

Indus School SPIRIT

Some Pertinent Information Regarding Indus Today
Parent Newsletter

February 2008

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WHAT DO YOU WANT? BY C. WYPER

I believe it is safe to say that all parents want what is best for their children. One of the best ways to ensure your child experiences a high quality of life as an adult is to foster key ideals such as personal responsibility and hard work during the childhood years. Extensive research into success in school and beyond has shown that an environment where these virtues are valued can have a significant positive influence.

The harder a child learns to work, and the more responsible he or she becomes, the greater the career options that child will have as an adult. The child who does not develop these characteristics is less likely to be successful in school which, in our increasingly complex world, could well limit his or her

options for post-secondary training or education. Many of today's students who do not further their educations to gain valuable knowledge (as have professionals) or develop specific skills (to be trade or other skilled workers) will be relegated to low-paying or otherwise unappealing jobs when they become adults.

Although the school has limited influence on children's character development, there are some ways we try to assist in the growth of such virtues as hard work and personal responsibility. We continually raise the level of expectation -- what was good enough last week needs to be better this week; we guide the students in their use of time, holding them ac-

countable for their "productivity" in class; and we assign homework that needs to meet certain standards and be completed by given dates.

It is, perhaps, this last activity that serves to teach responsibility better than anything else in the school experience. The value of the academic lessons learned are in many ways secondary to the vital lessons of meeting deadlines, following through on commitments, and persevering regardless of whether or not the assignment is what the child wishes to be doing. In short, learning to meet obligations through completing homework is one great way students can start on the road to a successful future (even if most children probably don't see it that way).

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Our Mission

Indus School provides an environment that inspires and facilitates learning for all in our school community.

INDUS WEBSITE HAS CHANGED

The Indus School website address is now plone.rockyview.ab.ca/indus. The Rocky View School Division website address is still www.rockyview.ab.ca.

7 Indus Court, Rocky View, AB T1X 0H7

www.rockyview.ab.ca 936-5855 plone.rockyview.ab.ca/indus

FEEDING YOUR MIND, MRS. WOOD, CDA

When it comes to feeding your mind, it's important to consider more than reading, writing and arithmetic. The foods that we eat and how often we eat have a lot to do with how well we learn and how we perform on activities throughout the day. Here are just a few examples:

- Starting your day with a healthy meal improves problem solving and learning skills
- Regular meals and snacks make a difference because it's tough to concentrate on an empty stomach

- Choosing nutritious foods and eating regularly improves well being and helps maintain a healthy body weight.
- Getting enough iron in your diet is needed to carry oxygen to the brain and helps you to feel alert, while too many high sugar foods can make you feel "sluggish" a few hours after eating them.

So next time you're tempted to skip a meal or fill up on junk food - think again - **choose whole grains, fruits, vegetables, milk products and meat/alternatives from Canada's Food Guide.**

Kids often like vegetables that are brightly coloured and crunchy. This usually means raw vegetables – which is good news because it means less work for you! Some vegetable ideas are carrots, celery sticks, cucumbers, broccoli flowers, green beans, and cherry tomatoes. Try serving them with their favourite dip for an added treat.

For more information, please contact the Calgary Health Link at 943-LINK or the School Nutrition Handbook (available online at <http://www.calgaryhealthregion.ca/nutrition>).

FOSTERING A KOALA IN AUSTRALIA

The Grade One Star Brights held a Christmas Cookie Sale in December and a bottle drive in January to help raise money to foster a koala in Australia. Seventy-five percent of the koala's habitat has already

been destroyed and they are in danger of losing their remaining land because of development. As part of our Social Studies work, we decided to help save the koalas! Thank you for supporting our cause

by donating and buying cookies, and for donating your recycling. We were able to raise the required \$200.00 to foster a koala for one year. We can contribute to our world!

ACCOUNTABILITY PILLAR SURVEY

Parents of students of grades 4, 7 and 10 students will receive a survey mailed to their homes directly from Alberta Education.

As was piloted last year, the parent survey is available in a number of languages in addition to English and French. Parents can contact their principal to receive a survey in another language. It is expected that the surveys will be available in: English, French, Cantonese/Mandarin, Punjabi, Spanish, Arabic, Korean, Cree, Blackfoot, Deni, and Tagalog.

In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online through their schools.

All surveys are anonymous and no reports will be issued if the number of respondents is fewer than six to further protect the privacy of respondents. Respondents are expected to answer the questions based upon the experiences they have had at their school. Responses for parents of students who have moved during the current school year will be at-

tached to the school in which the student was registered on September 30, 2007.

We strongly encourage your participation as the results help us identify our school and jurisdiction's strengths and weaknesses.

Survey results will be available to jurisdictions by the start of May 2008, and will be reported publicly by jurisdictions as part of the Annual Education Results Reports in the fall of 2008.

MULTI-SENSORY ROOM, RESOURCE

The students in Resource have had the opportunity to visit The Multi-Sensory Room belonging to the Cerebral Palsy Association at Rotary Challenger Park. This environment provides stimulating activities and experiences. It enhances skills such as sensory development, hand/eye coordination, cause and effect, language development, control over one's environment and relaxation.

The students and adults had an enjoyable time and look forward to a return visit.

We would like to thank the Parent Council who funded our field trip. If you would like more information about the Multi-Sensory Room please check out their website at (www.cpalberta.com) or contact the Resource room staff.



Exploring the Sensory Room.

A MESSAGE FROM OUR SCHOOL NURSE

Any Day Can be Family Day- Get your Family Active Together!

In Alberta, holidays like Family Day encourage us to spend the day with our family. Why not try to incorporate physical activity into your family time?

- Check out your local community information to see what events are being planned in your area or create your own family activity day.
- Invite your whole family to participate, aunts, uncles, grandparents, and go tobogganing, go for an after-dinner walk, or create a fun winter scavenger hunt.

- Try something that you haven't done as a family before. Let each person in your family choose a new physical activity they would like to try
- Make your own trails for snowshoeing or cross-country skiing. Many sporting goods rental shops can provide the equipment for the day
- Create your own games and activities with a winter theme, e.g., snoccer (snow soccer) or snurling (snow curling).
- Create a snow maze in your backyard or local park – follow the leader, hop, skip or walk backwards

through the snow

- Incorporate more walking into your daily routine. Walk to the local grocery store as a family and each carry a bag home. Walk with your children to or from school, to the local pool or to a friend's house

Weekend's, evenings, and holidays are all terrific opportunities to be active as a family. Get your family active together any day of the year!

Stephanie McGill
School Health Nurse

2008-2009 REGISTRATION

Indus School will be accepting new registrations for the 2008—2009 school year beginning January 21. Although this applies to all grades, the majority of new registrations will be for kindergarten.

When registering your child for kindergarten, please bring a copy of

your child's birth certificate and a registration fee of \$25.00. To enter kindergarten in September 2008, your child must be five years old by the last day of February 2009. To enter Grade 1 in September 2008, your child must be six years old by the last day of February 2009.

If your child currently attends Indus School it is not necessary to register him/her for the next school year.

Please share this information with others you know who may be registering their children at Indus School for the coming year.

BUILDINGS-R-US IN GRADE 1

The Star Brights have become planners and builders in the Grade One classroom.

They have had an opportunity to build structures with a variety of materials. We've seen pyramids built with magnets, hotels and skyscrapers built with straws and connectors, guitars and microphones built with Tinker Toys,

castles and cities built with blocks, helicopters, spaceships and underwater diving machines built with



This is our hotel!

Lego, cars and diggers built with Knex, and a holiday traveling bus built with structure sticks! One thing for sure, the Star Brights are extremely creative!

Now, they have the challenge of building projects where they create a model of a structure at home and convince their boss of the Buildings-R-Us Construction Company that it would be a good structure for the company to build! You will be able to view these structures on display at the Indus Science Fair later in February. To culminate our science building unit, we will be visiting the Telus Science World of Science on February 25th.

PEN PALS, GRADE 3

The Grade 3 Smarties have pen pals! We have been writing letters to students in Airdrie. Our pen pals are in grade four and attend Edwards Elementary School. Before Christmas we sent them letters and we are now eagerly awaiting replies. We have been working hard

on our letter writing skills to ensure that our pen pals are impressed with our writing abilities. The students have created pen pal folders and have special paper to write their letters on. Evan, in our class,

"They started talking and realized they knew each other."

even had a chance to meet Ryan's pen pal, River, in Airdrie. Evan was at a BMX race in the mountains and competed against him. They started talking and realized they knew each other. What a small world!

We hope that we will have lots of communication with our new Airdrie friends. Please ask your child about his/her new pen pal in Airdrie.

ROLLING ALONG WITH GRADE 4

A soda can that will roll without you having to push or pull it, impossible! As they stared at the simple machine they had constructed, this is what many of the Grade 4 students were thinking. They tried dropping them, blowing on them, wanted to put them on a



Tiffany & Regan showing simple yet functional machines

slope; one student even suggested using rollers until they realized that they would still have to push the can across

the rollers to make it move. It took about 5 minutes for the first student to realize that there was a larger purpose for the elastic running through the middle of the can. Within 10 minutes, most of the class had made their cans move. Can you? You can only use the following: a pop can, an elastic, a pencil, a toothpick, a paper clip, and a small cardboard disc.

STRATEGIES FOR READING AT HOME, GRADE 2

"The ultimate goal of guided reading is to help children learn how to use independent reading strategies successfully."

Fountas and Su Pinnell, 1996

We have begun a session of guided reading in the Grade Two Sunshine Classroom and we are having loads of fun!

When helping your child read at home, several strategies may be used to aid in decoding unknown words.

1. Tell the child to look at the picture. You may tell the child the word is something that can be seen in the picture, if that is the case.
2. Tell the child to look for chunks in the word, such as **it** in sit, **at** in mat, or **and** and **ing** in standing.
3. Ask the child to get his/her mouth ready to say the word by shaping the mouth for the beginning letter.
4. Ask the child if the word looks like another word s/he knows. Does **bed** look like **red**?, for example.
5. Ask the child to go on and read

to the end of the sentence. Often by reading the other words in context, the child can figure out the unknown word.

6. If the child says the wrong word while reading, ask questions like:

Does it make sense?

Does it sound right?

Does it look right?

Enjoy spending time with your child and helping to create an independent, lifelong reader!

IN THE SPIRIT OF COOPERATION, KINDERGARTEN

The kindergarten class enjoyed the perfect winter day outside, building their ice castle. What an amazing spirit of cooperation! Students worked as a team using coloured blocks of ice to construct their palace. Several ideas were pre-



Kindergarten students with their ice castle.

sented as to how to get the ice blocks to adhere and their theories were tested and decisions were

made regard-

ing size and arrangement of blocks with each student working to carry out the plan. Everyone found a job, from gathering snow into a bin for mortar, to pouring water over the blocks in order to attach the next layer, and the supervisors gave suggestions on how to provide the best support.

The students displayed creativity, enthusiasm and cooperation and everyone was impressed with the results of their spirited efforts!

GR. 4/5 STEPS INTO THE PAST

Dear Dad,

Today I went to Fort Calgary on a field trip. Three things I learned at Fort Calgary were that Fredrick Bagley served the N.W.M.P. for 25 years, he served in two wars after retirement and that he worked at the Museum of Natural History of Banff.

What I liked the best about the mu-

seum is when we dressed up in costumes and answer questions about my character. Another thing I liked was seeing Meghanne in a dress for the very first time.

Something I wished they let us do was explore the museum to look at the artifacts.

Sincerely,

Nigel



Kaylee as Mother Fulum.

CASINO, INDUS SCHOOL COUNCIL

This year's **CASINO** will be held Thursday, May 8 and Friday, May 9 at Frank Sisson's Silver Dollar Casino.

While we realize that this is a very busy time of year, we hope you appreciate that this is our major

fundraiser which helps to finance a majority of our school's activities. We are looking for volunteers to work a variety of positions on one or both of these days.

If you would like to help, please complete the form that was sent

home with students on Thursday, January 30th, and return same to the school by **February 14th**.

For further information, please call Cori Saretsky at 936-5348 or Sue LeFebvre at 936-5994.

INCLEMENT WEATHER

Where can parents turn to learn of school closures and bus cancellations due to inclement weather? Despite the best efforts of the jurisdiction and media to inform parents of school closures/bus cancellations during inclement weather conditions, parents often hear conflict-

ing reports from radio and TV stations.

Rocky View is adopting a new practice that may help bring clarity during these periods. During cold winter spells parents can look to the jurisdiction's website at www.rockyview.ab.ca for accurate

information. School closure/bus cancellation information will be posted no later than 6:30 a.m. on the site's homepage under a heading entitled "Inclement Weather." Parents also can call Transportation's Late Bus Line at 250-0016 for bus cancellations and delays.

SOCCER REGISTRATION

Soccer registration forms were sent home with students on January 30th. If you missed the first day of Registration on Friday, February 1st, a

second day will be held at the Indus Arena on Sunday, February 10th from 11:00 a.m. to 1:00 p.m.

Registration forms may also be

returned to Mrs. Hamel at Indus School.

For more information please call Brenda Kuryk at 279-3588.

GRADE SIX AND SOCIAL JEOPARDY

Ms. Hart's Sixes finished up the Government unit this month. Although postponed several times, students had an opportunity to review the unit in an enthusiastic game of Jeopardy. Students can look forward to a February Jeopardy review for the Sky Science unit. Regular review of classroom work will help ensure students are at their best to help lead their team to victory. Parents may also want to help review, as there will be a parent invitation to participate in a "Sky Science Jeopardy" tournament on February 13th.

Test your knowledge of Canadian Government!

What is the head person of local government called? (three acceptable answers)

A lobby group that wants the government to change its mind can take any of the following actions except:

- A) Arrange for a referendum
- B) Arrange demonstrations
- C) Encourage people to write letters to members of the government
- D) Encourage its members to work for a specific political party

Local governments are responsi-

ble for providing:

- A) Post office
- B) Public schools
- C) Roads and highways
- D) Parks and playgrounds

Students are putting the finishing touches on their science podcasts. Look for information next week on how to access these interesting commentaries of "Cool Things In The Universe" on the school plone site.

TEACHERS' CONVENTION

Approximately 3,500 teachers in the Palliser District Teachers' Convention area will gather at the Calgary Convention Centre and Hyatt Hotel on February 21 and 22 to hear the keynote speakers, Mark Tewksbury and Ted McCain, as

well as a myriad of other top presenters, as they address our theme, "Maximum Impact! Teacher 2.0." Over 120 sessions and workshops will give teachers new ideas, insights and energy that will benefit them and their students.

SCIENCE FAIR

February 14th is a landmark day at Indus School. Not only is it St. Valentine's Day, it is also the day of our school Science Fair. Students will be showing off their constructions and experiments to each

other, parents, teachers, and a panel of judges.

Everyone is welcome to join us from 1:00 pm until 3:30 pm for a fun filled and fascinating afternoon.

LIBRARY NEWS, MRS. POTTER

I have so much news in the Library this month – I hope you have the patience to read it all! You can count it towards your monthly reading goal! When you made your New Year's Resolutions, I hope you planned more reading for 2008 for yourself, as you are the best example for your children. Last Sunday was Family Literacy Day, and families should read, write, surf or sing together throughout the year. If you would like some ideas on reading with your children, just ask me!

Book Fair News

Our November Book Fair total sales were just over \$6,000!!! That includes Scholastic and Books are Fun. Our school library benefited to the tune of approximately \$1500 in free books! Thank you to everyone, volunteers and clients. Next book fair is March 10-13; call me if you can help out.

AR Carnival

If you are new to our school, you might not know that students can redeem the points they've been earning in the Accelerated Reading program at our annual AR Carnival,

to be held on February 28 this year. I need several volunteers to help run games and prize tables that afternoon, so please let me know if you are available. It's easy and fun, and takes about 2 hours of your afternoon. Also, please send me any small little toys (that you are tired of picking up!) suitable for the fish pond (Happy Meal toys are perfect). All students participate in this celebration of reading, even our Kindergartens who are not yet using the AR program.

Reading – Give it a Shot!

Our Grades 4, 5, and 6 students are participating in this reading program sponsored in part by the Calgary Flames. Students earn Flames collectable bookmarks for working towards their reading goal. Each student has his or her own goal, so they are not competing against each other, but rather, working on a goal that is formulated specifically to each individual's reading ability. I have a set of 24 bookmarks for each student, and look forward to awarding them all! The program runs until March

DATES TO REMEMBER

Feb 5 Hot Lunch
School Nurse—pm
Feb 11 Parent Council General Meeting—7:00 pm
Soccer—6:30 pm
Feb 14 Science Fair
Feb 18—22 **NO SCHOOL**
Feb 25 Soccer—6:30 pm
Feb 26 Hot Lunch
School Nurse—pm
Feb 28 AR Carnival—pm
Feb 29 Kindergarten field trip to Fire Department

March:

Mar. 10-13 BOOK FAIR
Mar. 11 Parent/teacher Interviews 4:00—7:00 pm
Mar. 13 Student Showcase, 2:30-3:15 pm

7, so ask your child about his/her progress.

There are a handful of students with overdue books that need to be returned. Please help your child remember their Library Day each week, and if you both forget, send it the next day, as students may return books anytime, and check out new ones throughout the week (Monday – Thursday) as well. I would rather your child remember their librarian as the storyteller, not the Overdue Book Police!

Now that I've asked for volunteers for Book Fair and AR Carnival, I would also like to ask for a couple of parents who are willing to help me out on a regular basis in the library. I have new books to be processed and there is always shelving to be done! If you'd rather work with children than books, I need some help each morning with AR (Mon.-Thurs.) from 9 – 10 a.m. If you have an hour or two some other day, I would never turn away a volunteer! (Did I mention that my regular library volunteers receive a discount at book fair?) Please call me.