



Schuler February News



Our Kindergarten class puts on their “best face” for school.



Congratulations to Kirsten K., Cody G., Bailey H. and Juliette N. on winning the 4-9 bonspiel!



The Principal Point

Thank you to everyone that attended our grade 4-9 bonspiel on January 27th. Congratulations to the students on

excellent sportsmanship and strong curling. Thanks again to our curling sponsors, the curling rink members and the skating rink organizers for making fun days like this possible. Thanks also to Mr. Jobb and Mrs. Lagasse for their organizing work.

February has some fun activities intended to keep children active despite the (cold?) weather. The whole school will take a “winter walk” at 2pm on Wednesday Feb 8th. Following that, Parent council will provide snacks for us. Students will be skating and curling at the local rinks, including the Junior High bonspiel with 3 Schuler rinks and 5 teams from Oyen, Foremost and Acadia Valley. The Schuler Stanley Cup continues. Once again, teachers will put their reputations on the line in the student-teacher all-star game on February 9th at lunchtime. You may plan to attend and cheer on the teachers. History tells us we will need it.

Swimming lessons begin for all K-9 students at the end of February. The majority of junior high families prefer their children to take lessons, so as a group that is what we will do. All teachers will either be teaching or supervising on these days, so any families that decide against swimming can choose to make arrangements to pick their child up at noon on these days.

We look forward to the ski trip on Friday March 2nd. Students that ski or snowboard are **STRONGLY** encouraged to ski with the school using ski packages provided. Helmets are mandatory. For those that choose not to ski, normal busses will take you to classes at the school that day.

Forms from Alberta Education are arriving at your homes. They are a chance for you to help provide input and direction to our school. Thank you for taking the time to fill them out.

Attention grade nine students and their parents: Due to conflicts, the grade 9 farewell meeting has been moved. The new date is Mon. Feb 13th at 2:45pm. Students and a parent are asked to meet in Mr. Jobb’s room for an important planning meeting.

Fli Merrick

Upcoming Dates

- Feb 17th—JH curling bonspiel
- March 2nd—School Ski Trip
- March 16th—Second Report Card
- March 19th—Parent Teacher Interviews #2

We're online!

Check out our webpage: www.schulerschool.ca for information, weather, pictures, and calendars. Sign up to receive full color monthly newsletters delivered to you.

Grade 9 Farewell Meeting— new time

Mon. Feb 13th @2:45

Next School Council Meeting

Monday March 5th @ 3:30. All parents are invited.



Noerenberg News

What an amazing January we have had! It is very easy to celebrate the many successes that we have experienced in our classroom this month. We have done a great deal of reading, writing and math this month. We have also enjoyed doing a number of interesting art projects that boast our talent. Our study of India continues as we read and discuss the diversities of this country. It is quite amazing to consider how different this land and its people are. It's amazing to hear my students say, "Wow, that day went so fast!" We look forward to February and all of its celebrations, 100 Day and Valentine's Day too.



Mrs. Maier's Memo

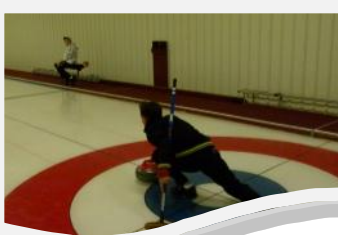
In Language Arts we are continuing to work on handwriting, spelling and our novel studies. Grade fours have completed all the letters in cursive handwriting and are now combining them to form words. In Math we are working on our measurement unit which includes time, area and perimeter. We continue to practice our basic facts. We have sent home Math flash cards; please spend 10 minutes a day practicing these with your child. Our class is enjoying the excitement of the Schuler Stanley Cup so feel free to stop in and share this with your child.



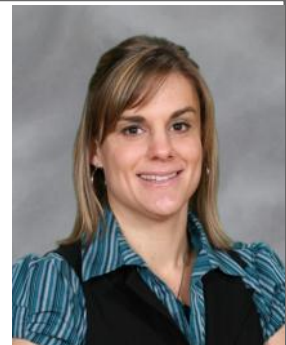
Greetings from Miss Oster!

It's hard to believe that only month of the New Year is already gone. This month marks the halfway point in our school year; let's make the last half as good as the first. The LA 7-9 class is continuing work on a poetry unit. They have been creating their own pieces and will be analyzing other works of poetry as we continue in the unit. Div. 2 science students have started the Evidence and Investigation unit. They have been busy honing their observation skills as they examine footprints, fingerprints and tire tracks. Science 7/8's are working in the Light and Optical unit. There are some tough concepts in this one so be sure to keep up with the work. Drama class is wrapping up with the "You be the Teacher" Project. Student will begin their Foods option this week. There are lots of events coming up that will take us out of the classroom so we will need to work hard to stay caught up. Progress Reports will be out next week so please be sure to take a look at them and send them back to school with your initials.

4-9 Bonspiel



What's up with Mrs. A Herman

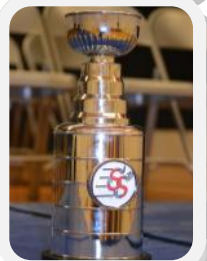
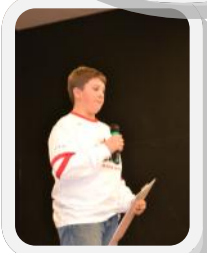


Welcome February! Fewer classes this month, due to winter break and bonspiels, means we need to work diligently to get our lessons completed. In Science 9, we are working on our unit of electricity and doing many practical labs to reinforce electric principles. In the next weeks, we will learn about resistance, motors and energy transformations. Progress reports will be coming home in the next week, so please review them with your child, sign and return them to school. We will be spending more time doing photography by “stealing back” some classes from fitness class. Ask your child about some of the interesting photos they are taking and editing on the computer. I have been pleased to see such creativity in photographic arts, from some students. In Fitness, we continue to try new activities. We have an action-packed field trip planned to Medicine Hat this Friday, February 3. Please remind your child to pack a nutritious and energy-filled lunch (with plenty of snacks) as we will be VERY active all day.

Kinder corner News



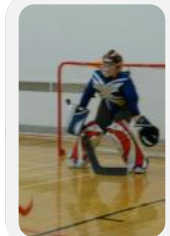
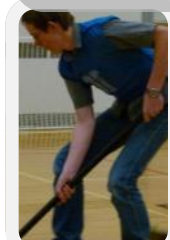
February? Already!? How can this be? Well, ready or not, we are moving to the next page of the calendar. The ECS students have been busy practicing more lowercase letters, building great things in blocks, working on the computer, listening to stories, practicing math skills, learning games, discovering amazing things about animals, etc. We have been working on our floor hockey skills in gym time in order to help our teams in the Schuler Stanley Cup. We have also enjoyed a few trips to the skating rink to practice skating. We are very grateful for the efforts of the volunteers who prepare the ice, and the parents who make time in their busy schedules to help tie skates. It is great to be with the Division II students who take the time to help us! We will be planning our next field trip soon, and are really looking forward to swimming lessons.



Schuler Stanley Cup

Stanley Cup Action continues in April with playoff finals and the student-Staff All-star game at lunch on Feb 9th. Students may be in tough as Mr. Jobb has been in training since last year improving his glove saves.

We have had almost 100% student turnout to play games, and also to watch. Thank you to Mark N., Jayden W. and Cody G. for helping run the announcing and penalty box, and to all the coaches and fans. Thanks also to Meggitt Training Systems for sponsor-



Friendship

February is here and what a better time to talk about friendship. Parents as you talk to your child about healthy relationships, encourage your child to :

Talk- to others about his/her interests

Listen to what each other have to say.

Praise each other for what he/she does well

Use manners- saying please and thank you

Be helpful- do things for your friends without keeping track of what they have done for you.

Be honest about each others feelings

Handle Conflict. Be clear about what you want and how you will compromise

Friendship does not include bragging about yourself, talking behind someone's back, or putting someone down. For more information, go to:

www.albertahealthservices.ca/2622.asp



Eating Disorders

Eating Disorder Awareness Week: February 5-11

Eating disorders are characterized by a preoccupation with food that interferes with life and keeps children from enjoying life and moving forward. Children learn attitudes towards food and weight at a very young age, so make a positive difference in your child's life. Here are some tips to help prevent eating disorders:

- Give children healthy choices
- Emphasize positive aspects of healthy eating
- Teach children that their worth is not related to how they look
- Encourage children t responsibility for their own well-being
- Do not use food as a reward or punishment
- Be aware of advertising and toys aimed at children

Make family meals a peaceful time.

Get Healthy and Celebrate Heart Month!

According to the Heart and Stroke Foundation, "families who eat nutritious food together, are physically active together, and live smoke-free lives are well on their way to reducing their risk of heart disease and stroke."

Without a balanced, nutritious diet and regular physical activity, children can gain weight and harm their heart health. Studies show that children who are obese are more likely to remain obese, leading to serious risk factors for heart disease and stroke. They may be prone to developing high blood pressure or Type 2 diabetes. Here are some helpful hints to encourage heart-healthy habits in your children and in yourself:

- Eat nutritious, balanced meals and snacks
- Make sure children are getting 60 minutes of physical activity **every day**

Talk to your children about how tobacco use can affect their health

To find out how to improve your families heart health visit www.heartandstroke.com

Parent Council News

Hot Lunch Schedule

Thank you to parents who have already organized hot lunch for the school term thus far.

Here is a schedule for the months to come:

February: Jacquie Noerenberg, Jen Driediger, Mary Kathleen Schick & Julie Legasse

March: Juanita Weisgerber, Tammy Weisgerber, Elisabeth Thiessen & Margaretha Rempel

April: Corie Schock, Paula Herselman, Stephanie Davies

May: Christy Brusky, Lisa Newby, Yvette Krassman

June: If anyone would like to do a June hot lunch feel free. June is usually a very busy month and many activities are going on during the month.

New guidelines are now in place in regard to hot lunch. All of the food must be prepared at the school nothing can be prepared at home and brought to the school already prepared. This being said, you are able to purchase from restaurants and bring the food to the school for distribution. (Examples: Taco Time, Pizza Hut)

There is a binder at the school with past hot lunch ideas and pricing.

If you are unable to do you month listed, please contact others on the list to do a switch or make other arrangements.

Please contact Paige Maclean with your hot lunch menu once it has been established and Paige will forward the information to Janine at the Division office.

Schuler students would like to thank the members of the Drowning Ford for donating money to cover student swimming and rural safety day costs! Thanks to you, our school just got a lot safer!

A Huge Thank You for the generous donation of library books to the Schuler School Library, the staff and students greatly appreciate them, B & J Weisgerber, A & T Weisgerber, M. Wells, G & C Brusky, K & K Aberle.

Grumpy Mornings

Even funny slippers can't pull some kids out of the morning doldrums

Susan Spicer

Submitted By: Jenn Hynes Mardian, Family School Liaison Worker

You called your seven-year-old daughter half an hour ago, but she's still not out of bed. When you do finally manage to cajole her out from under the covers, she glowers at you.

If you try to speed her up so she makes the school bus, you get more grumpiness. If her favorite sweater is in the laundry, or her science homework has been misplaced, you can expect a complete meltdown — and a last-minute drive to school. Why do some kids have trouble getting going in the morning, and what can you do to help? Here are some suggestions to take the madness out of the morning from Calgary family educator Catherine Pelly:

Make sure she's getting enough rest Kids this age still need a minimum of 10 hours of sleep each night. Look at the family schedule too. "An awful lot of families are overscheduled, with too many evening activities on top of homework," says Pelly.

Consider your child's temperament "Some kids wake up and get going easier than others," says Pelly. Think about how your child behaves at other times. Are transitions difficult for her? Does it take her awhile to get engaged in a new activity? It may be that she just needs a few extra minutes to lie in bed. An alarm clock with a snooze button set for 10 minutes might help her get up in a better mood.

Rule out anxiety about school A child who is reluctant to get ready or is easily upset in the morning may be anxious about something at school, so it may help to have a talk with the teacher. Pelly says it's important to create an environment at home where kids feel comfortable talking about trouble with friends or worries about homework. "Not all kids will tell you what's going on, especially right after school when they're feeling overwhelmed by the whole day. Bedtime is often a time when things come out, or when the two of you are snuggling on the couch."

Try to avoid power struggles Some kids hate to hurry and if pushed, will push back. "Some kids are just like that," says Pelly. "The resulting grumpiness is the child's way of taking back some control of the situation." With a child who's not at his best in the morning, it's important to pick your battles. What he eats for breakfast or wears to school probably isn't worth a meltdown.

Leave enough time to get ready "You need to look at the timing of your morning and ask yourself: Is this really doable?" says Pelly, who recommends accommodating a dawdler by providing some extra time in the morning. Try doing more prep at night: lay out clothes, assemble lunches and make a backpack check part of the homework routine.

Minimize distractions Some kids are easily sidetracked, says Pelly, and are helped by having a very structured routine and knowing what the rules are. ("You can watch TV or play on the computer after you've eaten breakfast and brushed your teeth.") Other parents have found banning TV in the morning helps.

Be flexible about breakfast "Some kids aren't morning eaters," observes Pelly, "but they still need to have something." Some kids prefer a breakfast they can drink, like a smoothie. Or you can agree that he has a glass of milk before he leaves the house, and put something extra in his pack to eat on the bus. (For inspiring breakfast and snack ideas, go to our [Cooking with Kids Recipe File at Today's Parent.com/recipe file.](https://www.todayparent.com/recipe))

Work out a plan together If mornings aren't going well in your household, Pelly recommends sitting down with your child and deciding on a routine. "Don't do it in the morning though!" she says. Make a list of all the things that have to be done; divide the list into things that can be done the night before and those that can be done in the morning. Agree on rules like coming to the breakfast table dressed. Pelly suggests making a poster together, which serves as a visual reminder for kids. Check back after you've tried the routine for a few days and make adjustments.

One final tip from Pelly: "A good bedtime makes for a better morning. Bedtime should be leisurely enough to include some quiet time to talk about the day that's been." If kids go to sleep feeling relaxed, it's much more likely they'll wake up feeling ready to face the day to come.



**Rural Safety Day
Help Wanted**

This June, Schuler School will be helping host a “Rural Safety Day” for our school, our community and neighboring schools. It will be a chance to learn about safe and responsible practices dealing with machinery, electricity, chemicals, ATV’s and bikes, water, first aid, grain bins and much much more.

We need people with experience in farming and ranching to step forward and help organize the content and events of this day. There is a ton of local expertise (not Mr. Merrick :)) that could go a long way to making this day go from good to great! If you are willing to help make a difference in keeping kids safe, please call Eli Merrick at the school. We’d like to have a short meeting at the end of February to get organized.





February 2012

Preparing Today For The Achievements of Tomorrow

Schuler School, Box 120, Schuler, AB T0J 3B0

Phone: 403-839-3732

Fax: 403-839-3943

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gr. 7-9 Skate-2:15-3:15 Gr. 1-3 Skate-12:30-1:50	2 Groundhog Day	3 Happy Birthday Jacob F & Johan F JH Field Trip	4 Happy Birthday Devlin
5	6 Swim Forms Due	7 Gr. 4-6 Skate-2:15-3:15	8 Happy Birthday Shelby Gr. 7-9 Skate-2:15-3:15 Gr. 1-3 Skate-12:30-1:50 Winter Walk 2:05pm	9	10 Happy Birthday Luke	11 Happy Birthday Mr. Jobb
12	13	14 Gr. 4-6 Skate-2:15-3:15 PC Hot Lunch	15 Gr. 7-9 Skate-2:15-3:15 Gr. 1-3 Skate-12:30-1:50	16	17 JH Bonspiel Hats 4 Hearts	18
19 Happy Birthday Mrs. McLean	20 Family Day NO SCHOOL	21 In lieu of Parent/Teacher Interviews NO SCHOOL	22 In lieu of Parent/Teacher Interviews NO SCHOOL	23 Teacher Conference NO SCHOOL	24 Teacher Conference NO SCHOOL	25
26	27 WELCOME BACK Gr. 4-6 Swim	28	29 Gr. 7-9-Swim			