

# CALGARYARTSACADEMY

October 2013 Newsletter

**CAA Society AGM**  
7:00pm 11/19/13  
Knob Hill Campus

**Not receiving our emails?**  
See page 2

**Fence Art?**  
Page 2

**What are Shoebox Apartments?**  
Find out on Page 3

**Volleyball Champs!**  
See page 4

**What else is new?**  
House news, 2  
School Council, 4  
Kids' Health, 5  
October Calendar, 6

Calgary Arts Academy  
Art Harvest  
2013

Food Trucks  
Artisan Sale  
Live Entertainment  
Family Fair

Join us on facebook  
[www.facebook.com/2013ArtHarvestFair](http://www.facebook.com/2013ArtHarvestFair)

Sept. 20, 2013  
3-8 pm

*CAA School Council thanks the organizers of this year's Art Harvest ... another tremendous success! See Page 4*

## The Value of Community What events like Art Harvest teach us

By Mr. J. Van Beers

September was truly a wonderful month at Calgary Arts Academy. Without doubt the highlight was Art Harvest hosted by Calgary Arts Academy School Council. The volunteers worked diligently to put together an incredibly meaningful community event. Events such as Art Harvest have a huge impact on our children. They learn many things by participating.

One of the primary lessons is about the value of community and one's role in it. When young people participate in events like Art Harvest, they learn being a member of a community is a

joyful and rewarding experience. It gives them opportunities to get to know many different people and to learn from them. By watching adults, children learn how to make positive contributions to their communities. Students see how the organizers of this event care deeply about community and work together to make it stronger. Additionally, by interacting with different adults they see how strong and expansive their community is. This influence is remarkably impactful. When we invest our time and energy into our community, we all benefit. Students clearly see that with

effort comes a positive outcome for all people. This inspires our young people to become involved and be spirited citizens themselves.

Another positive lesson learned from Art Harvest is to take positive risks. This lesson is delivered in a number of different ways. First, we can all learn that dreaming big is a wonderful thing. When CAA parents began to build Art Harvest, it was an idea that grew and grew the more it was shared. By dreaming big and remaining positive and persistent, a beautiful tradition (that strengthens community) was built.

*Continued on Page 2*



*Glenmeadows Halloween Dance  
October 23, 2013  
Tickets on sale October 6, 2013*

*From the Principal - Continued from Page 1*

The mentorship program that occurred over the last 4 or 5 months was another incredibly valuable experience for our students. Through this process, students were encouraged to take positive artistic risks and were supported through the process by experienced and passionate artists. This teaches our children that taking risks is important for our personal development, but careful preparation and good old-fashioned hard work is also essential to success. I believe that all of the students and the mentors have grown as a result of this experience.

Another aspect that cannot be understated is the reality that, by participating in an event like Art Harvest, people bond to Calgary Arts Academy. This bond strengthens one's sense of belonging and helps children feel more at home. Bonding to one's school is one of the 40 Developmental Assets that improve a child's likelihood for success as they grow into adulthood. When one bonds to their school, typically their academic performance increases and their social interactions become more positive. Anything that we can do to strengthen these bonds can only help our students succeed. Furthermore, a sense of belonging is vital to our community's belief that all community members need to feel Belonging before true success can be found. This, of course, comes from the Circle of Courage and is coupled with Generosity, Independence and Mastery. If we truly



### Fence Art

Once again, this year's CAA Art Harvest proved to be an entertaining, enjoyable and productive time for all who attended! After the success of the fence weaving last year, School Council approached Corinne Dickson to art direct another two sections of the schoolyard chain link fence. Last year's motto: "Strong Roots, Vibrant Growth" prompted the creation of trees and a radiating sun. This year's motto, "Be The Change," was visualized as a caterpillar changing to a butterfly. School Council Chair, Becky Wetherell, sourced some fantastic outdoor coloured vinyl and tarps that were cut into strips for the weaving material. Young and old, large and small, lent a hand in weaving the brightly coloured strips through the fence and by the end of the evening a gorgeous butterfly had emerged!

examine Art Harvest, we would clearly see evidence of each of these characteristics in multiple forms. In my view, this is a clear indication that Art Harvest was a resounding success.

Thank you to the many volunteers, vendors, and patrons who made this event such a wonderful experience. It is inspiring to be a member of such a powerful and positive community. I, for one, am looking forward to the next Art Harvest.

Thanks, everyone!

### Three Dimensional Communities News from Kindergarten

**By Ms. J. Gandar**

We have had a busy and fun September in Kindergarten. We have been working on basic patterns with two or three alternating colors in Math. In Literacy this month, we have begun our study of letters and their associated sounds. Students have enjoyed building words with the letters they have learned.

The Terry Fox Run was a great success and we had engaging class discussions about the story of Terry Fox.

*Continued on Page 3*



### Transportation Art

Year 1 students created pictures of their desired mode of transportation. Here, Kaplan wants to fly a plane.

### Not receiving our emails? Here's the scoop

**By Ms. Schiffner**

If you are not receiving emails from the school, such as the weekly "What's Happening," please contact Jo Ann Schiffner at [jschiffner@calgaryartsacademy.com](mailto:jschiffner@calgaryartsacademy.com) and advise her your preferred email address along with your child's name and home room.

If you have a Hotmail email account and are not receiving emails from us, please check with Hotmail or provide us

with a different email address. Hotmail has recently had some changes that effects its ability to receive mass emails.

Alternatively, watch the "Students & Parents / What's Happening" section on the school's website. The information contained in the weekly email will also be posted there.



Shoebox Apartment  
See Page 3

*Kindergarten news - continued from Page 2*

During our artist time with Mr. Cam, students have been building three-dimensional communities. These communities include hospitals, schools and residential areas with parks and shops. We have also been learning about community helpers, and were fortunate to have a fire fighter give a presentation on the importance of fire safety.

In October we look forward to presentations from other community helpers, including a doctor, a paramedic and a dental hygienist.

## Shoebox Apartments News from Fitzgerald House

**By Ms. C. Dickson**

Year One students have been working hard on their shoebox 'apartments' for *Fitzgerald Towers*. The project is designed to get students thinking about community and what is important to them in a community.

Students have just completed the Home Portion of a contract that had them take a photo of a favourite place in their neighbourhood. This photo will be used as a 'window' in their 'apartment'.

The photos you see (above right and one page 2) are illustrations done by Year One students after a class discussion about their desired mode of transportation in their community. These illustrations were done on cotton to be the blanket for the bed in their shoebox apartment. Over the next couple of weeks, students will create rugs, posters, pillows, wallpaper and landscaping with Mr. Cam and their classroom teacher for their apartments. They will use repeating patterns and focus on community values and seasonal changes.

## Number Pattern Quilts Spielberg House Update

**By Ms. L. Allen**

We've had a blast creating quilts and boats, singing songs and tapping out rhythms so far this year. Thanks to everyone who has helped out in the classroom, at home, and for donating materials. We could not do it without you!

### Transportation Art



Year 1 students created pictures of their desired mode of transportation. Above, Macy wants to hang glide. Below, Heidi wants to scooter.



### Number Patterns



These quilts were made by Year 2 and 3 students during their studies on number patterns.

We visited Confederation Park on October 3rd and tested our boats and looked for inspiration in nature for descriptive writing. We also look forward to sharing the class celebration dances with one another in the coming weeks.

We will continue our studies on patterning by focusing on number patterns. We will also focus on well Global Citizenship in Social Studies and Rocks and Minerals in Science after the October Break.

Home Reading is beginning so please ensure that reading is happening every night and that the books are being recorded on their Reading Log.

Have a happy and safe Thanksgiving Break!

## Be the Change News from Da Vinci House

**By Ms. N. Williams**

October is an exciting month for Da Vinci house. On October 9th, Ms. Thomas' class and Mr. Matt's class have their showcase, and on October 10th, Ms. Williams' and Ms. Andreachuk's classes are performing. Both shows start at 7:00pm and students are asked to be

here at 6:30pm. The theme this year is the same as our school's theme; Be the Change. There will be singing, drumming, chimes, dancing, a couple of plays, videos created by the students, a live art walk, live painting, and some spoken word. Everyone is welcome to come watch.

## Taking Flight News from Jackson House

**By Mrs. L. Twa**

Students are settling in to their new schedule where they see a Humanities Specialist (Mr. Cooper and Mrs. Schoenhals) or Sciences Specialist (Mrs. Twa and Mr. Lewis.) They are working with Mr. Jeff and Ms. Kearney on a daily basis, seeing each resident artist for all of the core subjects.

In the past month, Year 6 students had an amazing opportunity to actually fly a small plane! The Young Eagles Take Flight program is operated at the High River airport and gave the children a chance to learn more about their current unit of study Flight, Air and

*Continued on Page 4*

Jackson House News - Continued from Page 3

Aerodynamics, as well as give them an experience they won't soon forget. At the end of the month, Year 6 students will travel to Head Smashed In Buffalo Jump as part of the social studies curriculum.

Year 7 students will be creating their own terrarium in the coming weeks. In addition, they will study current events related to environmental issues for the unit Interactions and Ecosystems, combining social studies skills and science.

At the end of October Jackson House will be taking part in swimming lessons. These lessons will run daily from Monday, October 28th to Friday, November 1st.

## Treasure Mapping King House Update

By Mr. D. Catley and Mr. S. Rasporich

This month in Math, Year 8 students are continuing to apply the Pythagorean Theorem in their creations of treasure maps, and will soon start learning about fraction operations by making a scrapbook.

Year 9 students are hard at work making maquettes of a chosen scene from Star Wars, while analyzing composite solids, scaling, and the Pythagorean Theorem.

*Be the Change* and Year 9.1 students are partnering with the Heartland Agency to paint together.

## Music News

by Ms. G. Lyons



The month of October is a busy month in Music. At Glenmeadows, Year 4/5 students are preparing for their "Be The Change" showcase. The students will be singing, playing djembe drums and performing Haydn's Surprise Symphony on the chimes.

Students at Knob Hill are working with professional clinicians in band once a week for the month. This is a great opportunity for students to get more personal instruction on their instruments. Please encourage your children to bring home their instruments and practice on a regular basis.

In Social Studies, Year 9 students are exploring justice and charter rights through sensory journey. Year 8 students are making connections between Stars Wars and Japanese history.

## Thanks! from School Council

By CAA School Council

On behalf of the CAA Art Harvest Committee and School Council, we offer a huge THANK YOU to everyone who attended this year's Art Harvest. It was a tremendous success, with fabulous entertainment by our very own students and mentors, beautiful arts and crafts by many talented artisans, delicious food and lots of fun!

A very special kudo goes out to the 80 volunteers who contributed their time, effort and talents to making this year's Art Harvest such a great event!

Our next big community event is the "Heebily-Jeebily Halloween Ho-Down"

on October 23rd from 5-8 p.m. at the Glenmeadows Campus. A notice went home to parents and guardians with information about purchasing tickets, which go on sale on October 6th at 6:00pm. The number of tickets is limited so please be sure to register online at <http://caa.fundraiserorders.com> (using the school code CAAHL) to order yours.

If you would like to volunteer for the Halloween Dance, please contact Talia at [talresin@shaw.ca](mailto:talresin@shaw.ca).

October 23rd is the deadline to order for the Special Lunch on October 30th.

Questions, comments or want to get involved? Please email us at [council@calgaryartsacademy.com](mailto:council@calgaryartsacademy.com).



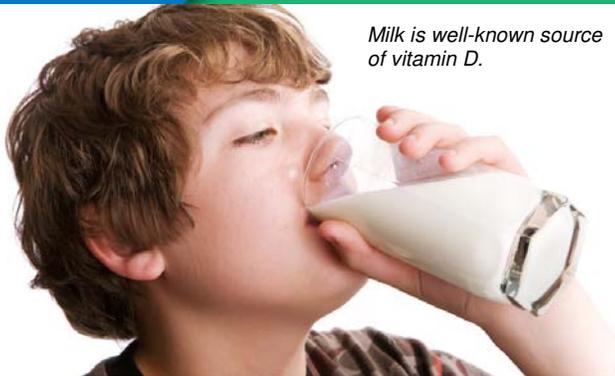
## CAA Pumas Athletics

By Mr. J. Van Beers

Volleyball has started with a bang this year. Our Girls' Volleyball Team won gold at this year's league kick-off tournament. They played an excellent team game, capitalizing on effective communication, positional play and strong serves. The girls' next home games will be played on October 10th beginning at 4:00pm



# Kids' Health



Milk is well-known source of vitamin D.

## Are You Getting Enough Vitamin D?

Vitamin D helps build strong bones and teeth.

Children and adults can get vitamin D from food, supplements (pills), and sometimes from the sun. If children don't get enough vitamin D, they can develop a disease called rickets (soft bones).

The following foods have vitamin D:

- Cow's milk and fortified soy beverage
- Fatty fish, such as salmon, herring, rainbow trout
- Egg yolk
- Margarine
- Yogurt that is fortified with Vitamin D.

*Canada's Food Guide* recommends that everyone aged 2 and up drink two cups (500 ml) of fluid cow's milk or fortified soy beverage daily to help meet vitamin D needs. Two cups of cow's

milk or fortified soy beverage provides about 200 IU (international units) of vitamin D.

It's not possible to safely get all the vitamin D we need from the sun (tanning beds are not safe either) and it may not be possible to get enough vitamin D from food sources alone.

Therefore, everyone needs to get vitamin D from food and supplements. In Alberta it is recommended that children and adults (1-70) take a 400 IU vitamin D supplement and get 200 IU of vitamin D from food, each day.

When choosing a vitamin D supplement, always read the label and **ensure you give the right amount**. Check with your health care provider if you have questions.

## Have a safe and healthy Halloween!



Halloween can be an exciting time for children and with the distraction of candy and costumes, it's easy to forget how to keep Halloween safe and healthy. Here's some simple tips:

### From flossing teeth ...

- Limit candy-eating to once or twice a day.
- Have children age three and up brush with fluoridated toothpaste twice a day. Help children aged 8 and under with brushing.
- After eating Halloween treats make sure your child brushes with fluoride toothpaste.
- Floss daily.
- Eating a piece of cheese after Halloween snacks helps neutralize the sugar in the mouth.

### ... to crossing the street!

- Children under the age of nine should be accompanied by an adult or responsible older child.
- Teach your child to stop at the curb, look left, right and left again, and to listen for oncoming traffic.
- It's unsafe to cross between parked cars or other obstacles.
- Stay on the sidewalk or path when walking from house to house and if there is no sidewalk, walk beside the road, facing traffic so drivers can see you.
- Select costumes with bright colours to increase your child's visibility and choose face paint instead of masks.

Visit [www.parachutecanada.org](http://www.parachutecanada.org) for more information on how to make this Halloween your safest one yet!

For more information about the above, or any other health-related topic, please visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

[kidshealthnewsletter@albertahealthservices.ca](mailto:kidshealthnewsletter@albertahealthservices.ca)

<i>October 2013</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i> Deadline to order SUTP and Art Calendars	<i>5</i>
<i>6</i> GM Halloween Dance tickets go on sale	<i>7</i>	<i>8</i> Photo day – both campuses	<i>9</i> Special lunch – Pita Pit  Year 9 HS Orientation, KH, 6pm  DaVinci Showcase, GM, 7pm	<i>10</i> KH Bake sale at lunch time  DaVinci Showcase, GM, 7pm	<i>11</i> PD Day – no classes	<i>12</i>
<i>13</i>	<i>14</i> Thanksgiving Day – no classes	<i>15</i> October Break – no classes	<i>16</i> October Break – no classes	<i>17</i> October Break – no classes	<i>18</i> October Break – no classes	<i>19</i>
<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i> Deadline to order for Oct 30 special lunch  GM Halloween Dance, 5pm	<i>24</i> Organization day – no classes	<i>25</i> Charter School Conference – no classes	<i>26</i>
<i>27</i>	<i>28</i>	<i>28</i>	<i>30</i> Special lunch	<i>31</i> Halloween		