Nickle School Parent Calendar

**Monday**

- NO School for Students
- Parent / Teacher / Student Conferences 8:00 am to 1:00 pm

**Tuesday**

- Day 2
- Junior Boys Basketball Practice – 8:00 to 9:00 am
- Grade 8/9 Concert Band Rehearsal – 8:10 to 9:00 am
- Grade 5, 6 & 7 – Open Gym @ Lunchtime
- Senior Boys Basketball Practice – 4:00 to 5:00 pm
- EPS & LBHS Parent Info Evening – 6:30 pm in Learning Commons
- School Council Meeting @ 7 pm in the Learning Commons

**Wednesday**

- Day 3
- Grade Nine Grad Photo Day (all grade 9’s to have photo taken)
- Junior Boys Basketball Practice – 8:00 to 9:00 am
- Grade 7 Concert Band Rehearsal – 8:10 to 9:00 am
- Grade 8 & 9 – Open Gym @ Lunchtime
- Grade 6 Percussion Club @ Lunchtime
- Senior Girls Basketball Practice – 4:00 to 5:00 pm
- Senior Boys Basketball Game @ Woodman School

**Thursday**

- Day 4
- Junior Girls Basketball Practice – 8:00 to 9:00 am
- Grade 5, 6 & 7 – Open Gym @ Lunchtime
- Senior Boys Basketball Practice – 4:00 to 5:00 pm
- Senior Girls Basketball Game @ Woodman School
- Junior Boys Basketball Game @ Glamorgan School

**Friday**

- Day 6
- Grade 5/6 Athletic Club – 1:00 to 2:00 pm

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**Nickle School Parent Calendar, Important Dates, Field Trips, Bus Notes**

**Student School Days**
- Feb 10 Early Dismissal 12:37 pm
- Feb 11 No School – Teacher Conv
- Feb 12 No School – Teacher Conv
- Feb 15 No School – Family Day

**Special Days**
- Feb 1 P/T Interviews 8am to 1pm
- Feb 2 EPS & LBHS Parent Info Evening – 6:30 pm in the Learning Commons
- Feb 3 School Council Mtg & 7 pm
- Feb 17 Gr 9 Grad Photo Day
- Mar 10 Open House 4:30-6:30 pm

**Field Trips**

**Bus Notes**
If your child needs to take a different bus on occasion, parent notes must be brought to the office in the morning for Mr. Melnychuk or Mr. Marklinger to sign. Please do not bring notes at the end of the day.

**Nickle Attendance Email**
Email lates or absences to: nickleattendance@cbe.ab.ca

Team Sports Games and Practices are always subject to change. Players should regularly check the phys ed bulletin board for changes.
CYBER CRIME PRESENTATION

What: Cyber Crime Presentation  
Who: By The Calgary Police  
When: February 23, 2016 @ 7 pm  
Where: R.T. Alderman School

Parents from the Nickle School community are cordially invited!

FOOD MAGAZINES WANTED

The foods classes are in need of food magazines with pictures for cutting up. If you have any laying around your home that you would be willing to donate please bring them to the main office. Thank you so much!

PLASTIC CONTAINERS WANTED

The art room is looking for plastic containers (ie: yogourt, cottage cheese, margarine) for the art room. If you have some filling up your cupboards they can be dropped off at the office.

YEARBOOK 2015-2016

The yearbook class is hard at work creating a book filled with lots of memories from this 2015-2016 school year at Nickle. In the past we have encountered students who thought they had purchased a yearbook but hadn’t. We don’t want to see this happen again this year.

If you are not sure if you have purchased your yearbook and are interested, there will be a table set up in the front foyer of the school during parent teacher interviews for you to confirm and purchase a yearbook while you are at school.

If you are unable to attend parent teacher interviews, there will be lists posted outside the main office for students to verify the week after the parent teacher interviews and can be purchased in the office.

The cost to purchase a yearbook is $35 and the deadline for purchasing a yearbook is February 10th.
Grade 4 Transition to Nickle School

Open House and Gr. 4 School Tour Information

An important part of our work each spring is the transition of students from their current setting to Nickle to attend Gr. 5 in the fall. An essential purpose of the transition is to provide opportunities for students and parents to become familiar with the students, staff and programs within Nickle School in order to have a smooth transition from Elementary School to Middle School. Key parts of transition are the Open House and Gr. 4 student tours of the school. Below is information for parents and students regarding Nickle’s Open House and Grade 4 School Tours.

Nickle is pleased to announce our Open House for students and parents has been scheduled for Thursday March 10th, 2016 from 4:30 to 6:30 pm.

Grade 4 students from Andrew Sibbald and Lake Bonavista, will receive invitations to the event. We invite all parents and students interested in attending Nickle to come to this evening. Teachers are available and will present demonstrations with students, examples of student work and activities from all grades. Staff from Nickle will be available to answer questions about our school.

In addition, Gr. 4 students attending Nickle in the fall will be invited to Nickle to have a school tour led by current Gr. 5 and 6 students from Nickle from 10:30 to 12:30 pm. This is a great opportunity to see the school on a regular day and experience the variety of programs and classes students can expect to have when they come to Nickle in the fall. Staff at Lake Bonavista and Andrew Sibbald Schools will be arranging for all Gr. 4 students to attend this school tour. Parents and students who reside outside of Nickle’s designated boundaries that are hoping to attend in the fall are welcome to be included in this tour as well, and are encouraged to contact our office for further information.

If you have any questions, please contact Nickle at 777-7720. Please check the school website at http://schools.cbe.ab.ca/b654/default.htm for information about the school as well.

OPEN HOUSE LINK

CBE Open House Information with dates and times are available via the link below – this is an easy and quick way of tracking upcoming open houses for High Schools, special programs like PVA, IB, etc….

This is an easier & once and done way to check on Open Houses. We won’t be putting individual open house notices in the weekly bulletin any longer.

http://cbe.ab.ca/schools/events-sessions-open-houses/Pages/default.aspx
PARENTS

FUN LUNCHES ON-LINE

You’ve been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click “REGISTER STUDENT”. After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, MasterCard, or Interac Debit.

HOW IT WORKS

Creating an account

Add Student

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>School</th>
<th>Grade</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

STEP 1.
Click “Register Student” and create your account.

STEP 2.
Login, and add your children to the account.

STEP 3.
View all of the Up-Coming Fun Lunch dates.

STEP 4.
Place your orders and make payment Online.

BENEFITS

1. Receive an email reminder if you have not ordered for an up-coming lunch.
2. Receive automatic email notification when your School posts a new Fun Lunch.
3. Order for multiple children attending the same or different Schools.
4. Flexibility & Control. Order for 1 lunch, 2 lunches, or the entire year.
5. Cancel orders at any time before the 5 day Cut-Off
6. Quickly review your orders at anytime.
7. Cancel orders at anytime before the 5 day Cut-Off.

WWW.HEALTHYHUNGER.CA
1-800-818-6260
315-159 CRAWFORD CT SW, CALGARY, ALBERTA T3C 3T5

Calgary
403-616-0485
Edmonton
780-900-5688

Mississauga
289-289-1250
Toronto
647-993-9002

Vancouver
604-767-1255
WILDCAT

UPCOMING FUN LUNCHES

March 8th
April 12th
June 2nd

Pre-order on-line at www.healthyhunger.ca
CALGARY FLAMES TICKETS

The Calgary Flames invite CBE students, staff and families to attend any or all three upcoming games (one game remaining) at a discounted price of **$36 per ticket! For every ticket purchased, $10 will be donated back to your school for fundraising!** Any schools that purchase fewer than 20 tickets will have their donations pooled and donated to the CBE’s Fuel for School breakfast program. Schools may choose from the following game to attend:

- Wednesday, March 9th vs. Nashville Predators

**To order your tickets now:** [www.calgaryflames.com/studentnight](http://www.calgaryflames.com/studentnight).*

*Ensure to select your school from the drop down menu when ordering tickets.

For more information, please see the attached poster or contact Spencer Laird at: 403-777-4523 or slaird@calgaryflames.com.

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5th Annual CBE Night with the Hitmen

**Great Hockey for a Great Cause**

Join us, on January 29th for the 5th annual CBE Night with the Hitmen! For every ticket sold, $2 goes towards providing students a nutritious breakfast through CBE’s Fuel for School breakfast program. Last year, nearly $10,000 was raised towards the 100,000 breakfasts served within the CBE!

Audience members can expect an action packed game filled with student performances highlighting this year’s theme of **Student Voice**. Students will be showcasing their skills and talents through a variety of performances in celebration of being active contributors and collaborators in their learning.

CBE students, parents, faculty and members of the public are welcome to take in this once a year event at the CBE special rate of only $12! Bring your whole family and help us reach our goal of fueling learning through our ever growing breakfast program, Fuel for School. Tickets are now available at: [http://www.hitmenhockey2.com/cbe.html](http://www.hitmenhockey2.com/cbe.html)
NICKLE SCHOOL – WINTER CLUBS

If any parents or students have any questions about a specific club please contact the teacher in charge.

<table>
<thead>
<tr>
<th>CLUB NAME</th>
<th>Who’s Running it?</th>
<th>Who’s it for?</th>
<th>Lunch on Day’s / Where to Meet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Club</td>
<td>Ms. Frayne</td>
<td>Grade 7&amp;8s</td>
<td>Monday’s</td>
</tr>
<tr>
<td>Athletic Club</td>
<td>Mr. Strom</td>
<td>Grade 5/6</td>
<td>Friday’s 1-2 pm (Starting Jan. 2016)</td>
</tr>
<tr>
<td>Board Games</td>
<td>Mr. McEwen</td>
<td>Open to All</td>
<td>Mondays in Room 226</td>
</tr>
<tr>
<td>Cards n’ Crib</td>
<td>Ms. Sterling</td>
<td>Open to All</td>
<td>Monday’s in Room 216</td>
</tr>
<tr>
<td>Cheer Club</td>
<td>Ms. Donahue/Davis</td>
<td>Grade 7-9</td>
<td>Monday’s – Meet on the Stage</td>
</tr>
<tr>
<td>Choir</td>
<td>Ms. Wilson</td>
<td>Open to All</td>
<td>Monday &amp; Tuesday’s in Room 106</td>
</tr>
<tr>
<td>DJ’ing</td>
<td>Mr. Wilson</td>
<td>Open to All</td>
<td>Thursday’s in Room #108</td>
</tr>
<tr>
<td>Drawing club</td>
<td>Ms. Findlay</td>
<td>Open to All</td>
<td>Thursday’s in Room 222</td>
</tr>
<tr>
<td>Enviro Club</td>
<td>Ms. Fee</td>
<td>Open to All</td>
<td>Mon or Wed’s in Room 218</td>
</tr>
<tr>
<td>Improv Club</td>
<td>Mr. Jenkins</td>
<td>Open to All</td>
<td>October Start in Room 106</td>
</tr>
<tr>
<td>Lego</td>
<td>Ms. Simon</td>
<td>Open to All</td>
<td>Thursdays in Room 207</td>
</tr>
<tr>
<td>Me to We</td>
<td>Ms. Driver/Woods</td>
<td>Open to All</td>
<td>Monday’s @ Lunch in Room 200</td>
</tr>
<tr>
<td>Percussion Club</td>
<td>Mr. Jensen</td>
<td>Grade 6s</td>
<td>Wednesday @ Lunch</td>
</tr>
<tr>
<td>Popcorn &amp; Pages (Book Club)</td>
<td>Ms. Litwin/Roth</td>
<td>Open to All</td>
<td>Wednesday’s in Room 204</td>
</tr>
<tr>
<td>Scrapbooking</td>
<td>Ms. McGovern/Roth</td>
<td>Open to All</td>
<td>Tuesday’s in Room 214</td>
</tr>
<tr>
<td>Sewing Club</td>
<td>Ms. Reid/Martin</td>
<td>Open to All</td>
<td>Wednesday's in Room 117</td>
</tr>
<tr>
<td>Tech Maker Club</td>
<td>Mr. McEwen/ Ms. Roth/Fee</td>
<td>Open to All</td>
<td>Wednesday’s in Learning Commons</td>
</tr>
</tbody>
</table>
NICKLE ATTENDANCE

Dear Parents / Guardians:

Having to make phone calls for students in the morning that are going to be late or absent is very time consuming.

Your help is appreciated - please send an email or leave a voice message (prior to the 9:10 entry bell if possible) for all lates and absences and advise the reason for the late or absence. When arriving to school late please remind students to sign in at the office before going to their locker / classrooms.

Also, if students are picked up at lunchtime and will be late or absent for the afternoon please leave a message for afternoon as well.

For your convenience voicemail and email are available 24 hours a day.
Phone: 403-777-7720 ext 1
Email: nickleattendance@cbe.ab.ca

MEDICATIONS / MEDICAL INFO

Does your son or daughter have any medications / epipen that should be stored in the office or any medical information we should know about?? Please let us know asap and the appropriate form will be sent home for you to complete and return.

NICKLE WILDCAT WORDLE

NICKLE SCHOOL BAND INFORMATION
## NICKLE MUSIC EVENT CALENDAR

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wildcat Jazz Band Jazz On Canterbury Concert</td>
<td>Wednesday, February 10th</td>
<td>6:45 PM – 9:30 PM</td>
<td>Dr. E. P. Scarlett High School</td>
</tr>
<tr>
<td>Grade 8/9 Alberta International Band Festival</td>
<td>Sometime between March 6th and 12th</td>
<td>TBA</td>
<td>Mount Royal University</td>
</tr>
<tr>
<td>Grade 8/9 Winds from the South Concert</td>
<td>Monday, February 29th</td>
<td>7:00 PM (students report at 6:15 PM)</td>
<td>Jack Singer Concert Hall</td>
</tr>
<tr>
<td>Grade 6 Alberta International Band Festival</td>
<td>March 15th or 16th</td>
<td>TBA</td>
<td>Bishop Carroll High School</td>
</tr>
<tr>
<td>Grade 7 Alberta International Band Festival</td>
<td>March 15th or 16th</td>
<td>TBA</td>
<td>Bishop Carroll High School</td>
</tr>
<tr>
<td>Grade 8/9 Banff Band Music Workshop</td>
<td>Sunday, May 1st – Tuesday, May 3rd</td>
<td>TBA</td>
<td>Banff</td>
</tr>
<tr>
<td>Grade 8/9 ABA Provincial Festival of Bands</td>
<td>Sometime between May 16th and 19th</td>
<td>TBA</td>
<td>Red Deer</td>
</tr>
<tr>
<td>Main Stage Show Band Drama Main Stage Play Rehearsals and performances</td>
<td>May 21st – May 27th</td>
<td>TBA</td>
<td>Nickle School</td>
</tr>
<tr>
<td>Grade 6 Nickle School Spring Concert</td>
<td>Monday, May 30th</td>
<td>7:00 PM</td>
<td>Nickle Main Gym</td>
</tr>
<tr>
<td>Grade 7/8/9 Nickle School Spring Concert Dress Rehearsal</td>
<td>Wednesday, June 1st</td>
<td>1:18 PM – 7:30 PM</td>
<td>Mount Royal University</td>
</tr>
<tr>
<td>Grade 7/8/9 Nickle School Spring Concert</td>
<td>Wednesday, June 1st</td>
<td>7:30 PM</td>
<td>Mount Royal University</td>
</tr>
</tbody>
</table>

**UPDATED:** September 24, 2015
NICKLE SCHOOL COUNCIL

We have had our first School Council meeting of the 2015-16 year, with a very good turnout of parents. This meeting focussed on establishing an executive for the council and all positions but the Vice Chair were filled.

The executive for this year’s School Council are:

- Chair: Dick Ebersohn
- Vice-Chair: Open
- Secretary: Tracy Pigeon
- Key Communicator: Open
- Volunteer Coordinator: Tracey Dousett
- Member at Large: Paulette Warkentin
- Nickle School Enhancement Society Chair (NSES): Alison Warga
- Nickle School Enhancement Society Treasurer: Keith Radford
- Bonavista Band Parents Association Rep: Holly Dolan

If you are interested in serving as the Vice-Chair or Key Communicator for the School Council, please contact Nickle School at 403-777-7720 or at nickle@cbe.ab.ca to get in touch with either Chair Dick Ebersohn or Derek Melnychuk.

SCHOOL COUNCIL MEETING DATES

Our next School Council meeting is Tuesday, February 2nd @ 7 pm (Learning Commons)

March – Tuesday, March 1st @ 7 pm
April – Tuesday, April 5th @ 7 pm
May – Tuesday, May 3rd @ 7 pm
June – Tuesday, June 7th @ 7 pm
HEALTH INFORMATION

School Nurse Contact Information
Shar Alexander RN, BN
Public Health Nurse
Alberta Health Services, Calgary Zone
South Calgary Community Health Centre
31 Sunpark Plaza SE
Calgary, AB, T2X 3W5
Alberta Health Services
Tel: 403-943-9101 Fax: 403-943-9905
sharlene.alexander@albertahealthservices.ca

EXCELLENT RESOURCE WEBSITE FOR PARENTS

http://fcrc.albertahealthservices.ca/
Childhood Mental Wellbeing

Childhood is an important time in the development of lifelong mental wellbeing. Mental wellbeing is more than just being happy. It is having self-esteem and self-confidence, being connected to others and enjoying the good feelings that come from participating in and giving back to your community. When children develop the best possible mental wellbeing, it lessens the likelihood of future substance abuse or mental problems.

Mental illness and mental wellbeing are not opposites. Children with mental illness can enjoy good mental wellbeing, while children with no symptoms of mental illness can struggle with poor mental wellbeing. All children benefit when they connect with others, feel valued and learn important skills. Here are some ways to help your child develop good mental wellbeing.

Connect with others: Connecting with others increases self-worth and offers a source of support and encouragement during hard times. Help your child to build and grow relationships with people close to them and with the wider world. Connections can be made by joining teams, clubs and groups, volunteering and spending time together with family and friends.

Be active: The benefit of being active are not just physical. Activity causes chemical changes in the brain that make us feel good. Physical activity can also help children form relationships and learn new skills which build self-esteem.

Try new things: Encourage your child to try new things and be willing to do the same. Learning new things challenges us and setting/reaching goals makes us feel proud and capable.

Give to others: Small acts of kindness can give us a sense of purpose and improve self-worth. Children can be encouraged to give to others by saying thank you to someone who has helped them, phoning a relative or friend who needs support or offering a helping hand to others.

Health advice as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1? Health Link is Alberta’s free, 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.

The Cost of Dental Treatment

Fixing decayed teeth can be expensive. Think about fixing a problem earlier than later. A cavity (tooth decay) can quickly get bigger and increase the cost for treatment. But what really saves money is preventing the problem in the first place. Here’s a look at how tooth decay happens and how you can prevent it.

- Tooth decay happens when germs stick to teeth. Prevent tooth decay by brushing two times a day.
- Sugar and germs produce acid. Prevent decay by reducing sweet and sticky snacks and limiting sweet drinks.
- Acid weakens tooth enamel. Prevent decay by drinking water with fluoride (when possible) and using fluoride toothpaste to strengthen teeth.
- Some surfaces of teeth decay more easily. Prevent decay by asking your dentist about dental sealants to protect teeth.

Some families may have access to children’s free dental care through Alberta Child Health Benefit. For more information call 1-877-469-5437 or visit www.employment.alberta.ca/achb.
Mental Wellbeing in Youth

Adolescence is an important time in the development of lifelong mental wellbeing. Mental wellbeing is more than just being happy. It is having self-esteem and confidence, being connected to others and enjoying the good feelings that come from participating in and giving back to your community. When youth develop the best possible mental wellbeing, it lessens the likelihood of future substance abuse or mental problems.

Mental illness and mental wellbeing are not opposites. Youth with mental illness can enjoy good mental wellbeing, while youth with no symptoms of mental illness can struggle with poor mental wellbeing. All young people benefit when they connect with others, feel valued and learn important skills.

Here are some ways to help youth build mental wellbeing:

Connecting with others - increases self-worth and provides a source of support during hard times. Help your youth to form relationships with people close to them and with the wider world. Connections can be made by joining teams, clubs and groups, volunteering, getting a part-time job and spending time together with family and friends.

Being active - causes chemical changes in the brain that makes us feel good. Physical activity can also help youth form relationships and learn new skills which builds self-esteem.

Encourage trying new things - and be willing to do the same. Learning new things challenges us and setting/reaching goals makes us feel proud and capable.

Acts of kindness - can give us a sense of purpose and improve self-worth. Youth can be encouraged to give to others by saying thank you to someone who has helped them, phoning a relative or friend who needs support, becoming active in peer support or mentoring or lending a helping hand to others. Check for youth volunteer opportunities in your community.

Will Putting Toothpaste on a Pimple Make It Go Away?

There are 101 stories about uses for toothpaste but it does nothing for pimpls. So what does it do? Well we know that it makes a mess, hardens like a rock, and causes arguments about who forgot to put the cap on. So why use it? Fluoride. Turns out toothpaste is a great way to get fluoride on your teeth and prevent tooth decay.

Choose a toothpaste with fluoride and brush two times a day. You only need a pea-sized amount. Spit it out – but don’t rinse it out for best results.

It is hard to imagine that the outer surface of your teeth can absorb fluoride, but that is what happens when you brush. Fluoride adds to all the minerals in teeth to harden and protect them from decay. But watch out, those minerals, including fluoride, can be removed from your teeth when you eat anything sweet or acidic. Too much mineral loss is called tooth decay.

Cut down on sweet and sticky snacks, drink tap water for thirst (particularly in locations where fluoride is added), and remember to use fluoride toothpaste.

To find an electronic copy of this newsletter, visit www.albertahealthservices.ca/11h.asp
KEEPING LOCKERS CLEAN

Help from parents by reminding their children to bring home lunch bags etc. and to keep their lockers as clean as possible is appreciated. It helps keep the VERY ANNOYING FRUIT FLIES to a minimum. Also, gym strip should be brought home at least once a week to be washed.

EXTENDED ABSENCE (ie: Family Vacations)

If you plan on going on a vacation please have the student come to the office for an extended absence form approx.. 3 or 4 school days before you leave. This will give students enough time to see all of their teachers and find out about work they will be missing in class. If also gives us a heads up for the attendance absences.

ALLERGY ALERT

Just a reminder that due to members of our school who are sensitive to food items such as nuts, peanuts, peanut butter and shell fish we ask that you refrain from bringing these foods into the school. Thanks for helping us be safe.

COLOGNE / PERFUME REMINDER

We would just like to remind students and parents that students are not allowed to bring cologne, perfume or body spray to school. We do not feel it is necessary in an educational setting. Many people are sensitive to these products, in the same way that others are sensitive to nuts and can be adversely affected by exposure to them.

LOST AND FOUND

There are always a lot of articles in the lost and found. Please take a few moments to check through the bins located in the main foyer when you have an opportunity to be at school.

NO VISITOR PARKING

There is no visitor parking in our school lot. All parking spots are assigned to staff members. Visitors and guests are asked to please park on the streets surrounding the school.

The Handicapped parking stall will still be available…please ensure you have your valid handicapped parking sign with you when using this spot.

Also, a reminder that for safety reasons please DO NOT drop off or pick up your child in the school parking lot.
**SNACK SHACK VOUCHERS**

Vouchers for the snack shack are available for students that have forgotten their lunch at home. Students must call a parent/guardian and have them speak with the office staff before a voucher will be given to the student. Payment for their food purchase must be sent to the school and given to the office the next school day.

**BUS INFO – PLEASE READ**

Occasionally, students that are working on projects together or to accommodate a family request need to take a different school bus home with another student. Due to spacing and insurance requirements we ask that these requests not be for casual visiting between students. In majority of situations, both students must be bus eligible and have a valid bus pass with them. However, under special circumstances non bus eligible students may ride the bus with special permission in advance from the school principal.

Phone calls home to get permission at the last minute can become very time consuming and will not be allowed. A signed and dated note is required from the parents of both students. Without this note the students will not be allowed to ride the bus together. Students must bring the notes to the office for Mr. Melnychuk or Mr. Marklinger to sign. Students must bring their notes to the office in the morning (not the end of the day).

**CONTACT INFORMATION**

Do you have changes to your contact information (home phone, cell, work, fax, pager, email)? Do you have new emergency contact info?: Please send any changes to the office or email changes to sdkolb@cbe.ab.ca.
FEBRUARY SNACK SHACK MENU

February’s calendar menu will be posted next week……currently unavailable.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST BAGEL</td>
<td>$1.75</td>
<td>WATER BOTTLE</td>
<td>$1.00</td>
</tr>
<tr>
<td>BREAKFAST BURRITO</td>
<td>$1.75</td>
<td>MILK-SMALL</td>
<td>$0.75</td>
</tr>
<tr>
<td>SOUP</td>
<td>$2.50</td>
<td>MILK-LARGE</td>
<td>$1.25</td>
</tr>
<tr>
<td>SANDWICH</td>
<td>$2.50</td>
<td>JUICE BOX</td>
<td>$0.75</td>
</tr>
<tr>
<td>VEGGIE TRAY</td>
<td>$1.00</td>
<td>SMOOTHIE</td>
<td>$2.25</td>
</tr>
<tr>
<td>SUB SANDWICH</td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHICKEN STRIPS</td>
<td>$1.75</td>
<td>BAKED CHIPS</td>
<td>$1.25</td>
</tr>
<tr>
<td>POTATOE WEDGES</td>
<td>$1.50</td>
<td>COOKIE</td>
<td>$0.50</td>
</tr>
<tr>
<td>PIZZA-CHEESE</td>
<td>$3.50</td>
<td>ORANGE</td>
<td>$0.25</td>
</tr>
<tr>
<td>RICE BOWL(TERIYAKI CHICKEN-BUTTER</td>
<td>$2.50</td>
<td>SM CHEETOS/SUN-CHIPS/POPCORN</td>
<td>$0.50</td>
</tr>
<tr>
<td>CHICKEN-FAJITA</td>
<td></td>
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<tr>
<td>SIMPLE SIMON PIE</td>
<td>$3.00</td>
<td>SMOOTHIE</td>
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<td>SWEET CHILI THAI CHICKEN BUN</td>
<td>$1.50</td>
<td>FROZEN YOGURT TUBE</td>
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<tr>
<td>HAMBURGER</td>
<td>$3.00</td>
<td>PEROGIES &amp; SAUSAGE</td>
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<tr>
<td>CHEESEBURGER</td>
<td>$3.25</td>
<td>CHICKEN CESAR WRAP</td>
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<td>HOT DOG</td>
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<td>CHICKEN FAJITA WRAP</td>
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<tr>
<td>PASTA BOWL (STUFFED PASTA/SAUCE)</td>
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How excellent teachers contribute to student success

The Calgary Board of Education believes that students succeed when their unique talents and abilities are recognized and supported. Our teachers play an important role by knowing each student, understanding how they learn, attending to their individual needs, and encouraging them to do their personal best.

In each school, our teachers personalize learning to ensure students continually build on their skills, strengths and knowledge. But what does this really mean? How do we achieve success for every student?

Teachers build strong relationships with their students
Teachers care about their students. They assist them to develop strong relationships by creating cooperative learning experiences. Teachers encourage students to consider what makes them and others unique. From kindergarten to grade 12, teachers create safe environments for their students and design hands-on and real-world experiences that cause students to consider multiple perspectives.

Teachers pay attention
Teachers are interested in their students. They listen to them and watch what they do and how they do it. Teachers know their students and are able to create opportunities to let each one of them shine. In turn, teachers help students understand themselves. Teachers help their students to understand what they know, how they know it, how they show it, and what they need next.

Teachers make the curriculum come alive
Teachers are confident and comfortable in their knowledge of the Alberta Programs of Study. They can see what interests their students and shape their lesson plans accordingly. They offer instruction in multiple ways because students learn in different ways. Teachers design learning that enables students to make connections with what they’re learning at school and what is going on in the world they live in. Whether learning occurs in the classroom, on the playground or on a field trip, teachers want students to be excited about what they’ve learned in school that day.

Teachers are always learning
Teachers are always learning. Much like their students, they develop learning goals to help them become better teachers each and every year. When they discover new and better teaching practices, they share their learning with others so that all students benefit.

Teachers work with parents
Teachers understand that you are your child’s first and most important teacher. They look for opportunities to engage with you to learn more about your child’s strengths, interests and learning needs. Teachers work with you and your child to set goals to help your child succeed.

The Calgary Board of Education has excellent teachers. Please consider nominating one that you know for a provincial Excellence in Teaching Award. Information is available at cbe.ab.ca. Nomination deadline is March 4.

David Stevenson
Chief Superintendent of Schools