

## Message from Administration

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January 2019



# Spitzee Elementary

December here at Spitzee School was filled with joy and excitement as the holiday season brought out the best in the students, families and staff in our school community. As we move toward 2019 there have been many reasons to celebrate over the last month.

First off we would like to thank all of our staff and students involved with our Christmas concerts. From junior Kindergarten to grade 5 we are so proud of the effort and energy that our students and staff dedicated to their performances. We would also like to extend our gratitude to our three incredible music teachers Mrs. Misura, Miss Daisey, and Mrs. Scheller, their creativity and commitment is the foundation that our awesome shows are built upon. We would also like to thank Ms. Saliken for training and organizing the Jazz dance group for the night of the grade 2/3 concert. Finally, thank you to all of the families and friends that joined us for the performances, we are truly grateful to be part of such a strong community.

We have been very fortunate this winter in terms of the weather, with that being said we can expect colder weather as we head into January. We would like to take the opportunity to once again remind everyone that unless the outside temperature feels colder than -20 Celsius our students will be outside for recess and before school. Because of this it is essential that students be properly clothed for such weather. In the event that it is too cold for students to go outside we will also be keeping our safety patrols inside, this means that our crosswalks will be unmanned. Often students are in a hurry to get out of the cold and may not be as careful in crossing the street as usual. In order to ensure the safety of our students as they make their way to school please be diligent as you drive through these areas.

January can be a challenging month for many of our students as they try to readapt to the routines of school after a two week break. As parents we can support our kids by developing consistent habits for regular attendance at school. It is much easier for students to familiarize themselves with the routines of school when they attend consistently and on time. Students who are chronically late or absent miss the opportunity to learn the routines that help them streamline their work and thus miss valuable learning time. We very much appreciate your support in having our students attend school regularly.

Kicking off in January is the grade 5 basketball season. Students are already working hard during lunch recess to brush up on their skills and come together as a team. We can't wait for the first game here at Spitzee on January 15<sup>th</sup>. Finally, Christmas break is here! In all the busyness of the holiday season please take the time to connect with family and friends, relax and reflect on all that 2018 brought and hope for all that 2019 has in store. Have a wonderful break, we cannot wait to see you in the New Year.

Happy Holidays,

Brooke MacNeill & Chase Ellis

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# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Holiday—NO SCHOOL</b>						
<b>6</b>	<b>7</b> Back to School Junior Kindergarten Registration Opens 8:00am	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> School Council Meeting 6:30pm	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	Literacy Week				Non Attendance Day for Students	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Pier 1 The Musical	<b>31</b>		

# Junior Kindergarten Registration

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Junior Kindergarten registration for the 2019-2020 year will start on **Monday, January 7, 2019**. Junior Kindergarten students need to be four by the end of DECEMBER 2019 to be eligible to attend. Spitzee School offers high quality learning opportunities that allow each learner to explore, develop and celebrate his/her unique gifts and abilities. Registration forms can be picked up at the school office anytime from January 7 on. Please see Mrs. LeRoux or Mrs. *Perceval* at the office for a package or for additional information.

## Council Corner

*Spitzee School Council would like to wish everyone a very Happy New Year! Please note that our next school council meet will be on Wednesday, January 16th at 6:30! Hope to see you there!*



## Kindergarten Registration

Parents of prospective Kindergarten students are invited to register their child now for the 2019-2020 school year. A registration evening will be held on **Wednesday, February 6th at 6:00pm** at Spitzee School in the gathering area. Our school division offers high quality learning opportunities that allow each learner to explore, develop and celebrate his/her unique gifts and abilities. Kindergarten students need to be five by the end of **DECEMBER 2019** to be eligible to attend. For more information or to register, please call 652-2376 or stop in at the school office anytime and see Mrs. Perceval or Mrs. LeRoux for a package.

## February Hot Lunch Information

Hot Lunch for February will open on January 1st and close on January 24th. February's offering will include Panago Pizza (1st), Hot Dogs (7th) and Pizza (15th). All orders must be received AND paid for by the cut-off date or they will be canceled. Thank you for your continued support!



## Grade 5 Basketball Schedule

Tuesday January 8—Spitzee has a BYE

Tuesday January 15—Heritage Heights at Spitzee School

Tuesday January 22—Turner Valley at Spitzee

Tuesday January 29—Spitzee at Percy Pegler

Tuesday February 5— Spitzee at Millarville

Thursday February 14 FUN-ament Wrap 12-5 at the Aldersyde Field House



## Bottle Drive

The Spitzee Playground committee is holding a bottle drive again! Please hold your bottles and cans over the Christmas holidays and drop them off after school during the week of January 21st. Our trailer will be parked behind the school by the garbage cans. If you are able to volunteer some time to help out with this please email Jeanette at [pentlandj@fsd38.ab.ca](mailto:pentlandj@fsd38.ab.ca)



A huge thank you goes out to Boston Pizza in High River for their generous donation of \$931.00 to help us build a new playground! We truly appreciate your donation as we work towards our goal!

# A HUGE THANK YOU

To all of our volunteers who helped with the Casino & to the people who made our 50/50 so successful!

Spitzee School Council



## Math is Everywhere!!

### Our language around math matters!

How many times have you heard people say "I'm not good at math"?

Perhaps you've said it yourself. Often people make the statement with pride, almost implying it's "cool" to be bad at math. Imagine if the same number of people claimed "I'm not good at reading"! ([The Conversation January 17, 2016](#))

### Parents are important partners in education.

Fostering a joy of learning and a belief in your child's ability to learn is key to setting a foundation for learning success. This is especially true in the area of math where we often hear people indicating that they have fears of math or that they are not math people. Ensuring positive language around your own math abilities is essential and the first important step.

An article in USA Today speaks to "tossing out those negative misconceptions we've cultivated that we're not good at math" and the author describes three misconceptions that create barriers to math learning: [USA Today July 9, 2014](#)

**Misconception #1: Math ability is a gift** — you either have it or you don't. The reality is everyone has the potential to be good at math. The brain can grow and adapt - we can actually grow our "math brains" through hard work and effort.

**Misconception #2: Being good at math is about being fast.** In fact, emphasis on speed can lead to increased anxiety and "brain freeze." University of Chicago psychologists have found that this [anxiety can impede problem solving](#). "Brain freeze" is real, and math anxiety can induce it. When we emphasize speed only we send the incorrect message that all problems should be solved quickly, which [hurts kids' persistence](#) on more complicated tasks.

**Misconception #3: Math is all about "rules" and procedures.** Of course, math facts and computations are important. Actually, math is much more than that. Math is about making sense of problems and understanding why particular strategies work. Math is not about the "one right way" to solve a problem. Rather, it's about the multiple ways to see and solve problems.

### In considering these misconceptions, and how to create a positive mindset about math, look for opportunities to bring math into daily conversations and simple activities. Math is all around us!

Kilometers per hour and how long it will take to get somewhere

Counting and sorting – count and sort as many things as you can

While shopping – which costs less per unit?, how much do we need to buy?

Baking and cooking – fractions, reasoning, measuring

Birthday parties – if we add two more children, how many will we have in total?

I see two deer on the right and four deer on the left side of the road, how many deer in total?

Play board games that use money or dice or cards

Do puzzles

Plan a garden or paint a room

Developing a positive math attitude is essential in supporting math learning success at school. Just like developing a daily reading habit, developing a mind set of looking for opportunities to use math language and encourage regular application of numeracy skills is essential.

... and the most important first step is speaking positively about your own math abilities – we are all math people!

### Sources and further reading:

[https://www.education.com/magazine/article/Parents\\_Guide\\_Helping\\_Your\\_Child/](https://www.education.com/magazine/article/Parents_Guide_Helping_Your_Child/)

[http://www.catholicteachers.ca/OECTA/media/pdfs/Communications/Math%20Resources%20for%20Parents/2017/math\\_resource\\_for\\_parents.pdf](http://www.catholicteachers.ca/OECTA/media/pdfs/Communications/Math%20Resources%20for%20Parents/2017/math_resource_for_parents.pdf)

<https://theconversation.com/saying-im-not-good-at-maths-is-not-cool-negative-attitudes-are-affecting-business-53298>

<https://www.usatoday.com/story/opinion/2014/07/09/math-misconceptions-education-reform-column/12430181/>

## FOOD RESOURCES IN HIGH RIVER DECEMBER 2018



NAME OF SERVICE	WHAT IT IS?	HOW CAN I ACCESS THE SERVICE?
<p><b>COOKING CIRCLE</b></p>	<p>A group of women interested in making low cost, healthy meals for themselves and their families. It is a place for moms who need extra support due to life's circumstances. One week will be spent planning recipes as a group. The next week will be spent preparing the food. Moms will take home the meals the group prepared.</p> <p>Cost: \$2:50/meal. Money is collected on planning day. Food containers are provided as well as recipe binders.</p> <p><b>* Child Care is provided as is a healthy snack.</b></p>	<p><b>Phone:</b> 403-652-2985</p> <p><b>Address:</b> High River Baptist Church 514160 121 Street East.</p> <p>The last Wednesday and the first Wednesday of each month 9am- 12pm</p>
<p><b>ALLIANCE CHURCH-Christmas Eve Dinner</b></p>	<p>Alliance Church is once again hosting a Christmas dinner for anyone and everyone in our community. This Christmas Eve dinner is completely free. Dinner is Christmas Eve, December 24<sup>th</sup> 4:30-6:30 pm and their Christmas Eve service is to follow at 6:30 pm for anyone who'd like to stay. We ask that those attending please RSVP</p>	<p><b>Email :</b> <a href="mailto:info@highriverchurch.com">info@highriverchurch.com</a></p> <p><b>Address:</b> 1318 9 Ave SE, High River AB</p> <p>December 24<sup>th</sup> 2018 4:30-6:30pm</p>
<p><b>HOME PRODUCE DELIVERY/ ARK LTD</b></p>	<p>This program offers fresh, local produce to your door. Broxburn vegetables and ARK a local greenhouse are working together. Boxes can be purchased in \$23.00/box <i>min requirement of purchasing 2 boxes</i>. Boxes contain an assortment of items.</p>	<p><b>Phone:</b> 403-649-4422</p> <p><b>Email:</b> <a href="mailto:danc@arkltd.net">danc@arkltd.net</a></p> <p><b>Facebook:</b></p>
<p><b>HIGH RIVER UNITED CHURCH - SIMPLE SUPPERS</b></p>	<p>Supper served at 5:30pm free of charge (donations accepted). Everyone is welcome!</p> <p>September through June on the third Wednesday of the month (second Wednesday in December).</p>	<p><b>Phone:</b> 403-652-3168</p> <p><b>Email:</b> <a href="mailto:hruc@telus.net">hruc@telus.net</a></p> <p><b>Address:</b> 123 Macleod Trail, SW</p> <p><b>Website:</b> <a href="http://www.highriverunitedchurch.org">www.highriverunitedchurch.org</a></p>
<p><b>HIGH RIVER FOOD RESCUE</b></p>	<p>Volunteers rescue and redistribute edible food from merchants that would otherwise head to the landfill.</p> <p>Hours are open Tuesday and Thursdays 1-4pm (or until the food runs out) The 2<sup>nd</sup> Thursday of the month the hours are 5-7pm only.</p>	<p><b>Hours:</b> Tuesdays and Thursday 1-4pm unless food runs out (Except the second Thursday of each month 5-7pm)</p> <p><b>Email:</b> <a href="mailto:highriverfoodrescue@gmail.com">highriverfoodrescue@gmail.com</a></p> <p><b>Facebook:</b> High River Food Rescue &amp; High River Food Connections</p> <p><b>Address:</b> The Salvation Army Foothills Family services- 119 Centre Street SE</p>

<b>HIGH RIVER FOOD FOR THOUGHT</b>	Free healthy lunches provided in all schools for children for whatever reason do not bring a lunch to school.	<b>Phone:</b> 403-422-0475 <b>Email:</b> <a href="mailto:hrfoodforthought@gmail.com">hrfoodforthought@gmail.com</a>  <i>You can also contact each school for more information</i>
<b>THE SALVATION ARMY FAMILY SERVICES AND YOUTH MINISTRIES</b>	Families can access a food hamper once every 30 days through the Food Bank. Walk in and help yourself bread and pantry is available during operational hours. Play Café: Wednesdays 9:30-11:30 ages newborn to age 5 is a parent and tot program offering snacks and games at The Salvation Army Church. Ready to Serve: Tuesdays 5pm-7pm ages 7-12 is a children's program offering dinner and games at The Salvation Army Church.	<b>Phone:</b> 403-652-2195 Ext 2 <b>Office Address:</b> 119 Centre St. SE <b>Church Address:</b> 117 2ND Ave SE  <b>Facebook:</b> The Salvation Army Foothills Family Services Office  <b>All Services by Appointment</b>
<b>OUR HIGH RIVER</b>	Community events put on by Our High River to increase community engagement.	Dec 12 <sup>th</sup> -Community Café "Our High River Gift Exchange" – Take part in a community gift exchange.  5-8 pm, 251 9 Ave SW
<b>HIGH RIVER COMMUNITY GARDENS</b>	With a total of 75 allotment plots between two gardens (one located in the SW community of McLaughlin Meadows, the other in the NW on Riverside Drive). Plots are fully subscribed currently but there is a wait list in which individuals can add their name.	<b>Website:</b> <a href="http://www.highrivergardens.org">www.highrivergardens.org</a>  <b>Email:</b> <a href="mailto:highrivergardensociety@gmail.com">highrivergardensociety@gmail.com</a>
<b>LUNCH IN A CRUNCH</b>	This program will be available for students to pick up lunch during Christmas break from December 20 <sup>th</sup> through to January 4 <sup>th</sup> . Monday – Friday. This program is completely anonymous, students will only be asked what grade they are in. This initiative is proudly supported by the High River United way partnership.	<b>Text (or call) :</b> 587-401-7484  Students will be informed where to pick up their lunch.  <b>Email:</b> <a href="mailto:highriverfoodrescue@gmail.com">highriverfoodrescue@gmail.com</a> for more information.
<b>MEALS ON WHEELS</b>	Meals provided for seniors and homebound individuals. Meals are delivered directly to client's home.	<b>Phone:</b> 403-652-2200
<b>PARTNERSHIP PANTRY</b>	A fridge located at the High River Library with nutritious snacks available for anyone. These snacks are proudly donated by the High River United way Partnership	<b>Library Hours:</b> Mon Closed Tues - Thurs 9:30-8:30pm - 7pm; Fri 9:30am – 7:30pm; Sat 10 am - 4pm, Sun closed.  <b>Address:</b> 909 1 Street SE
<b>HEART TO HOME MEALS</b>	Service that delivers fresh, frozen and nutritious meals directly to your home. They can accommodate special dietary needs. Meals range in cost from \$4.95-\$9.95 per meal. Meals delivered in High River on alternating Wednesdays.	<b>Phone:</b> 1-844-431-2800  <b>Email:</b> <a href="mailto:calgary@hearttohomemeals.ca">calgary@hearttohomemeals.ca</a>  <b>Website:</b> <a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a>

<b>HEALTHY MOMS, HEALTHY BABIES</b>	A free health promotion program for pregnant women, pregnant teens and their families with low income or who may be considered at risk during their pregnancy. They can help with support, resources, referrals, health education and nutrition during pregnancy and up to 6 months postnatal. Groups are held bi-weekly in High River. A chance to have fun, make friends and enjoy nutritious snacks.	<b>Phone:</b> 403-652-5450  Ask to speak to a HMHB Public Health nurse. You can also be referred to the program by your doctor, a family member, friend or even self-referral. Child care is provided at groups.
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