

# Indus School SPIRIT

Some Pertinent Information Regarding Indus Today

## Parent Newsletter



Volume 11, Issue 11

Student Count 238

### SELF-DIRECTED LEARNERS

Continuing this month, I will be describing another element of the 21st-century learner and citizen. This month, we look at what it means to be a self-directed learner. At some level, one could argue that every learner is self-directed in everything they learn. The mechanisms within her brain that construct meanings and understandings, only do so through conscious effort. Sometimes that effort is brought about because we want to learn something, sometimes because we feel we should learn something, and sometimes because we are afraid not to learn something.

In the context of the 21st-century learner, however, self-directed learners are those who

have the skills required to set reasonable goals, develop a formal (or informal) plan for achieving the goal, and then execute the plan. In many ways this is the most natural thing in the world. The child who wants to see if the camp stove is hot sets a goal to find out, develops a plan to touch it, executes the plan, and learns quickly that it is, indeed, hot. Although that is a very simplistic example, it clearly identifies the stages of self-directed learning.

Being able to satisfy one's natural curiosity, or curiosity driven by school or job requirements, is absolutely vital to the contemporary learner. At school we attempt to foster the skills by teaching

students to structure goals, to develop a plan for meeting the goal that focuses on the students' strengths, and attempt to instill self-discipline required to accomplish these feats.

Self-assessment, and awareness of one's strengths is critical to the process. Students are being taught to reflect upon both the product of their work and on the experience of creating it. By doing so they find the means by which they are able to direct their learning with greater efficiency, thus making it a more productive and enjoyable experience.

Armed with these skills, our children will be able to go forth and conquer the myriad challenges that lie before them.

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#### ***Our Mission***

***The purpose of Indus School is to build in students a multi-faceted personal foundation to carry them successfully through life.***

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## ***OCTOBER FUN IN GRADE 1***

October was a busy month for the Grade 1s! We loved learning all the interesting things about owls and made our own Owl Fact Books that are hanging in the hallway. We also ended this month by learning different things about pumpkins. We did some writing activities and learned what adjectives are by sticking our hands inside a

gooey pumpkin and used our senses to come up with descriptive words about what we could see, feel, and smell! What a fun mess we had! We ended our unit with a special celebration where we worked in groups with some of our amazing parents and did various math activities. We estimated the circumference of our pumpkins as well as how

many lines were on them and then we calculated them. We also predicted how many seeds were in our pumpkins and counted them! What a big job! At the end, we carved each pumpkin and took them home for Halloween! October was a fun month in Grade 1!

## ***HALLOWEEN MATH IN KINDERGARTEN***

Thanks to the generous spirit of our volunteers, the kindergarten students carved jack-o-lanterns and engaged in Halloween Math! We arranged our three pumpkins in ascending order and estimated and then measured the height, circumference and weight using yarn and a bathroom scale. While carving, decorating and naming our jack-o-lanterns, we scooped out the seeds, sorted them into groups of ten, (our zero hero) put them in tiny cups and counted the cups by tens! Then we roasted and enjoyed the pumpkins seeds for a snack. While our pumpkins glowed brightly, the students unknowingly learn their cardinal numbers while singing the Five

Little Pumpkins, each anxious to sing the part of the first... second... third...fourth...and fifth little pumpkin! It was especially fun to scare our parent volunteers with our spooky Halloween songs!

Thank you to the volunteers who accompanied us to Butterfield Acres and to Indus School Council for sponsoring our field trip!



Zack and Evan with their pumpkin!

## ***GRADE 7 POST CARDS FROM AFAR***

In October, the Grade 7s created postcards in Social Studies. The goal of doing this was for the students to demonstrate an understanding of Europe's first contact with Canada prior to colonization. The Grade 7s took

on the role of a European explorer, and sent back a card telling their friends and family back home about the fascinating new land they discovered. We had a great time creating these cards. They turned out really well, and

helped the class come to a deeper understanding of Canadian history.

## ***THE DAILY 5 IN GRADE 2!***

The Grade 2 students have spent the last two months developing daily habits of reading, writing and working with peers as we embrace *The Daily 5* program. The program allows students to learn literacy independence as they choose tasks (reading to self, reading to someone, writing, working with words and listening to reading) to complete daily, while Miss Mikkelsen meets with small groups or conferences with indi-

viduals about their reading and writing goals.

These skills will hopefully lead to a lifetime of independent literacy skills and a love for reading and writing.

*Right: As Kaden listens to reading he is understanding new words and becoming a better reader.*



## ***ANNUAL PUMPKIN FLING***

The Indus School *Annual Pumpkin Fling* will be held on **Tuesday, November 1st**, starting at 9:30 a.m. Students are asked to bring their used jack-o-lanterns to school that morning. We can only use pumpkins that are less than 9" in diameter.

Parents and guardians are welcome to join us.

If you are able to help out with the *fling*, please call the school, as we can always use some help. The whole school will attend the band concert from 10:00—11:00 a.m. The event will probably last

the better part of the day by the time K to Grade 6 classes each take part in the *fling*. Older students in Grades 7 to 9 who bring pumpkins may also participate.



## ***LIBRARY NEWS***

It's Book Fair time! Book Fair will run from November 7-10 and all customers are welcome to shop ANYTIME during the daytime and the evenings that we are

open late (Tuesday and Wednesday). Please invite your friends and neighbours! More details will be sent home the week of November 1. If you are planning

to attend our Remembrance Day Assembly on November 10, drop by the Book Fair after the service.

## ***PARENT-TEACHER INTERVIEWS***

Parent-Teacher Interviews are scheduled for **November 8th from 4:00 to 7:00 p.m. and November 9th from 5:00 to 8:00 p.m.** at the school.

Please call the school at 403.936.5855 to arrange for a time to meet with your child's teacher.

Please note that report cards will not go home until Friday, December 2nd.



## GRADE 8/9 NEWS

What do you see when you look at this picture? What type of environment does she live in? What kind of political regime is she ruled by? What is her Quality of Life?

This month the grade 8/9s were introduced to the Canadian Political System and how, in their own lives, they are directly affected by the Canadian government. Students have been working dili-

gently on an inquiry based layered learning package. In layer 'C' students questioned, investigated and slowly began to create personal connections between themselves, abstract political concepts and the world around them.

Currently, students have been



asked to define and identify factors that affect their own Quality of Life and how the government plays a direct role in this aspect. With this understanding, students will be able to move forward in their investigation of the Executive, Legislative and Judicial branches of government and gain a deeper understanding of the Parliamentary Democratic system.

## WHAT'S IN OUR WETLANDS?

The Grade 5 students gained concern and interest in our school wetlands.

After noticing that the pond across the street had lost a lot of its water, the Grade 5s gained a genuine concern about the organisms that live there, and it

brought up a lot of topics for discussion such as changes in the food chain, sustainability of the



wetlands area and animal adaptations.

For the past month, the Grade 5 students have been carefully examining our school wetlands area. In groups of four, the students have created their own small plots to examine over the school year. So far, they

have mapped out their areas and learned about organisms that may live there. Students will be taking samples and examining them, using microscopes and research guides throughout the year. Each month, they will be checking their plots to record the changes that take place. Everyone has been eager to identify all of the organisms in our wetlands, and they look forward to visiting this area each week.

## GRADE 6 IS FUN, WITH A LITTLE HELP FROM OUR FRIENDS!

Did you know that fighter pilots first brought down enemy planes by throwing chains at their enemies' propellers? Perhaps you didn't know that the first planes were mostly brought down, not by enemy fire, but by their own machine guns shooting off their own propellers! Mr. Kim didn't know this either, until he spoke with one of his student's parents who is an expert on military facts.

Mr. Kim's classes are a combination of facts, formulas, and fun, and academic-minded parents who are willing to help out are always welcome in our classroom. Enthusiastic fathers, mothers, and guardians have contacted Mr. Kim to offer important, yet, entertaining information pertaining to Science, Social Studies, and Math. Do you have something to offer the

Grade 6 curriculum? If so, please contact Mr. Kim at [pkim@rockyview.ab.ca](mailto:pkim@rockyview.ab.ca). His students will love you for it.

Next month, Mr. Kim will have a police woman-in-training visit his class to demonstrate scientific methods for catching criminals. Awesome!

## ***THE SMARTIE SUN, GRADE 3***

The Grade Three Smarties have published their first newspaper, *The Smartie Sun*. Every month our class will publish a newspaper where each member of the class will write about an event, subject or activity we have done the past month. This month, each article was accompanied

by a photo of the student and the related topic. In the September issue we wrote about the ear, Accelerated Reader, what animal we would be and Terry Fox Run, just to name a few. Every student did an exceptional job helping launch our first issue. Putting out the newspaper demonstrated

how well this class works together. The students will be bringing the newspaper home at the end of each month to share with friends and family. Be sure to look for the next issue!

## ***COUNCIL CORNER***

The next General Meeting of Parent Council will be held on Monday, November 28th at 7:30 p.m. at the school. Everyone is welcome.

Welcome to Kristina McKinstry who will fill the position of Treasurer, and thank you to everyone

who put their name forward for this vacancy.

Information regarding the Soup Label Program was sent home last week. Thank you to Tracey Schroeder for taking on this project. Your support of this program is appreciated.

Please see attachment, *Celebrate your Community Spirit*. We are hoping to connect new and existing residents of Indus and promote the programs/services available to them. There is no charge for this event and everyone is welcome.

## ***'BUG OFF' WITH THE GRADE 8S!***

"Best Science class this year!"... How much fun do you think we had? Students had a chance to explore the structures of small critters under our microscopes with amazing clarity. We were able to clearly examine up-close visuals of moving digestive systems and other amazing things. With the click of a button, several students were able to capture these images with their phones.

We spent the morning exploring and sharing with anyone who



walked by. This was a fantastic tie-up to our microscope work this month. Get a glimpse of the really cool water creatures found in our very own wetlands on our plone site.

Uploaded student pictures and videos can be found in the Grade 8 folder under "core subjects."

Thanks for sharing! Let us know what you think!

## ***PLEASE REMEMBER – INDUS IS A NUT-FREE SCHOOL!!***

Please check your children's goodies that you are sending in their lunches after Halloween to ensure they are nut free. If you're not sure, please keep it at

home for an after-school treat.

Thank you for helping to keep all our children safe.



## SEASONAL FLU SHOTS

Seasonal influenza immunization is one of the best ways to prevent influenza disease and the illness it can cause. The vaccine is free for all Albertans, and Influenza Vac-

cine Clinics are now open across the province:

**Strathmore Civic Centre**, Drop-In October 26 and 27, Novem-

ber 8 and 9, from 12:00 noon—7:00 p.m. each day.

**Strathmore Health Unit**, Drop-in November 19 from 9:00—3:30 p.m.

## PROBLEM SOLVING SKILLS TRANSFER TO ALL AREAS OF LEARNING

This month when tackling new tasks, problem solving skills took a front seat. Grade 4 is a transition year in that now students are coached more towards independent problem solving. Independent may simply mean deciding how best a problem can be solved. Asking a teacher may be the best solution, but perhaps should not be the first alternative. Perhaps a peer

may also be appropriate or trust that you possess the abilities to handle something on your own. However, what is best is to first pause and think instead of making the automatic response of going to an adult. This ability to problem solve covers all areas of learning. Peer relationships will become increasingly important and

learning how to deal with conflict is an essential life skill. The ability to communicate your own needs while still having empathy for others creates an environment of mutual respect. Beginning to see the world in shades of grey rather than simply black and white fosters a learning community that prepares children to thrive in a future world that will expect this.

## TERRY FOX RUN

*Congratulations* to the Indus School students, who raised an

amazing \$2,989.00 for the Terry Fox Foundation. Thank you to

all who came out to participate in the *Run* this year. Well done!

## FAMILY PORTRAIT NIGHT

Reminder that Family Portrait Night is on November 4th. To book your portrait sitting appoint-

ment, please visit [www.lifetouch.ca/abfamilyphotos](http://www.lifetouch.ca/abfamilyphotos) or call

403.255.5440. Sitting fee is \$30 and includes a free 8 x 10 portrait. Twenty dollars goes back to the school as a fundraiser.

## LOST AND FOUND

Just a reminder to please put your child's name in outerwear clothing. Every couple of months we lay

the clothing out in the hallway for 2 days and ask students to check it. Clothing that is not

claimed goes to various charities, three to four times a year.

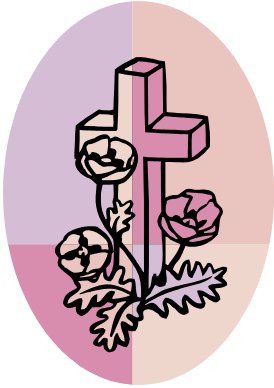
## DATES TO REMEMBER

Nov. 1 Annual Pumpkin Fling  
CHS Band Concert 10:00 am (Gym or Arena)  
Nov. 3 4/5 Field Trip Heritage Park  
Nov. 4 Family Photos night  
Nov. 7–10 Book Fair  
Nov. 8 Hot Lunch Corn Dogs

Nov. 8 & 9 Parent/Teacher Interviews  
Nov. 10 Remembrance Day Assembly  
Nov. 11 **NO SCHOOL**  
Nov. 14 PL Day—**NO SCHOOL**  
Nov. 21 Lifetouch Picture Retakes  
Nov. 22 Hot Lunch Chicken Burg.

Nov. 23 Gr. 7 Zoo Field Trip  
Nov. 28 Parent Council Executive at 7:00 p.m.  
Council General Meeting at 7:30 p.m.

## ***REMEMBRANCE DAY CEREMONY***



Parents, guardians and members of the community are invited to join our Remembrance Day Ceremony at **10:45 a.m. on November 10th**, in the school gym. Students in Scouts, Beavers, Girl Guides and other groups, are invited to wear their uniforms that day and join the Colour Guard.

We have poppies available at the office.

### ***INDUS MEMORIAL MUSIC MECCA***

The music program at Indus is off to a great start!

The string ensemble consists of three members: Amy Saretsky on the cello, Marla Wheeler on the violin, and Mr. Kim, also, on the violin. Our first performance will be at the November 10th Remembrance Day ceremony. The piece will be *Canon*, by Pachelbel. Although our cellist, Amy, is new to the instrument, her outstanding musicianship has allowed her to accompany the trio in only two months. We are looking forward to a fantastic performance.

The Indus School Rock Band is taking a back seat to no one. Our star vocalist, Taylor Bowden, will render a beautiful version of *Goodbye to Romance*, a song written by Ozzy Osbourne, to honor those who have fallen in battle. Our bassist, Kaden Clouston, will accompany Taylor and also support Mr. Kim's electric guitar solo. (We are still looking for a good drummer.)

The Junior Band will put on a performance of *Ode to Joy*, by Beethoven to celebrate the Allies victory. Although most of the members have only been playing their instruments for only one month, they are ready to show off their virtuosity.

The Senior Band will accompany the audience with their version of *O Canada*.

We hope that all in attendance will enjoy the performances.

## ***SCHOOL PICTURES***

We received our school portrait proofs on Friday afternoon and they will be sent home on Monday, October 31st. Please be sure to return your proof orders by the **Order Due Date of November 7, 2011**. All orders will be shipped from the school to Lifetouch the morning of **November 10th**. Should you miss the due date, it will be necessary for you to send your proof order directly to Lifetouch.

## ***UPDATE ON GYM***

We should be able to resume use of our school gym on Tuesday, November 1st!





## Keep their smiles intact

### *Mouthguards key for kids*

**Do you and your children have smile protection when playing all sports?**

Mouthguards work like shock absorbers. They help prevent painful and costly mouth injuries.

Thousands of people every year suffer from injuries to teeth, lips, tongue and cheeks.

### **Where can you get a mouthguard?**

A mouthguard made for you by your family dentist gives the best protection and comfort.

Sporting Goods stores sell pre-formed mouthguards for you to fit at home.



*If your children play sports, be sure to get proper mouth protection for them. Mouthguards can help prevent painful—and costly—mouth injuries.*

## Maintaining the energy

### *Children need meals or snacks throughout the day*

To give your child energy and nutrients throughout the day, encourage them to eat a meal or snack every 3-4 hours. Snacks can be very simple to make, and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Some easy snack ideas include:

- Berries and yogurt
- Apple and peanut butter
- Whole grain crackers and cheese
- Red and green peppers with hummus
- Half a sandwich and milk
- Fruit salad and almonds

To make a healthy snack the easy choice keep sliced veggies and fruit in the fridge!

Here's a simple recipe:

#### Yogurt Parfait

$\frac{3}{4}$  cup (175 mL) low fat yogurt

$\frac{1}{2}$  cup (125 mL) fresh fruit or berries

$\frac{1}{2}$  cup (75 mL) high fibre cereal

**Directions:** Mix together or layer in a cup



*Consult Canada's Food Guide for ideas on snacks for your kids. But you can never go wrong with an apple...*

For more information and snack ideas please visit [www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf](http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf)

## Dancing and exercise: Natural partners

Here are some dance-related activities that can give you and your friends a workout while having fun...

- Start the music and move around the room to the beat.
- Mirror the movements of a partner.
- In a big group, all members of the group can try to follow the movements of one leader.

- Each leader can choose how the others will move for 16 beats of music.
- Move in a way that works out your heart.

Is your face red?  
Are you breathing heavy? Are you having a hard time holding a conversation? These are all signs you are working hard!





presents

# Celebrate

YOUR COMMUNITY SPIRIT

## Indus Community Dinner

Thurs Nov 24<sup>th</sup> at 6.30 pm

FOOD, FUN & MUSIC!

Indus Recreation Center

*Fully catered dinner followed with music by*

*"Music in HD"*

*Everyone is welcome! No charge*

*Please RSVP by Nov 10<sup>th</sup> to [Sinand](mailto:Sinand@indus.org) on 207-7093*