



# Chris Akkerman School

May 2012

## Principal's Message



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Each morning and after school, the road in front of the school and the alley by our school are crowded and very busy. Student safety is compromised by the volume of traffic and it is important that parents are careful when dropping their children off at the school. With the announcement of increased Transportation fees for Alternative Programs, we have been monitoring the traffic around our school at the prime drop off and pick up times. We are concerned that more parents may decide to drive their students next year increasing the volume of vehicles further compromising the safety of our students. Parents, we are encouraging you start practicing safety with your child now in preparation for the fall. Please encourage your child to always cross at the crosswalk when you drop them off at school or better yet, cross the street with them to ensure they arrive on the school grounds safely. I am hoping that most parents will continue to use the buses to ensure their children get to and from school safely.



April 22<sup>nd</sup> was Earth Day. Our students brought "Litter-Less" Lunches for the week following Earth Day. Teachers and students reviewed the lunches brought to school each morning and discussed how to decrease the amount of litter created. As the week progressed there was less garbage and litter overall. It truly demonstrated how a little change from everyone can have a big impact. Also on April 23<sup>rd</sup> we joined other CBE schools and worksites shutting off lights for an hour in classrooms and the Office area. Thank you to our Environment Club student and teacher leaders for planning activities, advertising actions and reminding us of our responsibilities to take care of our planet.





If you visited the Book Fair during the March interviews, you know that there was a great selection of books. Mr. Bowen was kept very busy with parents and children visiting the Book Fair and adding purchases to their home libraries. It is always exciting for teachers to see that books are valued at home as we know that good reading skills are developed through practice at home in addition to instruction at school. At the March Book Fair purchases totalled \$4000.00! That will translate into many new books for our School Library. Thank you to our parents and students for supporting the Library. A HUGE thank you goes out to Mr. Bowen for organizing, setting up and being the leader for the Book Fair. Thank you also to his team consisting of Ms. Keashly, Ms. Ehrlich and Mr. Herman for their work at the Book Fair during the March interviews.

Planning for the upcoming school year has been a focus over the past few weeks. Our Admin Team and teaching staff have discussed school organization: number of classes at each grade and teaching assignments. Decisions about calendar and school hours are made in conjunction with other schools due to transportation. We hope to review the draft of next year's calendar and school hours as well as the school enrolment and the organization of classes for next year at our next School Council Meeting. The April School Council meeting was re-scheduled to Monday April 30<sup>th</sup> to accommodate the Provincial Election. Our May School Council Meeting will be on **Monday May 28<sup>th</sup> at 6:00 PM** in the School Library.

**ਸਕੂਲ ਕੌਂਸਲ (School Council)**

**ਸੋਮਵਾਰ MONDAY MAY 28<sup>TH</sup> @ 6:00 PM**

## Virtue for May: RELIABILITY

Reliability means that others can depend on you. You do what you say you are going to do without reminders. You keep your promises. You can be counted on to do your best at every task or job.

### What you can DO to show RELIABILITY:

- ❖ If you borrow a library book, you return it on time without a reminder.
- ❖ Arrive for school, clubs, and teams on time.
- ❖ Do your chores at home without reminders.



### What you can SAY to show RELIABILITY:

- ❖ "I promise to do my part on this project. I always keep my promises."
- ❖ Let's make a plan so we use our time wisely and finish this task on time."
- ❖ "You can count on me!"

## Pajama Day: Thursday May 17<sup>th</sup>, 2012 No Uniforms



Ever woken up in the morning and thought "Wouldn't it be nice to be comfy and stay in my pajamas all day?" Well - May 17<sup>th</sup> is the chance for students and staff at our school to do so. Our CAVA student leaders and their teacher sponsors have planned a Pajama Day. CAVA points will be earned by all students wearing their pajamas on May 17<sup>th</sup>.

## Provincial Achievement Tests: May & June 2012

We are approaching a busy time of year for our Grade 3 students who are preparing for the upcoming Provincial Achievement Tests. Parents can help out by ensuring that children get a good night's sleep the night before the test and eat a healthy breakfast in the morning. Interested parents are advised to visit Alberta Education at the link below to get further information about the Achievement Testing Program and an idea of the types of questions that will appear on the exams. The Provincial Achievement Testing Parent Guide and a 10 minute video (*be patient the video is very slow to load*) are also available at:

<http://education.alberta.ca/parents/resources/exams.aspx>



The tests are scheduled for 9:00 AM on the following dates:

May 2012		
Tuesday, May 15	9:00 - 10:10 A.M.	Grade 3 English Language Arts Part A

June 2012		
Tuesday, June 12	9:00 - 10:00 A.M.	Grade 3 English Language Arts Part B
Thursday, June 14	9:00 - 10:00 A.M.	Grade 3 Mathematics

## DID YOU KNOW??



**Victoria Day is a Canadian statutory holiday celebrated on the Monday preceding May 25.  
It honours Queen Victoria's birthday.**

May 24, Queen Victoria's birthday, was declared a holiday by the Legislature of the Province of Canada in 1845. After Confederation, the Queen's birthday was celebrated every year on May 24 unless that date was a Sunday, in which case a proclamation was issued providing for the celebration on May 25.

Following the death of Queen Victoria in 1901, May 24 was by imperial decree made Empire Day throughout the British Empire, while, in Canada, it became officially known as *Victoria Day*, a date to remember the late queen, who was deemed the "Mother of Confederation".

## Welcome to Kindergarten: May 24<sup>th</sup>, 2012



On Thursday May 24<sup>th</sup> at 6:30 PM, parents of next year's kindergarten students will attend a meeting welcoming them to Kindergarten. In addition to information about our Kindergarten program, we are very lucky to be part of a program called "Welcome to Kindergarten" sponsored by the Learning Partnership. Each family will receive a Kindergarten Welcome Bag as well as ideas and activities to support the children's transition to Kindergarten. In addition this year, we will have a bussing station. A bus will be parked outside providing an opportunity for parents and students to meet a bus driver. At the bus station inside the school, parents will receive information and some bus erasers. **Parents of new Kindergarten students are encouraged to attend this evening and to mark Thursday June 7<sup>th</sup> on their calendars to attend our Kindergarten Orientation evening. Both will promote a successful Kindergarten year for your child.**

## Lunchroom News



As usual, the lunchroom continues to be a very busy place and now that the warm weather is upon us, children are anxious to get outside to play. We still are reminding them to eat as soon as they come in so they can be dismissed to go outside as they do not want to stay in to finish their lunch. Perhaps, parents you could also remind them of the importance of eating their lunch before playing. Charge slips to April 20<sup>th</sup>, with the amount that is owing to the lunchroom, have been sent home. Please ask your child if they received one as we would like these cleared up as soon as possible. We will continue to accept money for your child to charge against and if there is money left in their account at the end of June, you will be contacted to see if you want it left for next year or returned to you.

You will be advised in the June newsletter of the dates we will stop selling items and be closing the kitchen.

If you have questions, please do not hesitate to call the school.

Mrs. Long

## Online Fee Payment

Most fees will be payable online for the 2012-13 school year. Look for more information in next month's newsletter.



## Grade 4 Student visit to Sir Wilfrid Laurier School & Sir Wilfrid Laurier School Open House: May 31<sup>st</sup>, 2012

On May 31<sup>st</sup> our Grade 4 classes and their teachers will visit Sir Wilfrid Laurier School in preparation for next year. Sir Wilfrid Laurier is the Traditional Learning Centre site for middle school students in Area 3. This trip always calms some nerves that our students may have about going to school with the "big kids".

At the end of the day (3:30 PM), Sir Wilfrid Laurier has invited parents of Grade 4 students to visit the school. Parents will be given a tour of the school and general information. I encourage all parents of Grade 4 students to attend. Please refer to the invitation below. The address for Sir Wilfrid Laurier is: **819 - 32 Street SE**



## SIR WILFRID LAURIER SCHOOL

### SCHOOL TOUR AND INFORMATION MEETING FOR PARENTS WITH CHILDREN ENTERING GRADE 5 IN THE TLC PROGRAM

DATE: May 31, 2012  
TIME: 3:30 pm





Ms. Thomson's grade 1's are excited that spring is here!



# calgary reads

## Books as Art, Books as Community

From an artfully arranged stack of hard-cover classics to a jauntily displayed collection of retro-cool fiction, books make great decorating accessories. With some basic tools and a little imagination, books can also be deconstructed into completely re-imagined works of art for your home. Scissors, glue, a hole punch, and a playful sense of discovery can turn an old book into a stunning sculpture.

Need some ideas? Be sure to come to the 10th Annual CBC - Calgary Reads Book Sale at the Calgary Curling Club from May 11-13, where you can see an imaginative and inspiring display of repurposed used books, as created by local art and book lovers. We'll also have some locally-built Little Free Library stands on display. These adorable tiny community libraries may just inspire you to start your own Little Free Library, right at the end of your sidewalk.

Of course, with this being the CBC Calgary Reads Book Sale, you'll find thousands of quality used books, perfect for reading, for decorating, for crafting, or for sharing with your neighbours. And since the annual book sale is Calgary Reads' major fundraiser, you'll also be helping struggling young readers find joy in reading. Everybody wins at the book sale!

### Save the Date:

10th Annual CBC Calgary Reads Book Sale  
Calgary Curling Club - 720 3rd Street NW  
Friday, May 11 - Sunday May 13, 2012

Calgary Reads is an early literacy initiative that tutors volunteers to work one-on-one with struggling Grade 1 and 2 readers in local schools. To volunteer, donate or learn more about reading, visit [www.calgaryreads.com](http://www.calgaryreads.com)



# Kids' Health

## Got a bike? Get a helmet!

According to ParentLink, wearing properly fitted, approved helmets can decrease the risk of brain injury by 88 per cent.

Here are some simple tips to keep your child safe when bicycling:

- **Make sure it's approved.** When purchasing a helmet, look for a seal of approval (usually on the inside of the helmet) from CSA (Canadian Standards Association), CPSC (Consumer Product Safety Commission), Snell, or ASTM (American Society for Testing and Materials).

- **Buy new.** Avoid purchasing second-hand helmets as the age and condition may be unknown.

- **Buy a helmet that fits your child.** Helmets often come with additional padding to adjust the fit.

- **Make sure it fits properly.** Ask your child to shake their head from

side to side—the helmet should not move.

- **Make sure your children know how to make sure it fits.** Teach your child to check the fit of their helmet every time they put it on.

- **Follow the "2-V-1 Rule:"**

- ⇒ **2** = the number of fingers that should fit between the eyebrows and the bottom of the helmet

- ⇒ **V** = the shape the straps should create around the ears

- ⇒ **1** = the number of fingers that should fit under the strap below the chin

- **Helmet-only.** Do not allow children to wear hats, large clips, headphones, etc., under helmets as they interfere with the fit of the helmet.

- **Helmets don't last forever.** Replace helmets after four or five years or after it has been involved in a



When children wear helmets, make sure it's the only thing they're wearing on their head—no hats, headphones or anything else.

crash.

- **You are the best example for your child.** Wear your own helmet when bicycling and reinforce the importance of being safe.

## Before you put it on your table, check out the Nutrition Facts table

The Nutrition Facts table can be helpful when choosing healthy foods. You can compare similar foods in the grocery store to see which is the healthier choice!

Tips when looking at the Nutrition Facts table:

- Always look at the serving size so you are able to compare the same amount of each food. Serving size is found at the top of the Nutrition Facts table.

- "% Daily Value" is a tool to help explain if a specific

Nutrition Facts Per 1 bar (35 g)	
Amount	% Daily Value
Calories 130	
Fat 2 g	3%
Saturated 0.5 g	3%
+ Trans 0g	
Cholesterol 0 mg	0%
Sodium 85mg	4%
Carbohydrate 24 g	8%
Fibre 4 g	16%
Sugars 8 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

Oat and almond chewy bar

### Comparing tables on similar foods...

- The serving size for both of these bars is the same (35 g)
- The oat and almond chewy bar has 18 per cent of your daily value for fibre (high). The mixed berry dip bar only has five per cent fibre (low).
- The oat and almond chewy bar has less fat (three per cent) and sugar (8 g) compared to the Mixed Berry Dip Bar (eight per cent fat, 17 g sugar).
- The values of vitamin A, vitamin C, calcium and iron are the same; therefore, they are equally nutritious for these nutrients.
- The oat and almond chewy bar is a healthier food choice!

Nutrition Facts Per 1 bar (35 g)	
Amount	% Daily Value
Calories 200	
Fat 6 g	8%
Saturated 2.5 g	15%
+ Trans 0g	
Cholesterol 0 mg	0%
Sodium 85 mg	4%
Carbohydrate 24 g	8%
Fibre 1 g	5%
Sugars 17 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

Mixed berry dip bar

amount of food has a little or a lot of a nutrient.

- Choose foods that have a high (15 per cent or more) % Daily Value for Calcium,

Iron, Fibre, Vitamin A, and Vitamin C.

- Choose foods that have a low (5% or less) % Daily Value for Fat, Saturated

and Trans fat, and Sodium.

- For more information, please visit [www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/interact-eng.php](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/interact-eng.php)

For more information about the above, or any other health-related topic, please visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

kidshealthnewsletter@albertahealthservices.ca



May 2012

In September, the Calgary Board of Education made a series of promises to you for this school year. To me, a promise is not something to be taken lightly. When we made these promises, we intended to keep them. You are our valued partners in education and you deserve nothing less. Now, as this school year comes to a close, it seems fitting to look back on what we've done to deliver on these promises and to also reflect on what we've learned as we get ready for the next school year.

We promised that your child would be welcomed by an excellent teacher and supported by talented and innovative principals. We believe our educators are the best in the country to deliver the best learning for our students.

Our teachers are highly educated and highly skilled. They are focused on personalizing learning so that each student can fully develop their unique abilities and gifts. Our principals are learning leaders who collaborate with each other as well as system leaders to create a leading school system.

I am always encouraged by the many stories people share with me about students whose curiosity and passions have grown as a result of CBE teachers, principals and employees. I am proud of the amazing work that happens in our schools every day and thankful for the commitment of these dedicated employees who inspire young minds. Your children are in good hands.

We promised that CBE learning would help build successful, lifelong learners. On virtually every measure, CBE students are demonstrating consistently strong academic results locally, provincially and globally.

In the 2011 Grade 12 Diploma Exams and Grade 3, 6 and 9 Provincial Achievement Tests, CBE students outperformed the province in 43 out of 48 measures. Our students are transitioning to post-secondary education at a steadily improving rate, the percentage of graduates eligible for the Rutherford Scholarship continues to improve, and our students who wrote the advanced placement exams surpassed achievement at provincial, national and global levels.

Academic success is important, of course, but we also promised to help students develop their character and citizenship. The students of today are the leaders of tomorrow.

I am confident that CBE students are global citizens who care about their world. For example, nearly 900 middle and junior high school student leaders and their teachers were inspired to take action locally and globally at this year's My World Conference.

Students from 40 CBE schools had the opportunity to learn from local, national and international organizers and activists about how they can make a difference. This event is but a glimpse of what students are doing to make a difference in the world. I know their efforts are valued both in their individual schools and in the community as a whole.

Finally, we promised that we would communicate with you. We committed to improving how we engage parents and over the past year we have provided parents with several opportunities to provide their input on important issues affecting our school system.

For example, when we asked our community for guidance on where to spend additional funding from the province, more than 6,000 Calgarians responded to our survey, which helped shape the final outcome.

Additionally, the CBE wanted to understand parents' expectations for how fees are set, managed and communicated. We initiated a comprehensive community engagement process where more than 4,000 parents provided their input, which helped us set the framework for fees for the 2012-13 school year.

Thank you for your continued support of our schools. The truth is public education belongs to the public. Together we have created a world-class education system. Together we will improve public education in Calgary so it will continue to serve the evolving needs of the children and youth in our community and meet the high expectations of all Albertans.

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Naomi E. Johnson  
Chief Superintendent of Schools

## Learning Village Family Place News



Family Place has FREE or low cost programs for you, your children and for the whole family!

Here are just some of the Spring 2012 programs you can sign up for today!

### Babysitting Course – Provided by Canadian Red Cross

This course is for youth aged 11 years and older who want to be a babysitter or may already be one. It covers the responsibilities of a babysitter, safety tips, basic childcare skills and what to do in case of any emergency. This Canadian Red Cross course is generously facilitated by Health Education Inc.

Call 403-249-0280 to sign up.

St. Mark School: Thursday, April 26, 4:00 – 5:00pm

### Strangers and Dangers, for Children Aged 4 to 8 Years – Provided by Child Safe Canada

This one-hour fun-filled workshop teaches children and their parent/caregiver vital personal safety skills. Children learn what to do if they're lost, and who to seek out if they need assistance, as well as skills for dealing with luring and bribes. The course is fun and interactive and ensures that children retain their new skills and keep SAFE!

Call 403-248-0280 to sign up.

St. Mark School: Thursday, May 10, 4:00 – 5:00pm

### Parent and Child Enhancement Program – Provided by Immigrant Services Calgary

A free program for immigrant and refugee parents with children aged 3 to 6 years. The program provides eight information workshops such as Community Resources for New Immigrants and Refugees, an overview of Health Services in Calgary, Parenting in Canada, and the Alberta Education System. The program also provides opportunities for children to play together and develop pro-social behaviours through drama, role play, music and story telling.

Call 403-705-0537 to sign up.

St. Mark School: Wednesdays, April 25 – June 20, 10:00am – 12:00pm

Look in the Spring 2012 Family Place Program Guide for more programs!

## Recreation Connector News

### Spring/Summer Activities Being Offered Near You!

City of Calgary Programs being offered this winter:

Swimming, Learn to Skate, Martial Arts, Gymnastics, Ball Hockey, Rock Climbing, Badminton, Basketball, Indoor Soccer and Calgary After School (free programming).

**DancEnergy:** Kids Programs from April to June for children ages 5-12. Dance classes range from Hip Hop to Ballet.

**Royal City Soccer Club:** Soccer Camps offered in July and August for ages 5-13.  
Full day, morning & afternoon sessions

**Spring Family Fun Fair:** April 28<sup>th</sup> from 11:00am to 2:00pm. Come to St. Martha School to experience community recreation suppliers for spring and summer programs.

Spaces are limited for some spring/summer programs! Register now to avoid disappointment!

\*\* Fee assistance is also available for qualifying families \*\*

\*\*\*\*\*

Please call your local Recreation Connector today to arrange a personal meeting for your family!

John McMahon, CLVC Recreation Connector: 403-988-4091 or email at: [jmcmahon@clvc.ca](mailto:jmcmahon@clvc.ca)

## Family Connectors

Our School has a CLVC Family Connector that can help your family get connected to local resources, information and complete referrals for basic needs.

Get information on ESL classes, Tutoring Help, After School Programs, Child Care, Health, Transportation, Furniture, Clothing, Food Resources and Education and Employment Assistance. This is a **FREE/NO COST SERVICE**

For More Information please contact Twyla Mudry, CLVC Family Connector (403) 403-472-8197  
or email: [twylam@calgaryfamily.org](mailto:twylam@calgaryfamily.org)

Learning Club – FREE homework help program for youth ages 6-13 at Village Square Leisure Centre  
Please call Twyla at (403) 472-8197 to register



# CHRIS AKKERMAN SCHOOL

May  
2012

VIRTUE: **RELIABILITY**



= Early Dismissal @ 12:00pm  
Kindergarten alternate



= No School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CAVA will meet on Mondays at lunch in the Library as needed		<b>1</b>	<b>2</b> Boys Club	<b>3</b> <b>PIZZA LUNCH</b> 	<b>4</b> PM Kindergarten Attends 8:00-12:00	<b>5</b>
<b>6</b>	<b>7</b> Boys Club	<b>8</b> Gr. 1 & 2 Soccer	<b>9</b> Gr. 3 & 4 Soccer	<b>10</b> Girls Club	<b>11</b> AM Kindergarten Attends 8:00-12:00	<b>12</b>
<b>13</b> Mother's Day	<b>14</b> Environment Club	<b>15</b> <b>9:00 Grade 3 Provincial Achievement Test L.A. Part A: Writing</b> Gr. 1 & 2 Soccer 	<b>16</b> Gr. 3 & 4 Soccer	<b>17</b> <b>Pyjama Day</b> Boys Club 	<b>18</b> <b>No School for Students</b> Professional Day	<b>19</b>
<b>20</b>	<b>21</b> <b>VICTORIA DAY</b> <b>NO SCHOOL</b>	<b>22</b> Sports Day Lunch Forms go home Gr. 1 & 2 Soccer AM Field Trip Gr 3 D'Aloisio to Elbow Valley Wetlands PM Field Trip Gr. 3 Vonka to Elbow Valley Wetlands	<b>23</b> Gr. 3 & 4 Soccer AM Field Trip Gr. 3 Krause to Elbow Valley Wetlands	<b>24</b> Girls Club AM Field Trip Gr 3 Nelson to Elbow Valley Wetlands PM Field Trip Gr 3 Cuthbertson to Elbow Valley Wetlands <b>6:30 Welcome to Kindergarten</b>	<b>25</b> PM Kindergarten Attends 8:00-12:00 <b>Volunteer Tea</b> Boys Club	<b>26</b>
<b>27</b>	<b>28</b> Sports Day Lunch Forms due <b>6:00 School Council</b>	<b>29</b>	<b>30</b> Field Trip Gr 4 all classes to Heritage Park	<b>31</b> Boys Club AM Grade 4 visit to Sir Wilfrid Laurier School 3:30 Grade 4 parent meeting at Sir Wilfrid Laurier School		