
AEMYS NEWSLETTER



BRAD HARDING
PRINCIPAL

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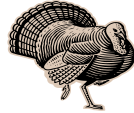
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OCTOBER 2009

PLEASE VISIT OUR WEB SITE FOR A MORE DETAILED NEWSLETTER @ www.esd.mb.ca/schools/aems

HAPPY THANKSGIVING !!!!



IMPORTANT DATES IN OCTOBER

- Oct. 5-9 – Artist in the School “ Stan Lesk” for K-4 students.
- Oct. 7- Needles for Grade 4’s and Grade 6 girls.
- Oct. 12 – Thanksgiving Day. No classes.
- Oct. 13- PAC Meeting @ 7:00 P.M.
- Oct. 19 – Early Dismissal @ 2:00 P.M.
- Oct. 21- Picture Day @ 9:00 A.M.
- Oct. 22- Picture Day for Kindergarten class attending school on 2, 4, 6.
- Oct. 23 – SAG – No classes.
- Oct. 30 – Halloween Parties for K-4 students in the P.M. & a dance for 5-8 students.
- Oct. 31- Halloween Day.



HAPPY HALLOWEEN!!!

Principal’s Message

The Fall has brought some beautiful weather this year which was very welcomed after our dismal summer. Now that it is starting to cool down, it is important that we all remember to dress for the weather and layer our clothes to keep comfortable.

Our enrollment this year is 299, which is 26 more students than we had projected in the Spring. This has resulted in splitting kindergarten into two classes as well as providing time for Mrs. Bates to teach Physical Education to our early years students.

Our Fall fundraiser has begun and we are selling Nor Card products as well as jewelry. We are very impressed by the price and cost of the jewelry and samples are available at the office to look at. All students K-8 will be bringing home information on these products to show family and friends. All of the profits from our fundraisers go directly back to the students for Artist in the School, Manitoba Theater for Young People, purchase of playground equipment, and fund other special events throughout the year. The community’s support is essential to ensure we can offer these special events at our school.

We have now had a month to experience the Balanced School Day and students and staff are enjoying the change. I have noticed that students are eating more of their food and are not running around outside trying to eat and play at the same time. We have also been spending 10 minutes of our first outside break walking. We are tracking our walking and attempting to walk across Canada before the end of the year.

Have a great month!

2009-2010 School Goals

For this year and we have identified the following goals.

1. Education For Sustainable Development
 - a. Students will acquire and demonstrate the knowledge, skills, attitudes and life practices that contribute to a sustainable future.

2. Student Engagement
 - a. Students will be engaged in relevant learning experiences in a wide variety of real world contexts.
 - b. Students will be provided with the opportunity to experience arts programming.
 - c. Students will be provided with career planning sessions.
 - d. Students will be engaged in assessment practices that improve student learning, guide teaching and provide parents with information on student progress in their learning.

3. Safe and Caring Schools
 - a. Students will develop their understanding and demonstrate examples of citizenship.
 - b. Strong relationships are developed as students and staff are deeply connected to others through the work they do together.
 - c. Provide safe and caring environments for all students.
 - d. Students will be able to link diversity to the democratic process for a better society.

ARTIST IN THE SCHOOL

Stan Lesk, the Artist is in our school from Monday, Oct 5 to Friday, Oct. 9, 2009. On Friday he will be having a Sharing Session from 2:15-3:15. All parents are welcome to attend.

PHILANTHROPY: SANDWICHES FOR SAMOA

On Thursday, Oct. 8, several gr. 7/8 Social Studies students will be holding a grilled cheese sandwich sale to raise funds for the Samoa Red Cross. This fundraiser is being held in response to the earthquake and tsunami that devastated Samoa and American Samoa last week. These islands are located northeast of New Zealand. The sandwiches are being sold for \$1.50. Students from K-8 may order 1 or 2 sandwiches. Order deadline is Wednesday morning. PLEASE HELP US HELP OTHERS! (and enjoy a tasty sandwich for lunch at the same time).

CONGRATULATION TO OUR NEW STUDENT COUNCIL FOR 2009-2010 SCHOOL YEAR

PRESIDENT - Jensen Fridfinnson

VICE-PRESIDENT – Darcie Stanowski

TREASURER – Bailey Sigvaldason

SECRETARY – Gabrielle Barkman

CANTEEN/DRINK MACHINE COORDINATOR- Keith Weik

Room Rep are as follows:

Mr. Truscott – Aaron Kristjanson, Krista Sigvaldason

Mrs. Kicenko – Dylan Orbanski, Cal Finnson

Mrs. Sparkes – Rochelle Palsson, Sang ho Youn

Ms. Bates – Sarah Jensen, Shaylyne Crackle

Mrs. Harding – Brenna Klym, Jill Sigurdson

Mrs. Skoropet – Logan Sigvaldason, Jordan Kristjanson

Have a great year!!

NEWS FROM THE GYM

Congratulations to AEMYS, for raising over \$200.00 towards cancer research for the Terry Fox Run. Great job everyone!

For students who are in running club, we will be going to a cross country meet on Thursday, October 15th. This run will be in Winnipeg at Kilcona Park. We will be leaving at 8:15 am and be back by 3:30. Permission forms will be out this week for those who are going.

After school volleyball is well underway for grade 7 & 8's. Coaching the grade 7 & 8 girls is Mrs. Kicenko and Miss Bates. Grade 7 boys is Andrew Kanteluk and Evan Sparkes. Coaching the grade 8 boys is Mrs. Burak. Games will be coming up.

Intramural volleyball signups were all last week, and we will be starting within the next . Grade 8 leadership students will be organizing and refining all activities.

Students who are part of Peer Mediation, will be going to Camp Arnes for training on Friday. Jersey orders are now in, and will be ordered this week. I will let you know when they are all in.

**Hunter Education
Arborg
Saturday, November 7, 2009
9 a.m. – 5 p.m.
\$69**

Due to overwhelming demand, a second Hunter Education course has been scheduled. This is for students ages 12 and older who want to obtain a hunting license. To register contact:

Red River College - Gimli Campus
1-204-642-5496 www.rrc.ca/gimli

**Come join us for fun, learning and
play!!**

**Arborg Mommy and Me
Family Literacy Program**



Where: Connection Church, Ardal Street
(next to the Rona)
When: Monday and Wednesday for 27 weeks
Starts: October 5th, 2009
Times: 9:30 am to 12:00 noon each session
Instructor: Fern Baudler

**This is a free, non religious based family literacy
program. Please feel free to drop in at any time!**

For more information, please contact:

**Judith Cameron, Executive Director
Interlake Adult Learning Association Inc.
(204) 642-5759 or Email: iala@mts.net**

Research Findings for Parents

What Does Research Say About Homework?

How does homework make a difference?

Parents, children, and teachers have always argued about homework! Common questions include: Should teachers give homework to students? If so, how much and what type of homework should be assigned? How much time should students spend on homework? What roles should parents play in their child's homework?

Quite a bit of research has been done over the decades on homework, but researchers still hold divergent views on the subject.

The best current evidence is that homework seems to have a small positive influence on student achievement, though it may be that students with better grades just tend to do more homework. For high school students, the benefits of homework increased as the time spent on homework increased, up to about two hours of homework a day, but any time spent beyond that showed decreased benefits. The evidence for a positive impact of homework on student achievement in the primary grades is weak, although some evidence suggests that homework may help students develop good study habits and foster positive attitudes toward school and learning.

The amount of homework assigned is less important than the quality and value of the work being done. Assigning homework only has value if the work contributes to students' learning and engagement. Studies show a wide variation in the kind and quality of homework assigned and in its perceived importance or value by students and parents.

Parents can also play an important role by supporting their children's learning at home, encouraging learning outside of school, and monitoring their children's progress regularly. It is important to be positive and encouraging when working with your children on homework; if homework leads to bad feelings between parents and children it can have negative effects on both school and home relationships.

There are numerous online resources available to help parents with homework. A few of these, as well as the research references that inform this issue, can be found at:

www.oise.utoronto.ca/rspe/researchforparents/

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© Research Findings for Parents, (September, 2009). "What Does Research Say About Homework?" Produced by OISE and CEA.

You may wish to supplement this content by adding something about your school's current policy or practice around homework.

How to use this information:

- Copy and paste into your parent newsletter
- Utilize this information to enrich meetings with parents and teachers
- Post this information on the current news section of your website
- Inform your teachers with current and relevant research information

To learn more about our organizations and the impact of Policy and Research in our classrooms please visit:

www.cea-ace.ca

www.oise.utoronto.ca



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Smart Eating Makes the Grade!

Omega-3 Fats Deliver Oh Mega Benefits

What are Omega-3 Fats?

Omega-3 fats are healthy fats that are important for children's brain development and vision.

As children get older, omega-3 fats play a role in preventing the development of heart attacks, strokes, diabetes, asthma, inflammatory conditions and depression.

Omega-3 fats come from fresh fish and seafood and plant sources—but by far, fish sources are the BEST!

Omega-3 is added (fortified) to some foods but it is not necessary to buy them if you get enough omega-3 from other food sources that naturally have omega-3.

Practical ways to add omega-3 fats to your diet at home:

- ☑ Choose fresh, canned or unbattered fish, twice each week
- ☑ Mix a can of light tuna in with your macaroni and cheese
- ☑ Try a shrimp based stir-fry with a bed of brown rice and steamed broccoli
- ☑ Sprinkle chopped walnuts, pumpkin seeds, soy nuts or ground flaxseed on cereal, yogurt, and salads
- ☑ Use canola oil or soy bean oil for cooking and baking
- ☑ Try omega-3 fortified juice, milk, yogurt, egg, and margarine



Key Nutrition Points

- ◆ Canadians on average, including children, only get about half or less of the omega-3 fats they need.
- ◆ Consuming omega-3 fats can provide many health benefits like improved learning and memory.
- ◆ Eating Well with Canada's Food Guide recommends that Canadians eat at least two Food Guide servings of fish each week. A serving is 2-3 ounces (approximately the size of a deck of cards) or $\frac{1}{2}$ cup (125 ml) canned fish.



A Caution for Parents/Caregivers

You may have heard concerns that some fish is contaminated with mercury. However, health professionals think the many health benefits of fish out-weigh the potential harm if you're including it in your diet only twice a week.



Canned tuna is a safe choice

- ◆ Choose "light" tuna; it has less mercury than "white" tuna (albacore, bluefin) and is generally less expensive.
- ◆ Avoid fresh tuna as it has the highest mercury content.
- ◆ Refer to Health Canada's website for more information on mercury in fish:

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/merc-eng.php>

As a change from fresh fish ...

Try some fun-shaped BAKED fish sticks with a low-fat ranch dressing!



Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

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Swim like a fish

Whether it's at the pool or a local beach, swimming is a great way for children to get exercise and to socialize with friends. It is important for children to learn the habit of regular exercise early in life and swimming can be a fun way to keep fit.



The Bottom Line

Getting enough omega-3 fats can help to improve their mood, learning, memory, and vision. Try incorporating fish two times a week.



Oh Mega Lunch Ideas

- ◆ Salmon or tuna salad sandwich (with a cold pack)
- ◆ Mini tuna can with slice of whole-wheat bread or whole-wheat crackers
- ◆ Yogurt mixed with 1 tbsp ground flax seed
- ◆ Chopped walnuts mixed with raisins trail-mix
- ◆ Omega-3 yogurt with apple slices
- ◆ Hard boiled omega-3 egg with whole-wheat crackers and cheese slices!

Foods with omega-3 fats

BEST SOURCES	OTHER SOURCES
Salmon	Flaxseed, ground
Halibut	Soybeans
Sardines	Walnuts
Light tuna, canned in water	Omega-3 milk
Herring	Omega-3 juice
Rainbow trout, wild or farmed	Omega-3 eggs
Cod	Omega-3 margarine
Oysters	Omega-3 yogurt
Crab & Shrimp	Canola oil



Caution:

For young children, practice opening the can at home before sending them to school in their lunch. The edges of the lid are sharp.

Fabulous Fish Cakes (makes 15)

- 1 can (213 g) salmon
- 1/4 cup (50 ml) green onions, chopped (optional)
- 1 tbsp (15 ml) low-fat plain yogurt or low-fat mayonnaise
- 1 tsp (5 ml) lemon juice
- 1 cup (250 ml) bread crumbs or crushed, unsweetened, whole grain cereal
- 1 tsp (5 ml) prepared mustard
- 1 egg, beaten

Directions:

- ◆ Mix the first 7 ingredients in a bowl.
- ◆ Shape into balls (golf-ball size) and flatten into cakes.
- ◆ Roll fish cakes in 1/2 cup (125 ml) of the remaining bread crumbs.
- ◆ Heat oil in non-stick frying pan. Cook fish cakes.

For cooking:

- 1 tbsp (15 ml) olive oil or canola oil
- 1/2 cup (125 ml) of bread crumbs



Reprinted and adapted from BusyBodies with permission of the Nutrition Resource Centre, Toronto, Ontario [March 11, 2009]

For more information go to www.rha-central.mb.ca and www.dietitians.ca

Regional Nutrition Program Team

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