



Parkland Village School — September 2021  
<http://parklandvillage.psd70.ab.ca/>

HAVE A GREAT SCHOOL YEAR!

play nice work hard  
stay kind find JOY  
accept responsibility  
TAKE OWNERSHIP  
think positive BIG DREAM YOU'RE UNIQUE  
speak kindly IT'S OKAY  
you matter nobody's perfect practice more  
GIVE THANKS MAGIC HAPPENS  
courage counts laugh loudly  
Be accountable



TITLEMAX

### The New Principal Has Arrived

I want to thank everyone for such a warm welcome here at Parkland Village School. I have spent my last 15 years as a principal with Rocky View Schools (around Calgary) and I'm thrilled to continue my professional journey here, in this amazing school. I look forward to working with all of our parents, guardians, students and staff to continue the tradition of a strong caring school community committed to rich and joyful learning.

I will be sending out weekly email newsletters called the **Community Compass**. If you are unable to receive email, please let the office know and we will make sure to send home a paper copy with your child.

Wishing you all health and joy,

Todd Hennig

### Thursday, September 30th is Orange Shirt Day



#### Terry Fox News

In honour of Terry Fox our school will be participating in the National School Run Day on Wednesday, October 6th. Our goal this year is to raise \$500.00. We will be collecting toonies to support Terry in his challenge, all funds raised will be for the Terry Fox Foundation. We would like to invite all caregivers to come join us in our "Fox" trot in the school field starting at 11:15 a.m.

Next School Council Meeting  
Wed., September 15th, 2021  
@ 6:00 p.m.

ANY QUESTIONS OR AGENDA ITEMS,  
PLEASE CONTACT  
SHANNON AUGER AT 780-952-8980

#### Picture Day

Thursday, September 16th,  
2021



LifeTouch will be our photographer for the 2021 - 2022 school year shooting individual pictures. On **Thursday, September 16th**, individual student pictures will be taken for the whole school.



**We would like to “Welcome” our NEW and Returning Staff members to Parkland Village School for the 2021 - 2022 School Year.**

1	Mr. Todd Hennig	Principal
2	Mrs. Sharon Evenson	Monday/Wednesday/Alt Fridays - Kindergarten
3	Ms. Kaley Ash-Elliott	Grade 1A
4	Ms. Lee-Ann Lynds	Grade 1/2L
5	Mrs. Melanie Lee	Grade 2L
6	Ms. Kara Farris	Grade 3F
7	Ms. Amanda Parfieniuk	Grade 3/4P
8	Ms. Rachel Sydora	Grade 4S
9	Mrs. Alice Baska	Music
10	Mrs. Vicky Hovdebo	Levelled Literacy Intervention/GYM
11	Mrs. Tirzah Wolff	Library Technician/ Levelled Literacy Intervention
12	Mrs. Tammy Sierink	Educational Assistant
13	Mrs. Sherri Milne	Educational Assistant
14	Mrs. Alison Munn	Educational Assistant
15	Ms. Brenda Brymer	Educational Assistant
16	Mrs. Tracy Palmer	Educational Assistant
17	Ms. Louise Dworak	Secretary
18	Ms. Tara Parrott	Custodian

**Parkland School Division’s Revamped Website**

Check out the new revamped Parkland School Division Website at <https://www.psd.ca/>

# 2021—2022 IMPORTANT SCHOOL INFORMATION

**\*\*Please Note\*\*** For students who attended Parkland Village School the last couple of years, please go to your Parent Portal and check your student account. Many of our families have a CREDIT on their account that can be used for this year's fees.

## 2021-2022 School Fees

Cultural Events Fee		
All Grades		\$12.00
Play Parkland*		
Grade 3 and Grade 4		\$30.00
Swimming Fee		
Grade 1 and 2		\$40.00
Fieldtrip Fees		
Kindergarten to Grade 4		\$55.00
<b>Kindergarten Fee</b>	<b>\$67.00</b>	<b>Total</b>
<b>Grades 1-2</b>	<b>\$107.00</b>	<b>Total</b>
<b>Grades 3-4</b>	<b>\$ 97.00</b>	<b>Total</b>

Online Payments are made in your PowerSchool Parent Portal.

Go to: [www.psd70.ab.ca](http://www.psd70.ab.ca) , sign into your Parent Portal with your username and password. On the left hand side click on School Fees. The RYCOR Fee Management System offers online payment options and provides caregivers with the ability to pay the fees, view and print student statements and receipts, show transaction history, and outstanding fees all online.

Methods of payment include Visa, MasterCard, AmericanExpress and Interact Online Debit. If this is not an option, you can pay at the school office with cheques or cash. Cheques are made payable to: Parkland School Division #70. Fees are due by September 30th, 2021.

## Bell Schedule

7:55 a.m.	first bell
8:00 a.m.	classes begin
9:35 - 9:50 a.m.	recess
11:40 - 12:10 p.m.	lunch recess
12:10 - 12:30 p.m.	lunch
12:30 p.m.	classes begin
2:30 p.m.	students dismissed

## Optional Student Accident Insurance Plan

Supplementary insurance coverage for accidents throughout the entire school year, both on and off school grounds. To apply for insurance go to: [www.kidsplus.ca/](http://www.kidsplus.ca/) apply or call 1-800-556-7411.

## Milk Tickets

Our Milk Program will not start until the second or third week of September. If you still have milk tickets from last year, you can use them for this year. For the 2021 - 2022 school year the price will remain the same at \$10.00 per sheet of 10 tickets available at the school office.



## Newsletter Distribution

Being an environmentally responsible school we have substantially cut down the number of printed newsletters to almost zero. **ONLY families that request a hard copy newsletter will receive one.** We also felt that when you viewed our newsletter online you experienced the beautiful colours of the children's artwork and see the photos that we include to their full advantage. As always a full version of our newsletter can be found on our website at <http://parklandvillage.psd70.ab.ca/> at the beginning of every month.

If you have any questions or concerns, please contact us at the school 780-962-8121. If you wish to receive a hard copy of the newsletter, please return the slip below and send to the office:

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I would like a hard copy of Parkland Village School newsletter sent home with:

Child's name \_\_\_\_\_ Grade: \_\_\_\_\_

# Parking and Traffic Safety at Parkland Village School

## PLEASE SLOW DOWN CHILDREN IN AREA

Parents, please help us take extra precautions to keep all of our children safe by:

**\*\*Parking by the Community Centre, this is our Designated Parking area.\*\***

**(DO NOT park in the staff parking lot or along the East or South side of the school.)**

Walking your children across streets.

Keeping all vehicles clear of our school bus loading zone on East side of school.

Ensuring your children go to their designated doors where their teacher will greet them and welcome them into the building. (Outdoor supervision begins at 7:50 a.m.)

**Only children that arrive late (after the 2<sup>nd</sup> bell at 8:00) are to enter the main doors to check in at the office.**

### Parking Do`s and Don`ts

Please respect the NO Parking Signs on the East side of the school and North of the bus loading zone

**The Park DOES NOT allow parking on the roadways and remember not to block someone's driveway. Bylaw enforcement officers are around and will hand out tickets.**

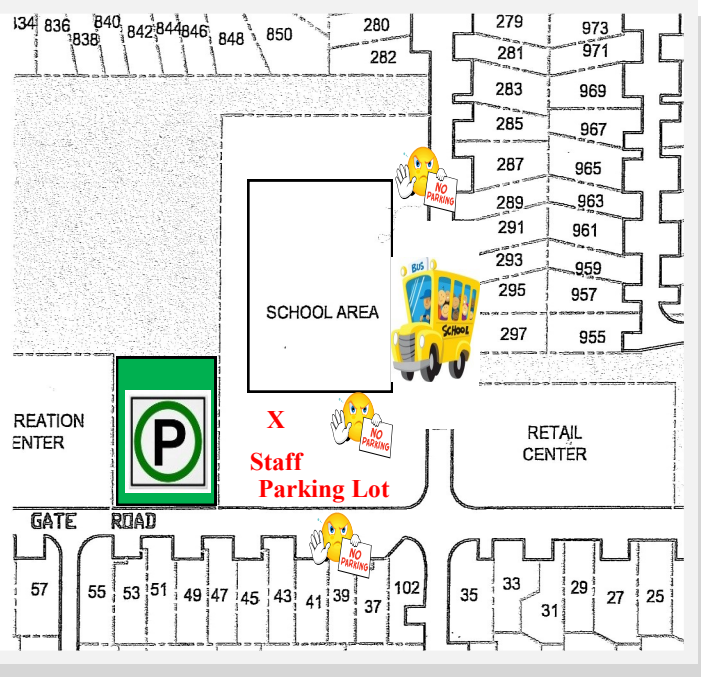
Please respect the wheel chair access parking space in staff parking lot.

**Parking is ONLY ALLOWED in the**

**Community Centre parking lot. The map on the left shows the green area where the designated parking is. Please avoid using the staff parking lot as we like to keep children clear of this area.**

**Children can be difficult to see with cars backing in and out, especially with the narrow parking stalls we have.**

Please note the **NO Parking zone** in front of the detached portable on the Southwest side of the school parking lot. This is for emergency access vehicles only.



# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labour Day NO SCHOOL	7	8	9	10	11
12	13	14	15 School Council Meeting 6:00 p.m. All Parents Welcome!	16 PICTURE DAY 8:30 a.m.	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Orange Shirt Day		










## COVID Protocols

In the welcome video above, I have explained the main items to expect in our COVID response as we begin the school year. In short:

1. Please continue to teach and encourage good hand hygiene (hand washing/sanitizing, not touching faces, covering coughs and sneezes with our arms).
2. Children with cold/flu symptoms should stay home.
3. Children with COVID symptoms (cough, fever, difficulty breathing, or loss of smell/taste) must stay home for 10 days from the onset of symptoms. They may return earlier with a negative COVID test.
4. Masks are strongly recommended for students, and all students should bring a mask for special times when they may be required or if they develop symptoms during the day.
5. Student drop off and pick up will be outside the building.
6. Parents may come into the office (we encourage masking). If parents come into the core of the building, with the permission of the principal, they must be masked.

**PLEASE NOTE: COVID Protocols override the information/guidelines below.**

**BELOW IS A GREAT GUIDELINE TO FOLLOW IF: YOUR CHILD NEEDS TO STAY HOME . . .**

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100°F or higher.	Within the past 24 hours.	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching and/or pus draining from eye.	Hospital stay and/or emergency room visit.

**I AM READY TO GO BACK TO SCHOOL WHEN I AM . . .**

Fever free without the assistance of medication for 24 hours (i.e. Tylenol, Motrin, Advil).	Fever from vomiting for 24 hours.	Fever from diarrhea for 24 hours.	Free from rash, itching or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

# Sleep: Benefits and Recommended Amounts

By SickKids staff

Learn how sleep improves brain function and mental health and how much sleep your child needs each night.

## Key points

- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Sleep time guidelines depend on a child's age. Every child is different, so take time to figure out what works best for your child.
- If your child's sleep routine is disrupted, return them to a healthy sleep schedule as soon as possible.
- See your doctor if you have concerns about your child's sleep patterns.

## Benefits of sleep for mental health

Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep. Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.



## What are the signs and symptoms of lack of sleep?

Not getting enough sleep each night can have negative consequences for your child. These cannot always be erased with extra sleep the next night. Over time, not getting enough quality sleep each night can produce a range of behavioural, cognitive (mental) and emotional symptoms.

## Physical symptoms

- Finding it difficult to wake up in the morning
- Falling asleep after being woken up and needs you to wake them again or repeatedly
- Yawning frequently during the day
- Complaining of feeling tired or wanting to nap during the day
- Preferring to lie down during the day, even if it means missing activities with friends or family
- Falling asleep or seeming drowsy at school or at home during homework
- Wanting to consume unhealthy stimulants, such as caffeine or sugar, regularly

## Cognitive (mental) symptoms

- Lacking interest, motivation and attention for everyday tasks
- Increased forgetfulness
- Blurred vision
- Difficulty learning new information

Age	Recommended amount of sleep
Newborns (0 to 2 months)	16 to 18 hours (3 to 4 hours at a time)
Babies (2 months to 6 months)	14 to 16 hours
Older babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10 to 13 hours
Pre-schoolers (3 to 5 years)	10 to 12 hours
School-aged children - 5 to 10 years	10 to 12 hours
School-aged children - 11 to 13 years	9 to 11 hours
School-aged children - 14 to 18 years	8 to 10 hours

## Emotional symptoms

- Increased moodiness and irritability
- Increased impulsivity
- Increased stress throughout the day

When your child owes their mind and body sleep, this is called sleep debt. A large sleep debt (not getting enough sleep for many nights in a row) can result in your child feeling mentally exhausted. It can also worsen the symptoms of any existing behaviour, anxiety and mood disorders such as depression or bipolar disorder.

## How much sleep does my child need?

Your child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells your child's body when to sleep. The body clock is influenced by your child's age; children need less sleep as they get older.

The Canadian Paediatric Society has produced a general guide to the amount of sleep young children need over a 24-hour period, including naps.

The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less. Talk to your child and adjust their sleep schedule to find out how much sleep per night works best.

Getting the recommended amount of sleep (e.g., number of hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful times. Some older children and adolescents may maintain 8 to 10 hours of sleep per day but if they go to sleep very late and then sleep through most of the morning, this means they are not receiving the full restorative benefits of sleep.

## How to respond to changes in your child's sleep routine

Naturally, there are times when your child's bedtime may be later than usual, for instance on a family vacation or a special occasion. Going to bed a little later than usual is fine once in a while, but it is important to return your child to a healthy sleep schedule right away to give them the best chance of rest and recovery.

Keep in mind too that some children may have a reason to wake up during the night, for instance if they need to use the washroom, experience bedwetting, have a nightmare or tend to sleepwalk. If you are concerned about the number of times your child wakes up, snores or has pauses in their breathing during the night, see your family doctor.

## Family Command Center

**Keep your family and home organized and running smoothly with a family command center.**

Mom... "where's my homework?"

Moms are responsible for so many things and **keeping our family & home organized** is a real challenge.

How do we stop the madness every morning? Well, a **family command center** is a great place to start.

Ok, it might not stop the madness, but it will sure help to **declutter your home and keep everyone organized** so you can concentrate on everything else you have to do during the morning rush.

How great would it be to not have to turn your home upside down trying to locate the kids' homework, lost library books, shoes, etc.

What about cutting out all the paper clutter around your home or having a **weekly meal planning menu** right at your fingertips when you need it.

What I love about creating a **family command center** is that you can customize it any way you want to fit your needs.

Not only that, but you can also create your **family command center** just about anywhere you choose. If all you have is a small nook or corner of a room, then that'll do.

If you want to dedicate an entire wall in the entrance of your home or in a mudroom, that works too. Really, the sky's the limit to how you design your home command center. Below are a couple of ideas.



Pinterest has endless examples of family command centers that you can customize to your space and to the needs of your family.



# SCHOOL LUNCH IDEAS

AUTHOR: MEGAN GILMORE



Here are some school lunch ideas, broken down into categories to help make packed lunches easier. Choose one or more options from each category to fill your lunch box. Feel free to mix and match each day to keep school lunches interesting!

Whether you prepare a week's worth of lunches over the weekend, or pack them the night before, pre-packing lunches brings **new calm to school-day mornings**. **Where possible, pre-assemble school lunches the night before to save time each day.**

Morning minutes are worth ten at any other time of the day!



## INGREDIENTS

### FRUIT:

- Applesauce
- Blueberries
- Grapes (slice in half if you're concerned about choking)
- Watermelon
- Strawberries (I slice these in half)
- Kiwi (peeled and sliced)
- Whole apple
- Whole banana (with peel)
- Peeled oranges (seedless)

### VEGETABLES:

- Cucumber (sliced in coins or spears)
- Broccoli florets (raw or steamed)
- Cauliflower florets (raw or steamed)
- Celery sticks (fill with nut butter & raisins for "ants on a log")
- Carrots (baby or sliced)
- Sweet potato cooked in cubes or slices
- Guacamole (technically a fruit, but my children's see it as a veggie)

### PROTEIN & HEALTHY FATS:

- Yogurt (coconut milk, goat, or cow)
- Cheese (shredded, string, or cubes)
- Hummus
- Nut or seed butter
- Edamame
- Cooked beans (Chickpeas, black beans, pinto)
- Deli Meat (try it rolled up; look for no additives)
- Hard boiled egg

### CRUNCHY:

- Low-sugar dry cereal like Cheerios
- Whole grain crackers
- Crispy chickpeas

- Pretzel sticks
- Sunflower seeds
- Rice cakes
- Plantain chips (serve these with hummus or guacamole)
- Baked tortilla chips (usually serve these with guacamole)
- Pita chips (good with hummus)

### HEARTY FILLERS (MAINS):

- Spinach Muffins
- Leftover Pizza (Cauliflower pizza, English muffin pizza, vegan pizza, etc.)
- Steel Cut Oatmeal (if your children doesn't mind eating it cold)
- Tortilla roll-up (fill with hummus, avocado, nut butter & jelly, or turkey)
- Banana Snack Cake
- Homemade Granola Bars (or store-bought)
- Date Energy Balls
- Homemade Lara bars (or store-bought)
- Hummus & Veggie Sandwich (or wrap)
- Oatmeal Pancakes
- Waffles (add peanut butter for a sandwich or dip)
- Black Bean Burger
- Egg & Cheese Sandwich
- Healthy Granola and Yogurt
- Almond Butter & Honey Sandwich
- Egg Muffins or Frittata Slice
- Quesadilla (for dairy-free, fill with hummus or bean spread)
- Pasta Salad
- Any dinner leftovers (like spaghetti or plain noodles)