



Mount Albion Elementary School

NEWSLETTER

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Follow Us on Twitter (@mountalbion)

C. E. MacKenzie - Principal

FEBRUARY 2015

L. Quinn - Office Administrator

L. Romano - Superintendent of Student Achievement



A Message from the Principal:

As I sit writing this entry for our February newsletter, I know that Groundhog Day is next Monday and I sit in anticipation that we will soon learn that Spring is just around the corner....since today again, with wind chills of minus 20, we have had to keep our children indoors for recess. Cross your fingers everyone.

In the meantime, please ensure your child(ren) arrive at school each day with outdoor clothing and footwear so that on the days we do get outside, everyone can play and have fun and keep warm and dry. Please remind your child(ren) that snow throwing is not permitted at school.

Report cards will be going home on Thursday, February 12th. Do take some time to sit with your child(ren) and discuss the report card. Look beyond "just the marks" and share the comments. The Learning Skills on the first page of the report card are equally important as the evaluations and comments for the subject areas. Ask questions. Reflect together on the successes achieved! Then together set some goals for next term, and write them on the bottom of the last page before returning this form to the school in the Report Card Envelope. It is important to realize as well, that by the time you have received the Term 1 Report Card, that Term 2 has already begun in the classroom! And if you want an interview, our teachers will be pleased to meet with you at a time that is convenient for you.

Mrs. C. E. MacKenzie
Principal

2015/2016 JK Registration
begins on Monday, February 2, 2015



Please come in to the office to pick up your registration package. If you have completed the form online, please bring the printed copy to the office along with the child's birth certificate, health card and proof of your address (e.g. utility bill, drivers license).

We are looking forward to meeting all of our new little friends!

ALL visitors and parents must report to the office upon entry to the school.

Visitor Passes will be issued there.



NOW LIVE!!

School Cash Online!

School Cash Online allows you to do one-stop shopping for items like pizza, spirit wear and school trips! The option will be presented on information flyers that will be going home from now on. This amazing program takes all of 5 minutes to register for and get yourself going. You will find it both easy and convenient. Please use the PIN codes and information sheet sent home as reference.

MONDAY, FEBRUARY 16th



P.A. DAY!

Friday, February 13th

Enjoy the extended weekend, Mount Albion families! :)





GRAD PHOTO DAY

Wednesday, February 4th

Please come with your hair done and your brightest smiles!

Ladies, please wear a light-coloured blouse with a collar, and gentlemen please wear a light-coloured shirt with a tie.

POPCORN DAYS!

EVERY FRIDAY!

1st nutrition break

3 flavours! \$2.00/bag

Light Butter & Salt!

White Cheddar!

Dill Pickle!



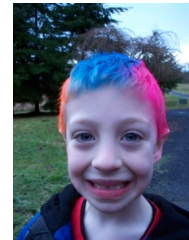
LOST & FOUND



Please have your children check our Lost & Found at the Junior doors for those missing mittens and cozy hats that are much needed at this time of year! :)

WACKY HAIR & CRAZY HAT DAY!

Thursday, February 12th



Show your amazing school spirit by sporting the wackiest hair and/or the craziest hat that you can find! We want to see mohawks, faux-hawks, feathers and sparkles! We want to see colour and things that make us say **OH MY! ISN'T THAT AMAZING!!!**

STORIES COME ALIVE!



FEBRUARY 23rd
JK/SK!

A visiting artist will be leading our kindergarten children in creative storytelling and play.

MOUNT ALBION SCHOOL COUNCIL

We would like to remind all parents that the Mount Albion Parent's Council meets the third Thursday of each month at 6:30 pm in the library. Please come out to support our children and their school. We have hotdog days coming up and we are currently working to put together a Parent's Resource Library that will have resources available for all of our Mount Albion Parents. If you have a book that you have found useful and think our parents would benefit from, please let us know so that we can look into adding it to the library.



Thank you, Mount Albion Parent Council



Ms. Baca's 1A Class

Ms. Baca's grade one class is participating in the Chicka Chicka 1, 2, 3 letter exchange with students across Canada. Each class was assigned a number from 1- 30 to decorate and send out to each participating school. Our class was assigned number 22. We included with our number a letter which the class helped to write sharing about Mount Albion School and our class.

Now the exciting part of the exchange is happening as we are starting to receive other numbers from different schools. We have received letters from Ontario, Manitoba and Saskatchewan so far and can't wait to receive the others. Come check out our bulletin board in the primary hallway to see the letters that we have received!

Valentine's Day Dance!

February 12th



Cold Weather Apparel



It's here—the cold and the frost and snow and the blowing wind! And with that comes the need to dress appropriately to stay warm and comfortable during outdoor activities and breaks.

Please ensure your children have hats, boots, mitts, scarves and snow pants. There is no supervision inside of the school during break, and so they must come prepared to be outside at least twice during the school day.

Please remember that if students are too sick to go outside for break, then they are too sick to come to school. Unfortunately, we cannot offer indoor supervision at those times. Please refer to your child's agenda for the HWDSB policy on cold weather alerts.

ILLNESS



Please keep your child at home when they are sick. In cases of vomiting, please ensure they stay home for 24-hours once it has stopped.

Thank you!

MEDICATION AT SCHOOL



This is a reminder that the school cannot dispense medications without the signed authorization of **both** a parent/guardian **and** physician. This includes such items as cough syrup, Tylenol and other over the counter medications. Please ask the school office for the proper form for your doctor to complete for this purpose. We are sorry for any inconvenience or added expense this may cause, we must however follow HWDSB medical protocols.

Snowballs—Snow Clearing & Salting



As the snow season settles in for the remainder of the winter, we have reminded our students of the dangers of throwing snow/ice, and sliding on any icy spots outside. Serious injury can often result from what is often considered “just good fun” in the snow. At school we enforce the age old rule of **NO SNOWBALLS** at any time. Please reinforce this important rule with your children at home. This helps us all to remain safe while walking to and from the school day.

The city is responsible for our sidewalks by the road. School personnel and board contractors are responsible for pathways and the parking lot. This involves both snow clearance and salting in certain areas. Playgrounds will not be plowed or otherwise cleared. The head caretaker will check the grounds conditions early in the morning and salting in some areas may take place. In extreme cases of ice and dependent on weather, the principal may decide to restrict certain play areas, or decide to have indoor recesses! At all times, students are reminded to be cautious when outdoors.



ONTARIO TOBACCO ACT

As part of the **Ontario Tobacco Act**, we must remind you multiple times per year that there is **NO SMOKING** on school property, both inside and outside the building, inclusive of the parking lot.

Prom Project HAMILTON

in Partnership with McMaster University, School of Nursing



Supporting students who have overcome adversity by offering formal wear free of charge to attend their milestone event feeling confident, stylish and proud.

Prom Project Hamilton is a one-day, two-site event created by the HWDSB Foundation to support students by offering formal wear for their proms, graduations, formals or other special event. All new and used items are free of charge and have been donated by private and business communities.



If you are a student who could use this program, please join us...

Saturday, May 2, 2015

9:30 a.m. – 2 p.m.

Sir Allan MacNab Secondary School (145 Magnolia Drive, Hamilton)
AND Delta Secondary School (1284 Main Street East, Hamilton)

Presenting Sponsor
JOHNSON

To drop off your new or gently used donations, please visit:

Grover Dental Care, 11 Rebecca Street #110	Allegra Print and Imaging, 255 York Boulevard
Eva Rothwell Resource Centre, 460 Wentworth Street North	Grover Dental Care, 1 Hayden Street
Delta Secondary School, 1284 Main Street East	Coldwell Banker Pinnacle Real Estate, 775 Upper Wentworth Street
Brokerlink, 78 Queenston Road	MacNab Secondary School, 145 Magnolia Drive
Apple Tree Health and Wellness, 409 Charlton Ave West	Royal Lepage State Realty, 987 Rymal Road East
Vogue Models & Talent Mgmt, 136 Locke Street South, 2nd Floor	Grover Dental Care, 723 Rymal Road West, Suite 100
Coldwell Banker Pinnacle Real Estate, 318 Dundurn Street South	Brokerlink, 66 King Street West, Dundas

What's available to visiting students?

- Female Formal Wear – Gowns, Dresses, Skirts / Tops
- Male Formal Wear – Suits, Dress Shirts, Vests, Dress Pants, Ties
- Accessories, shoes, jewelry, shawls, purses, hygiene products
- Hairstylists, Dry Cleaners, Flower shops vouchers
- On-site: People there applying make-up and showing make-up tips and demonstrating fun up-dos
- Seamstresses: To help combat minor fitting problems, seamstresses are recruited for the day to do on-site alterations for the outfits.



For more information: 905-527-5092 ext.2436 or email Julie Densham directly at jdensham@hwdsb.on.ca

www.promprojecthamilton.ca



Heart and Stroke Corner – February 2015 Edition

Tip of the Month

Winter provides a wonderful opportunity to get active and discover the great outdoors...don't hibernate! Participate! Although Canadians tend to be less active in the winter that might change if they knew physical activity actually boosts the immune system. What really helps people become and stay physically active all winter long is the pure enjoyment of it. Review these tips and pick one or two that you would like to try with your family: * Create a 3-D family portrait. Build a snowperson look-alike for each family member. Make a family of snow angels. *Build snow castles, mazes, or snow sculptures *Go tobogganing. Remember the helmets! *Plan a family game of snow pitch (slow pitch in the snow) or neighborhood game of Capture the Snowball. *Use food colouring in a spray bottle to create a hopscotch game on the snow. *Enjoy the winter wonderland while hiking nature trails or walking on a beach. *Try skating on an outdoor rink. *Snowshoeing and cross country skiing are wonderful family outings. You can rent equipment at some outdoor activity centres or parks.



Recipe of the Month

♥ Food With Heart ♥

Put even more love in your family's meals and snacks with these fun ideas! Make some heartfelt food!

Carrots: Peel a carrot, cut a small v-shaped notch down the length of the carrot and then slice crosswise. Voila — carrot hearts! They're great for dipping, throwing in a stir-fry or simmering in a soup.

Apples: Cut a big round slice from a green and red apple. Using a small heart-shaped cookie cutter, cut out a heart shape from each and switch them into the other slice.

Muffins: Cut a small heart out of a piece of paper. Place over a homemade muffin and dust lightly with cinnamon sugar. Remove paper.

Rice: Lightly coat the inside of a heart-shaped cookie cutter with cookie spray. Place on a dinner plate and fill with cooked rice. Carefully remove cutter.

Ice cubes: Using a heart-shaped ice cube tray (most kitchen stores stock them around Valentine's Day), freeze milk, yogurt, juice, pureed fruit.

Melon kebabs: Cut chunks of watermelon, honeydew and cantaloupe into heart shapes with a cookie cutter; skewer one of each melon onto a popsicle stick.

Pizza: You can shape pizza dough into a heart then get your gang to arrange the toppings in a heart shape too.

Question of the Month

Q: "My son would be happy if every meal was pasta and tomato sauce. He doesn't like meat or beans. Should I be concerned about his protein intake?"

A: Kids need carbohydrates, proteins and fats for healthy growth and development. Protein helps the body make and repair cells – in fact, every cell in the human body contains protein. Your son's pasta with tomato sauce more than covers his carbohydrate needs. But it is not enough to meet his daily requirement of protein if that's all he likes to eat. The good news is that there are lots of high-protein foods to choose from, even if meat is not your son's favourite. Protein-rich foods are found in the "Milk and Alternatives" and the "Meat and Alternatives" food groups in Canada's Food Guide. These are also all high-protein foods: milk, cheese, yogurt, nuts, seafood, eggs and tofu. Here are some tips to get protein into your son's favourite food:

*Blend silken tofu or pureed chicken into his tomato sauce * Make a rose sauce with tomato and greek yogurt

* Add cubed cheese to hot pasta and let your son have fun with the melty strings

FEBRUARY 2015 WINTER

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 (1) Kindergarten Registration begins 	3 (2)	4 (3)   Grade 8 Grad Photos	5 (4) PIZZA! 	6 (5)  Hot Dog Day  Popcorn Day	7
8	9 (1)	10 (2)	11 (3)   Report Cards Go Home Feb. 12 	12 (4) Crazy Hair & Hat Day! Valentine's Dance! PIZZA! 	13 P.A. DAY	14 Valentine's Day 
15 	16 FAMILY DAY!!  Celebrate families, celebrate your family!	17 (5)	18 (1) 	19 (2) School Council 6:30 pm PIZZA! 	20 (3) POPCORN DAY! 	21  
22	23 (4) Stories Come Alive-FDK 	24 (5)	25 (1) 	26 (2) PIZZA 	27 (3) POPCORN DAY! 	28
						