

SPRIT

March
2017

Some Pertinent Information Regarding Indus Today

Be Allergy Aware - pg 2
Dodge the Fees winner - pg 8

First Student (Bussing)

Ride-along (before
noon):

403-948-9107

Late Bus Line:

403-250-0016

Questions or Con-
cerns?

403-948-1180

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MARCH EVENTS

March 7	Workplace Safety presentation Gr. 7-9 (9:30)
March 8	Gr. 7-9 Skiing at Nakiska
March 10	Gr. 7-9 <i>Leading Change</i> presentation (11:30- 1:00)
March 10	Gr. 7-9 early lunch break
March 12	Daylight Savings Time starts
March 13	CHS Band performance (11:00)
March 14	Hot Lunch (Pizza)
March 15	Kathryn students here to work with Grade 6 class
March 17	First Kindergarten Friday
March 17	Report Cards go home
March 20	Professional Learning Day (no school for students)
March 21 -24	Kindergarten - Grade 6 Skating
March 21 - 24	Staff Appreciation Week
March 21	Grade 9s tour CHS (1:00-2:00)
March 22	Jr. High Peer-to-Peer career preparation presentations
March 23	Staff Appreciation Luncheon (11:50 - 12:30)
March 27	Term 2 Awards Ceremony (2:30 - 3:15)
March 28 - 31	Grade 6 Outdoor School
March 28	Hot Lunch (Subway)
March 28	School (parent) Council & Society meeting (6:30)
March 29	CHS Counsellors at Indus to help Grade 9s with course selections (12:30 - 2:30)
March 30	Joint School Board / Council meeting (5:30 in Airdrie)
April 1	DUELING PIANOS fundraiser (7:00 at Indus Rec Centre)

ALLERGIES AND INTOLERANCES

Some differences between a Food ALLERGY and a Food INTOLERANCE

It's pretty common to have a reaction to a certain food, but in most cases it's an intolerance rather than a true allergy. Why does it matter? Although they may have similar symptoms, a food allergy can be more serious.

Food Allergy:

- Usually comes on suddenly
- Small amount of food can trigger
- Happens every time you eat the food
- **Can be life-threatening VERY Quickly**

Food Intolerance:

- Usually comes on gradually
- May only happen when you eat a lot of the food
- May only happen if you eat the food often
- Is not life-threatening

Often Shared Symptoms:

A food allergy and an intolerance both can cause:

- Nausea
- Stomach pain
- Diarrhea
- Vomiting

Different Symptoms

When a food irritates your stomach or your body can't properly digest it, that's an **intolerance**. You may have these symptoms:

- Gas, cramps, or bloating
- Heartburn
- Headaches
- Irritability or nervousness

A food **allergy** happens when your immune system mistakes something in food as harmful and attacks it. It can affect your whole body, not just your stomach. **Symptoms may include:**

- Rash, hives, itchy skin, puffy and or runny eyes
- Shortness of breath
- * Chest pain, Runny Nose, Constant Sneezing

At the first sign of a reaction, an antihistamine should be given right away.

Once a child is showing 2 or more of any of these symptoms after the initial antihistamine is given, this is now considered a medical emergency and epinephrine should be administered and 911 called immediately. Please note a child may not seem in distress at this point but his or her body is!

Severe (life-threatening) reaction:

- A sudden drop in blood pressure,
- Swelling of mouth and or tongue,
- Trouble swallowing
- Trouble breathing on its own

Administer epinephrine (Epipen) and call 911 immediately.

As parent's we are responsible for what our children bring to school. Although most of us do not have to live with either a food intolerance or food allergy in our home, it is our responsibility to realize and learn about the children in our classroom that do. Peanut and nut allergies are the most common food for fatal instances among children with allergies. We would never send our child to school with a deadly weapon knowing the circumstances of which could happen. Sending nut and peanut products into a classroom with a severe allergy to them is NO different. Please take time as a parent and a lover of children to obtain more awareness to these issues. Learn and respect these cases as if they were your own. The last thing anyone wants is a tragedy in their school, especially one that is 100% preventable.

*** Please learn the facts, look for the signs and help keep our classrooms SAFE!***

Video Links

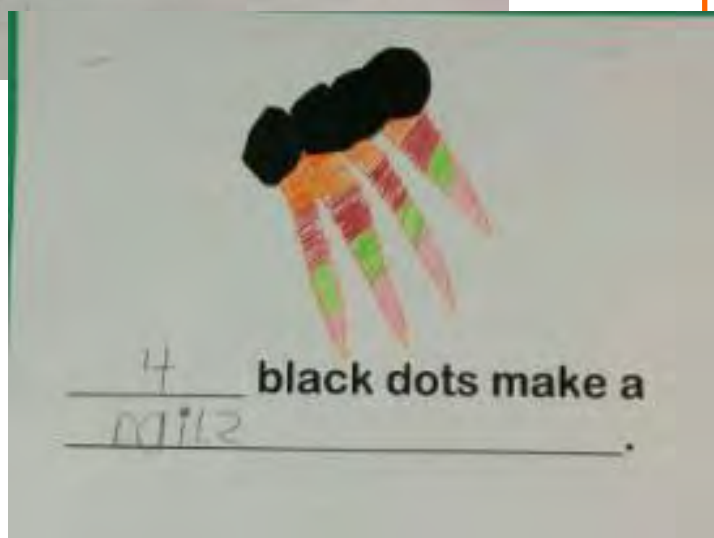
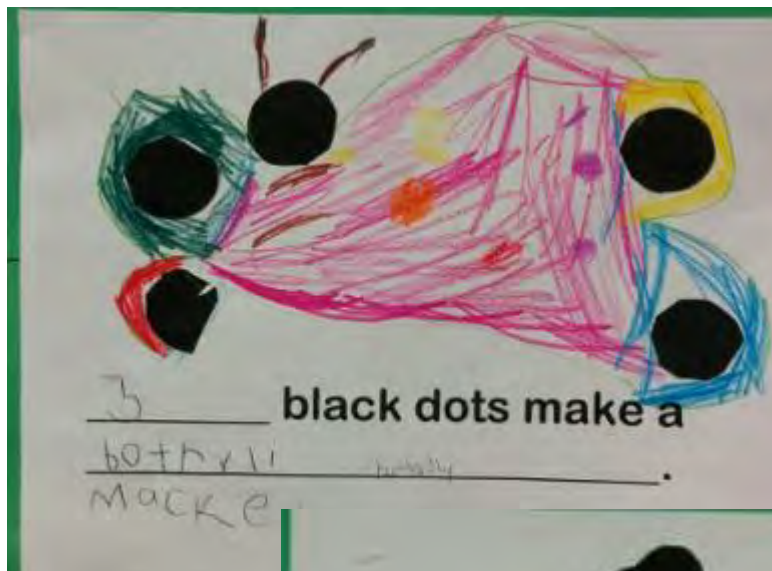
The Dangers of Allergies: https://youtu.be/AE9pqhX_c0g

Anaphylaxis Awareness: https://youtu.be/Nd-XV4f_78o

The Science of Anaphylaxis: <https://youtu.be/sX97LcDpgzo>

10 BLACK DOTS IN KINDERGARTEN

This month in Kindergarten, we continued to explore numbers and the different ways to represent them. We read a book called 10 Black Dots which shows how to use the black dots to create various pictures of real life objects. We brainstormed many different things and ways to use black dots if we made our own pictures and the Kindergarten students were very creative and enjoyed this process very much! After some creative drawing and looking up ideas together, the children were to use as many black dots as they needed to create their own work of art! I was blown away by some of the artistic pictures that they came up with! We have a bulletin board with everyone's masterpieces hanging outside our room, so please come check them out! It is always so much fun when we integrate our subjects together to create a fantastic project that the children have fun with!



FROM THE LEARNING COMMONS...

Reading – Give it a Shot! We are more than halfway through this literacy program for Kindergarten and Grades 1- 6 students. How exciting it is to earn those Calgary Flames bookmarks! Different grades earn their Flames cards by accomplishing reading goals. The program will run until Easter Break on April 13th .

March Themes at the library include the Iditarod sled dog race (we have books about Huskies, dog sledging, life in the north, etc.), as well, as Lions and Lambs (by the time you read this, we'll know if

March came in like a lion or a lamb!)

Literacy is everywhere! Have your kids help you with everyday tasks like grocery shopping, finding a place on a map (Google maps, too!), putting coins in the car wash, cooking, baking, etc. Writing and reading a shopping list or a recipe are excellent practice of reading and math skills. Ask your child to figure out which orange juice or loaf of bread is the better deal. If you look, you can find learning opportunities in everything you do.

GRADE 1 - LOVE IS...

The month of February brought additional love and kindness to the Grade 1 classroom. At our literacy centre, students designed loving Valentine's Day cards for family and friends and created a classroom book titled: Love is...

In Science, we learned that we perceive our surrounding world through our five senses. Can we perceive love through our senses? What does love look like? Can we hear love? Is it possible to taste or smell love? Can one physically feel love?

In the hearts of children,

Love is...

Love is when my mom has a new born baby. I love the smell of the new born baby. RC

Love is going down to Grandma's place and when I get there I give her a hug. AO

Love is when my mom and dad cuddle me when I am sad. SV

Loves is when my mom bakes cookies with me. I think they taste good. RC

Love is seeing my mom and dad and my sister at night. SH

Love is when my sister tickles me. SH

Love is when I see Grandma. EJ

Love is when my dog comes home after a haircut and licks me. LF

Love is when I see everybody on Christmas day. My mom makes pancakes in my letter "L". LW

Love is when I taste my Nana's fresh cookies. RR

Love is when Grandma makes me breakfast when I am at their house. She makes me pancakes. AL

Love is Dad tickling me. I laugh! RM

Love is being with my family. ZM

Love is when my Grandpa comes off the plane and we all jump off the plank and we all hug him! AB

Love is smelling my Grandma's cookies when I come home. EJ

Love is sharing my ideas with the class, being with the class and being with my friends. But most of all, being with Miss Char and Mrs. Burris. VW

Love is when my mom and dad take me to BP on my birthday and I smell the fresh pizza. OD

Love is when Ante and Easton are nice to me. DA

Love is a puppy. We went to a puppy store. We lift him up. AM

Love is when it is bedtime and my mom tickles me. DJ

Love is when I go into the plane and come out of the plane. I go into my Nanny's house and I smelled cake. I said to Nanny, "Are you cooking cake?" She said, "A celebration cake because you came to visit!" AA

Love is when I wake up in bed and smell pancakes. KC

Love is when I go with my family and we go skiing. RR

HOT LUNCH

A huge "Thank you" to School Council for their tireless provision of hot lunches every other week!

Upcoming culinary delights:

March 14- Pizza

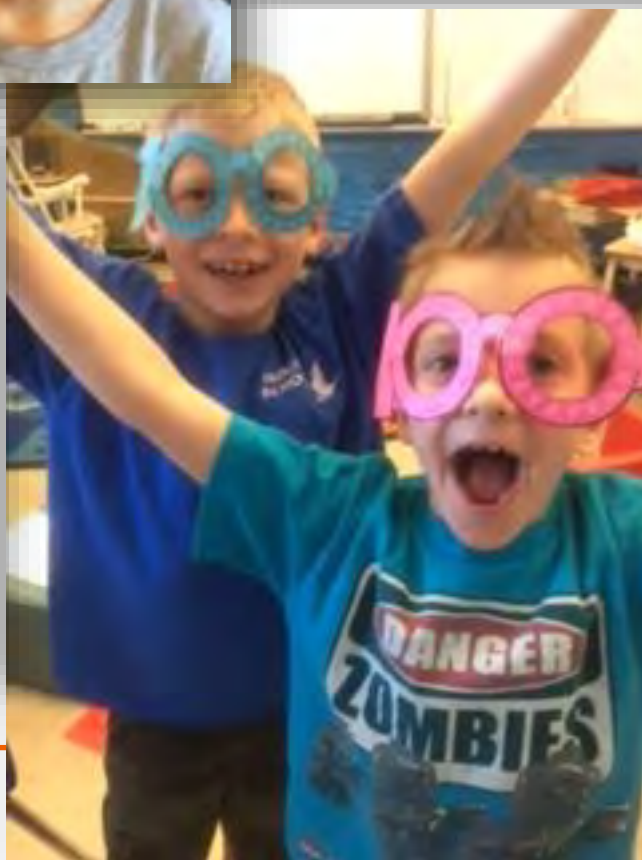
March 28- Subway

**April 13- Hamburgers/
Cheeseburgers**

April 25- Tim Hortons

GRADE 1 - 100TH DAY OF SCHOOL

One hundredth day was a huge success! We have been counting and representing the days since September using ten frames, place value charts, manipulatives and numerals! When the 100th day of school finally arrived, students took on the paper bag challenge and counted and tallied 100 items! They represented 100 with stamps and stickers and wrote about something they would like to accomplish before they turn 100 years old or what they would do if they had 100 dollars! It was a day full of lots of learning and lots of fun!



BIENVENUE À LA 2E ANNÉE!

The Grade 2 class learned about the Acadians of the Maritimes and made Chicken Fricot, an Acadian chicken stew. Students peeled and cut carrots, potatoes, and onions. This particular group of students added all of the delicious ingredients to the stew. While the stew was cooking, students learned what all of the ingredients were in French, and also learned other French words. They had fun listening to Mrs. Yanofsky speak French and following her French directions!



FEBRUARY FILLED WITH GRADE 4 FUN!



February may have been a short month at school, but it was still filled with activities. Valentine's Day, Pink Shirt Day, Flag Day and Hundred's Day added many special events for students. Mixed in with these events, students continued to work diligently on academic projects. The Blackfoot Culture Model had the students fully engaged in Aboriginal history. Everyone was able to apply knowledge gained through our field trip to the Glenbow Museum in November. By accessing the Glenbow Museum website, students were able to learn detailed information about all parts of the Blackfoot way of life. These finished projects were very impressive!



GRADE 3 BRILLANTES



The Grade 3 students put on their construction hats and became novice engineers in February! Students used a variety of materials and techniques to design, construct and test their structures. They learned how to make a plan for building a structure and how to test their structure to make sure they meet the set for each task. Each student constructed a plasticine animal and then they used recycled materials to construct their second animal which needed to stand on it's own. Sam even used dryer lint on her dog because, "I thought it felt soft and that is what a dog is like!" Some students were frustrated trying to keep their animals together, but that's part of the fun of building! Learning that certain tools are suitable for particular tasks and how to use them effectively is all part of the building process. Can you tell what each animal is?



MODERN ART, THE TECHNOLOGICAL WAY

Technology art is common in our world. Graphic designers, those in the film industry and advertisers are just a few professions that depend heavily on an ability to create computer art. Our Grade 5s took their shot at creating a digital piece of advertisement, with some of their pieces looking as good as the pros. They used Photoshop, Paint.net and Paint to import, modify and add to existing images. If you ever need anything advertised, consider hiring a Grade 5 student.



DODGE THE FEES CONTEST WINNERS

Thank you to all parents who have used School Cash Online for school fees and various field trip fees!!

Our "Dodge the Fees" contest was held once again this year. We had 74 eligible families entered. They:

- paid their school fees using School Cash Online by the February 28th deadline, and
- returned their "Back to School" forms in September.

As of March 2, 2017, we are pleased to announce that the Wight family's name has been drawn as the winner this year. We congratulate Lynsey, Marc, Alivia, and Kenzie. Their family will be receiving a refund for the Instructional Resource Fees they paid this school year!

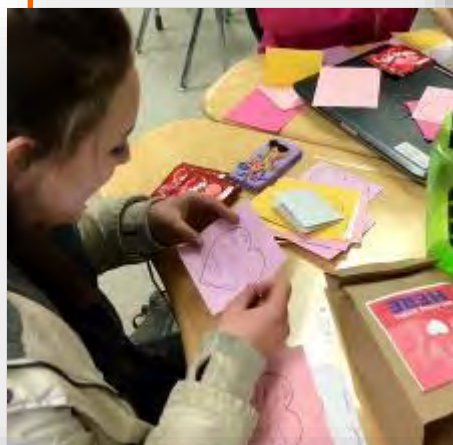


GRADE 5 & 6 CURRENT EVENTS & MAPPING

Grade 5 and 6 students meet once a week for an hour to discuss current events and hone their mapping skills. Could you label a map with Malaysia, Indonesia, Myanmar, Taiwan, Brunei, and Singapore? These students can! Right now we are exploring the countries surrounding the South China Sea. Do you know that China has created several man-made islands in order to claim more of the fishing grounds in this area of the world? Who owns oceans? Each month we investigate a new area of the world.



PINK SHIRT DAY



Pink Shirt Day is a day for Canadians to show their support for the campaign to end bullying by wearing pink. This year's Pink Shirt Day took place on February 22nd, 2017. Knowing that we would not be at school on February 22nd, Indus School students stood against bullying by wearing pink on February 14, 2017.

The 2017 Pink Shirt Day campaign slogan encouraged everyone to "Make Nice". We all have the capacity to be kind and compassionate. No matter what our differences, being nice is always a choice worth making.



With this slogan in mind, Indus School students demonstrated their kindness to one another on February 14th by participating in a "bucket-filling" activity, filling each other's buckets with supportive words and compliments.

JR. HIGH SCIENCE: GRADE 8 “EDIBLE” CELLS

It's that time of year, Edible Cells were made and eaten by the class. They are a wrap up activity where students are tasked with demonstrating their knowledge about the arrangement of the parts of a cell, either plant or animal. Here are two fine, and creative, examples of cells eaten in class.



JR. HIGH SOCIAL STUDIES

This month the Grade 7-9s have been working on current events presentations. They have been tasked with finding a news story that will enable them to demonstrate critical thinking. We are fo-

cusing on separating the issue (or big picture) from the specific event, and then creating a meaningful discussion question from that issue. So far the students have been researching their stories and inquiring

into the issue they wish to explore. It has been interesting to see a mix of local, national, and international news stories. The Grade 7-9s have been working enthusiastically, and are developing their thinking skills.

A MEMO FROM A.H.S. REGARDING MUMPS

School Memo re: Mumps

To: Students, Parents and Staff of Alberta Schools

From the Alberta Medical Officers of Health Date: 2017-Feb-21

Outbreaks of mumps in Manitoba and the United States in the past several months are a reminder that vaccine-preventable infections, including mumps, are still a risk to health, including here in Alberta. To reduce the risk to your child, and our communities, we need to ensure as many Albertans as possible are up to date with their mumps immunization. This includes yourself and your children.

Mumps is a contagious viral infection that can often cause swelling and pain in the jaw (one or both cheeks may look swollen). Some people with mumps won't have gland swelling, and some may feel like they have a bad cold or influenza instead.

Mumps is spread when an infected person coughs or sneezes near you or shares food or drinks with you. A person with mumps can spread the virus seven days before and nine days after symptoms start.

Although it is most likely to spread the virus one to two days before and five days after symptoms start showing.

Although mumps usually goes away on its own in about 10 days, in some cases, it can cause serious complications that affect the brain (meningitis), the testicles (orchitis), the ovaries (oophoritis), or the pancreas (pancreatitis). These complications can have life-long effects.

Mumps can be prevented through immunization (vaccine).

The MMR (measles, mumps, and rubella) vaccine, and the MMRV (measles, mumps, rubella, and varicella [chickenpox]) vaccine, both protect against mumps. Most children get these vaccines as part of their routine childhood shots. The first dose is given at age one, and a second dose at age four.

The vaccine is safe, and is also effective. Before the mumps vaccine existed, mumps was a common childhood disease in Canada and the United States.

Protect yourself and your children:

1. Check your own and your children's immunization records to be sure that you and your children are up to date on your vaccines. Call Health Link (811) if you are unsure how to find or check your immunization records, and/or to learn how to make an appointment for immunization. Mumps-specific recommendations include:
 - Children should receive one dose of vaccine at 12 months of age, and a second dose between four years and six years of age. By the age of six, all Albertan children should have received two doses of mumps-containing vaccine.
 - Adults (18 years of age and older) and born in 1970 or later should have at least one dose of mumps-containing vaccine. (Note: two doses are recommended for post-secondary students of this age and for all healthcare workers)
 - Those born before 1970 are assumed to be immune due to the fact that mumps was extremely common prior to vaccine being available. (Note: one dose is recommended for post-secondary students of this age; two doses are recommended for all healthcare workers).
2. Anyone with symptoms of pain on chewing or swallowing and/or swelling of the cheek or jaw should

MUMPS CONTINUED

call Health Link (811) or a doctor to book an assessment and consideration of testing. If you think that you or your child has mumps, be sure to call ahead and explain the symptoms before you go to a doctor's office.

3. Anyone with symptoms as above should stay home from school/work for 5 days from the start of swelling.
4. To prevent spreading infections, always:
 - Practice good hand hygiene – wash hands often with soap and water, or use alcohol hand rub.
 - Avoid sharing items that could be contaminated with saliva, such as water bottles, drinking glasses, utensils, etc.
 - Clean and disinfect surfaces that are touched often (e.g. door handles).
 - Cover coughs or sneezes with a tissue or a forearm, not your hand.

For more information on routine childhood immunization, and the diseases that these immunization prevent, visit www.immunizealberta.ca.

We thank you for your collaboration in keeping Alberta's children, and our communities, healthy. Sincerely –

Dr. Albert de Villiers, North Zone Lead Medical Officer of Health
Dr. Chris Sikora, Edmonton Zone Lead Medical Officer of Health
Dr. Deena Hinshaw, Central Zone Lead Medical Officer of Health
Dr. David Strong, Calgary Zone Lead Medical Officer of Health
Dr. Vivien Suttorp, South Zone Lead Medical Officer of Health

Dr. Wadieh Yacoub, First Nations and Inuit Health Branch
Medical Officer of Health

SUNDOG AT INDUS



A sun dog (or sundog), mock sun or phantom sun, meteorological name parhelion (plural parhelia), is an atmospheric phenomenon that consists of a bright spot to the left and/or right of the Sun. They often occur in pairs, one on each side of the Sun.

This picture, looking out over the playground, was taken by Mrs. Wood on the morning of January 12.