

The Art of Learning

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Stay tuned

Coming up ...

March 23 - Report card day
 March 24 - Staff PD Day
 March 30 & 31 - Student-Led Conferences

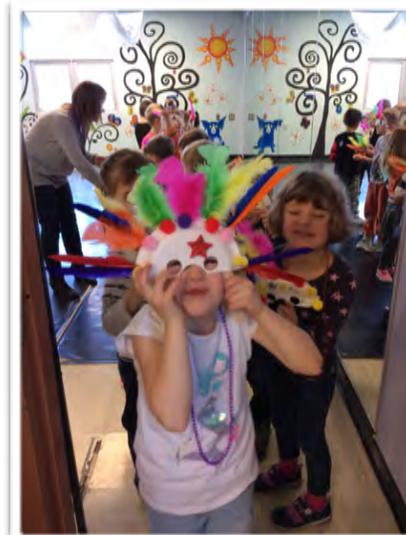
Don't quit your day dream



Identity Blanket in Year 2/3

In celebration of International Education week 2017, Alberta's Ministry of Education, in partnership with the Ministry of Indigenous Relations, invited Alberta students in Kindergarten to Grade 12 to participate in the Think Globally Art Contest which encouraged students to celebrate the various First Nations, Metis and Inuit cultures and worldviews in Alberta and illustrate the beauty of these perspectives through art.

As participants, Year 2/3 students created an identity blanket to represent cultural and traditional features that make them unique. After exploring who they are and where their ancestors came from, we were introduced to the First Nations, Inuit and Metis cultures. Images from aboriginal nations were artistically layered onto the students' identity blanket. This process was done to symbolically represent the fact that first nations people were here first and taught Europeans how to live off the land.



Kindergarten News

Viva la musica!

Kindergarten students were busy throughout the month of February preparing for our Carnevale celebration. Each student created a venetian mask that we donned for a Carnival parade through the halls of Glenmeadows. Their Year 1 and 2/3 audiences were fantastic spectators and enjoyed the special treats the Kindergarten students shared. The parade weaved its way to the dance studio where Team Mario and Team Luigi competed in a Venetian-inspired Amazing Race competition. In the first challenge, teams raced their gondolas through the canals of Venice while singing the gondolier songs they wrote with Mr. Steven's guidance. Team Luigi won that challenge handily. The pizza pie eating contest was next, with Team Luigi downing 57,000 slices of pizza while Team Mario ate a whopping 57,002 slices. Even though we were all stuffed full of pizza, we still managed to sing a song completely in Italian for our last challenge. Because everyone sang so well, the competition was determined to be a tie and everyone was then free to enjoy the rest of Carnevale.

We had a chance to work in the school-renowned Kindie Pizzeria where the chefs were kept busy making all of the pizzas their customers ordered. After that, we became artists who decorated our parents' faces in the latest facepainting styles. Thanks to our talents, we raised \$93.50 for the Syrian Refugees Support Group here in Calgary. We were excited that we could show our generosity to this local, grassroots organization while acknowledging the kindness and concern that this group shares with our newest Calgarians.

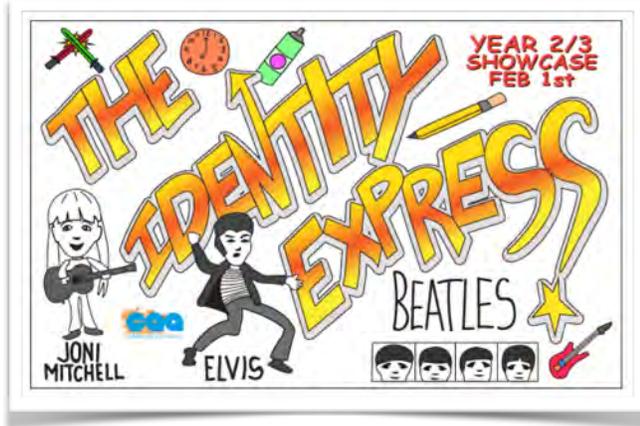
Thank you to all who donated and participated in this year's Carnevale!



Year 1 News

Year 1 has been busy with bubbly potions, growing bean buddies, spells and poetry, and creating some amazing 3D magical creatures! We have been getting ready to combine all curriculum areas and art forms together to produce one Magical Showcase.

We look forward to seeing everyone at our big show April 6th!



Year 2/3 News

For the Year 2/3 Identity Express showcase, we took a cross curricular approach to exploring culture and forms of expression through artists and movements that transformed into pop culture. A focus was placed on art forms and cultural movements that



had historical significance of challenging societal norms and taking a stand against conformity in order to respect diversity and uniqueness. From the past, we studied and created tableaux that showed the musical influences and significant contributions of artists such as Elvis Presley, the Beatles, Joni Mitchell and Michael Jackson. The study of urban culture as a form of expression and the our interest in Star Wars led us to the creation of a skit which incorporated hip-hop dance battles to show aspects of the Circle of Courage and its exploration of urban and pop culture. We worked with musical instruments called Boomwhackers to combine our understanding of beat, rhythm and melody while re-creating the Star Wars movie theme. This instrumental piece was combined with elements of sword work we learned in our Aikido unit in gym class. The showcase began with an opening number that encouraged everyone

to celebrate their uniqueness and not be afraid to express it. We ended the show with a positive affirmation by imploring the audience and ourselves to "Be Yourself."



Year 4/5 News

In recent weeks, we have been in groups working on our "CAATV" shows, creating original short segments covering a vast amount of cross-curricular, narrative and expository content. That is, original content for the purposes of mass entertainment and informative consumption! We have an accompanying new contract that was sent home coinciding with this project. Subsequently, many interesting extension projects have also been pouring in.

We are also excited to be diving into some more science-focused projects and experiments surrounding electricity and chemistry. These activities will support and connect with other material we are currently studying during each of our other cross-curricular blocks.

In dedicated math and literacy blocks, we have been continuing successfully with levelled student groupings, working on slightly different objectives according to varying stages of development.

Before the break, we began our "Alien In-line" skating lessons with Ms. Jody Alien, and our P.E. facilitator, Mr. Ellice. It was a smash success! Next up is a whole week of wet and wild swimming lessons, later this month! Teachers are also working on booking a variety of mind-blowing field trips for the fast-approaching spring season. More on that later!



Year 6/7 News

We will be turning our homeroom classrooms into historical "whodunit" scenes. We will be developing period sets, props, mysteries and skits that relate to the historical periods we have chosen. In April, we will be sharing these scenes and sets for other 6/7 classes who will have to piece together the clues and solve the mysteries. To solve the mysteries, we will have to rely on our scientific investigation skills and our knowledge about periods from Canadian history.

Year 8/9 News

On Wednesday, February 15th, we participated in a service project day. All students participated in one of 6 service options: Inn From the Cold (cleaning), The Mustard Seed (donation sorting), Drop-Inn Centre (sandwich making), GM Kindergarten (programming), Arbour Lake Seniors Home (performance for residents) and Bow Cliff Seniors Centre (serving lunch.) The purpose of this project was to empower



ourselves by providing opportunities to help others and to encourage critical thinking to address local situations.

School Council News

Minister's Youth Council

The new Minister's Youth Council aligns with Alberta Education's desire to ensure that students have the opportunity to provide input on education initiatives and engage with the ministry as partners. It gives the Minister of Education and Alberta Education the ability to recognize student voice and engage with a representative group of students across Alberta.



It will be a 10-month term that will align with the school year beginning in 2017-18. As council members, students will meet three times during the school year: September, February and May. Meetings will begin Friday evening and run through to Monday afternoon. As well, there will be an opportunity for the students to interact with each other outside of these meetings to discuss ideas and upcoming activities.

Interested junior and senior high school students can apply directly to Alberta Education by May 5, 2017. Information and steps on how to apply can be found on the Alberta Education Student Engagement website.

Garden Task Force! Calling All Parents!

The garden at Glenmeadows school needs to be moved to Knob Hill. During our spring break in April, they will be paving paradise and putting up a parking lot! We are looking for families/parent volunteers to help with all aspects of the move.

Please contact School Council for more information or to volunteer!

Healthy Choices for Special Events

Schools host a variety of events, including parent teacher nights, sports days, birthdays, school fairs, carnivals, and holiday celebrations. Food is often a part of these events. In many cases, unhealthy snacks and baked goods that are high in fat, sugar and salt are served. However, these occasions can provide a chance to model healthy choices to students, teachers, families and the community.

Here are some ideas for you to support healthy choices at these events:

- Suggest to teachers or parent councils that non-food activities be included at school events, celebrations and fundraisers. Food does not always need to be the focus and children will have fun whether or not food is offered.
- If you are asked to donate prizes, gifts or take-home items for an event, consider sending non-food items such as stickers, pencils, yo-yos, skipping ropes, bouncy balls, puzzles and games.
- If food is going to be a part of the occasion, keep it simple and try to plan with the teacher and other parents to avoid having too many items.
- Talk to your children, other parents and school staff to get some ideas about the healthy food options that kids like. Consider food choices such as:
 - vegetable and fruit with yogurt dips
 - hummus with baked pita chips or whole grain crackers
 - whole grain sandwiches or wraps with vegetables, cheese, lean meats, egg or hummus



Make healthy choices easier to choose at all special event days and celebrations to help children get the nutrients they need. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nb-oct-celebration-foods.pdf> and <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nb-healthy-party-events.pdf>. For more information about healthy eating visit: <http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

Practical Ways to Help Your Child Build Positive Body Image

Body image is the thoughts, feelings, and reactions a person has toward their own body; this can be a tricky topic for parents. A young person's self-worth is highly shaped while their body, mind, and physical and emotional skills develop. For this reason, it is important to foster positive body image at a young age. The good news is there are many ways to support your child to promote positive body image.

Building positive body image:

- Highlight ways to take care of the whole body through healthy eating, active living, and positive mental health, rather than focus on body weight, size, or shape.
- Encourage balance and variety through eating patterns that support growth and health rather than diet strategies to promote weight loss or changes to body shape.
- Foster open discussion with your child about their body so they can better resist unhealthy pressures from media, society, and peers.

Be a positive role model:

- Speak well about your body; be grateful for its qualities and capabilities. Talk about what your body can do, not about how it looks. Parents who do this teach their children to do the same.
- Show your child how you build physical activity into your daily routine. Introduce your child to some of the activities you enjoy and try some of the ones they enjoy too.
- Model a healthy relationship with food by eating well-balanced meals together as a family.
- Exemplify normal eating – normal eating is going to the table hungry and eating until you are satisfied. It means choosing healthy food most of the time, but not being so limiting that you miss out on enjoyable food.

Children who receive support and respect from adults have stronger self-esteem, better respect for their bodies, and greater willingness to engage in activities. For more information on body image, visit:

<http://www.teachbodyimage.com/images/pdfs/resourcesandresearch/Key-Messages.pdf>
<http://mediasmarts.ca/digital-media-literacy/media-issues/body-image>

To find an electronic copy of this newsletter, visit: www.albertahealthservices.ca/csh.asp

Healthy Choices for Special Events

Schools host a variety of events, including sport tournaments, leadership and fundraising activities, school fairs, spirit events, and holiday celebrations. Food is often a part of these events and in many cases, snacks and baked goods that are high in fat, sugar and salt take centre stage. However, these events can provide a chance to model healthy choices to students, teachers, families and the community. Here are some ideas to support healthy choices at your teen's school:

- Suggest non-food activities related to the event for school events, celebrations and fundraisers. Food does not always need to be the focus.
- Talk to your teen to gather ideas about healthy food options for school events and fundraisers.
- If food is going to a part of the occasion, consider nutritious food choices such as:
 - vegetable and fruit with yogurt dips
 - hummus with baked pita chips or whole grain crackers
 - whole grain sandwiches or wraps with vegetables, cheese, lean meats, egg or hummus
 - water with added lemon, lime, cucumber, strawberries or mint
 - hot meals such as chicken curry with rice and vegetables, stir fries with noodles, souvlaki and Greek salad



Help students make healthy food choices by promoting a healthy school environment at all events and celebrations. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nb-oct-celebration-foods.pdf>, <http://www.health.alberta.ca/documents/EatSmartMeetSmart-PlanningGuide.pdf>, and <http://www.albertahealthservices.ca/nutrition/Page10996.aspx>. Make healthy foods the easy choice. Visit <http://www.albertahealthservices.ca/nutrition/Page12598.aspx> for additional resources about healthy eating.

Practical Ways to Help Your Teen Build Positive Body Image

Body image is the thoughts, feelings, and reactions a person has toward their own body; this can be a tricky topic for parents of teens. A young person's self-worth is highly shaped during the teen years while their body, mind, and physical and emotional skills develop. Recognize that being concerned about body image is a normal part of the teen years. The good news is there are many ways to support your teen during this period of growth and change.

Building positive body image:

- Highlight ways to take care of the whole body through healthy eating, active living, and positive mental health, rather than focus on body weight, size, or shape.
- Encourage balance and variety through eating patterns that support growth and health rather than diet strategies to promote weight loss or changes to body shape.
- Foster open discussion with your teen about their body so they can better resist unhealthy pressures from media, society, and peers.

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