



Horace Allen School Newsletter

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A and W Coupon January Winners

HAS appreciates the support of community businesses and thanks the local A and W again for providing free meal tickets each month to students at the school. Students are chosen for demonstrating leadership, academic excellence, goal achievement, time management, perseverance, and following the 3 school rules: 'Take care of yourself, take care of each other and take care of our environments.'



Excited January winners included: K1 - Lawson, Wren; K2 - Lilly, Theo; K3 - Lucy, TJ; 1A - Sadie, Declan; 1B- Riley, Addison; 2A - Owen, Remi; 2B - Abigail, Liam; 3A - Camille, Patrick; 3B - Brooke, Skyler; 3A/B - Brinley, Heidi.
February Winners are: K1 -Talulah, Edison; K2 -Anna, Dylan; K3 -Allie, Kayden; 1A -Jesvica, Dawson; 1B-Audrey, Lewis; 2A -Jack, Lennon ; 2B -; 3A -Maggie, Derik; 3B -Jess, Zoey; 3A/B - Mason, Aleksei.

HAS welcomes back *Ms. Myrna Dembicki* as a short term Intervention teacher. The government has provided financial support for additional teaching staff to work with some of our students with reading challenges. Myrna will work alongside classroom teachers to provide additional support to students in small groups or one-on-one for the period Feb. 28 - June 13, 2024. Myrna will work with students on a rotational basis to further support phonemic awareness with students in Gr. 1,2 and 3. Myrna will be at HAS Monday - Thursday from 9 to 12.



HAS Student Council

Horace Allen now has a Student Council, spearheaded by a Grade 2 student, Asher. Grade 2 and 3 classroom representatives meet every two weeks with Mrs. Nelson to plan fundraising events, and school spirit events. Student Council members will also be invited to share what they are doing with HAS' Parent Council at their monthly meetings. Thank you to Asher and Alyssa for sharing at the February 27th Parent Council meeting.



Report Cards

Term 2 progress reports will be coming home on Friday, March 22. Please watch for these in your child's backpack. Please read this document with your child and talk about goals that could be set for Term 3. Student Led Conferences will be held on Thursday, March 27 from 4:00 - 8:00 pm. A sign up link will be sent home shortly to choose a time for you and your child to visit the school and hear all about the great learning taking place. Along with this Celebration of Learning, families will be asked to complete our school MRA Survey, and Eco Club will be hosting another Treasure Swap (more details to follow)



Skiing / PEAKS / Skating

Students in K - 3 enjoyed three opportunities to skate, ski or explore outdoors at the PEAKs campus. Thank you to all staff and volunteers who helped to make these experiences possible memorable for our students.



and

With March comes the annual CNP Music Festival and students and staff are excited to share some choral and music pieces with you. Please join us in the HAS gym on Tuesday March 12, 2024. The School Choral Speech and Classroom Music Adjudicator is Elaine Higgin Case.

09:00 am 89003 CHORAL SPEECH - KINDERGARTEN - GRADE 3

- 1 HAS 1A Bear in There – Shel Silverstein
- 2 HAS 1B Open a Book – Jane Baskwill
- 3 HAS 2A My Mother Said to Clean my Room – Ken Nesbitt
- 4 HAS 2B My Teacher Took My iPod – Ken Nesbitt
- 5 HAS 3A The Hockey Song – Stompin' Tom Connors
- 6 HAS 3B Daddy Fell into the Pond - Alfred Noyes

10:30 am 19001 SCHOOL CLASSROOM MUSIC - GRADE 1

- 1 HAS Grade 1 How Do You Talk Like a Pirate, Matey? – adapted/arr. Teresa Jennings

19003 SCHOOL CLASSROOM MUSIC - GRADE 3

- 1 HAS Grade 3 Sasrasponda – Traditional/arr. Paul Jennings

25103 SCHOOL CHORUS - SAMPLER - KINDERGARTEN - GRADE 3

- 1 Horace Allen School Choir Listen to the Beat of My Heart - Teresa Jennings
- Spring Has Finally Come - Teresa Jennings

11:30 am 19503 ORFF ENSEMBLE - DIV. 1 - GRADES 3 & UNDER

- 1 HAS 2A Pease Porridge Hot – Arr. Jeff Henson
- 2 HAS 2B Pitter Patter – Arr. Jeff Henson

SC27205H SCHOOL STAFF ENSEMBLE

- 1 HAS Staff Under The Sea - Alan Menken and Howard Ashman



Pink Shirt Day - Thank you to our grade 2 student and staff team for hosting our Pink Shirt Day assembly. Our Horace Allen School community remains committed to being a safe and caring environment for all.



Outdoor Classroom Update

Thank you to Mrs. Margetak for applying for grants in support of our outdoor classroom space. HAS was a recipient of a Fortis \$1,000 GreenUp grant, their maximum grant amount. Fortis' community investment programs focus on giving back to the communities where Fortis customers and employees live and work. They believe that building stronger communities is important in creating a sustainable future for all Albertans.

HAS was also the only Alberta recipient of a Go Wild Grant through the World Wildlife Fund Canada which is the country's largest international conservation organization. Guided by the best scientific analysis and Indigenous knowledge, WWF works to conserve species at risk, protect threatened habitats, and address climate change. Their long-term vision is simple: to create a world where nature and people thrive. This grant will be used to complete the amphitheater area of the outdoor classroom.

HAS also received news that Tree Canada's Community Tree Grants program selected HAS for funding as well. We look forward to spring, for tree planting and work in our outdoor space.



Leadership Opportunities



Thank you to our kindergarten leaders for a successful cereal box drive - with help from the school community, K students collected 126 boxes of cereal to donate to our local Food Bank. All HAS students were excited to see the cereal boxes set up as dominoes in the hallway! A loud cheer went up as the boxes toppled!

Grade 2 students had an opportunity to be leaders at the Pink Shirt Day Assembly. Job well done!

All K-Gr. 3 students will have an opportunity to be a leader during Student Led Conferences on Wednesday March 27. They look forward to sharing their learning with you!

Dates to Remember:

March 10- Daylight Savings Time (clocks move ahead 1 hour)

March 12 - Music Festival at HAS gym 9-12

March 12- Regional School Council meeting (virtual)

March 15 - Inter School Collaboration Day - NO SCHOOL for students

March 19 - Tri- Council Mtg. at 6:15 (venue to be determined)

March 21 – Pizza Hot Lunch. Thank you to School Council and Mrs. Snider for organizing this for students and staff.

March 22 - Report Cards Home

March 26 - HAS Parent Council 2 pm Room 210 @ HAS

March 27 - 4-8 pm Student Led Conferences

March 29 - April 7 SPRING BREAK



Enrollment Survey

As we look ahead, we ask that you complete the following quick [survey](#) to let us know if you will have children attending our school next year. Families who complete the survey by March 22, will be entered into a draw for a \$50 IGA gift certificate!



Grade 1 students participated in their second Exploration Day.

Students shared many wonders and the most popular were about robots and jewellery.

Students made necklaces and bracelets for themselves, friends and family using their favourite beads and homemade playdough beads. They learned about jewellery and some interesting facts. Did you know that the most expensive jewellery piece in the world is the Hope Diamond located in the Smithsonian Museum and valued at 200 million dollars?

Students also learned about real-life robots, and found out what robots really are, and what they do for us every day! They then designed and created their own robots using a variety of recycled materials. Did you know that scientists can learn about Mars by sending robots called Rovers to land on it? The Rovers can drive around, do science experiments and help them learn about the Red Planet!

One student said, "This is the best day ever!"

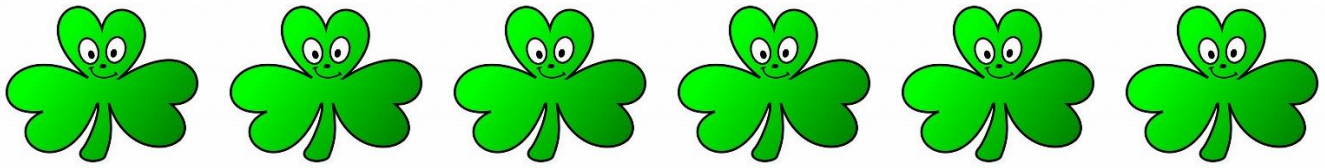


Please visit Horace Allen School's website regularly for current information: <https://www.horaceallenschool.ca/>

If we receive information about an upcoming event within our community, we post this information on our website – please check for upcoming community events: <https://www.horaceallenschool.ca/about/community-events>

Morning Supervision

Morning supervisors are outside at **8:25 a.m.** to meet students. **You are welcome to come early with your child, but if you do, please stay with them until supervisors are outside.** Your help supports us in keeping all of our students safe. Thank you!



Congratulations to Carlee Gaetz who answered the February Newsletter question and won the \$50 IGA gift card!

ECO Club

Litterless Lunches and ECO club news – see two attached documents.

School Council

The Regional School Council meeting is March 12th, 2024 at 6:00 pm. It is a virtual event and everyone is welcome to attend. We will be going over the 2024 ASCA Resolutions (attached). Our goal is to prepare Chairs/vice chairs to lead their next School Council meeting in engaged, informed, discussion about the resolutions. The school councils will then decide how they would vote for each resolution and ensure their vote is heard by having a delegate attend the ASCA AGM. [Regional School Council Link](#)

Tri-Council (HAS,ISS, CCHS) Meeting is scheduled for Tuesday March 19, 6:15 pm. Venue to be determined.

The next HAS Parent Council meeting will be Tuesday March 26 at 2 pm in Room 210 at HAS. We hope to see you there!





Eco Club News

March 1, 2024

Horace Allen Eco Club mission:

To 'take care of the environment' by finding ways to help nature!

September - organized a structure to provide regular cross-grade representation and collaboration time for the club!

October - teachers asked for 2 volunteers (willing to give up one lunch hour recess every 2 weeks) to be the Eco Leaders for their classroom! We also held the 3rd annual "Lettuce Veggie Wrap Buffet" using produce from our own garden beds, supplemented by IGA produce, rice noodles and cheese! All Horace Allen students created their own wrap and enjoyed eating with their classmates! Volunteer parents and grandparents kindly kept the buffet items filled!



November - Eco Club meetings are held every second Thursday at lunch hour giving Eco leaders 40 minutes to eat their lunch and work on projects! We learned about the green triangle and what is reduceable, recycleable, reuseable and what is not - **trash!**

December - Eco leaders checked their classroom to make sure they each have a recycle bin for plastics! We

learned about our carbon footprints



and made Christmas crafts from used Christmas cards!

January – We learned that Staples has an amazing recycling program through Terracycle so Eco leaders have just made boxes to collect crayons, markers, pens and pencils and paper. Each class is using these now and we will weigh the collections at our next Eco Club meeting to record what we saved from the landfill! Eco leaders were also introduced to the United Nations 17 Sustainable Development Goals (SDG) adopted by all United Nations Member States in 2015, which provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. Our Ecoschools Canada actions are guided by these global goals!



SUSTAINABLE DEVELOPMENT GOALS



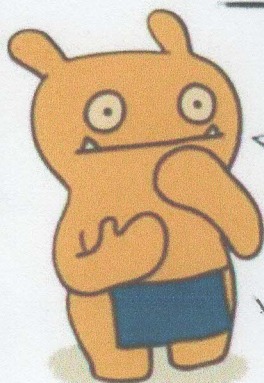
Reminder: Horace Allen is a drop-off/collection site for:

- 1. Cell phone recycling supporting the Calgary Zoo Gorilla conservation project!**
- 2. Used blankets/towels supporting the CNP Animal Shelter**
- 3. *NEW* Markers/pens recycling**

We welcome ideas and suggestions for projects or actions!

Mr. Poole, Ms. Marra, Mrs. Margetak

Litter-less LUNCH DAY on Wednesdays



Why Pack a
Litter-less
Lunch?

Litter-less lunches create less waste, save money from trash removal and often lead to healthy eating choices for the students.

How Can
Parents
Help?

Inspire your children
& be as **GREEN**
AS YOU CAN BE!

Reducing
School lunch
litter is
such a cool
plan!

How to Pack a Litter-less lunch

- 1. Get your children involved.**
Encourage your children to help pack their lunch.
Pack portions that they will eat to minimize leftovers.
- 2. Start with a reusable lunch bag, or lunchbox.**
Avoid disposable plastic bags.
- 3. Use a refillable drink bottle for water or juice.**
Avoid single use juice boxes & pouches whenever you can.
- 4. Pack all food in reusable containers.**
Avoid plastic wrap, ziplock bags, foil and prepackaged foods.
- 5. Include reusable cutlery and remind your kids to bring it home.**
- 6. Smile ... you have helped the earth.**

Brought to
you by...

**WELLESLEY
GREENSCHOOLS
TEAM**

In today's world, screen is everywhere. It's becoming quite a challenge for parents / caregivers to monitor a child's screen due to varying reasons. Some screen time can be educational and support children's social development but if it becomes out of control, it can cause irreversible negative effects.



WHAT IS THE IDEAL AMOUNT OF SCREEN TIME?

- Children below the age of 2 years should not be exposed to any type of screen with the exception of an occasional video call with relatives.
- Children in the age group of 2 to 5 years should have strictly limited screen time. They are extremely sensitive and may need to use screens for educational purposes but not as a time pass option. Playtime is important at this stage and must be given priority. Parents should be careful about not using screen time as entertainment for their children.
- Children who are older than 5 years may have more screen time. However, there must always be a limitation. You as a parent must set aside a specific time when they can be exposed to screens apart from educational purposes. Remember that it should not interfere with learning, relationships, family time, physical activity, playtime or sleep. Excessive screen time can affect both the physical and mental health of an individual.
- Adults tend to use screens for entertainment and interaction. They are usually at a higher risk of screen dependency. This is why it is important that they should limit screen time outside work. It must be less than two hours per day and anything beyond is considered harmful.

Sources: PharmEasy: Phone Time and Overall Health - What's Optimal Screen Time?
: MyAlberta.Health.Ca Media and Your Child: Making Choices

WHAT IS SOCIAL MEDIA?

Social media lets you share ideas, photos, videos, messages or emails in an online group or community. It also allows you to connect with friends, people you work with and meet others online. Social media is the digital technology used to get or send information.

WHAT IS SOCIAL NETWORKING?

Social Networking is the act of sharing ideas, photos or videos, messaging, chatting, dating, emailing, and socializing in an online community using applications, websites, social media sites, and computer programs. Online social networking sites (SNSs) are web-based services, or virtual communities, that allow individuals to engage with other people based on common interests. The most popular are Facebook, LinkedIn, Instagram, Pinterest, Twitter, YouTube, and Snapchat.

When should you worry about your social media use?

Social media can become a problem when it harm your mental or physical health or has unwanted effects on your day-to-day life. If you use social media too much, you may:

- spend less time with your family and friends, leading to relationship problems
- lose interest in things you used to enjoy
- feel isolated
- have trouble sleeping
- not feeling being active
- have more trouble at school
- be exposed to cyberbullying, disturbing content, and unwanted sexual images and messages
- spend more time comparing yourself to others

THE PROBLEM WITH SCREENS

Too much screen time and regular exposure to poor-quality programming has been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning



PARENTAL CONTROLS

All gaming consoles, handheld devices and operating systems for PC and Mac are equipped with parental control system, allowing parents to protect their children's privacy and online safety. With these control tools, parent can:

- select which games your children are allowed to play (based on the ESRB age ratings)
- controls and monitor the use of digital purchases
- limit access to internet browsing by applying a filter
- control the amount of time that children can spend playing games
- control the level of online interaction (chat) and exchange of data (text messages, user-generated content)

Each QR codes below will bring you to a youtube video showing Parental Controls features of each gaming consoles presented by Entertainment Software Association of Canada

PLAYSTATION 5



PLAYSTATION 4



IOS / ANDROID



NINTENDO SWITCH



XBOX ONE



XBOX SERIES X/S



TIPS TO HELP CHILDREN DEVELOP HEALTHY DIGITAL HABITS



1. Build a family media plan that balances time with and without devices
2. Create screen-free times and places in your home, such as meals and bedtime.
3. Have a regular discussions as a family about your online activities. Discuss new areas of learning, new discoveries, as well as difficult experiences—for both parents and children.
4. Talk about social media. Start regular, open-minded conversations with your children about their media use, and yours.
5. Make sure your kids know they can come to you about their experiences online, even if they feel embarrassed or worried. Let them know you are there to support them through challenges, since we're all learning as we go.
6. Help children understand what's real and what's edited, how to recognize ads or inappropriate content, and when influencers are being authentic versus outrageous.
7. Talk about how media and emotions connect. We sometimes crave social media when we're stressed or want to share our joy. At the same time, what we see online shape how we feel. This is an important insight for both children and parent.
8. Set a good example. Include your habits in discussions about your social media usage.
9. Optimize your family's online experience. Choose quality content to use together as a family.
10. Check setting. Set **parental controls** and **privacy setting** at the most secure level. Discuss safety rules for who they can chat with online, how to report a problematic posts and whether they can make purchases.
11. Watch for signs of problematic media use. In adolescents, this could include withdrawing from friendships and hobbies. In younger children, signs include arguing about media constantly and lack of interest in other activities. At all ages, another red flag is if time on social media, devices or video games interferes with physical activity, healthy eating or bedtime.
12. Think carefully before getting your child a phone. For parents, considering when and whether to get your child their own smartphone is a big decision. There are several factors to consider, including the child's interest in this responsibility and their past media patterns.

CHOOSING AGE-APPROPRIATE GAMES

Game age ratings – it is important to pay attention to the age minimums for the video games your child plays. Understand what ratings mean and why these may have been categorized in this way.

PEGI RATINGS



PEGI 3 - SUITABLE FOR ALL AGES

PEGI 7 - SUITABLE FOR YOUNG CHILDREN

PEGI 12 - SUITABLE FOR CHILDREN 12 AND OVER

PEGI 16 - SUITABLE FOR CHILDREN 16 AND OVER

PEGI 18 - ONLY SUITABLE FOR ADULTS

ESRB - ENTERTAINMENT SOFTWARE RATINGS BOARDS

RP - RATING PENDING

EC - EARLY CHILDHOOD

E - EVERYONE

E10+ - EVERYONE 10+

T - TEEN

M - MATURE

A - ADULT



scan the QR code to learn more about gaming rating or type in search engines

<https://www.internetmatters.org/resources/video-games-age-ratings-explained/>



Sources: Healthy Children.Org - Media

: MediaSmart.Ca - Parenting the Digital Generation

: Entertainment Software Association of Canada - Parental Controls