



OCTOBER 2011

THANKSGIVING LUNCH FOR ALL STUDENTS AND STAFF OCTOBER 7TH AT 11:30 A.M.

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CALENDAR 2011

- Oct. 10 (Mon) - Thanksgiving
NO SCHOOL
- Oct. 11 (Tues) - Division PD
NO SCHOOL
- Oct. 21 (Fri) - S.A.G.E Inservice
Day **NO SCHOOL**
- Nov. 2 (Wed) - Take your kid to
work day (Grade 9 only)
- Nov. 11 (Fri) - Remembrance
Day **NO SCHOOL**
- Nov. 17 (Thurs) - Student-Led
Conference, 5:00 - 7:30 p.m.
- Nov. 18 (Fri) - Student-Led
Conference. 10:00 a.m.-1:00p.m.
NO SCHOOL
- Dec. 22 (Thurs) - Pancake
Breakfast
- Dec. 22 (Thurs) - Last Day of
Term 1.

DEC. 23 - JAN. 8

**CHRISTMAS BREAK
SCHOOLS CLOSED**

LIBRARY NEWS

Thank you to everyone that participated in the "Back to School" word search contest! The winners of the draw were: Brooklyn Kamotzki (5Ke), Desiree Klassen (6Co) and Christopher Bell (5Di). The library has several "talking books" (books on CD) which students may sign out. These cd's are great for taking on car trips or listening to before bed. Some of the titles are Holes, Bridge to Terabithia and Hatch-et.

NUTRITION POLICY

In support of our nutrition policy, which serves as our guide to support students in establishing healthy eating habits, we are once again including a Nutrition Flyer published by the Regional Health Authority, Central Manitoba in our newsletter. This flyer aims to support parents in their efforts to make "healthy choices" the "easy choices" for their children and will again be a regular feature in our Newsletters.

STUDENTS WHO ARE ABSENT

In view of upcoming flu season, we ask that parents or guardians please notify the school if your child(ren) are going to be absent from school for any reason.

LIFETOUCH PICTURES

RE-TAKE DAY

OCTOBER 28th - 1:00 P.M.

The original picture package must be returned in order to have a retake.

If you did not order pictures the 1st time around you can do so now. Please pick up an order form at the office.

There will be no retakes for these pictures.

THANKSGIVING LUNCH

Our school will again be hosting a Thanksgiving lunch for all students and staff on Friday, October 7th at 11:30 a.m. in the gym.

This event will be free of charge.

Thank you to our School, Student Council, and the many donations from various businesses for providing some of the food and/or funds necessary to make this happen.

INTRAMURALS

- Day 1 Grade 5
- Day 2 No Intramurals
- Day 3 Grade 6
- Day 4 No Intramurals
- Day 5 Grade 7
- Day 6 Grade 8

CANADIAN PARENTS FOR FRENCH

Our first CPF meeting will be held on **Tuesday, October 11th at 7:00 pm**, in the **EAMS Library**.

YEARBOOK

Once again, Jostens will be doing our Yearbook. Very shortly, the rep. will be coming out to give us new information, and a committee will be formed. Students and parents will be able to upload pictures and also order their yearbook online. Stay tuned for more info!

HOME & SCHOOL ASSOCIATION

The next Home and School meeting will be held **Tuesday, November 9th at 7:00 pm., followed by May 8th, and May 17th.**

CANTEEN FOR OCT. 15TH

V-BALL TOURNAMENT

The EAMS Home and School would like to provide a canteen for the October 15th volleyball tournament. In order to do this we would need 8 volunteers willing to work the booth for a 2 hour shift. The shifts would be as follows:

- 8:30 - 10:30 a.m.
- 10:30 - 12:30 p.m.
- 12:30 - 2:30 p.m.
- 2:30 - 4:30 p.m.

We would also appreciate if there was anyone willing to donate muffins or help prepare veggies.

If you are able to provide a food donation or work a shift, please contact Carole Lupkowski, 239-4469 or

jerrylupkowski@shaw.ca

NEWS FROM THE GYM!

Phys. Ed. Classes have completed a Safety Unit, a Low-Organized Games Unit, and are in the midst of their Fitness Unit.

Our **Cross Country** season is half over, and we have had a very impressive start.

All of our runners are improving every week.

Thank you to Mrs. Mills, Mr. Crevier, Mrs. Kelly, Miss Smith, Mr. McLeod, Mrs. Cooper and Mrs. Bedard for coaching a great group of students.

Runners will be competing at the Cross-Country Provincials in Winnipeg on October 5th, 2011.

Volleyball season is just underway. The league starts in early October until mid November. We have 2 Girls teams, one coached by Mr. Rosset, Mr. Pedden and Miss Henuset. The other team by Mr. Muirhead and Mrs. Collett.

The 2 Boys teams are coached by Mrs. Blight, Mr. Verwey and Miss Tessier, and Mr. Shackleton, Mrs. Stewart, Miss Simpson/Mrs. Davey.

We are looking forward to a season of improving our skills and our understanding of the offensive and defensive aspects of the game.

The Portage School Division Volleyball Tournament is being held on Saturday, October 15th, 2011.

EAMS will be hosting the boys side of the tournaments and the girls will play at LVS

We are having FUN!

2011-2012 STUDENT COUNCIL ROOM REPS:

- 5Di—Katrina Anderson and Joey Moffatt
- 5Ke—Owen Gillespie and Brayden Schaan
- 5GL—Hannah Bedard and Simone Crevier
- 6Co—Cassie Emberly
- 6Cr—Sara Lambert and Amber Buhler
- 6Te—Tee-Tee Appah and Jasper Caners
- 7Da—CaraTully and Kyla Smith
- 7Lu—Bruna Maciel and McKenna Pizzey
- 7Si—Sarah Thomson
- 7R8—Allie Nadeau and Hayley Bedard
- 8Gr—Kaeley Simpson
- 8Kl—Brittney Campbell, Morgan Van Deynze and Cindy Jack
- 8To—Cara Galarneau and Britta Anderson

Thank you to all who applied!

TERRY FOX FOUNDATION
COINS FOR CANCER

A heartfelt **THANK YOU** to all the students and staff who donated towards our **COINS FOR CANCER** drive for the Terry Fox Foundation.

We raised an outstanding amount of **\$1060.95.**

Special thanks to Mrs. Copeland and her student helpers for helping to count and roll the coins.

WAY TO GO, ARTHUR MEIGHEN SCHOOL!!!

— Miss Smith

HOUSE LEAGUES

House Leagues are up and running again! For those students and staff who are new to the school, House League is a year-long tournament in which students and staff are divided into 8 Houses:

- | | |
|---------------------------------|-------------------------------|
| Aaron Asham House | Cindy Klassen |
| Jennifer Botterill House | Steve Nash House |
| Wayne Gretzky House | Sandra Schmirler House |
| Terry Fox House | Mike Wear House |

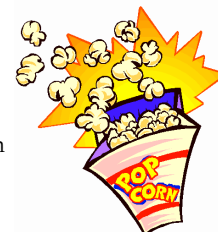
Students remain in the same House League until they leave us after Grade 8.

Throughout the year, students participate in dress-up days and whole-school, team-building activities.

The first dress-up day will be for Halloween on Friday, October 28th. Students dress in costume and earn points for their House.

POPCORN

Starting October 28th the JLS class will once again be selling bags of popcorn for .50 cents a bag to the students and staff. Sales will run every Friday until the March break in front of the canteen at morning recess.



KOATS FOR KIDS 2011

Koats for Kids will be collecting gently used winter coats on **October 30th and October 31st**. Drop off locations are: Fire Hall, Canadian Mental Health, Tupper St. Family Resource. Distribution of coats will happen in November.

For more information contact

Dawn Froese @ 857-4397

ADOPT-A-MOUNTIE

EAMS is pleased to welcome our two Adopt-A-Mounties this year.

Please say "Hello" to Const. Smith, and Const. MacDonald, should you see them in our hallways, at our events, in our parking lot, or on our playground!

SNACK PROGRAM

For the past few years, EAMS has been fortunate to provide a healthy snack for our students on a monthly basis.

This month, with the donation of watermelon, cantaloupe and honeydew melons by MAYFAIR FARMS, we were able to have our first snack on September 16th during afternoon recess / break.

Many thanks to MAYFAIR FARMS and our parent volunteers, Carole Lupkowski Delnora Rice, Lori Mackedenski, Gwynne Henry and Laurie Collier who prepared delicious fruit kebobs! Yum!

MEDIC ALERT

NO CHILD WITHOUT

MedicAlert's No Child Without Program is at Our School

The *No Child Without* program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program. MedicAlert is your child's voice in an emergency,

MedicAlert membership;

- Gives emergency first responders immediate access to a your child's medical information on their MedicAlert bracelet or necklet
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline**.
- Communicates with the parent or emergency contact upon activation of the **Hotline**
Allows free updates of the child's medical record as needed

MedicAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

For further information come to the office for a brochure or go to www.nochildout.ca.

To register your child you will need a *No Child Without* brochure from the office.

If your child is already part of the *No Child Without* program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 Ext 1 to update your child's file.

AT HOME ALONE AND FIRST AID

A reminder that Kidproof Safety is holding an At Home Alone with First Aid course Saturday, October 29th from 10:am –2:00 pm in the library at EAMS.

The students will learn how to safely respond to a variety of medical emergencies, how to respond safely to phone calls, their rights and responsibilities when at home alone among other skills. The cost is \$52.50 and includes a student handbook, keychain and wallet card.

Sign up at the office on a first come first served basis. Only 25 spots are available and spots are filling up fast.

2012

Jan. 9 (Mon) - First Day of Term 2

Jan. 30-Feb. 3 Kindergarten Registration

Feb. 20 (Mon) -

Louis Riel Day

SCHOOLS CLOSED

Feb. 25(Fri) - Division P.D.
NO SCHOOL

March 1— Student Led

Conferences 5:00-7:30 pm

March 2—

Student Led Conferences
10:00 am-1:00pm

NO SCHOOL

March. 26 - 30

**SPRING BREAK
SCHOOLS CLOSED**

Apr. 6 (Fri) - Good Friday

SCHOOLS CLOSED

Apr. 13 (Fri) - School P.D.

NO SCHOOL

Apr. 26 (Thurs) - Variety Night

May 21 (Mon) -

VICTORIA DAY

SCHOOLS CLOSED

June 22 (Fri) - Admin. Day

NO SCHOOL

June 28 (Thurs) -

**LAST DAY FOR
STUDENTS**

June 29 (Fri) - Admin. Day

NO SCHOOL

MAGAZINES

Our school is always looking for all types of magazines to use in various art projects. If you have any piled up that are on their way to the recycling bin, we would be happy to take them! (No catalogues though please) Drop them off at the office during school hours.



FROM THE COUNSELLOR

My focus is to help students be the best people they can be. I do this by challenging them to create happy memories that they will carry with them all of their lives. Happy memories will ensure that they are happy with a high self esteem. When they create negative memories about themselves it will only bring them down and eat at their happiness. They often do not realize that what they know about themselves is more important than what other people think.

This month we had suggestions of things that they should do in order to be able to be their best selves:

1. Respect yourself
2. Get involved
3. You must want to learn in order to learn
4. Make choices that you are proud of
5. Create memories that you are proud of
6. See the good in others
7. Do what you say you will do
8. Make a positive difference
9. Be a hero and stop/report bullying
10. Care about others' feelings
11. In order for your brain to work properly you need to eat healthy food and drink lots of water.
12. Adolescence require 9 hours and 15 minutes of sleep a night in order to learn
13. Change the world
14. Greet people with a smile and a Hi!
15. Create your own happiness

October the focus will be on developing your own Personal Power. Personal Power is what makes us successful. It is the ability to do what is right even when you don't feel like it.

STUDENT SUPPORT GROUP NEWS

We are in the process of selecting the Student Support Group Members for this year. This is a difficult task because we have so many students that would be a benefit to the program and benefit from the program. A short list has been established and interviews are beginning. It is hoped that the final list will be established by the end of the first week of October.

This year the training will take place November 2 and 3rd at Winkler Bible Camp. The Grade 5 & 6 students will be there for one day and the Grade 7 & 8s will stay overnight and spend two days training.

The training focuses on team building and communication skills. The SSG group is expected to help work toward having every student in our school feel that they belong and feel valued. Each year they come up with new ideas to do this. The first event planned is Addiction Awareness Week.

RAINBOWS GROUPS MAKE A DIFFERENCE

It is the time of year to get our Rainbows Groups organized. These groups are for students who have suffered a loss due to a death in the family or are living in a single-parent or step-family. It gives the students an opportunity to meet and talk with others who will understand them because of having similar experiences. Each group has a trained teacher-facilitator who will guide the group through a series of topics that will help students deal with their feelings and at the same time build their self-esteem.

We encourage you to consider this program for your child. The loss does not have to be recent as often things that were not an issue before become an issue during adolescence. Group sharing is kept in confidence by all involved. If you would like more information please contact Mrs. Trudy Chappellaz, Counsellor at our school. Please take the time to consider if this is a program that would benefit your child.

What is the Assessment For Learning Initiative in Portage la Prairie School Division?

Assessment for Learning refers to a province-wide initiative that is designed for school improvement. In Portage, the Division Strategic Plan is in alignment with this important initiative. One of the main goals of the Assessment For Learning initiative is to help administrators and teachers from Kindergarten to Grade 12, implement change in assessment practices in order to improve student learning.

For the past three years the Portage la Prairie School Division has had an Assessment Advisory Committee. This committee, which has at least one representative from each school, meets monthly to review research, develop resources, review policy and plan for ongoing professional development. Each member corresponds with staff and administration at their school to provide updates as well as provide in-servicing and support to teachers throughout the division on topics such as, setting criteria with students, giving effective descriptive feedback, student self-assessment, portfolio assessment, grading and reporting.

School administrators and staff have opportunities work in collaboration with the Assessment Committee members to determine a school plan for professional development, Each school in Portage has Assessment For Learning as one of the priorities in their school plan. Teams work in their schools to continue building collaborative learning environments with their colleagues on these topics.

Parents will see the results of this initiative in the classroom through the use of portfolios, work samples, peer and self-assessment and students setting criteria with teachers. Parents will also begin to see an increase in descriptive feedback, checklists and rubrics and student self-assessment on their child's practice work. Summative marks will be less frequent and have its place at the end of the unit or learning sequence.

Suggestions for parents/guardians to support their child in this area:

Ask your child's teacher what strategies the school incorporates to encourage your child's involvement in assessment practices. Or what the main outcomes in this unit/class is my child working towards.

RUN, WALK, CYCLE!

The Portage la Prairie School Division is planning an Active School Travel Week during the week of October 3-7, 2011. The purpose of the event is to promote active travel to school. Active school travel refers to any form of transportation that requires physical activity (walking, biking, in-line skating). It is an opportunity to discuss the benefits of active modes of transportation. Active transportation to and from school offers many benefits to kids, schools and parents, including:

- Promoting physical activity, which helps students perform better in school and reduces the risk of childhood obesity
- Encouraging healthier lifestyles through active school travel
- Raising awareness of how walkable a community is and where improvements can be made
- Increasing time for social interaction
- Saving money from less car use
- Reducing traffic congestion around the school (creating a safer environment for students in pick up and drop off zones)
- Improving air quality around schools (fewer parents dropping off children by car)
- Encouraging action on climate change through reduced vehicle emissions
- Promoting environmental education for students

The RCMP will be invited to provide extra safe eyes on the street during active School Travel Week, especially around the schools. We hope you will take this opportunity to participate in this worthwhile endeavour!

**ECOLE ARTHUR
MEIGHEN SCHOOL**

201 River Road
Portage la Prairie, MB
R1N 3W2

Phone: 204-857-3405
Fax: 204-239-5943

Our Website is:
www.plpsd.mb.ca/eams



COMMUNITY EVENTS

YOUTH BASKETBALL REGISTRATION Boys & girls ages 5-14 Season: OCT-MAR
Fee: \$50.00; 5 yr olds FREE. Register at PCI west gym, Sundays 5-9 PM cheques payable to "JTY"
Basketball. For more information contact Angus MacInnis 857-6276 OR MACINNIS@MTS.NET

THE PORTAGE FRIENDSHIP CENTRE will be offering parenting classes beginning October 5th through November 30th at 1:30 - 3:00 p.m.. The Friendship Centre is also offering an after school care program for children ages 6-12. The program offers various outings, traditional activities and snacks following the Canadian Food Guide. If you are interested please call Stephanie at 239-6333 for more information.

HALLOWEEN is coming and so is the Halloween Bash! It is being held this year at the Myers Norris Penny Exhibition Building located next to the PCU Centre on Island Park. The Bash will be held Saturday, October 29th, 2011 at two different times: 10:00 am to 1:00 pm or 3:00 pm to 6:00 pm

* **There will be limited numbers for both shows.**

* **All children must be accompanied by an adult.**

* **Cost is \$3.00 per person.**

Hope to see Everyone there!!!

SCHOOL POLICY OF THE MONTH

ARRIVAL, DEPARTURE, SIGNING IN AND OUT

Remember - the classroom doors are locked until 8:30 am. Students arriving late **must** report to the Office, sign in and get a late slip before proceeding to the class.

For signing out / early leaving - At times throughout the school year students may have to leave school early for appointments, etc. Please send a note to school explaining the early leaving to the Teacher or phone the school beforehand.



ATTENDANCE AT SPECIAL EVENTS

Attendance at school is always compulsory for all events. If, for some reason, attendance is optional a special letter will go home to explain this.

FIRE DRILLS

Fire drills will be held during the year, on a regular basis - ten per year.

ATTENDANCE

Regular and punctual attendance is of paramount importance to all students. This is not only basic to satisfactory achievement but it is an important factor in June for determining exemptions. All students absenteeism must be covered by an explanation from the parent / guardian. This can be done either through a **telephone call** from the parent or guardian or a **written explanation** sent to the school. For lengthy absences, it is expected the home will contact the school prior to the **start** of the absence, whenever possible.