



# Mount Albion Elementary School

## *NEWSLETTER*

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**C. E. MacKenzie - Principal**

**MARCH 2015**

**L. Quinn - Office Administrator**

**L. Romano - Superintendent of Student Achievement**

### A Message from the Principal:

March is upon us, and spring is just around the corner. February certainly challenged us at school with so many frigid temperature days, and indoor recesses. But our students were wonderful in dealing with the need to stay inside and stay warm. With lots of activities taking place at nutrition breaks (sports, clubs, open library time, etc.) we were able to avoid too much restlessness. As we gear up to March Break, we are staying focused on our learning goals at the school, as well as some of our Positive School Climate activities (Friendship, Random Acts of Kindness, Positive Relationships).

Staffing update: On Friday, February 27th, we said good-bye to one of our LTO EA's, Mrs. A. Mirabella. She was a great support in our SIDD class and our J/I ASD class. Good luck in your new assignment! And on Monday, March 2nd we gave a warm welcome back to Mrs. E. Toohey-Phillipson who has now returned from Maternity Leave! As well, we will soon have a permanent replacement at the school for retired EA, Ms. Haveman, and we will be able to share that information in our April newsletter!

New Concussion Protocol: Recently our school board launched their Ministry-mandated concussion protocol. While we have always had a protocol at Mount Albion of calling homes when there were bumps to the head, we now are required to send home paper work to parents or guardians. Even if you do not seek medical attention, you are required to monitor your child for 24 hours prior to sending them back to school, and you need to sign the "C2" form and return it to the school. We also will send home a form that you would require should you seek medical attention for your child. Please check out our website for information on the full policy and supporting documents.

School Cash On-line! We are up and running – and thank-you to those of you who have "signed up" for our on-line payment system that is now in place for any future events, activities that require payment. We hope that all families will register! The benefits to you are increased flexibility and convenience. The system is available 24 hours a day/7 days a week! It is safer than sending in cash! If you have lost the "PIN" information to register, please contact the school office.

Parking Lot Concerns: A huge thanks to so many parents who navigate our parking lots with care and adherence to our requests! Safety of our students is key. Please remember to only park in designated parking spots, or on the street. Parking along the fence lines is not permitted as it blocks traffic flow. Parents are encouraged to drop students at the Kiss and Drop Zone in the upper section of the school. If parking your car, please also remember that you are never to send your children walking through either parking lot on their own. You must get out of the vehicle and safely accompany them to the safe pedestrian areas around the school.

EQAO update: If you have a child in grade 3 or 6 this year, please read the enclosure in this newsletter which provides you with information on the dates of this year's provincial assessment, as well as some links to access for parent supports.

Have a Wonderful March Break! And with the power of positive thinking, let's hope that we welcome Spring on the 20th with some warmer temperatures!!

Mrs. C. E. MacKenzie

Principal



# DISNEY FUN DAY!

FRIDAY, MARCH 13th

*Get glammed up in all of your Disney gear for a full day of fun and activities!*



## POPCORN DAYS!

EVERY FRIDAY!

1st nutrition break

3 flavours! \$2.00/bag

Light Butter & Salt!

White Cheddar!

Dill Pickle!



## DAYLIGHT SAVINGS

Sunday, March 8th



Put your clocks ahead **ONE HOUR** at 2 am on Sunday!

# STORIES COME ALIVE!



**Mondays in MARCH!**

**JK/SK!**

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

# SCHOOL COUNCIL

Parent Council needs to announce that due to unforeseen circumstances we have had to discontinue our future hotdog days. We are looking into other possible options to give our parents a break from making lunches. As a reminder, all of our parents are welcome at our monthly meeting, which will be on **Thursday, March 26th at 6:30 p.m.** in our library, due to the March Break.

Please come out and support our students and school— and remember—

**FREE BABYSITTING!!!**

Co-Chairs: K. Cannel & M. Mutter

**2015/2016 JK Registration**  
**NOW OPEN!**



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.**

March 20th!



MARCH  
BREAK!  
March 16-20



Friday, March 6

CHICOPEE  
SKI DAY!

Grades  
6, 7 & 8

## Important information for parents and guardians

March 3, 2015

### Measles (red measles, rubeola) in Ontario

Measles is currently spreading in Ontario. There are no cases of measles in Hamilton, so now is the time to protect yourself and your family.

**Hamilton Public Health Services strongly encourages parents to fully vaccinate their children against measles.**

#### About measles

- Measles is an infection of the lungs (respiratory system) that is caused by a virus
- It is easily spread from person to person
- Nine out of 10 unvaccinated people who come in close contact with an infected person with measles will get the disease
- Measles is a serious disease, 1 in 10 will develop complications, 1 in 1000 will die

#### Who is at risk?

- Anyone born in 1970 or after who has not had two doses of measles vaccine is more likely to catch it
- Children under one year of age, pregnant women, and persons with weakened immune systems can get very sick with measles

#### Symptoms of Measles

- Fever of 38.3° C (101° F) or greater
- Cough
- Runny nose and red/watery eyes
- A red blotchy rash on the face begins on the third to seventh day and spreads to the rest of the body
- The rash will last between four to seven days
- Measles usually last for two weeks

#### How it is spread?

- Measles is spread easily through the air or through contact with droplets (fluid or mucus) from the nose and throat of infected persons



As we look ahead to the Spring and warmer weather, please note the following dates for the **EQAO Primary and Junior Assessments**. These assessments, for Grade Three and Grade Six students, will be administered from May 25th - June 4th, 2015. (Please note that June 5th is a Professional Activity Day.)

Yearly, after each assessment, EQAO makes approximately half of the test items (questions) public. These booklets, as well as examples of the students' answers from the past five years are available on the EQAO website - Parent Resources or at this link:

<http://www.eqao.com/Parents/Elementary/036/BookletsandGuides.aspx?Lang=E&gr=036&yr=14>

"A Guide to EQAO Assessment in Elementary School" is another resource available on the EQAO website - Parent Resources. This guide, available in 21 languages, answers commonly asked questions such as "What is on the EQAO assessments? Do EQAO results count towards students' grades?". To access this guide in English click on the following link:

[http://www.eqao.com/pdf\\_e/14/guide-elementary-assessments-english.pdf](http://www.eqao.com/pdf_e/14/guide-elementary-assessments-english.pdf)

Math, Reading and Writing are components on both the Primary and Junior Assessments.

Here are some suggestions that you might find helpful in supporting your child's learning in Mathematics at home.

### **PRIMARY**

- Include your child in everyday activities that involve addition, subtraction, multiplication and division.
- Play games and do puzzles that require reasoning.
- Solve problems with your child and talk about the different steps in the solution.
- Have your child show you how he or she can solve problems in different ways (e.g., through sketches, charts, graphs, words, tallies).
- Let your child know that everyone can learn mathematics.

### **JUNIOR**

- Have your child help you solve everyday problems that require different operations and formulas to solve them.
- Play games with several steps.
- Ask your child to describe a problem and explain what additional information is needed to reach a solution.
- Have your child show you the steps he or she has used to solve different problems.
- Let your child know that everyone can learn mathematics.



## Heart and Stroke Corner – March 2015 Edition

### Tip of the Month

You've been making lunches since September – and they are starting to look a little dreary. Maybe your kids aren't finishing them, or they are complaining that it's the same-old, same-old. Here are some tips to help you keep the healthy eating momentum going this year when packing school lunches for your children. Make it bite size: Provide a selection of different foods from each of Canada's Food Guide's Four Food groups. Make their portion sizes small. *Try packing mini-hamburger sliders with slices of tomato and lettuce, or small pita pockets stuffed with tuna and diced cucumber.* Think of a rainbow: Make lunches colourful by choosing foods in a variety of colours, which will pack good nutrition too. *Sometimes changing something as simple as a green apple to a yellow apple or providing zucchini sticks and grape tomatoes instead of carrots and celery can make lunch more interesting for your little eater.* Be equipped: There are terrific plastic, re-usable containers with three divided sections – like a Japanese bento box. Kids really enjoy eating out of these containers because in one section they place their veggies, in the second one, a protein such as cubed cheese or diced cooked chicken and in the last one, a fruit or an oatmeal cookie. Thermoses are also a great piece of lunch equipment because you can send hot soups or stews or cold foods such as chicken and pasta salads.



### Recipe of the Month

#### *Breakfast-on-the-Go Cookies*

*March Break can be a busy time for both kids and parents! Here's an easy breakfast or snack to grab and go in-between all those fun, active activities during the break!*

**Nutritional Information:** Calories: 150, Protein: 7 g, Fat: 3.5g, Saturated Fat: 0g, Dietary cholesterol: 0 mg, Carbohydrate: 23g, Dietary fibre: 2g, Sodium: 170 mg, Sugars: 11g, Potassium: 136 mg

#### Ingredients

- 1 cup (250 mL) brown sugar
- 1/4 cup (50 mL) 7-grain hot cereal
- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 1/2 tbsp (7 mL) baking soda
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1 tsp (5 mL) allspice
- 1/4 cup (50 mL) canola oil
- 1/4 cup (50 mL) applesauce
- 3 egg whites
- 1 tsp (5 mL) vanilla extract
- 1/4 cup (50 mL) sunflower seeds
- 1/3 cup (75 mL) chopped dried cherries

#### Directions

1. Preheat oven to 350 °F (180 °C). Line cookie sheets with parchment paper.
2. In large bowl, stir together sugar, cereal, flours, baking soda, baking powder and allspice.
3. Make well in centre and pour in canola oil, applesauce, egg whites and vanilla. Mix until well blended. Stir in sunflower seeds, almonds and cherries. Roll cookies into golf ball-size balls. Place cookies 2 inches (5 cm) apart onto prepared cookie sheets and flatten to 1/2-inch (1.3 cm) thickness with wet hands.
4. In preheated oven, bake 8 minutes for chewy cookies. Remove from cookie sheets to cool on wire racks. They store well in freezer.

### Question of the Month

**Q:** "My daughter loves peanut butter sandwiches but of course can't bring them to school because it's peanut-free. What's the next best thing?"

**A:** School-safe no-nut butters, made with either roasted soybeans or roasted peas, are available at most major grocery stores. They look similar to peanut butter, and boast the same creamy consistency and rich flavor. They even come in smooth and crunchy. Like peanut butter, no-nut butters contain a nutritious blend of healthy fat, protein and essential vitamins and minerals. If your school allows seeds, sunflower seed butter (or "sunbutter") is another delicious, peanut-free option. Any of these spreads are good on crackers, in wraps with bananas, or in the traditional sandwich. Since these knock-offs look and smell like peanut butter, they have been banned in some schools where stringent control is preferred. If that's the case in your school, you still have options: Make your own hummus, but omit the garlic and tahini (sesame seed paste), so it can still be paired with fruit flavors. A simple, thick puree of unsalted chickpeas, olive oil and a hint of honey makes a delicious sandwich spread.

# MARCH 2015

WINTER/SPRING

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>In like a lion...</p> 	<p>2 (4)</p> <p>Stories Come Alive-FDK</p> 	<p>3 (5)</p>	<p>4 (1)</p>	<p>5 (2)</p> <p>PIZZA!</p> 	<p>6 (3)</p> <p>Popcorn Day</p>  <p>CHICOPEE SKI TRIP</p> 	<p>7</p>
<p>8</p> <p>Daylight Savings! Clocks forward one hour!</p> 	<p>9 (4)</p> <p>Stories Come Alive-FDK</p> 	<p>10 (5)</p>	<p>11 (1)</p> <p>Great Big Kids Theatre Productions</p> 	<p>12 (2)</p> <p>PIZZA!</p> 	<p>13 (3)</p> <p>POPCORN DAY!</p>  <p>DISNEY FUN DAY!</p> 	<p>14</p>
<p>15</p> 	<div style="border: 5px double #f00; padding: 10px;"> <h2 style="color: red; margin: 0;">MARCH BREAK</h2> </div>					<p>21</p>  <p>← FIRST DAY OF SPRING!! March 20th</p>
<p>22</p>	<p>23 (4)</p> <p>Stories Come Alive-FDK</p> 	<p>24 (5)</p>	<p>25 (1)</p> <p>MAD SCIENCE ASSEMBLY</p> 	<p>26 (2)</p> <p>School Council 6:30 pm</p> <p>PIZZA!</p> 	<p>27 (3)</p> <p>POPCORN DAY!</p> 	<p>28</p>
<p>29</p>	<p>30 (4)</p>	<p>31 (5)</p> <p>...out like a lamb.</p>				