



Mount Albion Elementary School

NEWSLETTER

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C. E. MacKenzie - Principal
L. Quinn - Office Administrator
J. Gillies - Superintendent of Student Achievement



JANUARY 2017

J. Beattie - School Trustee

A Message from the Principal:

Welcome back and Happy New Year!! We hope you had a wonderful holiday. We have certainly jumped right into "winter weather" this January, so I wanted to give a quick reminder that your children will need to come to school prepared for all kinds of weather conditions. Boots are a must for safety and warmth on the outside, but due to wet snow, ice and salt and dirt, they cannot be worn into the classrooms. So remind your child(ren) to pack dry shoes in their backpack on a daily basis. Even better would be if they could keep a second pair of shoes at school.

At this time, I want to share with you some "personal news". I have shared this information with School Council already, and I will be sharing it with the students at our Monthly Assembly on Wednesday January 11th:

After 38 years in Education, I am retiring at the end of January. I certainly have very mixed emotions about this, since I have developed a deep connection to Mount Albion School, the students here, the teachers, the families and the community! I will miss everyone so much and the good-byes will be a challenge indeed. But please know that I am leaving you in good hands! The Board has appointed Mrs. A. Giardino to begin in her role as the new Principal of Mount Albion on Monday, January 30th. Mrs. Giardino is currently Vice-Principal at Ray Lewis School. We have met on numerous occasions already, and will continue to communicate closely during this transition period. And of course, I plan to be back to celebrate Graduation with our current grade 8 students as they have been my "Kids" here at Mount Albion for 8 years now.

Mrs. Giardino will be attending the January School Council meeting on Thursday, January 19th, from 6:30 to 7:00 (first half hour of the meeting) to meet and greet anyone interested. So even if you don't normally get out to School Council meetings, you may wish to drop by if you can. (This meeting is one week earlier than the normal "last Thursday of the month", since both Mrs. Giardino and I will be in attendance at a Principal's learning conference on Jan 26th).

Thanks for being a great school community and rewarding me with the day to day interactions with your children. Mount Albion will always hold a special place in my heart.

Mrs. C. E. MacKenzie
Principal



**JK registration begins starting
Monday, February 6th**



Ms. Cumming & Friends!



Ms. Cumming's class have been practicing their money skills at the Bulk Barn. On December 1st the students and staff braved the nasty weather and traveled to the local Bulk Barn to make small purchases. There were many items in the store to motivate us to increase our accuracy when identifying coins, counting by 5's and 10's, and paying for our snacks. We are excited to practice our skills again at the Bulk Barn in early 2017.

Thursday, January 26th
FAMILY LITERACY DAY

&

DRESS UP LIKE YOUR FAVOURITE
BOOK OR MOVIE CHARACTER DAY!!

Parents are invited to come and read with their child(ren)
in their classrooms from 9:00 - 9:30 a.m.



Heart and Stroke Corner–January 2017 Edition

Tip of the Month

As the height of winter is upon us we have to worry about our children's physical activity and spending too much time in front of a screen. "There is a demonstrable association between screen time and lack of physical activity and obesity. And if children are engaged in the screen, they are not engaged in society or the family," says pediatrician Dr. Glen Ward, member of the CPS Public Advisory committee. So how can we manage screen habits in a healthy way that works for everyone? A few tips from screen-savvy families: Keep bedrooms screen free- keep a basket in the hall, by 8pm, all gadgets go in there Make a plan together- get input from all family members how technology is used, time allotment, agreement that chores and homework need to be done first Turn it off- sounds simple but how often is the tv on during dinner or texting during a real conversation? By powering down, not only are you reducing screen time, you're setting an example with your own behavior. Consider the alternatives- If the screen is your kids' go-to downtime activity, give them other options. Consider playing a game of table hockey after dinner every night, or stocking the cupboard with crafts and crossword puzzles. "It starts with you," says Ward. "Turning on the TV is easier than sitting down and playing Scrabble. But are you really OK with the screen replacing one-on-one time with your child?"

Recipe of the Month - Hearty Tuscan Soup

As the nights get colder, this soup is the perfect addition to the weeknight meal repertoire. Whether you cook it on the stove or in the slow cooker, you'll want to snuggle up with a bowl on the couch.

Nutritional Information: Calories: 138, Protein: 7 g, Fat: 2 g, Saturated Fat: 0 g, Dietary cholesterol: 0 mg, Carbohydrate: 25 g, Dietary fibre: 5 g, Sugar: 6 g, Sodium: 351 mg, Potassium: 531 mg

Ingredients:

- 15 mL (1 tbsp) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 10 mL (2 tsp) dried oregano leaves
- 5 mL (1 tsp) dried basil leaves
- 2 mL (1/2 tsp) hot pepper flakes
- 1 pkg (300 g/10 oz) frozen chopped spinach
- 1 can (540 mL/19 oz) mixed beans, drained and rinsed
- 1 can (796 mL/28 oz) no salt added stewed tomatoes
- 125 mL (1/2 cup) brown rice
- 750 mL (3 cups) sodium reduced chicken or vegetable broth



Directions:

In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat.

Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender.

Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

SCHOOL COUNCIL

The next school council meeting will be on Thursday, January 19th!

Meet n' Greet with the new Principal, A. Giardino, from 6:30 - 7:00 p.m., and meeting continuing until 8 pm.

COLD WEATHER

Time spent outdoors is an integral part of the school day. There are great benefits when children experience fresh air, exercise and time spent outside. Outdoor play is also a break from the structure of the classroom.

Depending on the season, preparing for outdoor play in Canada can mean anything from applying sunscreen to wear mittens and a hat. During winter, it's important that children come to school prepared for the cold. Students should wear boots, mittens/gloves and hats and it's a good idea to pack extra mittens, socks, etc. in case they are needed.

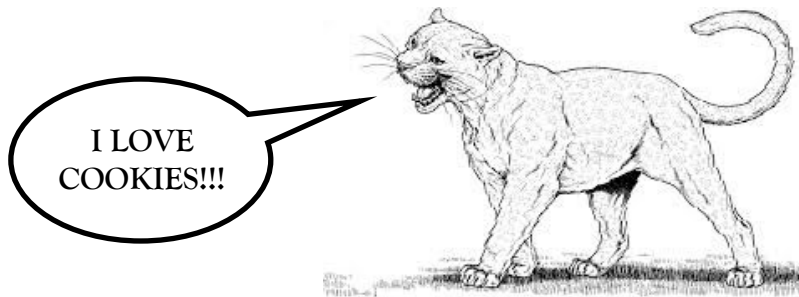
Principals can always use their judgment to decide whether to send students outside for recess. However, HWDSB asks Principals to follow the City of Hamilton recommendation that individuals stay inside when the temperature drops below -15°C without wind chill. Questions or concerns regarding winter outdoor play should be directed to the school Principal.

Parents are encouraged to go to hamiltonschoolbus.ca to check for any potential transportation delays.



Are you a **COOKIE MONSTER???**

Well, if you answered YES to that question, have we got good news for you!



COOKIES AND COUGARS

has come to Mount Albion!

Every Wednesday, on sale at 2nd Nutrition Break,
outside of Mr. Duffy's classroom, ROOM 16.

Chocolate Chip Delite or White Chocolate Delite! MMMM!!!!!!

\$1.00 EACH

HALAL! KOSHER! TREE NUT FREE!!!!

Profits will fund busses for Special Class trips.



IMPORTANT INFORMATION



Reminder to parents and guardians to call the school office before 8:40 a.m., if your child is going to be late or absent from school due to an illness, appointment or a family holiday. It is the policy of the HWDSB to contact parents in the event that the student does not arrive at school and the school has not been notified about an absence or late arrival.

Please understand that **not all students begin their day with their homeroom teacher** so messages regarding attendance that are given to the homeroom teacher do not always make it to the office. A note to the office or a call to our 24hr answering machine (905-560-0908) will ensure that student absences will be received.

Thank you in advance for your co-operation with us in this important daily activity to make sure that your child arrives at school safely.

***We would also ask that if your child needs to be excused early from school, that he/she brings a note to the office in the morning so we can have them properly signed out and ready for when they are to be picked up. This will help everyone to be organized and on time as much as possible. Thank you. ***

REMINDER!



The morning bell rings at

8:40 a.m.

Please help your child(ren) be on time in the morning to ensure a full and uninterrupted school day.

ACCESSIBLE PARKING



Please ensure the Accessible Parking spots in the upper and lower lots are left open for those who require those spaces.



Follow Us on Twitter (@mountalbion)

One great way to stay up-to-date with what's happening at Mount Albion School is to follow us on Twitter! Through our Twitter feed you will get frequent updates on life at Mount Albion School including important reminders, special events, community happenings, and student activities.

Follow us by going to www.twitter.com/mountalbion and clicking "Follow". You can also use the Twitter App to get updates sent straight to your Smart phone/device!



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.

Epi-Pen Reminder



Please ensure your child always has their epi-pen and puffers, and that the one in the school office has not expired. Thank you for your attention to this

NO SMOKING PLEASE



Just a reminder that smoking is not permitted anywhere on School or Board property at any time of the day or night. This by-law applies to staff, students, visitors and parents. It also includes the interior of your vehicle. The parking lot is considered school property according to the by-law. Please remember that we want to maintain a smoke-free environment.

Dogs on School Property



Yes—our canine friends are cute and for the most part, we know that they are friendly. However, we must respect that some of our children are afraid of dogs, and having them close by causes stress and anxiety. We also know that dogs who are normally friendly can be startled by fast moving children and can snap at fingers and faces if startled.

We ask that you do not bring your family pets on-to school property during school hours of 8:00 a.m. to 4:00 p.m..

Thanks for your understanding.

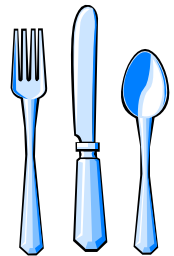
If you walk your dog on school grounds during the evenings or weekends, please remember to 'stoop and scoop'. We appreciate your support.

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!

Please remember to pack forks and spoons in your child's lunch!



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

Visitor Passes will be issued.



JANUARY 2017

WINTER

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 	3	4 	5	6 	7
8 	9 (1) BACK TO SCHOOL!	10 (2)	11 (4) COUGAR COOKIE DAY 	12 (5) PIZZA! 	13 (1) POPCORN DAY! \$2.00  Production of 'Hansel and Gretel: the Sequel'	14 
15 	16 (2)	17 (3)	18 (4) COUGAR COOKIE DAY 	19 (5) SCHOOL COUNCIL 6:30 PIZZA! 	20 (1) POPCORN DAY! \$2.00 	21 
22 	23 (2)	24 (3) FAREWELL ASSEMBLY FOR MRS. MacKENZIE 11:50 - 12:40 	25 (4) COUGAR COOKIE DAY 	26 (5) Family Literacy Day and Dress as Your Favourite Book or Movie Character day! PIZZA! 	27 P. D. DAY	28 
29 	30 (1) WELCOME TO MOUNT ALBION, MRS. GIARDINO!	31 (2) 				