

CALGARY ARTS ACADEMY

Be the Change

In this Issue

Division News, p1 to 5

School Council News, p5

Take Me Outside Month, p6

Kids' Health, p7

May 2014 Calendar, p8

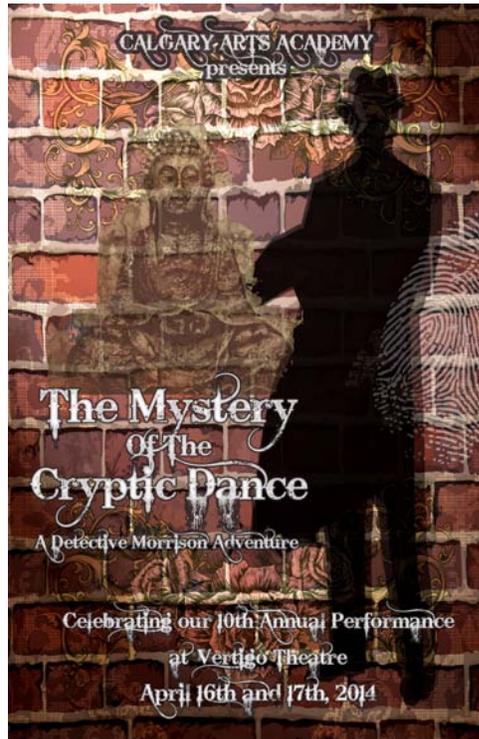
Did you know

You can log your volunteer hours on CAA's website? Simply complete the form found in the "For Parents / Volunteering" section.

Mrs. Nigh's New Hat

Mrs. Nigh's role at CAA has changed! She is now working directly with our Superintendent, Mr. Erickson, CAA Foundation, and the Calgary Stampede on the planning of the Education Centre at the Youth Campus. Congratulations, Mrs. Nigh!

Students created the sets and props for *The Mystery of the Cryptic Dance*



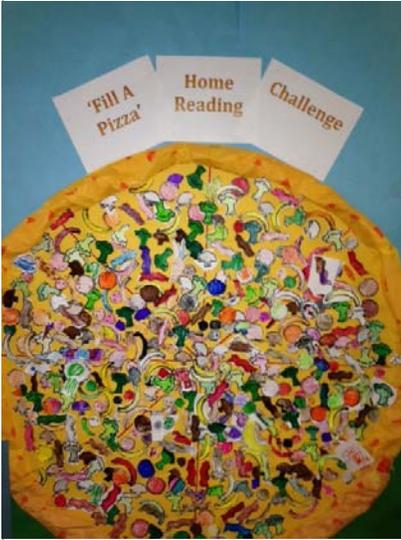
King House News

King House extends a warm thank you to all of our students, staff and school community for making this year's Vertigo Theatre production of *The Mystery of the Cryptic Dance* such a resounding success. Our students worked so very hard in combing all art forms in developing and performing in this highly

engaging show. Throughout the process, students took on many significant artistic risks and opportunities to demonstrate personal growth and leadership. This will be an experience that they will always treasure and remember fondly when they look back on their experiences at Calgary Arts Academy.

- Mr. D. Thomas





Fill-A-Pizza Home Reading Challenge

Students who completed their home-reading the previous night, received a paper pizza topping to add to the giant pizza. All students worked towards the common goal of filling the pizza. By the end of the week, the pizza was overflowing with toppings! Great job, everyone!



Year One students designed and created their own sets for their showcase *Stone Soup*. These buildings had opening doors for the townsfolk in their play to enter and exit, much to their delight!

Fitzgerald House News

Kindergarten

Our classroom gardens are in full bloom! All Kindergarten students have been learning about the needs of plants, by caring for a number of different flower and vegetable seedlings in the classroom. Students have also been exploring the plants in our natural environment, and learning about the life cycle of our schoolyard trees. We encourage you to take a 'nature walk' with your child and explore the vegetation in your neighbourhood. This month, Kindergarten students also had a great time celebrating 'I Love to Read' Week. Some special highlights included a visit from a local author, a buddy reading party, book character dress up day, and of course, reading lots and lots of wonderful books!

- Ms. C. Mills

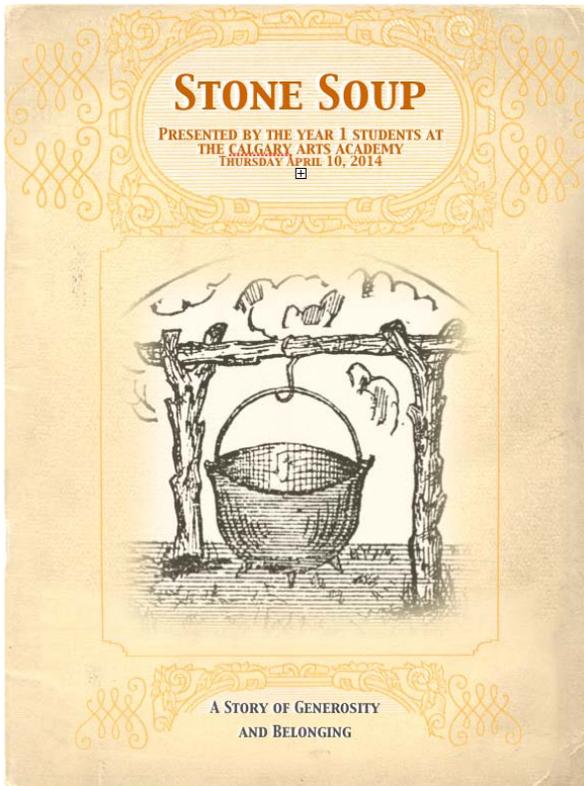
“I Love To Read!” Week

On April 14th to 19th the Glenmeadows Elementary School campus celebrated its second annual 'I Love to Read!' Week. This was a fun-filled week of literacy themed activities. Throughout the week, students participated in a variety of activities including a 'Fill-a-Pizza' reading challenge, creating their own class books, dressing like their favourite book character, and a 'lights-out' buddy reading party! Students also enjoyed very special presentations from talented local authors, Angela Rout, and Sierra Hood who generously shared their experiences and insights with our CAA students. Thank you to all students and families for getting involved and sharing in the love of reading!

- Ms. C. Mills

Year One

The Year One Showcase titles *Stone Soup* was a great success. The musical play focused upon belonging, sharing and generosity. Under the dramatic direction of Mr. Steve and the musical direction of Ms. Lyons, each child had a chance to shine: Ms. Gomke's class built 'food' props and learned a spoken word song, Ms. Laforet's class painted the foreground and



The Year One show case, which focused on generosity and belonging, was presented on April 10 and was a great success! Great job, students!

forward to an exciting month of Physical Education ahead of us in May, with special guests coming for a week at a time to teach us different ball games, gymnastics and run-jump-throw skills!

demonstrated their drumming skills and Ms. Dickson's class painted the background and kept time with small percussion instruments. All the Year One students learned four different songs for the play. Ms. Jen, our dance instructor, created a heart-warming and fun music video, starring the Year One students on the playground, that was used in part of the show. We had excellent feedback from students, parents and teachers.

Currently, in Language Arts and Drama, our Year One students are busy writing scripts based upon a story they have developed themselves with a partner or a group. These plays will be acted out using student-created puppets. Mr. Steve, along with classroom teachers, will be helping facilitate this process.

In Math, students will be focusing on 2D and 3D shapes through a variety of hands-on activities. For Science, Math and Language Arts, students will be designing an addition / subtraction game based on a North American animal that they have researched at home through contract learning. Each student will practice their procedural writing skills to develop a set of instructions for their game. For Social Studies and Health, Mr. E. is working on goal setting as well as dental hygiene, nutritional habits and identifying negative and positive emotions through games and role-playing. We are looking

- Ms. C. Dickson

Spielberg House News

As we round the bases toward home, the excitement builds in Spielberg House. Students are exploring a variety of subjects and in many ways.

In Math, we continue building our understanding of multiplication and Year Three students will begin discussing division. We will continue to develop our skills through a variety of arts activities.

There will be a Procedural Writing Contract coming home in the next couple of days, so keep your eyes peeled. We can't wait to see what the students will be teaching us.

We have a field trip planned for May 16th. Year Two and Three students will be heading to Kamp Kiwanis for a day trip filled with pond studies, nature walks, as well as many other activities culminating in a storytelling session around the camp fire. The permission forms will be coming home soon. We are also looking for lots of volunteers!

With resident artist, Mr. Carl, students are beginning to look at how rocks are used in our local and global community, and will be creating some Rock Garden Sculptures for the school yard. We are excited to share these collaborative pieces with the school and local community. Look for these coming to life in the next couple of weeks.

As we continue to explore global communities, students will continue learning about Ukraine through studying their customs, cultures, geography and the people.

Throughout the month, we will be welcoming special programs to lead us in football, tennis, golf, gymnastics and many more activities in Phys Ed.

As the temperature continues to bounce around like a yoyo, please ensure your child is dressed for the day's weather. Water bottles continue to be needed to ensure proper hydration especially on the hot days when there is more outside learning happening.

The home reading contract is continuing so please encourage your child to swap their books as often as they can.

- Ms. L. Allen

Da Vinci House News

May is an exciting month for Da Vinci House. We have a field trip to the Telus Spark at the end of May. Students will be engaging in either Machine Makers (Year Four) or Sparking Circuits (Year Five). They will also be watching a dome show and have time to explore the museum. On May 21st (the day after the May long weekend,) we are hosting a Year Four parent information night about Kamp Kiwanis. Parents are



Ms. Kearney has transitioned to the Glenmeadows Elementary School Campus and is enjoying working with Year Four and Five students in the subject area of Social Studies. Students created these dolls to demonstrate how stories from their ancestors contribute to an understanding of Canadian and Albertan history. The dolls were used in a presentation to inform an audience about the events and factors that have changed the ways of life in Canada over time and how the impact of these changes brought about Canadian citizenship and identity.



encouraged to attend. There will be staff from Kamp Kiwanis there to answer any questions you may have. Also parents and extended family volunteers are invited to attend the volunteer tea on May 9th

- Ms. N. Williams

Jackson House News

Jackson House is lucky to be working with guest artist Donna Chyzz. She is a former teacher and art gallery curator. She will be directing students in literacy projects to deepen their story writing skills.

May 14th is the first of 5 Provincial Achievement tests for Year Six students. They will be writing a story and informational article from 9am- 11am that day.

From May 11th to May 15th, 13, lucky Year Seven students are attending the Galiano Island Film School led by Mr. Robert Lewis. They will be learning the technical aspects of film making as well as perfecting their acting, directing and producing skills.

- Mrs. L. Twa

School Council News

FAMILY PAINT NIGHT
ART INSPIRES LIFE

CAA Families: You are invited to Create a Family Masterpiece

All supplies provided. Various size wooden boards will be used for canvases.

- The only thing you need to bring is a theme, quote, or picture that is meaningful or inspirational for your family.
- No experience necessary.

Build a family memory in a safe and fun environment.

\$25 per piece. Space is limited to 20 families.

Thursday, May 15th
Calgary Arts Academy,
Glenmeadows Campus
6:30 pm to 8:30 pm

Building a Community for Confident Learners and Spirited Citizens

Please register as one family and indicate the number of people in your family that will be attending.
<http://caa.registrationnow.net>

Even though there are only two months left in this school year, CAA School Council is not winding down - in fact, we are as busy as ever!

On May 2nd, representatives from the Calgary Humane Society were at the Glenmeadows Elementary School campus to speak to students about the organization and its work. This launched our Calgary Humane Society Charity Drive from May 5 to 9th. A wish list of possible donations and urgently needed items can be found on their website at www.calgaryhumane.ca. Please be sure to note the items they are not able to accept.

Join us on Thursday, May 15th from 6:30 - 8:30 p.m. for a Family Night of Painting. Registration for this fun event will begin on Monday, May 5th online at www.caa.registrationnow.net. The cost is \$25.00 per family and the event is limited to 20 families, so be sure to register early to avoid disappointment!

On May 22nd, a Girl Power Workshop will be held at the Glenmeadows Elementary School campus from 3:30 to 4:30 p.m. Two sessions will be held; one for 5 to 6 year olds, and another for 7 to 8 year olds. Visit www.urstrong.com to register.

Our next Parent Presentation: Resilience and Strength-Based Parenting by Dr. Wayne Hammond, President and Executive Director of Resiliency Initiatives takes place on Wednesday, May 28th, from 6:30

to 8:30 p.m. at the Glenmeadows Elementary School campus. Register online at www.caa.registrationnow.net.

Other dates to remember:

May 6 - Begin accepting submission for 2014-2015 student art calendar

May 15 - Begin accepting vendor applications for Art Harvest 2014.

Thank you to all who attended the Family Movie Night on April 4th for the screening of *For the Love of Children*. Approximately 150 people attended and raised \$800 to go to a project in Kenya led by Ashid Bahl, President and Founder of the For the Love of Children Society. Mr. Bahl has promised to return to Calgary Arts Academy in the future to update us on what those funds were used for!

If you have any questions, comments or suggestions please let us know at council@calgaryartsacademy.com



Parent Seminar:

Resilience and
Strength-Based
Parenting

May 28, 2014

6:30pm to 8:30pm

Glenmeadows
Elementary School
campus



Take Me Outside Month

Take Me Outside Month is a David Suzuki 30 X 30 Challenge for the month of May. The challenge is to get out in nature for at least 30 minutes everyday. We are also encouraged to leave our technology inside so that we can disconnect for this time. Knob Hill Phys Ed classes will be participating in this, and challenge all families to be involved.

For more information, visit <http://30x30.davidsuzuki.org/at-school/>

Mr. J. Lindsay



Kids' Health

Plan Ahead for Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack.



Planned healthy snacks will help children get the extra energy they need to grow and be active. Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.

Aim to choose foods from 2 of the 4 food groups from *Canada's Food Guide* in

every snack.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Wash and slice vegetables and fruits- store them in a container in the fridge so they are easy to grab on the go.

- Keep a small supply of non-perishable snacks such as no added salt nuts, pretzels, or whole grain crackers in the car or in sports bags to supplement other items needed for after school activities or sporting events.
- Slice low-fat cheese and eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Try spreading peanut butter on a whole wheat tortilla and roll it around a banana.

- Mix low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100 per cent fruit juice. Limit juice to half a cup (125 mL) per day.



For more information about healthy snacking, please visit: <http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf>

Fit in Fitness - Walk or Bike to School!

Active transportation – walking, biking, in-line skating and skateboarding to get to and from places such as school, parks and shops – has long been known to be an important source of physical activity for children and youth.



If children walked for all trips of less than one kilometer rather than being driven, they would take an average of 2,238 additional steps per day!

This translates to approximately 15-20 minutes of walking and thus has the potential to make a substantial contribution to the 60 minutes of daily

physical activity kids need for overall health.

In addition to improving overall physical health, active transportation may:

- Improve fitness and heart health
- Increase academic achievement

- Provide social opportunities
- Reduce stress
- Improve air quality and reduce risk of lung diseases (e.g., asthma)

So take advantage of the warmer weather and choose an active mode of transportation to get to you and your family to your next destination!

Seal That Tooth

Sealants:

- Are a clear or white thin plastic coating placed on the chewing surface of back teeth where most cavities are found.
- Help to keep deep grooves clean so food and bacteria can't get inside.
- Are easy, comfortable and quick to place.
- Ask your dental health professional for more information on sealants.



For more information about the above, or any other health-related topic, please visit www.albertahealthservices.ca

kidshealthnewsletter@albertahealthservices.ca

May 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May is "Take Me Outside" Month. See Page 6			1	2	3
4	5 Begin accepting donations for Calgary Humane Society (until May 9)	6 Begin accepting submissions for Student Art Calendar	7 *Special Lunch School Council Meeting, 7pm, KH *Kindy field trip to Fire Station	8 Kindy field trip to Fire Station	9 *Volunteer Tea, 1:45pm, GM *Kindy field trip to Fire Station	10
11	12 *KH Freezy Sale begins (until May 16) *Year 9 LA Part A PAT	13 Year 6 LA Part A PAT	14	15 *Family Paint Night, 6:30pm, GM	16 Year 2/3 Daytrip to Kamp Kiwanis	17
18	19 Victoria Day, no classes	20 *Staff PD Day, no classes *CAA Society Meeting, 6:00pm, KH	21 Special Lunch	22 GirlPower Courses, 3:30pm, GM	23	24
25	26 Year 8 trip to Telus Spark	27	28 Parent Seminar, 6:30pm, GM	29	30	31