

# The Fleetwood-Bawden Times

November 2019

## Welcome November

### Start Time

Please ensure your child is in their classroom by 8:15 am, when instruction begins. The warning bell rings at 8:10 am.

### Report Cards

We are excited to share with you that starting this reporting period, all of our District's elementary schools will be embracing an electronic format for report cards. Improving our environmental responsibility, feedback from parents regarding the ease of electronic access, increasing responsibility in using our resources, and aligning with our other digital platforms (e.g., SchoolCash Online) are all factors that contributed to this decision.

Digital report cards are accessed through PowerSchool. For parents who do not have a PowerSchool account, a paper information sheet with your username and password will be sent home the week of October 28th. You are encouraged to set up your account as soon as possible. Report cards will be available to view electronically in PowerSchool on Monday, November 18th.

### Interviews

A letter from your child's teacher will be sent home for you to schedule a time for an interview. Interviews will take place on Thursday, November 21st from 8:00am to 7:00pm. Kindergarten interviews will also take place on Wednesday, November 20th.

### Parking

Thank you for not parking in staff parking stalls as all spaces are occupied. Some staff work modified hours and arrive after the bell so even if there are empty stalls after the bell rings, please do not park there.

### Volunteers Needed

Volunteers are needed to shelve books in the Learning Commons and/or read with students. If this interests you, please talk to Jamie in the Learning Commons or email her at jamie.westlund@lethsd.ab.ca .

### November Field Trips

Skating  
Mrs. Awosoga: Nov. 6th 1:00 -2:00 pm  
Ms. Staples / Ms. Macdonald: Nov. 5th, 14th 1:00 -2:00 pm  
Mrs. Sproule / Mrs. Weitz: Nov. 6th 8:45-9:45 am  
Ms. Mitchell: Nov. 7th, 14th 9:00-10:00 am

Martha's House  
Sproule / Weitz: Nov 14th 1:30-2:30 pm

### Fleetwood Christmas Event!

Mark your calendars! Fleetwood families are invited to our Christmas Celebration on Friday, December 13th.

- 4:00-8:00 pm (come and go)
- Dance in the gym
- Drinks, snacks and cookie decorating in the Learning Commons
- Snowshoeing
- Movie
- Photo booth
- Variety of crafts and activities

### Book Fair

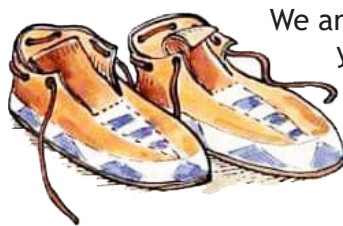
A Scholastic Book Fair will be selling books and literacy items in our Learning Commons on:

- Wednesday, November 20th from 8:10 am-4:00 pm
- Thursday, November 21st from 8:00 am -7:00 pm

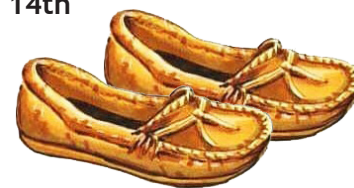
Please email jamie.westlund@lethsd.ab.ca if you are able to volunteer during these times.



### Roc Your Mocs



We are proud to take part in Roc Your Mocs again this year. Please wear your moccasins on Thursday, November 14th to recognize standing together, while recognizing Tribal individuality, and honoring the Ancestors and Indigenous People worldwide.



### Remembrance Day Assembly

Our Remembrance Day assembly will be on Friday, November 8th at 10:30 am in the gym. Family members are welcome to attend. To help bring meaning to our Remembrance Day Service, we are requesting photos and names of student's relatives who are currently serving or who have served in the past. Any other information (dates, locations, stories) would also be appreciated. Photos will be shown in a slideshow. Please send the photos and information to your child's teacher or email to carlie.ramotowski@lethsd.ab.ca.

### Connection to the Land

For two weeks in November and December, Monte Wolf Child and his wife will provide a program to our students called "Connection to the Land." This program is based on supporting Indigenous Culture and Language learning. The goal of this program is to promote outdoor learning and wellness through an Indigenous lens.







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November 2019

FLEETWOOD-BAWDEN  
ELEMENTARY SCHOOL

## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
					Remembrance Day Assembly 10:30am	
10	11	12	13	14	15	16
	No School-Remembrance Day	No School-PL Day		Rock Your Mocs		
17	18	19	20	21	22	23
	Report Cards go out (digital)		Book Fair No Kindergarten Parent Teacher Interviews	Book Fair Interviews all day. No school for students	No School-PL Day	
24	25	26	27	28	29	30
	Connection to the Land	Connection to the Land School Council Meeting 6:30	Connection to the Land	Connection to the Land	Connection to the Land	

### School Apparel

All orders must be placed by November 15th, through School Cash Online, and will be delivered once all ordered are placed. Apparel will arrive well in advance for those who are looking to use this as a holiday gift. All Items in heather grey only.



Two options to choose from



ATC™ EVERYDAY FLEECE HOODED SWEATSHIRT. ATCY2500  
\$25 YOUTH/\$25 ADULT  
Youth Sizes S - XL  
Adult Sizes S - 3 XL



ATC™ EVERYDAY COTTON TEE ATC1000  
\$10 YOUTH/\$10 ADULT  
Youth Sizes S - XL  
Adult Sizes S - 3 XL



CHAMPION POWERBLEND ECO FLEECE HOODY  
Iconic "C" patch on left sleeve  
\$35 YOUTH/\$40 ADULT  
Youth Sizes: S - XL  
Adult Sizes S - 3XL



# Roving Gyms

Roving Gyms are free, inclusive, indoor play spaces for children five and under and their parents or caregivers. The Roving Gyms program nurtures physical literacy, the love of movement, and provides an environment for families to connect. You must pre-register online at <http://www.lethbridgeearlyyears.ca/roving-gyms.html>



What: Free indoor play space

When: Tuesday mornings, Tuesday evenings, and some Saturday mornings

Where: North, south and west Lethbridge

Who: Children five and under with their parents/caregivers

Why: For fun, social, active playtime to develop the skills, confidence, and love of movement to be active for life.



## Roving Gyms Oct-Dec 2019



### Tuesday AM

### Tuesday PM

### Saturday AM

October 1st, 10-11 am  
Servus Sports Centre

October 8th, 10-11 am  
Servus Sports Centre

October 15th, 10-11 am  
Westminster Community Hall

October 22nd, 10-11 am  
Servus Sports Centre

October 29th, 10-11 am  
Westminster Community Hall

November 5th, 10-11 am  
Servus Sports Centre

November 12th, 10-11 am  
Westminster Community Hall

November 19th, 10-11 am  
Servus Sports Centre

November 26th, 10-11 am  
Westminster Community Hall

December 3rd, 10-11 am  
Servus Sports Centre

December 10th, 10-11 am  
Westminster Community Hall

December 17th, 10-11 am  
Servus Sports Centre

October 1st, 6-7 pm  
Immanuel Lutheran Church

October 8th, 6-7 pm  
Fleetwood-Bawden School

October 15th, 6-7 pm  
Immanuel Lutheran Church

October 22nd, 6-7 pm  
Fleetwood-Bawden School

October 29th, 6-7 pm  
Immanuel Lutheran Church

November 5th, 6-7 pm  
Fleetwood-Bawden School

November 12th, 6-7 pm  
Immanuel Lutheran Church

November 19th, 6-7 pm  
Fleetwood-Bawden School

November 26th, 6-7 pm  
Immanuel Lutheran Church

December 3rd, 6-7 pm  
Immanuel Lutheran Church

December 10th, 6-7 pm  
Fleetwood-Bawden School

December 17th, 6-7 pm  
Immanuel Lutheran Church

October 5th, 10-11 am  
Lethbridge Public Library-Downtown

October 19th, 10-11 am  
Lethbridge Public Library-Crossings

November 9th, 10-11 am  
Lethbridge Public Library-Downtown

November 23rd 10-11 am  
Lethbridge Public Library-Crossings

December 7th, 10-11 am  
Lethbridge Public Library-Crossings

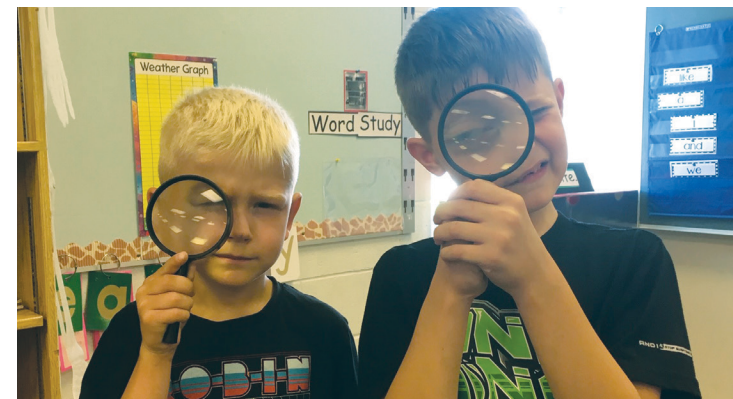
December 21st, 10-11 am  
Lethbridge Public Library-Downtown

**PLEASE NOTE:  
PRE-REGISTRATION  
REQUIRED FOR ALL  
DATES**

Please check our website for the most up-to-date information.

[lethbridgesportcouncil.ca/roving-gyms](http://lethbridgesportcouncil.ca/roving-gyms)

## Around The School





# Healthy Children

November 2019 Parent Newsletter

## 5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If your child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.



So what do you do if your child has lice?

1. Try not to panic.
2. Treat those with lice. Talk to a pharmacist for the most current effective treatment.
3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.

Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ For more information about head lice and treatment, visit <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>

## Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



## Crazy Hair Day





## Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.

To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)

