

# November 2010

PH: 780-954-3827

W. R. FROSE SCHOOL

FAX: 780-954-3934

	<b>1</b> <i>Alternate Day</i>	<b>2</b> <i>Day 1</i>	<b>3</b> <i>Day 2</i>	<b>4</b> <i>Day 3</i>	<b>5</b> <i>Day 4</i> <i>Progress Report Cards</i>  <i>Swimming 1,2,5,6</i>	<b>6</b> <i>Fawcett Trade Fair/Garage Sale</i>
<b>7</b>	<b>8</b> <i>Day 5</i>  <i>3/4/5 Field Trip</i>	<b>9</b> <i>Day 1</i>	<b>10</b> <i>Day 2</i> <i>Picture Retakes @ 9:00</i>  <i>Science in Motion K-8</i>	<b>11</b> <i>Remembrance Day</i>	<b>12</b> <i>No School</i>	<b>13</b>
<b>14</b>	<b>15</b> <i>Day 3</i>	<b>16</b> <i>Day 4</i>	<b>17</b> <i>Day 5</i>	<b>18</b> <i>Day 1</i>	<b>19</b> <i>Day 2</i>  <i>Swimming 1,2,5,6</i>	<b>20</b>
<b>21</b>	<b>22</b> <i>Day 3</i>  <i>Parent Council @ 7:00 pm</i>	<b>23</b> <i>Day 4</i>	<b>24</b> <i>Day 5</i>  <i>Early Dismissal @ 2:00 pm</i>	<b>25</b> <i>Day 1</i>  <i>Hot Dogs</i>	<b>26</b> <i>PB Day</i> <i>No School</i>	<b>27</b>
<b>28</b>	<b>29</b> <i>Day 2</i>	<b>30</b> <i>Day 3</i>				

OCTOBER

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"**

You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives. ~Clay P. Bedford

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

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



## ALTERNATE DAY

NO SCHOOL FOR STUDENTS AND STAFF

## PROGRESS REPORTS

November 5, 2010



## GRADE 3/4/5 FIELD TRIP

November 8, 2010  
Telus World of Science / Provincial Museum  
Student will need a bagged lunch  
Leaving at 8:30 am  
Returning @ 6:00 pm

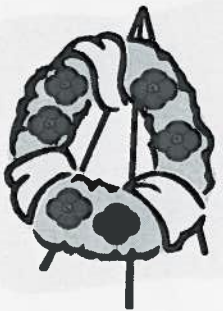


**November 10, 2010**

Picture Retakes @ 9:00 am

**November 10, 2010**

**Science in Motion**  
5/6 in gym @ 8:30 – 9:30  
7/8 in science lab @ 10:00 -11:00  
Remembrance Day Service @ 11:00  
3/4 in science lab @ 12:00 – 1:00  
1/2 in science lab @ 1:30 – 2:30



**Remembrance Day Ceremony**  
November 11, 2010  
At the Flatbush Legion with  
Lunch and Community Donations to follow.

Flatbush Complex Trade Fair  
December 4, 2010  
For table rentals phone  
Betty Munteanu @780-681-2477

# Principal's Message

Good day, everyone!

As I write this message, the classes are filled with ghosts, mummies and pirates. Halloween is upon us. I hope that everyone has a safe and happy Halloween weekend and we will see you all on Tuesday, November 2.

I would like to thank you for the wonderful turn out for the October conferences. It always a great way to help our students get off to a good start. If you were unable to make it on those days, and have not yet managed to touch base with your child's teachers, please contact the school and we will work with you to find a time which works for you.

We have continued the theme of respect with our students at our morning assemblies, by having students reflect on appropriate behaviours. We have also been talking about how important it is to be thinking about what we are learning. It is when we think about our learning that we truly begin to be more independent and creative problem solvers, as it stretches our brains. When we meet in the morning, we also talk about the difference between what we are learning and the activities we do that help us learn. Please take the time to ask your children about what they have been learning. You just might be amazed!

As we move into the month of November, many exciting events will be happening. I would like to draw your attention to three of them. The first is the progress report which will be going home on Friday, November 5<sup>th</sup>. We will be generating these reports in Gradebook (Powerschool), so they will look a little different than last year. Please let us know if these reports are giving you the information which you, as parents, need to help you continue to support the learning of your children. The second exciting thing is on November 10<sup>th</sup>, when the Science in Motion people will be in our school to work with each of our classes. This is an excellent way to support science learning, and I would like to thank Mrs. McCann for organizing it and the School Council for supporting it financially. The final event I would like to highlight this month also occurs on November 10<sup>th</sup>. It is our annual Remembrance Day Ceremony. It will start at approximately 10:50 and will include a brief performance by some of our students. This is an extremely important time as it is one time when our students are given the opportunity to reflect on the hard work and sacrifice which has occurred to create the wonderful country in which we live. Parents and community members are definitely welcome.

On behalf of the students and staff of W.R. Frose School, I would once again like to thank you for your continued support. It is a huge part of why this school does such an excellent job of meeting the needs of our students.

Have a terrific November!

Lisa Gehring

# Are you interested in OIL PAINTING?

There will be a class on  
**Saturday, November 27** (all day)

at **W.R. Frose School**

*This class is for all levels  
– beginner to advance*

**Cost: \$136.50** this includes all supplies

*We will be painting Northern Lights  
(or you may pick a different subject)*

If you are interested or would like more  
information please contact

**Gudrun Campbell (780) 954-2405**

# Toy Story 3

Where: WR Frose School

When: Thursday Nov 4<sup>th</sup> after school

\$1.00 donation and concessions will be available

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## Santa's Workshop!!!

Parent Council has contacted a couple of franchises that send us product (coffee mugs, golf balls, little jewelry) which we would then sell to our students. Unfortunately, due to not enough children attending our school or shipping costs neither is able to provide this service to us. So...we were thinking of having our own Gift Shop, but we would like to know how many families would be interested in participating and how much they would like to spend. Please fill in and return to the school by Nov 3<sup>rd</sup>.

Circle 1 option

\$5 and under, \$10 and under or \$15 and under per gift

Circle as many as you would be willing to buy for in the above \$\$\$ amount.

Mom, Dad, Grandma, Grandpa, or someone special in you life

Family Name: \_\_\_\_\_

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Don't forget all **Mom's Pantry** orders need to be submitted Nov 15<sup>th</sup>.

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# November 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.hfhf@telus.net>

## PARENT EDUCATION

### Parenting Spirited Children:

Wed. November 17th, 12:30-2:30pm

A parent discussion group for children of all ages.

Childcare available/No Cost, must pre-register

### 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

Parent Link Centre

Snack Provided/No Cost

## Westlock Community Recreation Centre

### See Calendar for swim times

Register now for fall fitness classes, youth and adult programs and swim lessons for all ages.

Babysitting is offered Mon, Wed & Fri mornings from 8:45 - 10:45 a.m.

Playgroup Tuesdays and Thursdays 10:30 - 12:00 p.m.

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

### Westlock Municipal Library

- Storytime- \$1.00 per child per visit  
Tues/Thurs, 10:30-11:30 am  
ages 3-5yrs. Drop in
- PJ Party bring PJ's & Stuff! all ages  
Nov 30th @ 6:30 pm
- Science Saturday Ages 5-12, no fee  
Nov 20th, 11-12pm

### Stay & Play

Drop in Playtime for Parents & Children

Wednesday's 10:30-12pm

@ PLC Centre

Developmentally appropriate

Activity focus 2-5yrs

Snack Provided/No Cost

## November Programs

### Coats for Kids

We are now accepting winter clothing; boots, mitts & toques. Drop off boxes in Sobeys & Extra Foods.

### MENTAL HEALTH FIRST AIDE WORKSHOP

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.

### SANTA'S ANONYMOUS

Beginning November 12th FCSS will be taking applications. Please bring in all family/household Members AHC cards, copy of Utility Bill or other documents to verify your current address. One food hamper per address



FCSS #201, 10004-107Street, Westlock, Alberta  
780-349-5900

Monthly Calendar Brought to you by:

Westlock parentLINKcentre FCSS  
#203-10011-106 Street (Across from Post Office) 307-2444  
Alberta Government

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

## 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

## FESTIVAL OF CHRISTMAS WONDER

Friday Nov. 26th

Gift of Trees Business Luncheon: 12pm Legion

Santa @ Capri Mall: 5:30-6:30 pm

Hot Dogs/Hot Choc: 6-9 pm

Late Night Shopping: 6-9 pm

Cookie Decorating & Games@ Westlock Motors: 7-8:30pm

Christmas Light up downtown: 7pm

Parade: 7 pm

Santa Downtown: 7:30 pm

Hay Rides/Xmas Carolers: 7:30-9 pm

Free Swim @ Rec Centre: 7:30-9:00pm

Fire Works: 8pm

Early Bird Draw for Christmas Prizes: 9pm

### Gift of Trees Business Luncheon

November 26th, noon luncheon @ Legion

Admission: \$20 (proceeds to Santa's Anonymous)

Roast turkey lunch, silent auction and decorated Christmas Tree auction

For tickets call FCSS @ 780-349-5900

### Little Elf Workshop & Family Dance!

Sunday November 28th, 1-4:pm Legion

Admission: Toy/Cash donation; Santa's Anonymous Children shop with Elf Supervision for their family members (no parents allowed). All items are only \$1.00 includes gift wrapping (cash only) Let your child surprise you, siblings, grandparents and pets with a thoughtful gift picked out by them! And that's not all...

Free: Hot Dogs, Drinks, Tattoos and Dancing With Special Guests!

Volunteers Needed Call:

Westlock Parent Link 780-307-2444

Presented by: Parent Link & FCSS

Legion Hall located:

10004-106 St, Westlock



## Musical

Come for a night out you will not want to miss!

Presented by:

Barrhead Drama for Children

Saturday Nov. 6th, 2010

7:00-9:00pm (Doors Open at 6:30pm)

Cultural Arts Theatre (RF Staples)

Everyone Welcome

(Recommended for 5 yr and up)

Tickets: \$12.00/Adult

\$8.00/Children

Tickets Avail @Parent Link Centre

(across from Post Office)

or the Westlock Flower Shoppe

(780)307-2444 ext 1

Sponsored by Parent Link and Westlock FCSS

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

Friday November 5th, 6:30-8pm

RF Staples Gym

Parent Participation/Please

bring indoor shoes

### Parent Link Advisory Meeting


Thurs. Nov. 18th, 1-3pm, PLC Centre

Share ideas on Family programming

& events for Jan-June 2011

in Westlock

# NOVEMBER 2010 Children's Activities in Westlock

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 <u>Public Swim</u> 7-8:45 pm	2 <u>Lil' Sprouts</u> 10:30-12 pm PLC <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30 am Westlock Library <u>Toonie Swim</u> 3-5:30 pm & 6:30-8:30 pm	3 <u>Stay and Play</u> 10:30-12 pm @ PLC <u>Public Swim</u> 6-8 pm	4 <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30 am Westlock Library <u>Public Swim</u> 5-7 pm	5 <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6pm) <u>Family Gym Night</u> RF Staples main gym 6:30-8 pm	6 <u>Public Swim</u> 1-5 pm <u>Free Swim for 12 yr &amp; &lt; Sp. by Elks</u> <u>Parenting after Separation</u> 9-4pm <u>Beauty &amp; the Beast</u> CATS theatre 7pm
7 <u>Public Swim</u> 1-5 pm	8 <u>Public Swim</u> 7-8:45 pm	9 <u>Lil' Sprouts</u> 10:30-12 pm PLC <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30 am Westlock Library <u>Toonie Swim</u> 3-5:30 pm & 6:30-8:30 pm	10 <u>Stay and Play</u> 10:30-12 pm @ PLC <u>Public Swim</u> 6-8 pm	11  <u>REMEMBRANCE DAY</u> <u>Public Swim</u> 1-5 pm	12 <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6 pm)	13 <u>Public Swim</u> 1-5 pm
14 <u>Public Swim</u> 1-5 pm	15 <u>Public Swim</u> 7-8:45 pm	16 <u>Lil' Sprouts</u> 10:30-12 pm PLC <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30am Westlock Library <u>Toonie Swim</u> 3-5:30 pm & 6:30-8:30 pm	17 <u>Stay and Play</u> 10:30-12 pm @ PLC <u>Public Swim</u> 6-8 pm <u>Parenting Spirited Children</u> 12:30-2:30 pm PLC Must pre-register	18 <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30am Westlock Library <u>Parent Link Advisory Meeting</u> 1-3p <u>Public Swim</u> 5-7 pm	19 <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6 pm) <u>Poetry Club</u> Westlock Library 5 pm (children welcome)	20 <u>Public Swim</u> 1-5 pm <u>Free Swim for 12 yr And under sponsored by Legion</u> <u>Science Saturday</u> Westlock Library 11-12 pm
21 <u>Public Swim</u> 1-5 pm	22 <u>Public Swim</u> 7-8:45 pm	23 <u>Lil' Sprouts</u> 10:30-12 pm PLC <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30 am Westlock Library <u>Toonie Swim</u> 3-5:30 pm & 6:30-8:30 pm	24 <u>Stay and Play</u> 10:30-12 pm @ PLC <u>Public Swim</u> 6-8 pm	25 <u>Playgroup (R/C)</u> 10:30-12 pm <u>Story Time</u> 10:30-11:30 am Westlock Library <u>Public Swim</u> 5-7 pm	26 <u>Festival of Christmas</u> See front for details <u>Gift of Trees business Luncheon- Fundraiser</u> <u>Santa's Anonymous Legion @ noon</u> <u>Public Swim</u> 3:30-5:30 pm & 6:30-8:30 pm (2 for 1 after 6 pm)	27 <u>Public Swim</u> 1-5 pm
28 <u>Little Elf Workshop</u> 1-4p Legion Hall <u>Public Swim</u> 1-5 pm	29 <u>Public Swim</u> 7-8:45 pm	30 <u>Lil' Sprouts</u> 10:30-12 pm PLC <u>Playgroup (R/C)</u> 10:30-12 pm <u>Toonie Swim</u> 3-5:30 pm & 6:30-8:30 pm <u>Pajama Party</u> all ages Westlock Library 6:30 pm				

# Parenting Tweens

Understanding tween brains and behaviour  
(9-12 years)

**Monday, November 22, 2010 ~ 7 - 9 pm**

There's no fee to attend. Come in person to the  
Radisson Hotel Edmonton South or watch it live via  
the internet from home! [www.research4children.com](http://www.research4children.com)

**Brain development in tweens affects mood, behaviour, and decision making. Parents struggle to support their children through this transition and children often think their parents don't understand them. Learn more about brain development in tweens from Dr. Tracy Vaillancourt, Canada's Research Chair in Children's Mental Health and Violence Prevention at the University of Ottawa. (7:05-8 pm)**

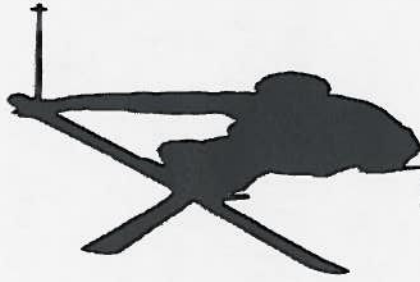
Join Wayne Hammond from Resiliency Initiatives as he discusses  
"Building Tween Well-Being in the 21st Century" (8-8:50 pm)

- Learn how your tween can build of positive peer relationships
- Get tools for supporting their healthy independence
- See how you can encourage positive decision making



To register and for more details follow  
the link at [www.research4children.com](http://www.research4children.com).  
Call Aimee Caster at 780-944-8636 with  
any other questions.





Tawatinaw Valley  
Freeriders

## ***Ski & Snowboard Swap Plus More November 20<sup>th</sup> 2010***

### **Swap:**

**Saturday, November 20/10: 10 am to 12 noon**

Drop off your equipment to sell (must be newer than 6 years old)

Gently used, freshly cleaned ski/snowboard wear welcome

\$2 fee for each item consigned for sale (excluding ski poles)

20% commission taken on all gear/clothing sold

All proceeds to Tawatinaw Valley Freeriders Club

**Saturday, November 20/10: 1 pm to 4 pm**

Sale starts at 1 pm – **CASH ONLY!**

**Get ready for the season without breaking the bank**

Pick up your cash/unsold items between 4pm and 5pm

### **Plus More:**

**Bring your skis/snowboards in for waxing**

Skis - \$5.00    Snowboards - \$10.00

**Register for programs with the Tawatinaw Valley Freeriders, Freestyle Ski Club. Learn to ski moguls, jumps, rails & pipe.**

Junior Jumps & Bumps or Jumps & Bumps: 5 years & up

Freestylerz: 8 years & up      Freeriders : 11 years & up

**Check out the Tawatinaw Valley Ski Hill & Canadian Ski Patrol displays to see what is new for the coming ski & snowboard season.**

**Location: Westlock Motors 10415 – 104 Avenue Westlock**

**Proudly sponsored by:**

**Westlock Motors**



**PONTIAC**

**GMC**



## Tawatinaw Valley Freeriders

The Tawatinaw Valley Freeriders Club are accepting registrations for the 2010-2011 Ski Season. We are very excited to welcome back skiers who have previously participated in the Jumps & Bumps and Freeriders programs as well as those who are new to the programs. Our coaches are certified by the Canadian Freestyle Ski Association (CFSA) & NCCP.

**Saturday morning 10 am – noon: 5 weeks January 8 – February 5, 2011**

**NEW! Junior Jumps & Bumps.** This half day program is designed for beginning skiers (ages 5 & up). Skiers must be able to snow plow down a green run and ride a T-Bar. The focus of this program will be on developing the skills of the skier to allow them to parallel ski down a blue/black run, which is the minimum requirement to join RBC Jumps & Bumps. **\$150.00**

**Saturdays 10 am – 3 pm: 10 weeks Jan 8 – Mar 19 (no session Feb 12)**

**RBC Jumps & Bumps** program is designed to give young skiers (ages 5 & up) an introduction to the skills of Freestyle Skiing in a safe and fun environment. Focus is on development of carving turns with introduction to basic jumps, moguls and terrain park. The RBC Jumps & Bumps Program is all about safely building FUN-damental Freestyle skills and skiing with friends. Skiers must be able to parallel ski down a blue/black run and ride a T-Bar. **\$325.00**

**NEW! Freestylerz.** Ages 8 & up. In this program the focus is on progression to more advanced skills in Moguls, Slopestyle (terrain park) and Halfpipe. An emphasis on strong turning and take-off basics provides the foundation to safely launch spins off jumps in moguls and terrain park. Skiers ride with friends, but learn at their own pace with a personal Goal Book and Training Log. Skiers may opt to enter fun Club/Inter-Club events. **\$325.00**

**Freeriders** is a club level program for athletes 11 & up. It is designed to allow progression to competitive skills and refined techniques in Moguls, Slopestyle (terrain park) and Halfpipe, combined with training strategies. When skiers are ready they enter fun Club and Provincial Level Competitions. Whether you dream about being an Olympic champion or want to improve your skiing while making great friends and having fun on the snow, **THIS IS FOR YOU! \$325.00**

**Dryland Training** will take place November 7 – December 12, Sundays from 6:15 – 7:45 p.m. at Dynamyx Gymnastics in St. Albert (Campbell Industrial Park). Each session will include warm-up, conditioning and trampoline training and will be led by a club coach along with a trampoline coach from Dynamyx. Dryland training is open to participants registered in full day programs. Cost is **\$75 for 6 sessions, or \$15/session.**

**The cost of the programs for the 2010-2011 ski season include:**

Training at the Tawatinaw Valley Alpine and Nordic Centre January 8 – March 19, 2010. (Jan 8 – Feb 5 for Junior J&B) No training session Feb 12, 2010.

Coaching costs for any competition attended with the approval of the club.

**Program costs do NOT include:**

Lift tickets

Equipment rental

Personal costs associated with attending a competition (travel, hotel, food, registration, etc)

CFSA/AFSA Registration for participants and volunteers

**To register or for more information contact Toni Slegle 780-348-5483, [info.tvfr@gmail.com](mailto:info.tvfr@gmail.com)  
Interested in a snowboarding program? Contact Toni as above!**