



# Newsletter

February 2011

Fort McMurray Christian School  
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## MISSION STATEMENT

† To provide students with an education based on scripture, the Christian perspective is integrated into every aspect of study.

† To acknowledge the Lordship of Christ and to develop the students' understanding of their own relationship to God as well as their relationship to others and creation.

† To provide an education which allows children to reach their potential academically, spiritually, emotionally, socially and physically.

† To direct students in development of Christ-like character.

† To prepare students to be of service in the community.

## FMCS BOARD MEMBERS

Marek Kiejko  
Clementine Osah  
Reina VanGenderen  
Emmy Hanemaayer  
Jesse Parker  
Carlos Rivera  
Joe Champion (Advisor)

## PRINCIPAL'S PEN

What do you value? A person's answer to this question will be varied. A value, according to Webster's Dictionary is, "a principle, standard, or quality considered worthwhile or desirable." As a Christian school we too have values and these are outlined in the school's Mission Statement. On Monday January 10<sup>th</sup>, Mrs. Krismer, Mrs. Carlson and I presented to the executive and Board of Trustees of FMPSD our plan to address district and provincial educational requirements. As an alternative program we tried to address these requirements, keeping in mind our distinctiveness as a Christian school and the values represented, as outlined in our Vision document.

This year during some of our Friday afternoon PLC (Professional Learning Community) time from 1:15 – 3:15 pm staff have been working with various tools and strategies trying to meet the needs of all our students, keeping in mind that as a Christian school we teach from a Christian perspective in all areas of the curriculum. To help teachers in developing curriculum over the past three to four years we have been developing unit using tools such as Understanding by Design (UBD) and The Big Picture models. These tools require teachers to look at Alberta Education's Program of Studies and select provincial grade level outcomes and then develop units based on this criteria, keeping in mind individual student needs. From there teachers will draw a variety of resource to help meet the needs of the developed unit.

On Thursday January 13<sup>th</sup>, Elco Vandergrift (PACS) and Peter Buisman CEO of Edmonton Christian Schools, updated staff to an online database version of **Teaching for Transformation (TfT)**, a tool that teaching staff have been using to develop Christian Perspective units. This online model will enhance our access to resources will allow staff to present the subject matter from a Christian Perspective as outlined in our Vision document. Developing curriculum is not an easy task and is time consuming, but I believe is an integral piece in meeting the values of our school. To that end, staff will on Monday February 28<sup>th</sup> continue to perfect the craft of developing units using the **Teaching for Transformation (TfT)** online tool.

In education circles the word 'values' has been thrown around a lot. As an Alternative Christian program I believe we are required to have distinctiveness. Our values as outlined in our Vision document are the principles, standards, and qualities that our school society agrees are worthwhile and desirable. The Bible speaks of laws, commands, and fruits of the Spirit. These things are far more powerful and meaningful than mere values. They are an expression of God's will for us. Having said that, I believe that the process that we have embarked on (Alternative Christian program) is causing us to become more aware of what it means to teach from a Christian perspective. Are we meeting our school's values? How would you answer the question if asked?

Mr. J. Champion  
Principal

## SCHOOL COUNCIL NEWS



Thank you to all the parents who have participated in the school council conversation and work of being partners with the school in educating our children.

Our waste reduction committee suggested three great ideas for our school. A composter expanded recycling and a "litterless lunch" contest. School administration is already working on composting and recycling containers (great minds think alike!) Watch Monday memo's for more information on the litterless lunches!

Our November meeting sought to generate parent feedback regarding textbook use in the school curriculum. A list of concerns were raised including loose papers, curriculum that is easily accessed for home tutoring, use of colourful workbooks, and motivating children to excel. At the January meeting, Mr. Champion was invited to respond to those concerns. Parents are encouraged to contact their child's teacher to discuss outstanding concerns in addressing their child's instructional needs.

Our school council is part of "Networks" which is a monthly gathering of representatives from each of the public schools in Fort McMurray with the district, the superintendant and two Board of Trustee representatives. Two articles circulated through this network that I thought would be of interest to our parents. The first article is "What Works in the Classroom" found at <http://nyti.ms/i1HCdk>; it includes research that teaching toward standardized testing actually lowers student achievement. The second article showed Alberta Educational achievement compared to countries worldwide (ranking second in the world for reading and scientific literacy). That article can be found at: <http://www.alberta.ca/acn/201012/29637C1D1C216-B57B-C0EF-BEC18E4054CA4138.html>.

FMCS will host the February Networks meeting.

Our next meeting is Tuesday, March 15 at 7pm. All parents are welcomed to come. Please submit agenda suggestions to Heather Carlson by March 4

## DRESS FOR THE WEATHER



With the onset of cooler weather we find that some students are underdressed for time outside at recess. Perhaps your children come to school with only a light sweater which is fine for running from the house to the warm car but when they spend time outside they are becoming chilled. All students have more fun when they are properly dressed with hats, mitts and proper outerwear, if during recess they are too warm pieces can be removed to suit the weather.

## RECYCLING

All recyclable containers are accepted at the school at anytime. We can also pick them up, please call for arrangements. As we enter the month of January we have recycled over **37000 units** for a total of just over **\$4000.00**.

If you would like to check out our progress so far

Go to: <http://everyemptycounts.com/news.html>



## MOTHER'S WHO CARE

This weekly prayer time takes place every Wednesday from 6:00-7:00 pm at 175 Peterson Lane. Please join the other ladies in lifting up our school in prayer.

## NUT AWARE SCHOOL

Please be reminded that we are a nut-aware school (this includes all nuts and peanuts). Thank you for excluding peanut/nut-related foods in your child's lunch or snack. This year we have students in two classrooms with allergies to nuts.

## MAGAZINE SALES

Please encourage friends and family to visit the CCRP website and they can use a credit card (you can also) to order magazines and the school will get the credit. Please use the code **AB745**. This is valid all year, the credits just keep coming into the school.

## SAFEMART GROCERY CERTIFICATES

We have lots of grocery cards available. Stop by the school office before you shop at **Safeway**. This card from Safeway works wonderfully well. You buy the \$100 card from the school and give the card to the cashier to pay for your groceries. The cashier will indicate the balance you have on your card once the cost of your groceries has been deleted. It functions like a gift card allowing you to buy groceries provided there is a positive balance remaining on your card. When the school purchases the cards, we receive an 8% profit from Safeway.

## CANADIAN TIRE MONEY

The school is collecting Canadian Tire Money. Please send into the school office any that you have saved, or please start saving for us. This is an ongoing project, so feel free at anytime to send it in.

## ATTENDANCE - PLEASE HELP!

Communicate - Safety is Important. If your child is going to be absent from school for any reason, please contact the school as soon as possible so that the absence can be properly noted for our records. This will assist us greatly in accounting for all absent students. By contacting us promptly regarding absences, the time required to complete our Child Check process will be reduced.

## VOLUNTEERS AT FMCS

We really appreciate the work that our volunteers do in the school for our students. Volunteers are a valuable part of the school community and can enhance the educational opportunities for children. This year, Fort McMurray Public School District also requires all volunteers interacting with children to have a completed criminal record check. While there is normally a charge for this, the school can supply you with a letter that will exempt you from the fee.

## HOT LUNCH

Please see the calendar at the end of this newsletter for dates and menu selections for the month of February.

Please return your monthly form to the school with payment. This can also be found on the website at [www.fortmcmurraychristianschool.ca](http://www.fortmcmurraychristianschool.ca).

## INTRAMURALS GRADES 4-8

Mr. Champion will be holding a sports program each Thursday morning for all students that are interested in Grades 4-8 from 7:45-8:30 a.m. in the gym starting with basketball.



February 2011



# Kids' Health

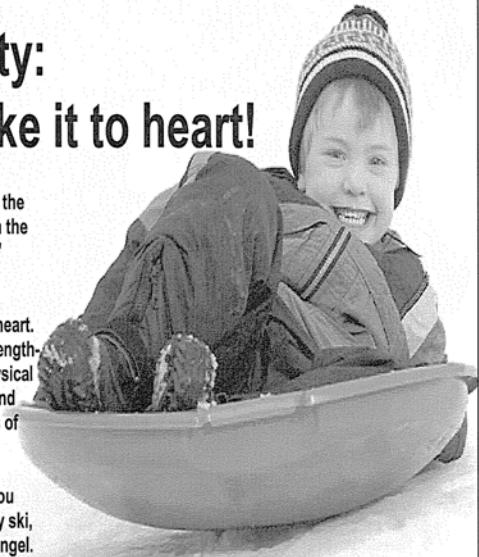
February is Heart Month

## Physical activity: Kids should take it to heart!

It is a common belief that older adults are the only ones that need to be concerned with the health of their hearts. The truth is that kids' hearts need special care as well.

Physical activity is very beneficial to your heart. Your heart is a muscle and needs to be strengthened by regular physical activity. Also, physical activity helps to keep your blood vessels and arteries healthy by decreasing the chances of clogging.

Choose activities for your family that get you moving. Go for a walk, skate, cross-country ski, toboggan or make a snow man and snow angel.

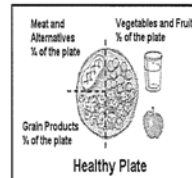


## Bring some balance to your evening meals

Here are some well-balanced supper ideas that do not take much time to prepare:

• **Beans:** Scoop some cooked beans into a whole wheat tortilla. Top with salsa, grated cheese and lettuce. Serve frozen or fresh fruit with a low fat yogurt for dessert.

• **Eggs:** Scramble some eggs along with various vegetables such as peppers, onions and tomatoes. Add some grated cheese as a topping. Serve with whole wheat toast and a vegetable



Keep the "Healthy Plate" in mind when preparing meals.

or fruit salad.

• **Fish:** Place fish fillets in a steamer above boiling water on the stove. Add cut up broccoli, asparagus, or green beans. Cook until the fish flakes easily with a fork. Serve with brown rice and milk or fortified soy beverage.

• **Stir Fry Meat or Alternative:** Cook beef, chicken, or tofu in a frying pan and season with herbs. Add sliced green peppers, broccoli, onions, and garlic, and serve over rice along with a glass of milk or fortified soy beverage.

A well-balanced meal should contain one food from each of the four food groups. For more healthy meal ideas visit Canada's Food Guide section on the Health Canada website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

And one more thing ...

A well-balanced diet is very important for your child's oral health and overall health.

Remember drinks and food with added sugar should be eaten with meals rather than with a snack.

Sipping on pop, juice, chocolate milk, and sport drinks can cause cavities.

A few tips for healthy snacks:

- Sliced veggies
- Cheese and crackers
- Drink water!

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Study Topics for February 2011

**ECDP(CUBS)/Kindergarten:** Mrs. Jillian Jackman

**BIBLE:** The Bible Teaches me about LOVE.

**MATH: K:** Exploring Geometry and Measurement: Describe the characteristics of 3-D objects and 2-D shapes, sort objects using one attribute.

**MATH:CUBS:** Numbers 1 to 5 in literature: 5 little Monkey's, 5 little ducks, 5 speckled frogs. One to one correspondence

**JOLLY PHONICS: K** *ou, oi, ue, er and ar* letter sound blends. We will also make new jolly words using the new sounds

**JOLLY PHONICS ECDP:** F, H, L,M

**THEME:** Valentines Day and dental care.

**MUSIC:** We are making a music book of notes and we are learning to chant rhythm and rhymes

### GRADE 1 Mrs. Colleen Swain

**BIBLE:** Building Christian Character

**MATH:** Addition & Subtraction to 12 / Measurement

**LANGUAGE ARTS:** Parts of a story/ Writers workshop

**SCIENCE:** Seasonal Changes

**ART:** Sketching, Valentine's crafts, and 3-D Bookmarks

**PHYSICAL ED:** Basketball / Badminton

**MUSIC** (Mrs. Steiestol): Quarter Notes & Rests, whole notes, time.

**FRENCH** (Mrs. Steiestol): Vocabulary related to Winter continued.

### GRADES 2-3: Ms. Lindsay Ingersoll

**BIBLE** – Abrahams' Story

**L.A.** Reading and Comprehension

**MATH:** Addition and Subtraction using Mental Math Strategies

**SCIENCE** Exploring Liquids

**HEALTH** - Nutrition and Exercise

**SOCIAL STUDIES** - Tunisia

**PHYSICAL ED:** Basketball / Badminton

**ART:** (Mrs. Steiestol) Perspective, (objects close and far) and Valentine Heart Folders

**MUSIC:** (Mrs. Steiestol) Quarter Notes & Rests. The music alphabet.

**FRENCH:** Names for Parts of the Body, Articles (le, la, les, l') and nouns

### GRADES 4-5: Mrs. Donna-Marie Hamilton

**BIBLE:** Joshua vs Gideon continues

**MATH:** Multiplication and Division

**LANGUAGE ARTS:** Novel Study, paragraph writing continues, spelling

**SOCIAL STUDIES:** Mapping

**SCIENCE:** Chemistry

**HEALTH:** Building Godly character traits

**ART 4-5:** (Ms. Ingersoll) Elements of Design

**PHYSICAL ED.:** (Mrs. Swain) Basketball / Badminton

**FRENCH:** Clothing unit continued

**MUSIC:** (Mrs. Steiestol) Dictation, the music alphabet, Celine Dion

**FRENCH:** (Mrs. Steiestol): Girl's & Boys seasonal clothing, vocabulary related to Valentine's day

### GRADES 6 Ms. Dwana Fifield

**BIBLE:** What is our Purpose?

**MATH:** Angles and Polygons

**LANGUAGE ARTS:** Poetry

**SCIENCE:** Air and Aerodynamics

**SOCIAL STUDIES:** Finishing Ancient Athens, starting Local Government

**ART:** (Ms. Ingersoll) Abstract Art and Pop Art

**PHYSICAL ED:** (Mr. Champion) Volleyball and Basketball Sledding and Skiing and Indoor Games

**MUSIC:** (Mrs. Steiestol): Music dictations, music alphabet. Trumpet player – Louis Armstrong. Treble Clef , staff and ear training.

**FRENCH:** (Mrs. Steiestol): Conjugating ER verbs, writing short sentences.

### GRADES 7-8: Mr. Champion & Mrs. Krismer

**BIBLE:** (Mrs. Hamilton) Words of Wisdom from the book of Proverbs

**MATH:** (Mr. Champion) Junior High Operations with Fractions, Percent, Ratio and Rate

**SOCIAL STUDIES:** (Mr. Champion) Conquest, War and deportation and how they impact Christian Perspective

**PHYSICAL ED.:** (Mr. Champion) Basketball, Sledding, Cross Country Skiing and Indoor Games

**LANGUAGE ARTS:** (Mrs. Krismer) – Novel study groups

**ART:** (Mrs. Ingersoll) Abstract Art and Pop Art

**COOKING** (Mrs. Ingersoll)- Cooking instruments and measurement conversions and hands on cooking

**MUSIC:** Mrs. Krismer – Recorders and more

**SCIENCE:** (Ms. Fifield) Forces and Structures

**FRENCH:** (Mrs. Steiestol) Unit: Pizza (names of vegetables, articles. Etc...) likes, dislikes, ordering pizza on the phone, etc....

**February 2011**

*Fort McMurray Christian School*

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
		1 Pizza Day	2 Hot Dogs	3 Spaghetti & Meat Sauce	4	5
6	7	8 Pizza Day	9 Hot Dogs	10 Subway: Turkey on WW	11	12
13	14	15 Pizza Day	16 Hot Dogs	17 Mary Browns Grilled Chicken	18	19
20	21 <b>NO SCHOOL</b>  Family Day	22 Pizza Day	23 Hot Dogs	24 Chicken Vegetable Soup	25	26
27	28	<b>NO SCHOOL - Teachers Convention Week</b>				