

Indus School

SPIRIT



Some Pertinent Information Regarding Indus Today
Parent Newsletter

Volume 12, Issue 3

Student Count 239

FOOD BANK DRIVE

Indus School will once again be participating in a local Food Bank Drive, beginning the week of April 30th. If you would like to participate, we are asking students to bring the following items on the following days:

Mon., Apr. 30—Breakfast Items

Tues., May 1—Lunch items



Wed., May 2—Supper items

Thurs., May 3—Snacks

Fri., May 4—Miscellaneous items

We receive a good balance of items when we do it this way. However, we will gladly accept any donation on any given day.

Thank you very much for your support of this very important cause.

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OUR MISSION

THE PURPOSE OF INDUS SCHOOL IS TO BUILD IN STUDENTS A MULTIFACETED PERSONAL FOUNDATION TO CARRY THEM SUCCESSFULLY THROUGH LIFE.

THANK YOU TO OUR WONDERFUL PARENTS

The Indus School staff would like to say a heartfelt thank you to the many parents and School Council who recognized us during Staff Appreciation Week, by donating baked goods, candies, fruit and veggie trays, the chocolate fountain, the wonderful lunch on Thursday, gift

cards, flowers, raffle items and other edibles, too numerous to mention.

We are very fortunate to be part of the Indus community, and we thank you for all that you do for us!



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GRADE 7 POETRY

The Grade 7s completed a number of interesting poetry assignments in March. One memorable project involved the students doing some stream-of-thought,

non-stop writing on the topic of sandwiches. Then they went back through their work and found a "gem" to turn into a poem. The poem included exam-

ples of figurative language that we had learned about in class. The poems showcased the Grade 7 students' creativity and talent. Way to go!

GRADE TWO MUSHERS RACE THEIR WAY TO NOME!

The excitement was on high speed this month as the Grade 2 students closely followed the Iditarod Trail Sled Dog Race of 2012. Students chose and cheered on their favourite musher on the 1500km trail from Anchorage to Nome, Alaska. Students learned about the sport, the history of the race and the dogs by completing research projects, reading musher blogs and watching insider videos that were uploaded daily from the trail. First place winner of the race went to Dallas Seavey, which was Ty Hetchler's musher. He is the youngest musher to ever win the Iditarod and is the third generation in his family to race. Second place went to Quentin Silvester's musher, Aliy Zirkle. The Grade 2 students celebrated the end of

the race with a classroom party, ice cream cake and prizes. We also had a special visit from Indus community members Chris and Liana Buesseker. They were nice enough to bring three of their very own sled dogs to our school for students to meet and demonstrated hooking the dogs up to their sled.

Please stay tuned in April for our upcoming Boats and Buoyancy unit in Science.

Students will be designing, testing and making modifications to their own boats. Please talk with

your child over the Easter break about the materials they would like to use to build their boat.



Picture: Carter and Tiffany with Chris and Liana Buesseker and their sled dogs.

SCHOOL COUNCIL NEWS

School Council Executive meets on **April 23rd at 6:00 p.m. followed by the General Meeting starting at 6:30 p.m.**, at the school. Please come out and join us for the General Meeting.

School Council Chairs will meet on April 19, at the next Joint

Board/School Council meeting. The meeting will run from 5:30 pm – 8:00 pm at the Education Centre. This will be an opportunity to network with other school councils. The meeting also will feature a professional learning component, with four concurrent sessions dedicated to

emerging technologies, including:

- PowerSchool
- Moodle
- Mahara & EPearl, and
- SC Webportal.

LIBRARY NEWS

Book Fair I am typing this as we are about to begin our Spring Book Fair. By the time you read this, I am sure we will have another hugely successful book fair in the record books! Once again, thank you to our amazing Indus families for the support of literacy.

Aren't we all ready for spring?? We have Easter books and spring books on display this month, and I'm anxious to get the soccer and baseball books featured. We based our Book Fair theme on the 100th anniversary of the Titanic tragedy, and I

have several great books – both fiction and non-fiction – featuring the Titanic in our library.

Reading – Give it a Shot! Congratulations to the Grade 4, 5 and 6 students who have done so well in their *Reading – Give it a Shot!* program and earned Calgary Flames bookmarks. I have extended the finish date until April 21 for students to finish earning their bookmarks, so keep reading!

The next Book Event will be our annual Used Book Sale in June. If you are spring cleaning and have

books in good shape with which you are finished, save them for our sale. All books sell for 25 cents each so that everyone can have something “new” to read for the summer. Everything from board and picture books to chapter books for tweens and teens, as well as adult novels are welcome. Just please don't send them to school until June!

Talk to your child about what they are reading, and tell them what YOU are reading! Don't forget to read with and to your kids over the Easter break.

SCHOOL FEES FOR 2011-2012

You will have recently received a notice of any outstanding school fees for the current school year. Please be advised that I am required to send a list of all outstanding fees to Rocky View Schools by mid-April.

If you are unable to pay these fees at this time, please call the school office at 403-936-5855 to make alternate arrangements.

If you qualify for the GST rebate on your Income Tax form, you automatically qualify to have

your school fees, as well as transportation fees, waived.

Thank you for your attention to this matter. If you have any questions, please call the school office.

GREETINGS FROM THE GRADE 1 CLASSROOM!

We have had a fantastic March, and while it does not feel anywhere close to spring, I am sure it is on its way. Our class has been very excited this month corresponding with a leprechaun named Mr. Blarney. He wrote to us and encouraged the Grade 1s to try and capture him. However, he warned us that many had tried before. The Grade 1s excitedly set into motion a plan to capture this leprechaun. We wrote him letters asking him all sorts of questions ranging from “Where do you

live?” to more of an interrogating question like, “Where do you get your information?” One student wrote, “Are you hiding in the walls?” Another wrote, “How do you know what we are doing in the class?” We predicted that Mr. Blarney liked gold so in Art class we made pots of very shiny gold to entice him into our room. In Science, we built traps to catch him once and for all. Unfortunately, Mr. Blarney was a very old and wise leprechaun who told us that a leprechaun knows the differ-

ence between real and imitation gold!

In April, the Grade 1s will be exploring ways we can make our community and world a better place to be. This will tie into Earth Day which is on April 21st.

Please remember to have your children read their AR books every night. Some students are forgetting and need that extra reminder. Reading with your child is the best way to improve their literacy skills.

DO I HAVE A SAY IN MY EDUCATION?

The Grade 5 students took a different approach to learning this month. Small groups were given a few pages of our recent Social Studies Chapters and had to present their information to the class. Students were excited to take responsibility for their own learning and did a wonderful job presenting and asking and responding to the question their groups had created.

After all groups had presented, they had the opportunity to give input in how they would be evaluated by themselves as well as their peers. The class learned how to create a rubric to fairly

evaluate each other's performance. Everyone had an opinion about what was important and on which skills they wanted to be graded. After we decided what they would be graded on, they learned how difficult it is to evaluate yourself fairly. Through this experience, students learned how important it is to be self-reflective, to be responsible for their own learning and how to fairly evaluate themselves and their peers.

Here's how a few students felt about this experience and how it will help them in the future.

~ "When I presented, it gave me

an idea of what it's like to be a teacher." Emily
~ "I like to be able to say something about my education because it makes me feel responsible because other people were depending on my work." Oliver
~ "I like to work in the smaller groups, and it helps me to achieve something with others." Alana

~ "When you are older, if you know you are not doing your job well, you have the tools to improve whatever you are doing poorly." Carley

KINDERGARTEN NEWS

March brought Easter activities to the kindergarten. *The Country Bunny and the Little Golden Shoes* is always a favourite book to share at this time of year. Du Bose Heyward wrote this beautiful story in 1939. A cottontail dreams of being the Easter bunny but the wise grandfather bunny chooses only the kindest,

swiftest and most clever bunnies to do the job. With funny country clothes and twenty-one cottontail babies to take care of, Cottontail's dreams quickly dissolve. This children's story touched our hearts with its lessons on perseverance, discrimination, kindness, organization and the joy of giving.

Thank you very much to the wonderful parent volunteers that assisted with decorating eggs in the Kindergarten. Happy Easter!

MAD SCIENCE VISITS GRADE 4

We were excited to discover more about our past in Alberta. Mad Science allowed the students to act like paleontologists by digging through sand to discover dinosaur fossils. After trying to arrange skeleton parts into a body, the students were allowed to keep a fossil. Not a real fossil, but the large tooth sure looked like one. After painting it with coffee, the shark

tooth really looked authentic. The majority of students carefully wrapped his/her tooth with about a box of Kleenex and a roll of tape. Of course then many of them needed to test this protection by dropping the tooth from standing on a chair to prove it would not break. A couple of the boys also tried to dare others to drink the coffee.

This is what being nine is all about!

We also held our school Spelling Bee in March. Our class was represented by Ethan, Samantha, Riley B., and Navdip. Navdip and Riley B. both made it to the finals, competing against a Grade 8 student. Awesome job everyone!

MMMUFFINS ANYONE??

The PEAK class held another tasty fundraiser on March 22nd! We baked banana chocolate chip, chocolate, and blueberry muffins. Students lined up around the block and we actu-

ally sold out!! Thank you so much Indus for your support!

Our Food Business is helping us to purchase some items for our classroom as well as for the Resource Department. It is such a

great experience for the students to plan and implement the various food specials! Next month we will be having another Hot Dog Sale on April 25th.

Enjoy your Easter Break!

A ROCK AND ROLL APRIL

The Grade 6s are rocking on to a melodic Spring this month. Not only have they been participating in the school Rock Band, but they will be learning about the various types of rocks found around Indus for their project on the environment. This is the time of year when the snow melts,

revealing the beauty of the flora and fauna of Indus. Not only will they do a lot of digging to discover the treasures that lie beneath the soil in their community, but they will be singing Rock songs outdoors to the guitar strumming of their teacher, Mr. Kim.

If you would like to volunteer for this active, research-related musical event, twist your hips and give Mr. Kim a shout...and he does mean Twist and Shout. Be there, or be square!

GRADE 9 NEWS

At this point in Grade 9, we've just finished our Science unit regarding human impact on the environment. We learned about greenhouse gases, the great garbage patch, and inefficient garbage disposal systems, all of which fall under the main topic: NIMBY.

NIMBY stands for Not In My Back Yard. This refers to people's attitude towards excess garbage and environmental damage. It seems people are alright with a huge island of garbage in the middle of the ocean, so long as it doesn't affect their swimming area. All in all, this is a *bad attitude!*

As a final to this unit, as opposed to doing a test, we've been assigned a research project on waste disposal/treatment within our lives. This includes water treatment, landfills, anything of that sort. Lots of the kids in our class have really taken the initiative with this, and rather than simply preparing a power point presentation, have actually visited the site of their research.

This is awesome, it has really helped the class get involved and interested in schoolwork, and bettering the environment.



Author: Meghanne Uptigrove

Photographer: Ethan Hill

21ST CENTURY CITIZEN: CIVICALLY ENGAGED

The basics of survival tell us that the best way to survive a hostile environment is to remove oneself from that environment. When that is not an option, survival takes one of two forms: adapt yourself to the environment, or adapt the environment to you. While this gross oversimplification usually relates to life and death situations, it also holds true when looking at the society around us.

When we don't like what we see around us, or believe it could be better, we can choose to do nothing, or we can choose to tackle the problem. With our increasingly complex society,

there will be more decisions being made that will have significant impacts on our quality of life. From challenges to what we now consider fundamental freedoms, to zoning decisions, to the manner in which we treat our most needy citizens, the policies, legislations, and social programs will reflect the values of the decision makers. The civically engaged citizens will be those decision makers.

It is essential our students learn to be engaged in the community of which they are a part. To do so, the students are learning to look at the possible implications of decisions, the value

of proactivity, and how citizens can be involved in making the world a better place. It is inspiring to think that the lessons our children attend in Social Studies, Science and Language Arts could be instrumental in shaping our local, provincial, national, and even global futures.

It will be exciting to see how today's students apply what they know to adapt the social, economic, and political environment to meet our needs. Let's just hope they don't simply go along with everyone else, thus adapting themselves to the environment.

INDUS SPELLING BEE

Indus School has some terrific spellers! We witnessed their abilities on March 14 at our Indus School Spelling Bee! Each class from grades one through nine narrowed down their contestants to a select three or four to compete at the finals. This allowed the opportunity for students from Divisions One, Two and Three to compete against each other. There were some exciting moments when Claire from Division One advanced to compete against spellers from

Division Two. And then Riley and Navdip from Division Two showed amazing skills as they both advanced to give Division Three spellers a few fantastic rounds!

Finalists from each grade were:

Gr. 1: Eli, Marley & Liv

Gr. 2: Tiffany, Kolten & Quentin

Gr. 3: Hailey, Mckinley & Claire

Gr. 4: Navdip, Riley, Ethan & Samantha

Gr. 5: Emily, Jaden & Marla

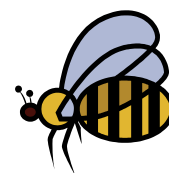
Gr. 6: Darren, Caleb & Amy

Gr. 7: Josiah & Ethan

Gr. 8: Carm, Kareem & Neesha

Gr. 9: Kaden, Laurel & Blake

Congratulations to our Indus School Spelling Bee Champion—Carm, in Grade 8!



DATES TO REMEMBER

Apr. 2-9 Easter Break

Apr. 10 Students return to school

Apr. 12 MS Read-a-thon Assembly
Watch for more info.

Apr. 16 6:00 pm Council Exec.

6:30 pm Council General

Apr. 17-20 Gr. 6 Outdoor School

Apr. 18-21 Calgary Youth Science
Fair

Apr. 24 C02 Heats

Apr. 25 PEAK Hot Dog Lunch

Apr. 27 C02 Finals

Apr. 30 Food Bank Drive Breakfast

Servings, portions and your plate

Use the Healthy Plate model to divide up your meals

A **serving** is an amount of food based on Canada's Food Guide. Canada's Food Guide recommends a specific number of servings from each of the four food groups depending on your age and gender.

A **portion** is the amount of food you may eat at one meal.

Portions of packaged and restaurant foods have increased almost five

times in the last 20 years!

So, how do you watch your portions at meal-time? Try using the healthy plate model.

Fill your plate with:

- $\frac{1}{2}$ vegetables and fruits
- $\frac{1}{4}$ grain product (choose whole grains)
- $\frac{1}{4}$ meat or alternative



A Healthy Plate

Balance your meal with a glass of low-fat milk and a piece of fruit for dessert.



A glass of low fat milk provides balance for any meal.

For more information please visit:

- www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- www.albertahealthservices.ca

Help your smile ... say cheese!

Eating a piece of cheese after a meal or snack will help protect your teeth from cavities.

Here's how:

- Contains nutrients that protect your teeth against cavity causing acids.
- When you eat cheese you make more saliva which helps rid your mouth of sugar.
- Saliva helps the minerals in your teeth stay strong.



A simple piece of cheese contains nutrients that help protect your teeth against cavities.

Some facts about HPV vaccination...

What parents of preteens/adolescents should know about the HPV vaccine...

- Human Papillomavirus (HPV) vaccine is nearly 100-per cent protective against four types of HPV that cause 70 per cent of all cervical cancers and 90 per cent of genital warts.
- HPV vaccination is recommended for everyone aged 9 to 26.
- Provincially-funded for girls in Grade 5.
- HPV vaccine cannot cause HPV
- HPV is a highly contagious sexually transmitted infection.
- Ideally, you should get vaccinated before becoming sexually active.
- HPV is not curable once you are infected.
- HPV infects 75 per cent of people over their lifetime.
- People aged 15 to 24 have highest rates of HPV infection.

Don't delay; get your child vaccinated today! For more information, please contact your local public health nurse or visit: <https://myhealth.alberta.ca>

For more information about the above, or any other health-related topic, please visit www.albertahealthservices.ca

kidchealthnewsletter@albertahealthservices.ca