

January 2011

PH: 780-954-3827

W. R. FROSE SCHOOL

FAX: 780-954-3934

2	3 Christmas Break	4 Christmas Break	5 Day 3	6 Day 4	7 Day 5	1 Happy New Year 8
9	10 Day 1	11 Day 2	12 Day 3	13 Day 4	14 Day 5	15
16	17 Day 1	18 Day 2	19 Day 3	20 Day 4 Hot Dogs	21 Day 5	22
23	24 School Council Meeting @ 7:00	25	26	27	28	29
30	31 PD Parent/Student/Teacher Conferences					

DECEMBER

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	

"Learning Today To Succeed Tomorrow"

When the world says, "Give Up",
Hope whispers, "Try it one more time."

FEBRUARY

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						

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

HAPPY NEW YEAR



SHINNY HOCKEY

Starting December 7, 2011
Shinny for 12 & Under
From 6:00 – 7:00
Regular Shinny
From 7:00 to 9:00



Hot Dog Sale

January 20, 2011
Cost \$1.00/hot dog



Parent/Student/Teacher Conferences

January 31, 2011 from 2:00 to 6:00
February 1, 2011 from 3:00 – 7:00

We will be contacting some parents regarding the early time on 31.
If you have a specific time that works for you please contact the school.

Thank You

Phyllis and Marie

For working on our floors over the holidays
Our school floors look amazing!

Principal's Message

January, 2011

Welcome back!

I hope you had a wonderful break. I am looking forward to the weeks ahead as they are usually the weeks where the students accomplish the most work, as they settle into a routine. One of the most important things you can do, as parents, to support your child's learning, is to establish a routine where your child sets aside a certain amount of time each day to focus on regular review of their core subjects. For students in grades 1-4, this often is as simple as checking to see if there is any unfinished work to complete, then taking 10 – 30 minutes of reading time, depending on your child's age. By grades 5-8, where there are typically more formal tests, including year-end tests, this regular time is very similar, but may be a little longer. The first priority, usually, continues to be to complete assignments which were not completed in class or on projects. Then a few minutes each night should be spent reviewing one of the core subjects. Some ways this can be done are by reviewing notes, reading in the textbook, answering questions you ask, or answering questions completed in class- without looking at the answers first. Encourage your children to ask their teachers about any questions they still have when they get to school. Planning on doing social studies one night, math another, and science a third night, with reading every night, will help to eliminate the need to "cram" for final exams and will help to increase long-term memory. It also decreases test anxiety for most students.

We are talking about perseverance this month, and regular studying certainly takes perseverance. Thank you for continuing to talk to your child about what he or she is learning and for supporting them. It makes a huge difference!

Have a great January,

Lisa Gehring
Principal

Assessment for Learning – January 2011

Julie Smith – Assessment for Learning Coach

Teachers use both formative and summative assessments when gathering evidence of learning. **Summative** assessments tell teachers what students know and do not know at a particular point in time. These could be end-of-unit tests, final exams or provincial exams. **Formative** assessments are part of the instructional process. These assessments provide information needed to adjust teaching and learning *while* they are happening. Students are very involved in the formative assessment process. Students set learning goals and self-assess along the way. Teachers provide feedback regularly so students are well informed and ready for summative assessments.

Progress reports are generally formative in nature. They show a student's progress to a point in time. Progress reports help parents see areas of success and areas of need before issues impact final grades. Teachers can list a student's performance on assignments, quizzes and other formative assessments that have taken place. For older students, summative assessments like end of unit tests may also be shown on a progress report but the final summative report card is the one you see at the end of June. Before that time, teachers may give students more practice and then have them complete 're-writes' or 'do-overs' on assignments or tests.

Think of formative assessment as *practice*. Think of all the practice that is needed when learning to drive and all the practice that was necessary for you to be able to take the final road test. The scores on this final test are the ones used to determine whether you have the skills to be issued a driver's license. All the practice runs with your driving instructor helped inform both of you about the skills you had mastered as well as the ones you still needed to master.

Some people wonder if students will put the same effort into formative assessments that they do for summative assessments. The simple answer is that unless they have had the practice that formative assessments allow, they are not fully prepared for the final summative assessments. If you don't put in the effort required to learn how to parallel park, you won't pass your road test will you?



Parenting Pointers

Volume 12 Issue 4 Jan 2011

TALKING TOBACCO - With Your Kids

Talking with young people about the dangers of tobacco and persuading them not to use it can be tough. What should you say? How should you say it? These tips will get you started.

Talk about the REAL Facts

Just saying "Smoking is bad for you", isn't enough. You need to use facts:

- ◆ Tobacco contains 60 cancer-causing chemicals
- ◆ Cigarettes contain arsenic (which is also found in rat poison)

Get the facts about chewing tobacco and cigars too. Many young people mistakenly believe that these are safer than cigarettes. They are not.

It's in the News.

It's everywhere

Bring up the subject when you see things about smoking in newspapers, on TV, in movies or in magazines.

Talking happens naturally when you spend time with kids. Take a walk, play a game of basketball or go for ice cream.

The sooner you start talking, the better.

Focus on Social Issues

Young people may care more about the smell in their hair, clothes and breath than about health risks

You can talk with them about the smell as well as some of the health risks

Remind them that **MOST** young people don't use tobacco

Talk about the cost of smoking.

Help them understand the financial costs of smoking. Today, the average pack of cigarettes is \$10.50/\$11 per pack. At a pack a day that is approx. \$4000.00 per year.

Say: I Don't Want You to Smoke"

Be direct. They'll appreciate your honesty and guidance.

Are you worried about their health? The money they'll waste? Let them know your reasons.

"You Used to Smoke and Nothing Bad happened to you"

Answer their questions honestly. Let them know that many adults become addicted before they knew the dangers.

Teach them to say no

Say, "Let's practice saying no to tobacco. Pretend that I'm a classmate who is offering you a cigarette."

Have them try saying no in different ways. For example, they can say, "No way!", give a reason, make a joke, or walk away.

Praise their efforts

Trust Them to Make

Good Decisions

Acknowledge the pressure they may feel to try tobacco.

Say, "I trust you to make good choices around tobacco."

Encourage their interests in sports, art, music and other activities. They are less likely to try tobacco if they are busy with other things.

If They Have Already Tried Tobacco

Talk about addiction and how hard it can be to stop. Let them know that it's easier if they quit before they get hooked.

If they are regular smokers, encourage them to quit. Then support their efforts.

Be a Good Role Model

Model good habits by not using tobacco yourself. Remember, kids learn from adults.

Do not smoke around young people. Let them know you value their well-being too much to risk the dangers of secondhand smoke.

Ask others who smoke to do it outside or away from your kids.

(taken from "Talking Tobacco—What to say and How to Say it—By Mardi Richmond, Journeyworks Publishing)

Ways to say NO to Cigarettes

Friends don't let friends smoke ever.

I'm too cool to smoke

I don't believe in smoking

Tell them NO and advise them to quit

It would make my hair smell

No one would want to kiss me

I don't want to ruin my nails

I am a big fan of breathing

I'm a chicken, but I'm a smart one

I don't want to die early

I have to feed my cat

(taken from "101 ways to say no to cigarettes (according to Mankato Area Youth)



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

What is AHS-Addictions doing in your Community?

- ◆ AHS-Addictions and Athabasca Native Friendship Centre is co-facilitating a **Youth Tobacco Cessation Group** Tuesdays from 4-6p.m. For more info contact Annie at 780- 675-5841
- ◆ AHS-Addictions is delivering presentations to the **Grade 9 class at Smith** using the Teacher's Matter Junior High Information Series(former AADAC resource. Topics include: The process of Addictions, Drug Classification and Drinking and Driving. For more information contact Paul at 675-5841

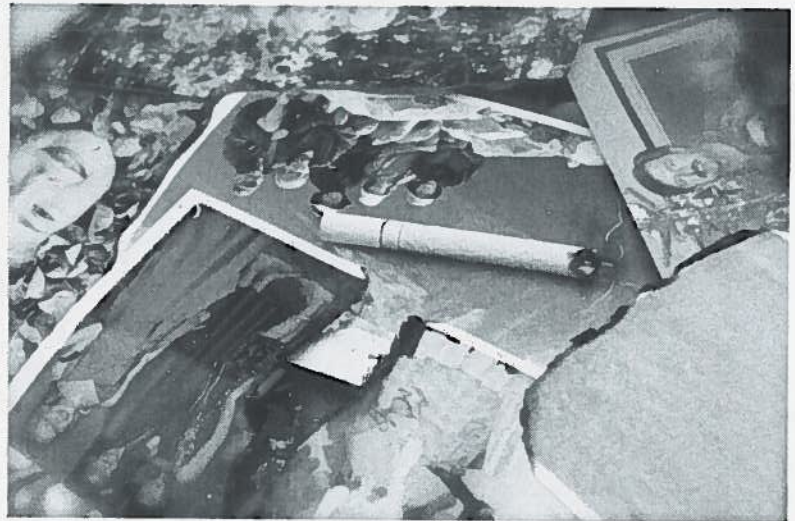
National Non-Smoking Week

January 16th—22nd 2011

"There are hundreds of reasons to quit...WHAT'S YOURS?"

Top 10 Reasons to Quit Smoking

- ◆ **I will reduce my chances of having a heart attack or stroke.**
 - ◆ **I will reduce my chances of getting lung cancer, emphysema, and other lung diseases.**
 - ◆ **I will have better smelling clothes, hair, breath, home, and car.**
 - ◆ **I will climb stairs and walk without getting out of breath.**
 - ◆ **I will have fewer wrinkles.**
 - ◆ **I will be free of my morning cough.**
 - ◆ **I will reduce the number of coughs, colds, and earaches my child will have**
 - ◆ **I will have more energy to pursue physical activities I enjoy.**
- I will treat myself to new books or music with the money I save from not buying cigarettes.**
- I will have more control over my life.**



"The One Cigarette you'll never forget"

Submitted by

Paige Martin (14) and Anika Asfeldt (14)
of EPC School

This photo won 4th place and was one of 150 entries in this years BLAST (Building Leadership for Action in Schools Today) Photo Contest!

Congratulations to Paige and Anika for their creative submission!!!

For more info on BLAST visit www.ab.lung.ca/blast

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.hfhf@telus.net>

PARENT EDUCATION

Parenting Spirited Children:

Wed. Jan 19th, 12:30-2:30pm
A parent discussion group for children of all ages.
Childcare available/No Cost, must pre-register

Westlock Community Recreation Centre

- See Calendar for January swim times
- Watch for the Adult Learning Centre Brochure
- For a schedule of all fitness classes, youth and adult programs, and swim lessons!

For more information or to register call
780-349-6677

Stays & Play

Drop in Playtime for Parents & Children
Wednesday's 10:30-12pm

@ PLC Center

Developmentally appropriate
Activity focus 2-5yrs

Snack Provided/No Cost

"Bringing the Beach indoors"



Westlock Municipal Library

• Storytime; Jan 18-Feb 24

Tues. & Thurs. 10:30-Noon, ages 3-5 yrs

• Pajama Night

Tuesday January 25th

6:30 pm all ages

• Science Saturday

January 29th, 11am, ages 5-12yrs.

For more information call 780-349-3060



Each One Teach One Literacy Program

MOTHER GOOSE

Mondays 10-11am, January 17, 24 and 31

@ Westlock Municipal Library

Call: Teena @ 780-349-6333



Children: "Death & Grief"

Wed, Jan 26th @ 7pm, At Prairie Sunset Funeral Home Reception Lounge, 10011-93 Ave Westlock, AB

Focus for the Evening:

"How do I understand my child's Grief"

Skills to help parents help their child and themselves through grief caused by the death of a loved one

Facilitated by: Claire Vincent, Grief Support Councillor

Fee: food bank donation

Please RSVP by Jan 24th, 780-307-2444 ext. 1

Effective Co-Parenting Putting Kids First

6 week Session starting

Thurs Jan 27th 6:00-8:00pm

@ Westlock FCSS (Childcare @ Westlock Parent Link Centre)

\$10.00 per person/\$15.00 per couple (Subsidies Available)

Must Call Parent Link to Pre-Register by Jan 20th 780-307-2444 Ext 1



Gain information and understanding of the needs of both parents and children. Strategies will be given to help improve communication and resolve conflict in order to manage day to day issues. Find support through others experiencing a similar situation. Striving towards cooperative, respectful parenting in which the children's needs are a priority.



NORTH CENTRAL ALBERTA
CHILD AND FAMILY SERVICES AUTHORITY



FOR PARENTS COPING WITH SEPARATION AND DIVORCE

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

Special presentation Jan. 11th

"Singing w your little one"

Parent Link Centre

Snack Provided/No Cost



Thank you to all the volunteers whom helped out this holiday season



#201, 10004-107 Street,
Westlock, Alberta

780-349-5900

Family Gym night (0-12yrs)

Friday Jan 7th, 6:30-8pm, "Sledding Party"

@ Belvedere Park 10515-106A Street

Bring your own sleds

Hot chocolate & Cookies provided

If weather is poor, plan for RF staples small gym, parent participation required



Monthly Calendar Brought to you by:



#203-10011-106 Street
(Across from Post Office)
307-2444



Eastglen Outdoor Skating

Call the Recreation Centre

for Public Skating Times

@ 780-349-6677



Westlock Jubilee Arena

FREE WINTER SKATING

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

Sponsored by: The Town of Westlock & Boston Pizza

For info call Rec Centre 780-349-6677



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

Parent Link Volunteer Committee

Next meeting Tues. Jan 11th, 12:15 @ PLC Centre. Children can come play/Snack provided

Must RSVP Contact Anita @ 780-307-2444 ext. 1

JANUARY 2011 Children's Activities in Westlock

Sun

Mon

Tues

Wed

Thu

Fri

Sat

2 <u>Public Swim</u> 1-5 pm	3 <u>Public Swim</u> 10-12 pm, 1-5:30 pm & 6-8 pm	4 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC <u>Toonie Swim</u> 10-12 pm, 2-5:30 pm & 6:30-8:45 pm	5 <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	6 <u>Public Swim</u> 5-7 pm	7 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6pm) <u>Family Gym Night</u> 6:30-8 pm Sledding Party Belvedere Park	1 HAPPY NEW YEAR! Rec Center Closed 8 <u>Public Swim</u> 1-5 pm
9 <u>Public Swim</u> 1-5 pm	10 <u>Public Swim</u> 7-8:45 pm	11 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC (singing with your little one) <u>Parent Volunteer Committee</u> 12:15-1:45pm <u>Toonie Swim</u> 3-5:30 pm & 6:30-8 pm	12 <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	13 <u>Public Swim</u> 5-7 pm	14 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6pm)	15 <u>Public Swim</u> 1-5 pm <i>Legion Sponsored swim for 12 yrs and under</i>
15 <u>Public Swim</u> 1-5 pm	17 <u>Mother Goose</u> 10-11 am West. Library <u>Public Swim</u> 7-8:45 pm	18 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC <u>Storytime</u> 10:30-11:30 am Westlock Library <u>Toonie Swim</u> 3-5:30 pm & 6:30-8 pm	19 <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 <u>Parenting Spirited Children</u> 12:30-2:30 pm PLC Must pre-register w/ PLC	20 <u>Storytime</u> 10:30-11:30 am Westlock Library <u>Public Swim</u> 5-7 pm	21 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6pm)	22 <u>Public Swim</u> 1-5 pm
23 <u>Public Swim</u> 1-5 pm	24 <u>Mother Goose</u> 10-11 am West. Library <u>Public Swim</u> 7-8:45 pm	25 <u>Lil' Sprouts</u> 10:30-12 pm @ PLC <u>Storytime</u> 10:30-11:30 am Westlock Library <u>Toonie Swim</u> 3-5:30 pm & 6:30-8 pm <u>Pajama Night</u> Westlock Library 6:30 pm	26 <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 <u>Grief & Children</u> 7 pm, @ Prairie Sunset Funeral Home Lounge 10011-93 Ave Must pre-register w/ PLC	27 <u>Storytime</u> 10:30-11:30 am Westlock Library <u>Co-Parenting</u> Must pre-register <u>Public Swim</u> 5-7 pm	28 <u>Toddler's Splash</u> 10-11 am <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6pm)	29 <u>Science Saturday</u> 11-Noon Westlock Library <u>Public Swim</u> 1-5 pm
30 <u>Public Swim</u> 1-5 pm	31 <u>Toddler's Splash</u> 10-11 am <u>Mother Goose</u> 10-11 am West. Library <u>Public Swim</u> 7-8:45pm					

Effective Co-Parenting

Putting Kids First



For Parents Coping with Separation and Divorce

6 week Session starting Thurs Jan 27th 6:00-8:00pm

@ Westlock FCSS (Childcare @ Westlock Parent Link Centre)

\$10.00 per person/\$15.00 per couple (Subsidies Available)

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