



Schuler November News



Halloween featured pumpkin carving and a parade of costumes. Thank you to Mrs. McLean and the Students Union for their organizing help.



The Principal Point

Thank you to all parents who helped volunteer at our school council casino last month. The moneys raised will go a long way towards students field trips and special activities. Thanks again to everyone involved with our volleyball tournament concession and our volleyball teams. Special recognition goes to Miss Oster for the hundreds of hours spent coaching and organizing our boys volleyball team.

I would like to invite all community members to Schuler's Remembrance Day ceremony on Thursday, November 10th in the gym, starting at 2:45pm. Students will share their ideas and thoughts about our veterans. There will be no school for students on November 11th or 14th. The first day is the Remembrance Day holiday, while the 2nd day is time off for a staff PD Day. Staff will be meeting with other teachers from our school division to share promising teaching practices as we continue to find ways to improve our school.

Report cards for students will be sent home on November 25th. Please

phone the school once this date nears to book interview times with your children's teachers. Parent teacher interviews are scheduled for Monday November 28th from 3:30-8pm. It is a great chance for home and school to work together and make a positive difference for children in this community.

Sincerely,

Fli Merrick



A surprise visit from our Mascot helped lead the girls to a 2nd place finish at their home tourney on Friday. The boys finished 2nd as well the next day.

Upcoming Dates

- Nov. 3rd—PARTY Program, Gr.9
- Nov. 4-5—VB zones
- Wed Nov 9th—3:45, Student-Parent VB games.
- Nov 10th—2:45 Remembrance Day ceremony
- Nov 11-14—No school for students.
- Nov 25th—First Report Card
- Nov 28th -Parent Teacher Interviews (3:30-8:30)
- Tuesday, Dec. 20th—7pm, Schuler Christmas Concert
- Dec 22-Jan 4(inclusive) Christmas Break
- Friday, March 2nd—Schuler Ski Trip

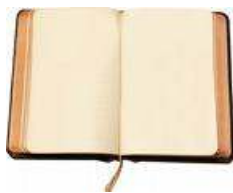
Sports Update



Please Join us on Nov 10th @2:45 for our Remembrance Day Ceremony.

Reminder

All visitors, including parents, are asked to please sign-in at the main entrance when entering the school to help keep visitors and students safe.



Students and parents are reminded that agendas are a great way to improve communication between home and school. In Schuler, agendas are to go home every night, and return signed the next morning.

Charger News!!

Another great season in nearing a close as we approach League finals and (fingers-crossed!) Zones this weekend. Hard work and positive attitudes prevailed as the boys continued to play well in League, where they finished up in 4th place. League finals are in Irvine on Wednesday where we face off against CHHS. Tournaments have also gone well for the boys. At the Seven Persons tourney the team narrowly missed out on the finals despite some great matches. At the Schuler Home Tourney the boys brought home a Silver medal after playing their personal best against tough team from Rosemary. A special thanks for our returning players from last season who have helped out and provided some positive team energy for our team. Let's finish strong boys. Go Chargers Go!!

Roadrunner Results

The girls volleyball team has had a busy year. Already, we have been in 5 tournaments and played over 80 sets. Our most recent tournament was our home Schuler Klassik. The girls finished 2nd in our home tourney, losing in a tight 3rd set to Foremost. This weekend, we travel to Foremost for zones. Hopefully, we can return the favor and return home champions!

No matter what happens over the next 10 days, this has been a most enjoyable season. I attribute this to a special group of girls and parents that bring a positive attitude and dedicated spirit to each game and practice. Thank you for your efforts and good luck this weekend!

Red Day





Miss Oster Report:

It's hard to believe another month has come and gone!! We've been very busy. Our first units have been completed and progress reports have gone out. We are now working on a Short Story Unit in Language Arts and Cells and Systems in Science 7/8. Drama classes have both the 4-6's and 7-9's students working on Remembrance Day projects and believe it or not, preparations have begun for the Christmas Concert. Division 2's will begin a unit on Flight in Science 4-6 and continue to work on Wellness Choices in Health. Our art projects this month have had us working on castles, crosses and pumpkins. P.E. 4-6 will see us finishing up volleyball as the season comes to an end and beginning work on Basketball. Christmas break is fast approaching; let's work hard for the last part of 2011.

Student Council Update

By: Rayanne Becker; Reporter

October at Schuler School went very well and there were many activities taking place. On the 28th of October Schuler hosted the Home Tournament for our own girls' volleyball team. That same day everyone dressed in red to show team spirit. The following day was also filled with volleyball as we had the boys' Home Tournament that day. On October 31 we had Halloween festivities. This included pumpkin carving and a costume parade. Although it was a messy activity the pumpkins turned out wonderfully and the parade was great fun!

All Schuler students have been placed in intramural color groups and will begin intramural activities this month. It will be a chance for everyone to be active and have fun. Good luck to the Gold Gorillas, the Blue Bears and the Orange-atangs.



Mrs. Maier's Memo

In Division two we are finishing up our first novel Owls in the Family by Farley Mowat. We are continuing to improve on our cursive writing as well learning about subject and verb agreement. In mathematics grade 4/5 we are working on whole numbers: adding, subtracting, estimating, place value. Ask your child how they are doing on Mad Minutes, if they have not reached the A level, please work on addition facts and subtraction facts at home. Term one is almost done and I look forward to meeting you at Parent Teacher Interviews.



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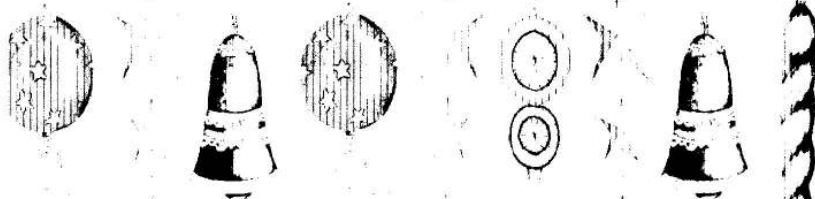


The Division I class build a "Cup Pyramid" in order to experience human bowling. Fun!!!

What's up with Mrs. A Herman

After a month's leave of absence, I'm glad to be back at school involved with students and their many activities. I want to send out an enormous THANK YOU to all family, friends and community members who help me during my time away. Your hugs, kind words, and actions were integral to my grieving and healing during this time. I am especially grateful to Mrs. Vianne Herman, who so gracefully stepped in for me here at the school. The students didn't miss a beat with her leading the way. Thank you also, to the students for their patience as I find my way again. In Science 9, we have almost completed our first unit of study, Matter and Chemical Change. Our unit test is approaching in the next week or so, after we finish our last labs and assignments in this unit. Progress reports have been sent out for Science9. Please review these with your teen, sign, and return them, so I know you are up to date on their progress. My junior high options classes are coming along. During our Fitness class, the students have completed fitness testing, and have done various activities to promote fitness. They are showing accountability by keeping fitness and nutrition journals each week. Although Digital Photography has seen less class time, with holidays and school improvement days falling on Mondays, we will continue to make slow and steady progress. Thanks to those students showing initiative this year by taking pictures during school events. This will help us greatly when we put together our yearbook. On another yearbook note, I am hoping to get the 2010-2011 yearbook completed, printed and distributed by the end of this month. We still have some work to do. Thank you for your patience with this.

HILDA LADIES CLUB ANNUAL CHRISTMAS SUPPER



Sunday, Dec 4
5 p.m. @ Hilda Hall

\$13.00 for 12 and over; \$8.00 11 to 6 years and under 5 free

Door Prizes
Raffle Prizes
\$ SANTA

Small Town Hero's
Power Point
Presentation

Bake Table
by
Schuler
Kindergarten

Everyone Welcome!



Thank you!

Thank you to the Schuler Community Association for your donation of \$800.00 to Schuler School. Your donation will help support the extra-curricular programs at

Community News

Bible Coffee

All ladies are invited to an Interfaith Bible Coffee to be held on Tuesdays at 9:30 – 11:00 a.m. starting November 8, 2011 at the home of Marilyn Haag. This Bible Coffee time will cover a variety of topics, such as Angels, Fear & Anxiety, and Faith. There is no study book to purchase. You will receive material each time. Each study is stand alone, so you are welcome to drop in any Tuesday morning that is convenient for you to attend.


Thank you!

Thank you to the Schuler Parents and students who volunteered at the Schuler Klassik Volleyball tourney. Thanks to you, it was a great success.

November 2011 - Kinder corner News



Another busy month is behind us. We have practiced more capital letters – B, R, N, M, H, K, L, U, and V. We hope to learn how to print all the capital letters by Christmas. The ECS students experienced their first field trip to Medicine Hat on Tuesday, October 25th. Our first stop was at McDonald's for a tour, lunch and play time. (We don't think anybody else has been in the basement at McDonald's!) Our next stop was at the brand new ice cream store, the Marble Slab Creamery. We were their very first tour group! They showed us how they make fancy ice cream desserts, cakes and waffle cones, and everyone got to choose a flavor to taste. It was delicious! After that, we had some terrific play time outside at a new playground. We even had time left for a stop at Blondie's greenhouse on the way home. We saw lots of beautiful plants, a fuzzy cat, some birds, and Christmas trees in the most surprising colours: lime green, bright pink and even purple! Thanks to Adele Metheral for driving the bus, and to the moms who joined us for the day. Thanks, also, to the moms who helped out in the kindergarten room for Halloween activities. We made terrific pumpkin mouse hotels and baked witches' fingers cookies. It was fun to have special Halloween activities and see all the great costumes in the gym. In the next month, we will be preparing some entertainment for the Hilda community Christmas supper on Sunday, December 4th, where we will again have a bake sale. The proceeds will help cover operating costs for our kindergarten program. We want to thank everyone who has already supported our Mom's Pantry fundraiser and Kindinvestment program .

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S - Staff Preparation DPD - Division Professional Day H - Statutory Holiday C - Teachers Convention P - First / Last day - Students SI - School Improvement Day PT - Parent Teacher Interview - Days in Lieu																																																					

After-school Meltdowns

It's common for pent-up frustration to erupt after school

Teresa Pitman

Submitted By: Jenn Hynes Mardian, Family School Liaison Worker

Reacting to tantrums

Anne Carson* says her eight-year-old son, Brian, “flew into a tantrum like you’d expect to see from a two-year-old” one day after school because his younger brother took a piece of Lego without asking. While she was upset with Brian, she admits she wasn’t pleased at her own reaction either. “I started yelling at him about how ridiculously he was behaving, and that didn’t help the situation at all.” For Julie Laporte’s* daughter, Alexis, the meltdowns didn’t start until her full-day senior kindergarten class phased out rest times. Alexis was six then, but without the daily “quiet time” when the students snuggled with their blankets, she found the long hours at school pretty taxing. Once she got home, the meltdowns would start, and they’re still happening at times a year later. “Usually something tiny sets it off, like her zipper gets stuck or I ask her to move her boots out of the hallway,” says Laporte. “She starts yelling, usually saying no to every suggestion I make. Sometimes she just screams out loud or throws something.”

Lesley Lang* calls her son Thomas the “king of the after-school meltdowns.” She recalls: “In grade one, he was a quiet, model student all day at school who turned into a monster once I picked him up in the van and started driving home.”

Fortunately, all three parents have mastered a few tricks to reduce the tantrums — and survive the inevitable few that continue to happen.

Tantrum tricks

Feed the hungry “Thomas only has 20 minutes for lunch and he often doesn’t finish eating,” says Lang. “So I make lunches that are easy for him to eat quickly but have plenty of protein to keep him full long enough to get through the day. He has pizza many days, or sandwiches made with leftover steak, or chicken drumsticks.” Laporte has a snack handy the minute Alexis gets home: yogurt and granola or muffins with milk.

Get them moving For some kids, having to sit at a desk much of the day is the biggest challenge, and they’re desperate for a chance to get active. Laporte says Alexis “needs to burn off that energy before she has her snack; other times she has the snack first, then heads out to skip.”

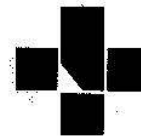
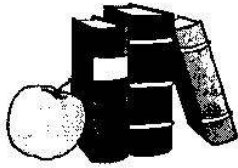
Give them space Younger siblings are often excited to see their big brother or sister get home from school, but their exuberant greetings and demands for attention can be too much for the stressed older child. “I asked the younger kids to wait for a while before talking to Thomas after school,” Lang says.

Take some time It may be mom and dad who need to change their routine a little. If you typically arrive home and rush to start dinner or throw in a load of laundry, taking some time to chat and reconnect with your child might forestall some meltdowns.

Investigate (but don’t interrogate) “I’ve learned that if Brian starts freaking out over little things when he gets home, then something has happened at school that day,” says Carson. “But he can’t talk about it right away — it’s only after he’s calmed down that I can ask about school.”

Manage the meltdowns “If Alexis is throwing things or trying to hurt people, I usually bring her to her room to separate her from the others,” Laporte says. “Usually after five or 10 minutes, she has calmed down and needs a hug. Once she’s blown off that steam, she’s bright and full of energy and back to normal. The whole incident is forgotten in her mind!”

Carson adds: “I find the most effective way to get through the tantrums is the most difficult — I need to stay calm and realize there is more to this behavior than just him being difficult.”



What is Influenza?

Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."

Symptoms appear quickly: fever, chills, aches, cough and fatigue.

Complications can include pneumonia, bronchitis, and croup.

Influenza is highly contagious and spreads through coughing, sneezing and talking.

Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.

Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach / bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

How to Prevent Influenza

Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).

Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.

The vaccine takes approximately two weeks to become effective and lasts for four to six months.

Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.

Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.

Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations

or go to the Alberta Health Services website at www.albertahealthservices.ca or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.

MR. JOBB'S STUDY SCHEDULE – NOVEMBER

MATH

Grade Six – Multiplying Whole and Decimal Numbers.

Grade Seven – Complete Adding/Subtracting Fractions; Operations with Integers, Whole and Decimal Numbers.

Grade Eight – Complete Skill Review of Ratios and Percent; Relations(Algebra).

2ND MATH PROGRESS REPORT PUBLISHED NOVEMBER 2ND-Parents Please Review! 1st Term Report Cards – Nov. 25th

DIVISION III OPTIONS

Design Studies – Complete House Design Project, Related Project;

Online Tutorials for 3-D Design Work.

Rec. Ed – Activities for Life; Curling begins late November.

This School is Fantastic – See you at Interviews!!



Around the School

SCHOOL FEES ARE DUE

Thank-you to those of you who have sent your school fee payments so promptly. For the remaining families, **UNLESS YOU HAVE BEGUN A PAYMENT PROGRAM**, school fees are **OVER DUE**. If you have not made arrangements at the office and are not paid up, please do so **ASAP**. Thank you

Division I

Textbook Rental	\$40.00
Students' Union Fees	5.00
Agendas	7.00
Student Supplies <u>(Grade 1)</u>	\$45.68

Total \$97.68

Textbook Rental	\$40.00
Students' Union Fees	5.00
Agendas	7.00
Student Supplies <u>(Grade 2)</u>	\$23.72

Total \$75.72

Textbook Rental	\$40.00
Students' Union Fees	5.00
Agendas	7.00
Student Supplies <u>(Grade 3)</u>	\$9.36

Total \$61.36

Division II

Textbook Rental	\$40.00
Students' Union Fees	5.00
Agendas	7.00

Total \$52.00

Division III



Textbook Rental	\$40.00
Students' Union Fees	5.00
Food Studies	30.00
Rec. Ed.	30.00
School Agenda	7.00

Total \$112.00



Want to find out more about Schuler School? Check out our new web page at www.schulerschool.ca . You'll find pictures, video, news and calendar events for our school. You can even sign up for an email version of our newsletter!

NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Happy Birthday Hudson Girls V-Ball Practice	2 P.C. Hamburger Hot Lunch	3 P.A.R.T.Y. Program-Gr. 9	4 Volleyball Zones @ Foremost	5 Volleyball Zones @ Foremost
6 Daylight Saving Time Ends	7  Happy Birthday Emma	8	9 Student/Parent V-Ball Night	10 Remembrance Day Ceremonies @ 2:45pm	11 Remembrance Day  NO SCHOOL	12
13	14  Happy Birthday Ty T School Improvement Day	15	16  Happy Birthday Blake & Kadence (ECS)	17	18	19
20	21 School Council Meeting, 3:30	22	23	24	25  Hats 4 Hearts 1st Report Card	26
27	28  Happy Birthday Mark Parent/Teacher Interviews (3:30-8:30)	29  Happy Birthday Carathy	30			

Preparing Today For The Achievements of Tomorrow

Schuler School

Phone: 403-839-3732