

# December 2010

PH: 780-954-3827

W. R. FROSE SCHOOL

FAX: 780-954-3934

			1 Day 4	2 Day 5	3 <i>Alternate Day No School 4-6 Volleyball @ Westlock Elementary</i>	4 <i>Flatbush Trade Fair 10-4</i>
5	6 Day 1	7 Day 2	8 Day 3	9 Day 4 <i>Movie Night 3:15-5:30</i>	10 Day 5	11
12	13 Day 1	14 Day 2 <i>Turkey Lunch</i>	15 Day 3	16 Day 4 <i>Hot Dogs Craft Day</i>	17 Day 5	18
19	20 Day 1	21 Day 2 <i>Christmas Con- cert @ 10:00 am</i>	22	23	24 <i>Christmas Eve</i>	25 <i>Merry Christmas</i>
26	27	28	29	30	31	
C H R I S T M A S B R E A K						

**"Learning Today To Succeed Tomorrow"**

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

...if you have a purpose in which you can believe, there's no end to the amount of things you can accomplish.

Marian Anderson

JANUARY 2011

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

W.R. Frose is a caring school that inspires and supports students' achievement so they can become responsible, contributing citizens.



**ANYONE INTERESTED IN A FIGURE SKATING CLUB???**

Contact Dan or Nicole Borris @ 780 681-2161

If you have a child that might be interested

# A Great Big Thank You To

Parent Council  
For cooking for the School Board  
The lunch was excellent  
Your support is always appreciated

## Movie Night

December 9 from 3:15-5:30  
\$1.00 Donation/Concessions Available



## Turkey lunch



December 14, 2010

Lunch is provided for students and staff

## Craft Day

December 16, 2010  
Cost \$2.00



# SCHOOL CHRISTMAS CONCERT

December 21, 2010

@ 10:00 am

Merry Christmas and Happy New Year  
From the Staff of W.R. Frose School





**"Learning Today To Succeed Tomorrow"**

# **Principal's Message**

**December, 2010**

What a wonderful month November has been. We've been blessed with wonderful weather (for the past week), terrific examples of citizenship by our students, and the opportunity to talk and work with supportive and caring parents and community members. During this past month, the junior high volleyball season drew to a close, with our girls placing second in the Divisional tournament. A great time was had by all participants and it was awesome to see so many positive examples of sportsmanship. Thank you to Mr. Thompson, the students who participated, and the parents who helped out with the driving. The elementary students have been busy practicing under the guidance of Mrs. Kalie, and have their tournament on Friday, December 3<sup>rd</sup>, which is an alternate day for our school. Thank you to everyone involved in this as well. I would also like to thank the school council for their presentation at the school board meeting which was held in our building, as well as for the excellent lunch. It was a great experience to have the opportunity to share the wonderful things which our students and staff accomplish to the school board and regional office staff. Thank you all for an excellent month.

The students are busy preparing for the upcoming Christmas Concert, which will be held on December 21<sup>st</sup> at 10:00. It looks like it will be an exciting time, with each of the classes preparing their own performances, followed by a whole school song. The grade 5/6 class would love to borrow a rocking chair for the concert. If you have one you are willing to lend us, it would be greatly appreciated. I look forward to seeing many of you there.

This month promises to be busy and exciting as we look ahead to the Christmas break and the upcoming New Year. I wish you all a safe and joyous holiday season and we'll see you in the New Year.

**Ms. Gehring**



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A Great Big Thank you Goes Out To  
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**Joel**

**Mike**

**Terri**

I would like to thank these three people for the new environment that Iggy now resides in. They spend a few hours searching and preparing her home in hopes that it is better for Iggy. Once again Thank You.



# December 2010



## parentLINKcentre

### Developmental Check Up:

Come and spend some quiet time with your child going through an activity based questionnaire with or without a facilitator.

Call to book an appointment

located at Parent Link Centre

Unless otherwise stated

Pre-registration is required for these programs!

Call Parent Link 780-307-2444 ext. 1

or Email Westlock Parent Link <plc.hfnt@telus.net>

Effective co-parenting "Putting Kid's First"

Coming in January 2011, watch calendar for specific details.

## PARENT EDUCATION

### Parenting Spirited Children:

Wed. December 15th, 12:30-2:30pm

A parent discussion group

for children of all ages.

Childcare available/No Cost,

must pre-register

## December Programs



### Coats for Kids



We are now accepting winter clothing; boots, mitts & toques.

Drop off boxes in Sobeyes & Extra Foods.

## SANTA'S

### ANONYMOUS

FCSS will be taking applications Until December 14th @ #201, 10004-107th Street, Westlock All applicants must bring in : photo ID, AHC cards for each family member, and verification of address (utility bill, AISH or Alberta Works Card) One food hamper per Address. Hampers can be picked up on Friday Dec 17th @ FCSS from 9-4pm



### MENTAL HEALTH FIRST AIDE WORKSHOP (2 DAY COURSE)

Dec 2 & 3, 9-4pm \$10

Learn about the necessary skills and resources to assist someone who is experiencing a mental health crisis. Information about effective interventions and treatments. Please call to register.

FCSS Offices will be closed from Thursday Dec 23rd @ noon until January 4th



#201, 10004-107 Street, Westlock, Alberta

780-349-5900

Monthly Calendar Brought to you by:



To have a calendar emailed to you please send your request to plc.hfnt@telus.net

## Westlock Community Recreation Centre

- See Calendar for December swim times
  - Watch for the January-June Activity Guide insert in the Westlock News coming out early in January!
- Register for fitness classes, youth and adult programs and swim lessons for all ages.  
For more information or to register call 780-349-6677

### Outdoor (Eastglen) Skating

Call the Recreation Centre for Public Skating Times @ 780-349-6677

### Each One Teach One Literacy Program

MOTHER GOOSE

Mondays 10-11am

(December 6th and 13th only)

At Westlock Municipal Library

Call: Teena @ 780-349-6333



### Westlock Jubilee Arena

FREE WINTER SKATING



Friday 7-8 pm & Sunday 4:40-5:50 pm

Sponsored by: The Town of Westlock & Boston Pizza

Holiday Hours call Rec Centre 780-349-6677

### Westlock Play School

Winter 2010 Session Starts:

January 10th & 11th

\*children must be potty trained and 3yrs by March 31st/2010\*



For more information call:

Megan 780-349-5017 or 780-307-9990

### Westlock Municipal Library Friends of Westlock Library

Book Sale

December 1-31st

Gingerbread Tales

December 8th, 6:30pm

Stories, songs, crafts and treats

All ages welcome



### Stay & Play

Drop in Playtime for Parents & Children

Wednesday's 10:30-12pm

@ PLC Center

Developmentally appropriate

Activity focus 2-5yrs

Snack Provided/No Cost

(December 1st-15th only)

December 15th Christmas

Party Potluck



### Lil'Sprouts

Program for Parents of

"Little One's"

Come and meet other moms and their children

Play focus is for ages 0-2yrs

Tuesday's 10:30am -12pm

(December 7th-21st only)

December 14th Christmas

Party Potluck

Parent Link Centre

Snack Provided/No Cost

### Family Gym night (0-12yrs)

Friday December 3rd, 6:30-8pm

RF Staples Gym

Parent Participation/Please

bring indoor shoes






### Parent Link Volunteer Committee

We need your help, have a voice and become involved with programs and special events available to your family and community. Contact Anita @ 780-307-2444 ext.1

Parent Link would like to thank all the volunteers who came out and made the Little Elf Workshop so very special. Also thank you to Westlock FCSS, Westlock Legion, local Business support whom helped make this event happen in our community!

# DECEMBER 2010 Children's Activities in Westlock

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>5 <u>Public Swim</u> 1-5 pm</p>	<p>6 <u>Mother Goose</u> 10-11 am Westlock Library <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 7-8:45 pm</p>	<p>7 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC <u>Toonie Swim</u> 3-5:30 pm &amp; 6:30-8:30 pm</p>	<p>1 <u>Stay and Play</u> 10:30-12 pm @ PLC <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 6-8 pm</p>	<p>2 <u>Public Swim</u> 5-7 pm <u>Mental Health First Aide</u> (2 day Course) Dec 2 &amp; 3rd @ FCSS (must be registered)</p>	<p>3 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 3:30-5:30 pm &amp; 6:30-8:30 pm (2 for 1 after 6pm) <u>Family Gym Night</u> RF Staples main gym 6:30-8 pm</p>	<p>4 <u>Public Swim</u> 1-5 pm *Elks sponsored swim for 12yrs and under <u>Parenting after Separation</u> 9-4pm</p>
<p>12 <u>Public Swim</u> 1-5 pm</p>	<p>13 <u>Mother Goose</u> 10-11 am Westlock Library <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 7-8:45 pm</p>	<p>14 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC (x-mas Party Potluck) <u>Toonie Swim</u> 3-5:30 pm &amp; 6:30-8:30 pm</p>	<p>15 <u>Stay and Play</u> 10:30-12m @ PLC (x-mas party potluck) <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 6-8 pm <u>Parenting Spirited Children</u> 12:30-2:30 pm PLC Must pre-register</p>	<p>16 <u>Public Swim</u> 5-7 pm</p>	<p>17 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 3:30-5:30 pm &amp; 6:30-8:30 pm (2 for 1 after 6pm)</p>	<p>18 <u>Public Swim</u> 1-5 pm <u>Legion Sponsored swim for 12 yrs and under</u></p>
<p>19 <u>Public Swim</u> 1-5 pm</p>	<p>20 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 7-8:45 pm</p>	<p>21 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC <u>Toonie Swim</u> 3-5:30 pm &amp; 6:30-8:30 pm</p>	<p>22 <u>Public Swim</u> 10-12pm, 1-5:30 pm &amp; 6:30-8 pm</p>	<p>23 <u>Public Swim</u> 10-12pm, 1-5:30 pm &amp; 6:30-8 pm</p>	<p>24  <u>Christmas Eve</u> <u>Public Swim</u> 10-1:30 pm PLC Closed</p>	<p>25 <u>Christmas</u> Rec. Centre and PLC Closed </p>
<p>26  <u>Boxing Day</u> Rec Centre Closed</p>	<p>27 <u>Public Swim</u> 10-12pm, 1-5:30 pm &amp; 6:30-8 pm</p>	<p>28 <u>Toonie Swim</u> 10-12 pm &amp; 2-5:30 pm <u>Family Swim</u> 6:30-8:45 pm</p>	<p>29 <u>Public Swim</u> 10-12pm, 1-5:30 pm &amp; 6:30-8 pm</p>	<p>30 <u>Public Swim</u> 10-12pm, 1-5:30 pm &amp; 6:30-8 pm</p>	<p>31 <u>New Years Eve</u> <u>Public Swim</u> 10-12 pm &amp; 1-5 pm</p>	<p>1 <u>New Years</u></p>