

# February 2011

PH: 780-954-3827

W. R. FROSE SCHOOL

FAX: 780-954-3934

		1 Day 1	2 Day 2  ECS begins 3 day week	3 Day 3	4 Day 4	4
6	7 Day 5	8 Day 1  Library Craft Day	9 Day 2  Skiing Gr. 4-8	10  Teachers' Convention	11  Teachers' Convention	12
13	14 Day 3  Valentine's Day	15 Day 4	16 Day 5	17 Day 1  Hot Dogs	18 Day 2  K-6 Tobogganing  Swimming 7/8	19
20	21  Family Day	22 Day 3	23 Day 4 Early Dismissal @ 2:00  100 Day Cele- bration Gr. 1-2	24 Day 5  Hot Lunch	25 Day 1  7-8 Swimming	26
27	28 Day 2					

**"Learning Today To Succeed Tomorrow"**

A friend is someone who is there for you when he'd rather be anywhere else.  
Len Wein

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					

MARCH						
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.

## **KINDERGARTEN DAYS CHANGE TO**

Tuesday, Wednesday, Thursday  
Starting Tuesday, February 1



### **Library Craft Day**

February  
Cost is \$2.00

### **Skiing for Grades 4-8**

February 9  
@ Tawatinaw Valley Ski Hill  
Please pick students up by 5:00 pm



### **Teachers' Convention**

February 10 & 11  
NO SCHOOL



### **Valentine's Day**

February 14  
Support Our Library  
Chocolate Bars \$2.00

### **Hot Dog Sale**

February 17  
Cost \$1.00  
Milk available



### **Tobogganing K-6**

February 18  
@ Gordie & Florence Schultz's farm  
12:30 to 2:00

### **Swimming Grades 7-8**

Starting February

### **Early Dismissal**

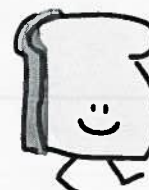
February 23

### **100<sup>th</sup> Day Celebration**

Grades 1-2  
February 23

### **HOT LUNCH**

Soup & Sandwich  
Cost \$3.50 Soup & 1 Sandwich  
\$4.00 for Soup & 2 Sandwiches  
No orders will be taken after February 18





## **Principal's Message**

**February, 2011**

This month I have decided to have the grade five six class help me write this letter. They say that the school continues to do well. Most people are working very hard and caring about each other. We have begun to recycle paper, instead of wasting it. Thank you to the grade 3/4 and Mrs. McCann.

We are talking about caring and friendships at our morning assemblies. Everyone is learning to show that they appreciate each other. Some very simple things that we can do to show that we care include greeting each other in the morning and including people, even if they aren't our close friends, in games and activities. We would also like to welcome our new students Ashley, in grade 7, and Cameron in kindergarten.

This is a very busy month. The grades 4-8's are going skiing at Tawatinaw Ski Hill on February 9<sup>th</sup> and March 10<sup>th</sup>. The elementary (K-6) students are going sledding, weather permitting, on February 18<sup>th</sup>. Thank you to Mr. and Mrs. Schultz for grooming and preparing the hill. The sevens and eights are having a junior high dance, after school, also on February 18th. There is also no school on February 10<sup>th</sup> and 11<sup>th</sup>, as the teachers have Teacher's Convention in Edmonton.

Thank you for taking the time to come to parent-teacher interviews. It helps to show us that you care about our education.

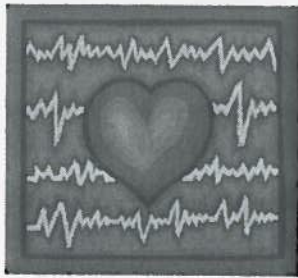
Thank you for your continued support.

Have a great month

Ms. Gehring and the grade 5/6 students



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



# Parenting Pointers

Volume 12 Issue 5 Feb 2011

## February is HEART Month!

### Heart Healthy Foods for Kids

Finding heart-healthy foods for kids that they will eat can be challenging, but there are many options from which to choose.

#### 1. Help in the Kitchen

Before starting to provide lots of heart healthy food for kids, have them help in the kitchen. By encouraging kids to cook with you or take part in food decisions, they will be more apt to try new things and eat healthy.

#### 2. Fruits

Heart-healthy foods leave you feeling satisfied and also provide protein, vitamins, minerals, carbohydrates, fiber and some fat. Fruits are a good choice and some fun options are 100 percent fruit juice popsicles, dried fruits, applesauce or fruit smoothies.



#### 3. Nuts

Most kids like nuts and are a good heart-healthy food option. Walnuts have properties that help reduce cholesterol. Almonds have lots of fiber and potassium. Pecans are full of antioxidants, and all nuts have heart-healthy oils. Spreading some peanut butter on a couple whole grain crackers or brown rice cakes makes a wonderful heart-healthy snack.



#### 4. Proteins

There are good protein options for heart-healthy foods. Suggestions include 1 percent cottage cheese with fruit on top, low-fat cheese slices and whole grain crackers, yogurt and hard-boiled eggs. It is important to watch portions when having protein-based foods as they are sometimes high in calories.



#### 5. Vegetables

Making snacks fun helps encourage kids to eat something no matter how many vegetables are put in it. Kids enjoy bright and colorful things, and turning their foods into something interesting makes them fun. Turn vegetables such as broccoli, carrots, cucumbers and spinach into funny animals for snacks. These make heart-healthy snacks for kids.

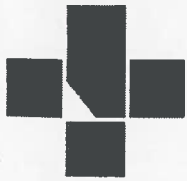


#### 6. Carbohydrates

There are many things hiding in the pantry that can be turned into heart-healthy foods for kids. Using whole wheat English muffins as bases for a pizza, or making some air-popped popcorn are good choices for heart-healthy foods. Low-salt pretzels or low-salt baked tortilla chips with salsa are also heart healthy and fun for kids.



Read more: [Heart Healthy Foods for Kids | eHow.com](http://HeartHealthyFoodsforKids|eHow.com)



# Alberta Health Services

AHS-Addictions  
Athabasca Area Office  
4919-52 Street Athabasca, AB

Phone: 780-675-5841

Fax: 780-675-3848

Email:

athabasca@albertahealthservices.ca

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## What is AHS-Addictions doing in your Community?

- ◆ AHS-Addictions will be hosting a TRaC (Tobacco Reduction and Cessation) Training on February 23rd and 24th in Athabasca. For more information on how to register please contact Annie at the AHS-Addictions office in Athabasca at 780-6765-5841.
- ◆ AHS Addictions and FCSS will be running a "Pleased to Be Me" program for Grade 4 students from Feb 1st until March 22nd at LTIS. If you would like more information please call Annie @ 780-675-5841



## 7 Ways to Show Kids You LOVE Them

1. Spend a little time each day playing entirely at your child's direction.
2. Cuddle up under a blanket and watch what he or she wants to watch on TV.
3. Give a chocolate kiss along with a real one.
4. Find something about your child's appearance to compliment.
5. Find something about your child's music to compliment.
6. Do one of your child's chores for him or her.
7. Read books about family love, like: *I Love You, Good Night* ; *On Mother's Lap*; *Guess How Much I Love You*; or *If You Were My Bunny*.

## *Keeping Kids Busy Inside During the Winter Months*

**Playdough.** Salt dough is something that really works for any age. Older kids will enjoy making actual items out of it, while little ones just smooch it around for fun.

**Recipe:** Dump 4 cups of flour and a cup of salt into a bag. Pour in 2 tablespoons of vegetable oil and about 1/2 c. of water. Seal bag and squish around until it forms a dough. Add more flour or water as needed. Use food coloring to color, if desired. Shapes to keep can be air-dried or baked.



## PARENT WORKSHOP SERIES

# Extraordinary Parenting

## Strategies for Parenting the Child who Learns Differently

(Formerly "Taking Charge: Parenting the Child Who Struggles in School")

### Workshop Schedule

#### JAN 15 - Skill of Organization

- Organizing time, space and materials for school success
- Using organization strategies in the home

#### JAN 29 - Skill of Confidence

- Recognizing the four life-gifts of which we have control
- Using positive self talk to guide our approach to school work

#### FEB 12 - Skill of Persistence

- Promote better habits of "sticking to it"
- Using specific techniques to overcome "putting it off"

#### MAR 5 - Skill of Getting Along

- Understanding non verbal behavior
- Identifying and replacing habits that lead to social problems

### Registration & Info:

Contact Dina

LDAA - Edmonton Chapter

10310 - 56 Street

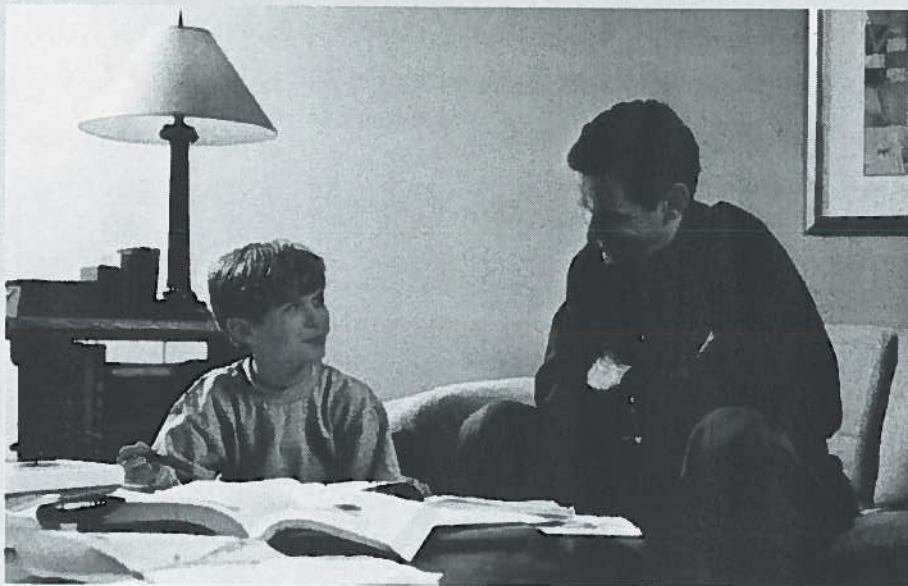
Edmonton AB

T6A 2J2

Phone: 780-466-1011

Fax: 780-466-1095

programs@LDEdmonton.ca



Students who underachieve in school often have thoughts, attitudes, feelings and learned habits that serve as barriers to their success. To help parents manage these difficult hurdles, the LDAA- Edmonton Chapter offers "Taking Charge" a specialized in-depth parenting workshop.

These Saturday morning sessions are facilitated by Mardi Bernard R.N., who has spent many years helping families and children who are struggling in school with their learning, emotions, social skills and routines. Join us for this popular 4 part parent workshop and gain the confidence and skills to help your child live up to their full potential.

### Winter 2011 Workshop Information

Jan 15, Jan 29, Feb 12 & Mar 5

9:30 am - 12:30 pm

LDAA-EC Office

10310 - 56 Street

Members: \$80.00    Non-members: \$125.00

### Individual Refresher Sessions

Individual session registration is available for past Taking Charge series participants only

Members: \$25/session    Non-members: \$40/session

Early Childhood Development Support Services invites you to attend...



# Building Resiliency for our Children's Future

Featuring: Cindy Blackstock and Nan Henderson

This full-day conference will focus on the human capacity to overcome adversity, offering practical and research-based suggestions on how children, youth, families, and communities can do this.

This session is for anyone struggling with crisis, grief, trauma, or stress and for those who assist others to overcome these problems.

**Date:** March 3, 2011

**Time:** 8:00—9:00 a.m. (registration)  
9:00 a.m.—4:00 p.m.

**Venue:** Grace Point Church  
720—62 Street, Edmonton

**Cost:** \$60.00 (lunch included)

Register online at [www.ecdss.ca](http://www.ecdss.ca)

***Resiliency... the ability to spring back from and successfully adapt to adversity.***

**Cindy Blackstock, M.M., PhD,** is Executive Director of First Nations Child and Family Caring Society of Canada and a member of the Gitksan Nation.



Working in the field of child and family services for over 20 years, Cindy has explored the over-representation of Aboriginal children in child welfare care, structural drivers of child maltreatment in First Nations communities, human rights and the role of the voluntary sector in expanding the range of culturally and community-based responses to child maltreatment.



**Nan Henderson, M.S.W.,** is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications on this subject are used in more than 25 countries. She is co-founder of Resiliency In Action, Inc., a training organization in Southern California.



**Edmonton & Area**  
Child & Family Services Region 6

**EARLY CHILDHOOD DEVELOPMENT  
SUPPORT SERVICES LTD.**



*"Working together for our children's future."*



**Hope  
Resource  
Centre**

**Presents:**



# Help Kids Be Brave

**Little Warriors Prevention Program Training**

**For Parents:**

**Thursday, February 17, 2011**

**6:00 pm – 9:00 pm @ Westlock FCSS**

**Free Babysitting provided at the Parent Link Centre.**

**For Agencies & Professionals:**

**Friday, February 25, 2011**

**9:00 am – 12 noon @ Westlock Health Unit**

**10024-107 Avenue**

**Cost: FREE**

**Only 30 Spots Available**

**Please register by calling the Hope Resource Centre @ 780-349-6111**

**Little Warriors** is a national charitable organization, based in Canada, focusing on the education and prevention of child sexual abuse. Little Warriors teaches adults how to help prevent, recognize, and react responsibly to child sexual abuse. In addition to prevention education, Little Warriors also provides information about the prevalence and frequency of child sexual abuse and information about healing and support resources.



**CH.A.D.D. CANADA INC.**  
Children and Adults with Attention Deficit Hyperactivity Disorder  
**Edmonton Satellite Chapter**

and



**LD Edmonton**  
LEARNING DISABILITIES ASSOCIATION OF ALBERTA  
EDMONTON CHAPTER

**Present**

**Sensory Processing Disorder and ADHD**

**Kathy Mulka, Occupational Therapist**

Kathy is an experienced OT who works clinically with children with SPD. Kathy will be speaking about Sensory Processing Disorder, how its symptoms may look like ADHD and how to tell the difference. Sometimes an individual can be diagnosed with one or the other and also have a Learning Disability. Donations will be accepted to help defray the costs of this presentation.

**DATE: Wednesday, February 2, 2011**

**TIME: 7:00 to 9:00 PM**

**LOCATION: Misericordia Hospital, Rm B-016  
16940 - 87 Avenue, Edmonton, AB.  
(take stairs beside elevators to basement, turn right through doors, follow hallway to the right and around the corner)**



**Garden Café serving Tim Horton's available around the corner.**

**ADHD support group meetings held 1st Wed of each month, 7:00PM**