



Horace Allen School Newsletter



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May 2019

Follow us on Twitter: @HAS_LRSD
Like us on Facebook.

Thank you to students and staff for the hard work and practice that went into making the Spring Concert such a wonderful event prior to the Easter break! I know that I left with a song in my heart, a smile on my face and feeling very proud to be part of such an amazing school.

Students will be participating in fire drill practices and lock down practices throughout the month of May. We will have at least 3 more fire drills, 1 more lock-down, and a tornado drill. These practices are important to ensure that students know what to do if an emergency situation arises. If your child comes home with concerns about these practices, please contact your child's teacher, Karen Manzer, FSLC or administration so extra support can be provided.

Elaine Garner, Principal

Outdoor Classroom Update and ECO Club NEWS

- Horace Allen School participated for the fourth year to collect 3325 GROCERY CARRY OUT BAGS. Thanks for your help to send all these bags to be recycled into TREX Decking! <http://plasticbaggrab.com/community-engagement> . There are some really great little videos & links.
- **Shell Energy Diet Challenge:** Horace Allen completed 11 of the 16 challenges and learned about some small ways we can help our big world!
- **Horace Allen Peak to Prairie Outdoor Learning Environment Project:** Olds Horticultural College 3rd year Degree Program students created 7 amazing plans for us to consider - Please let us know if you are interested in helping us make plans & proceed!
- **Yahoo! TD Friends of the Environment** has awarded our grant application for \$8440.00 - hope to see phase 2 starting soon! We are making plans for a Tupperware fundraiser to support this project as well!
- **ECO CLUB Litterless Lunch Program**
- Horace Allen has been awarded a grant of \$1000.00 from **The Educational Partnership Foundation - Environmental Action Application** towards implementing our Litterless Lunch Program!! Watch for news coming soon.

Did you know?

We have an ongoing school fundraiser. IGA Gift cards are available for purchase at the office. We receive 5% back to our school for all cards purchased. Stop by the office to purchase your gift card.

Nutrition and Breakfast Program Update

The Canada Food Guide which provides dietary guidance to support healthy eating was updated in January 2019. Instead of being a rainbow, the guide is now presented as a plate which focuses on the proportions of food on the plate for a meal, rather than recommending a number of servings to have each day. **The guide encourages ½ of the plate to be vegetables and fruit, ¼ to be protein foods, and ¼ to be whole grain foods. Water is encouraged to be the drink of choice for hydration.**

HAS continues to provide breakfast, healthy snacks and lunch as needed to students on a daily basis. Thank you to Crowsnest Community Support Society clients and support workers for being here each morning to help with the breakfast program. We couldn't provide this service to our students without you! In January, 397 breakfasts were served; February 229 breakfasts; March 401 breakfasts; and in April 354 breakfasts were served.

Upcoming Events

May 6 - Music Monday!

1:30 HAS gym

May 8 - Gr. 3 Field Trip to Lethbridge (leave school at 7 a.m.)

May 10 -Rodeo Clown visit @ 11:45 a.m.

May 17 -Staff Planning Day (no school for students)

May 20 -No School:
Victoria Day

May 28 - 6 p.m. Tri-School Council Mtg. at ISS (childcare provided)

2019-20 Calendar Update

The following dates have been approved as additional non-instructional days in 2019-20.

Friday October 18, 2019

Friday February 7, 2020

Friday June 5, 2020

Milk

Due to a nutrition grant, milk is available for purchase:

5 tickets/\$1.00. Milk tickets may be purchased at the office. **Please remember tickets purchased this year are good for this year only.**

Music Monday

On Monday May 6th, hundreds of thousands of participants across Canada will join together to celebrate the galvanizing power of music. Organized by the Coalition for Music Education, Music Monday is an annual national event celebrating the importance of music in our lives and especially in our schools. Music Monday began in 2005. HAS and ISS will share in this celebration at Horace Allen School, starting at 1:30 p.m. Featured special guests, "Global Drums" from Lethbridge will give us an exciting and dynamic drum performance including Steel band music from the Caribbean as well as music from Ghana featuring the "talking drum." For more information about Music Monday, please visit <https://coalitioncanada.ca/musicmonday/en/2019-launch/> ***We welcome the community to join us for this celebration of Music!***

HOW YOU CAN HELP FOSTER A GROWTH MINDSET AT HOME:

(Excerpt from: <https://www.oxfordlearning.com/growth-mindset-tips-for-parents/>)

- 1. Pay attention** and verbally praise kids for skills that don't sound predetermined: hard work, persistence, rising to a challenge, learning from a mistake, etc., rather than being "smart", "brilliant" or "gifted".
 - 2. Be a growth mindset role model.** Be honest: how often do you say "I can't (cook/sing/balance my bank account)" or "I'm terrible at (sports/spelling/public speaking)" as if there's no hope for you? Make sure you're sending the right message – maybe even take on something new! Encourage your children to finish any sentence about something they are currently unable to do with the word "yet"!
 - 3. Encourage your child to forget taking the easy route** (where little learning is done) and instead embrace challenges. A sheet full of questions he already knows the answers to won't "grow the brain" like one deeper problem to solve (even if he doesn't get the correct answer).
 - 4. Remember growth mindset isn't just academic;** it applies to many areas of life (athletic, musical, social). Having trouble getting the basketball into the net? Keep making mistakes on a guitar chord? Tried to initiate play with someone but it didn't go well? Discuss the next step for improvement.
 - 5. Discourage envy of peers,** and talk to your child about what he or she can learn from others who appear more successful. While skills may come more easily to some, most often there's a (possibly unseen) element of practice, persistence, and hard work which leads to achievement.
- Embracing a growth mindset isn't always easy, but can have a huge impact on your child...**

Peanut Allergy Alert:

As we have students with peanut and nut allergies attending HAS, we are committed to being a nut-free school.

Drop Off & Parking

Parents/Guardians, please remember to park in the parking lot and walk your child to the pavement if you are dropping them off. When picking students up at the end of the day, please meet your child on the pavement and walk them to your vehicle. Student safety is a priority at Horace Allen School.

The newsletter is available to anyone interested in receiving it electronically by subscribing for it on the HAS website: <http://www.horaceallenschool.ca/>

Subscribe by providing your email address under the Newsletter section on the front page. Paper copies will be available from the school by parental request.

Community events are now posted on the school's website under Community Info. You may subscribe to receive email updates or check the archives for posted community events.

Volunteers & Visitors

Parents and others wishing to volunteer in the school or on field trips must complete a police information check. Forms are available in the school office and are valid for 2 years. Thanks to all volunteers & visitors for signing in at the office before going to classrooms.

"Achieving our personal best in a safe and caring environment"