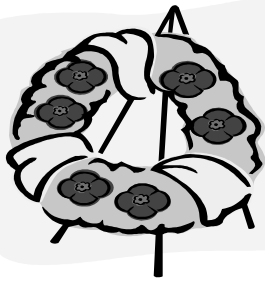


Southview Community School



November Newsletter

From the Office

Staff Message

September and October have been very productive months at Southview Community School. Our staff have been busy becoming students again themselves. Our entire staff has been fortunate to participate in professional development in instructional intelligence. Ask us about it!

REMEMBRANCE DAY CEREMONY

This month Southview School will be holding a Remembrance Day Ceremony at 9:00 on November 10th in our Gymnasium. All parents are invited to attend and join our school community in honouring the

men and women who have made, and are making, sacrifices for our country.

SCHOOL HOLIDAYS

On Wednesday the 11th of November, there will be no school for students in honour of Remembrance Day. There will also be no school on November 23rd as all staff will be having a Professional Development Day.

REPORT CARDS AND

Interviews

The first report card of the year will be issued on Friday November 20th. Parent Teacher interviews are scheduled for Tuesday November 24th and

Wednesday November 25th between 4 and 7 pm.. Parents are encouraged to book appointments with their child's teacher or Mrs. Staples at their earliest convenience. We look forward to seeing you!

SCHOOL WEBPAGE

The school web page is an excellent way to keep in touch with your child's teachers and find out what is going on at the school. It will be updated monthly. To access the page, you can go to the division website or www.southviewschool.ca/. Check it out!

Roots of Empathy

Roots of Empathy is a program developed to enhance the socio-emotional growth of students.

Grade 1B would like to welcome our Roots of Empathy baby Pacy and her family to our room and school. We are all so excited to visit with her, learn from her and share in her growing. Check out our bulletin board in the hallway to see what we have been doing with her and how much she is growing.

Thank you to Angela Dunn from Parent Link who is our Roots of Empathy teacher.

One to One Computing

“Embracing Diversity, Engaging Life-Long Learners”

As part of the Alberta Initiative for School Improvement, Southview School is participating in the one to one computer project in grades four through six. This project has allowed for our students to be engaged in 21st century learning, which essential purpose is to facilitate new approaches to learning. This research based initiative draws on new insights into how our brains function, specifically related to how our students learn best. Check out our school website to see how teachers are implementing 21st century learning strategies in our classrooms.

<http://www.southviewschool.ca>

LEST WE FORGET



Healthy Living Choices that are Great for Lunches

Crunchy Vegetable Burrito Banditos

Ingredients

1/2 cup shredded carrots 1/2 cup chopped broccoli 1/2 cup chopped cauliflower 2 green onions, thinly sliced 4 ounces shredded low fat Cheddar cheese 1/4 cup nonfat ranch salad dressing 1/2 teaspoon chili powder 4 (7-inch) flour tortillas 1 cup torn iceberg lettuce, bite-size pieces

Directions

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder. 2. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center. 3. Wrap each tortilla around the vegetable mixture.

Nutrition Information

204 calories
10g protein
22g carbohydrate
7g fat (3g sat.)



Apple Tuna Sandwich

Ingredients

1 can (6 1/2 ounce) tuna in water, drained 1 small apple, halved (remove seeds) and chopped (1 cup) 1/4 cup lowfat vanilla yogurt 1 teaspoon prepared mustard 1 teaspoon honey 6 slices whole wheat bread 3 iceberg lettuce leaves

Directions

1. Combine tuna, apple, yogurt, mustard, and honey.
2. Spread 1/2 cup mixture on 3 bread slices.
3. Top each with lettuce leaf and remaining bread.
4. Place on cutting board.
5. Cut sandwiches in half.

Nutrition Information

255 calories
21g protein
4g fat (1.3g sat.)
34g carbohydrate



The Lana'i Sandwich

Ingredients

1 can (8-ounce) pineapple slices in juice 1/4 cup reduced calorie mayonnaise 1 tablespoon prepared mustard 1 green onion, thinly sliced 1/8 teaspoon cayenne pepper 8 slices 9-grain bread 4 thin slices baked ham 4 thin slices reduced-fat Swiss cheese 4 iceberg lettuce leaves

Directions

1. Place strainer inside a mixing bowl.
2. Pour pineapple slices into strainer; drain.
3. Combine 1 tablespoon of pineapple juice with mayonnaise, mustard, green onion, and cayenne.
4. Spread over one side of each slice of bread.
5. Lay four slices of bread flat on counter.
6. Layer the ham, cheese, pineapple, lettuce, and remaining bread slices.
7. Place on cutting board.
8. Cut sandwiches in half on the diagonal and serve.

Nutrition Information

322 calories
36g carbohydrate
16g protein
12g fat (4g sat.)



AMA PATROLLER OF THE MONTH

Congratulations to Jenaye Krushel and Jesse Bonaparte. Job well done, Captains! Thanks to all of our patrollers for helping to keep our crosswalks and parking lot safe.



Kindergarten

The Kindergarten classes are collecting clean glass baby food jars for classroom projects. If you have any to donate please drop them off at the school for Miss Drefs and Mrs. Gust.

Thank you!

Remembrance Day Assembly

Everyone is invited to attend our school Remembrance Day Assembly on November 10, 2009. Students have planned a special ceremony to pay our respects. We also ask that if students could bring a small donation on or prior to the tenth as they will be provided with poppies for the event. Grade Five students will begin collecting donations on Monday November 2nd. Thank you in advance for your support. Please join us.

Parent Teacher Interviews

Parent teacher interviews are an important time to connect with your child's teacher to discuss accomplishments to date, learning attributes, and to set goals. We encourage all families to take advantage of this opportunity by booking an appointment with Mrs. Staples or your child's home room teacher. If you are unable to attend on November 24th or November 25th please make arrangements to meet on another night. During this interview the results from Septembers testing, for students in grades 2 through 6, will also be discussed. We look forward to meeting with you and continuing to work together to provide your child with a 21st century learning environment.

Hear Yee, Hear Yee Read all about it!

The grade 5/6 class has been really busy with the one to one computing project. All students in grade 5/6 now have access to an e-mail account. This will help delve deeper into critical thinking and using collaborative teaching through the inquiry based project. The Wiki process will be used for example, in our science project where information will be gathered with the students using Wiki. Hence, students will put in data about our unit on Trees and Forests. In short, each student can enter data and share the same information with the whole class with the Wiki process.

As a parent you are probably wondering, "What is a Wiki?" A wiki is a Web site that allows the grade 5/6 students to add and update content on the site using their own Web browser. This is made possible by Wiki software that runs on the Web server. Wiki ends up being created mainly by a collaborative effort of the site visitors, which in our case the grade 5/6 students of Southview Community School. In closing, one student responded by saying, "we believe that our grade 5/6 students will benefit from this project and will speed up learning."

Terrific Kids for October



Ahmed Mohamed (KA)
Julieth Contreras (KB)
Miriam Lavala (1A)
Destiny Labelle (1B)
Jordan deWever (2A)

Kolton Fahselt (2B)
Harley Challinor (3A)
Kayen Ivey (3B)
Trey Dillman (4)
Nabila Mohamed (5)

Taylor Robbins (5/6)
Brayden Rhodes (LAP Jr)
Ahmed Abaker (LAP Int)
Ember Beierbach (LAP Sr)



Everyone is welcome to attend our monthly assembly which helps to recognize student achievement and student talent. November's Terrific Kid's Assembly will be on Wednesday November 18th. Come on out and help us celebrate !

Extra, Extra, Read All About It...

Internet Safety Tips for Parents

Internet safety is an important concern for parents and teachers alike. We invite you to participate in a one hour information presentation on internet safety tips for parents provided by the Medicine Hat Police Service. The presentation is geared towards parents/guardians of elementary and junior high aged children.

Location: Crescent Heights High School Theatre

Date: Monday, Nov 23, 2009

Time: 7:00—8:00 pm

Thank you to Parent Council

A special thank you goes out to parent council for organizing the pumpkin carving and hayride evening. Great fun was had by all who attended the event.



A Note From the Five / Six Class

A huge thank you goes out to Brenda Dennis, also known as Granny, for making bags for the students computer chargers. The grade five / six class is very appreciative for her kindness.

A Note From the Office.....

Mrs. Staples would like to remind parents that public schools are not allowed to keep money in their possession. As a result, we are not always able to make change when parents are paying for hot dog day, school photos, lunch fees, etc. We ask that families do their best to supply correct change. We are sorry for any inconvenience and appreciate your continued support of Southview School.

Thank you.

12:00 – 12:44
November 2009 Intramural Scedule
Games

| Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------|------------|------------|-----------------------------|---------------------------|------------|
| 5 Grades One and Two | 6 | 7 | 8 Grades Three and Four | 8 Grades Five and Six | 1 |
| 9 Grades One and Two | 10 | 11 | 12 Grades Three and Four | 13 Grades Five and Six | |
| 16 Grades One and Two | 17 | 18 | 19 Grades Three and Four | 20 Grade Five and Six | |
| 23 Grades One and Two | 24 | 25 | 26 Grades Three and Four | 27 Grades Five and Six | |
| 30 Grades One and Two | | | | | |

November 2009

MON

TUE

WED

THU

FRI

2

3

Breakfast Program

4

Noon Dismissal

5

Breakfast Program

6

9

10

Remembrance Day

Assembly 9:00am

Breakfast Program

11

Remembrance Day

No School

12

Breakfast Program

13

16

17

Breakfast Program

18 Noon Dismissal

Assembly-11:00 am Terrific Kids

19

Breakfast Program

20

Report Cards go Home

23

District Planning Day

No School

24

Breakfast Program

Parent Teacher Interviews--
4:00 to 7:00 pm

25

Noon Dismissal

Parent Teacher Interviews--
4:00 to 7:00 pm

26

Breakfast Program

27

30
