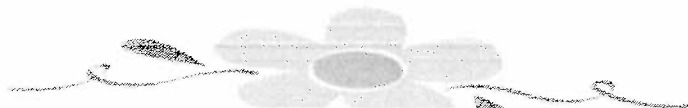
Our newsletter is also available on-line.

The school website is <http://stewart.lethsd.ab.ca/>

It is available as a .pdf file and can be easily opened and printed from home.



If you are interested in receiving the school monthly newsletter and calendar via the internet only – please contact the school office at 403.328.1201

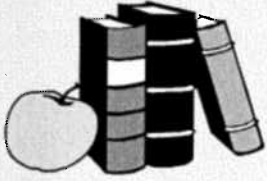


MARCH 2010

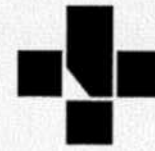
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Basketball @ Leth Christian	2 Kindergarten swimming	3	4 Math Games Club noon Gr 1, 2, 3 African Drumming noon	5	6
7	8	9 Kindergarten swimming	10 Staff meeting noon	11 Math Games Club noon Gr 1, 2, 3 African Drumming	12 District PD Day No school for students	13
14	15 NO KINDERGARTEN DISTRICT WIDE Gr5 Handbells Perform @ assembly	16 school council 7pm Kindergarten swimming Underground to Canada Gr 4	17 Green Day St. Patricks day Gr 1 Home Hardware 9am	18 Math Games Club noon Gr 1, 2, 3 (last day) African Drumming	19 gymnastic equip. pick up Footloose Friday 11am Report Cards Home SPRING DANCE 6-8PM	20
21	22	23 Kindergarten swimming	24 Handbells to Festival 9am Kindergarten Interviews	25 Parent/teacher Conferences 4pm-7pm Kindergarten Interviews African Drumming	26 Parent/Teacher Conferences 8:30am—11:45am No school for students	27
28	29	30 Kindergarten swimming	31 Easter Centres K-3 Hot Lunch sponsored by Gr 1			

APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 APRIL FOOLS DAY Easter Egg Hunt Talent show	2 GOOD FRIDAY No school	3	
4	5	6	7	8	9	10	
		EASTER BREAK—no school this week					
11	12 The Launch of One School-One Book	13	14 Staff meeting noon	15	16	17	
18	19	20 School council 7pm	21 Gr 6 Paterson Parent Information Night Small Gym 7pm	22	23 School Based PD Day No school	24	
25 Education week April 25-May 1	26 Marching Monday after assembly	27	28 Classroom Oratorical day	29	30		



Healthy Schools Healthy Futures



Alberta Health
Services

March is Nutrition Month!

This year's theme is **Celebrate Food: From Field to Table.**

This is an opportunity to look at the variety of food that we grow in Canada and to try new ways of preparing it. Gather your family and friends in for the harvesting, cooking and most important the eating!

For more information on nutrition month go to:
www.dietitians.ca

Celebrate Food

Eating together with family and friends is one of life's simple pleasures. Sharing a meal is a great way for children to learn manners and exchange pleasant conversation about their day. Research shows that eating with at least one other person on a regular basis leads to less drug and alcohol abuse, less eating disorders, healthier weight and better performance at school.

Try to take the time four to five times a week to eat with others. Prepare a simple, nutritious meal, sit down, relax and enjoy your meal together. Make sure to get help with the clean-up!

From Field

For many years, people had small gardens in their yards for fresh vegetables and fruits. Gradually, this became less popular. However, the backyard garden is making a comeback! If you've never tried gardening, start with a small garden or a few pots of tomatoes growing on your deck. Food grown locally is fresher, tastier and often more nutritious because it does not have to travel long distances before it can be eaten.

You can also join a community garden or buy food at your local farmer's market. This way, you will still get the benefits of locally grown food.

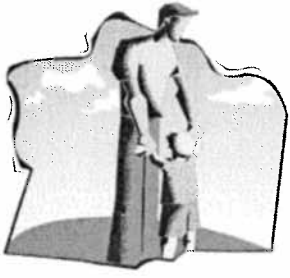
The urban gardener, Ron Berezan will be speaking at the University of Lethbridge, on March 11, 2010, 7-9pm. (Call Lisa at 403-388-6677 to register).

To Table

A very important life skill for children to learn is how to cook. However, many parents do not feel confident in their ability to cook - so what can be done? Start where you are and see how many simple, nutritious meals you can prepare. If it is only three, that is OK. Gradually increase your skills by trying new recipes on your own, having a friend teach you or by taking a cooking class. If you add one new meal a month by the end of the year you will have at least two weeks of healthy meals to make.

Get your children involved and you can all learn as you go along. Remember to have fun and don't worry if a recipe flops. Just try a different recipe.

For healthy recipe ideas go to
www.healthyalberta.ca



A monthly publication provided by your child's school in recognition of your role as a partner in education.

Resources for Families

March 2010

Help your child with peer pressure

Standing up to peer pressure is one of the greatest challenges that children face. Too often children are unable to stand up to the challenge and are led into participating in risky and sometimes illegal activities.

Help your children deal with peer pressures by doing the following:

Strengthen bonds with your children

They will be more likely to respect your views and values and better able to resist peer pressure if they have a good relationship with you and feel you are a source of support. This bond needs to be nurtured long before your children's teenage years.

Promote your children's self-esteem

Children who are confident and have positive self-worth are more likely to pursue friendships with children who are good role models. Boost your children's self-esteem by involving them in activities that capitalize on their strengths and interests and praise them for things they do well.

Set a good example

Your children are keen observers of what you do. If they see that you are constantly striving to keep up with others, they will likely do the same with their peers.

Talk with your children about peer pressure

Let them know that you understand how hard it can be to do things that make them stand out. Help them understand that someone who is pressuring them to do something that may be harmful is not much of a friend.

Don't overreact when talking about peer issues

You don't want to discourage your children from talking with you about important issues.

Choose your battles

Make your stand on high-risk peer behavior. Battling your children constantly over minor issues may drive them toward peers who are similarly alienated from their parents.

Help your children develop good decision-making skills

Encourage them to think through the possible consequences of a decision, including whether it may cause harm to themselves or others.

Help your children develop responses to peers

Suggest answers that are short and simple and that they can say comfortably.

Get to know your children's friends

Also, create a network of parents. Spend some time with them and assess whether they are positive influences.

Set limits for your children

Your willingness to say no sets a good example and may help give your children the courage to say no when faced with a potentially harmful situation.

Written by Judy McDaniel, communications consultant; edited for distribution to ASBA member jurisdictions.