February 2018 Newsletter
Westmount School
220 Wheatland Trail
Strathmore, Alberta
T1P 1B2
Phone: 403-934-3041
Fax: 403-934-4936
Website: www.westmountelementary.com
Golden Hills Website: www.ghsd75.ca
“Effort today...Excellence Tomorrow!”
Find us on Facebook, Twitter & Instagram
Facebook- https://www.facebook.com/pages/WestmountSchool/799821880044820
Twitter- https://mobile.twitter.com/WestmountElem
Instagram- westmountelementaryschool

Grade 2 Art Work
It is hard to believe that we are at the half-way point in the school year; the year seems to be flying by! We have had some great events in the past few weeks and there are many more events to come. Please remember to check out our calendar section as all of our important dates are included there. Thanks to everybody who participated in our Wonderful Works of Westmount on Tuesday, January 30. It was a great event!

Recently, some of you will have received a survey in the mail from Alberta Education. This survey is an integral part of our Accountability Survey that we conduct every winter. Each grade 4 student and all of our staff fill in an online survey, while parents of grade 4 students respond to a mail survey. The responses we receive are reflected in our accountability report every September. If you received a survey in the mail, we ask that you fill it out and send it back to Alberta Education to help us with this project.

As many of you may know, there is a new school opening in Strathmore in time for a September 2018 opening. George Freeman School will be a Kindergarten to Grade 9 school serving the students of Strathmore. Over the next few weeks one of the administrators from Westmount (Mr. Graff, Mrs. Braithwaite or myself) will be calling you to talk about your plans for your children as it pertains to the new school. Please know that this will be an informal conversation to gauge interest in staying at Westmount or potentially registering at George Freeman School. Kindergarten Registration for George Freeman School is already underway at GHSD head office.

In a similar vein, we are excited to announce that our kindergarten registration is already ongoing! We want to remind parents of our age requirements regarding kindergarten registration: Any student who turns five (5) on or before February 28, 2019 is eligible to enter kindergarten for the 2018-2019 school year. It should be noted that students who turn five after August 31, 2018 do not have to be registered for kindergarten during this year. If you, as the parents, are concerned with the readiness of your child for kindergarten and they will turn five after August 31, 2018, that student can be held out of school for a year and be registered in kindergarten for the 2019-2020 school year. This coming school year Westmount will again be offering two different programs:

- **Program 1 – Full Time Kindergarten.** Golden Hills School Division is excited to once again offer a full time kindergarten program for the 2018/2019 school year. This program will run all day every school day. There is no cost to parents associated with this program.
- **Program 2 – Regular Kindergarten Program.** Parents will be able to register in the full day Tuesday/Thursday program. There is no cost to parents associated with this program.

I know that was a lot to digest, but I wanted to say thank you for reading through this information. If you have any questions or concerns, please do not hesitate to contact me at the school.

Yours truly,
Wayne Funk
# February

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<td></td>
<td>Hot lunch ordering for March/April opens</td>
<td>Hot Lunch</td>
<td>Winter Walk 2:15</td>
<td>Circle of Excellence 10am &amp; 2pm</td>
<td>Day 2 Circle of Excellence 10am &amp; 2pm Grade 6 Basketball tourney at Three Hills</td>
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<td>Hot lunch ordering closes at midnight</td>
<td>Hot Lunch Payments must be at the office by 3:30</td>
<td>Hot Lunch</td>
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<td>Day 3 Axis Theatre 1:45</td>
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<td>Family Day No School</td>
<td>Flex Day No School</td>
<td>PD Day No School for Students</td>
<td>Teacher’s Convention No School</td>
<td>Teacher’s Convention No School</td>
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<td>Hitmen Brave hockey game</td>
<td>Hot Lunch Pink Shirt Day Responsibility Core Value Assembly @ 2:30</td>
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# March

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<td>Hot Lunch</td>
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<td>Move clocks ahead 1 hour</td>
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<td>Hot Lunch</td>
<td>Safire Presentation 2pm Last day of hockey for Gr. 6</td>
<td>PD Day No School for Students</td>
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<td>Report Card #2 distributed</td>
<td>Grade 6 Ski Trip</td>
<td>Hot Lunch</td>
<td>Kindergarten Grad Photos Spring Photos Gr. 1-6 Student Led &amp; Parent/Teacher Conferences</td>
<td>Day 4 Drama Dress Rehearsal</td>
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<td>Drama Performance 2pm</td>
<td>Drama Performance 2pm &amp; 7pm</td>
<td>Hot Lunch Drama Performance 2pm/Seniors Tea &amp; 7pm</td>
<td>Dress like a Celebrity day Respect Core Value Assembly 12:00</td>
<td>GOOD FRIDAY No School</td>
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ATTENDANCE

It is important for us to know that your child is safe. If your child will be missing a day of school due to illness, a medical appointment, a holiday, a family emergency, etc. the school must be aware of this absence by 9:00am. Please call the school @ (403) 934-3041 by 9:00am with your child’s name, classroom, and the reason they will be away.

If your child is not at school by 9:00am on a school day and you have not called in your child’s absence, a phone call and email will be coming to you asking you to contact the school as soon as possible. We are required to have all students accounted for each and every day.

MESSAGES

If you are calling the school to give your child a message before the end of the day, please do so before 3:00. We have a wonderful group from 5A that come to the office and deliver our messages to the classrooms at that time. If you wait until 3:15 it is often very difficult to find the student as they are getting ready to go home and may not be in their classroom.

LOST & FOUND

It is amazing how quickly both of our Lost & Founds fill up! We have an abundance of jackets and hoodies in there right now. If your child is missing anything please encourage them to look in both Lost & Founds; one across from the Music Room and one in the Grade 1 Boot Room. You are also welcome to come and look too. Smaller items such as eyeglasses are kept in the Office so be sure to check there as well.

SCHOOL FEES

Just a reminder that all school fees are to be paid as soon as possible. If you are experiencing financial difficulty, please call the school at (403) 934-3041 as we are more than happy to make arrangements for a payment plan that works for you. You can pay online with debit or credit at https://goldenhills.schoolcashonline.com/. The office accepts cash and cheque payments too- cheques to be made out to Westmount School. Thank you!

YEAR BOOK

December 22nd is your last chance to order a 2017/2018 yearbook at the cost of $20.00. Any orders placed after December 22nd will be charged $25.00. Our goal is to sell at least 180 books and we hope to know how many families are interested in purchasing one as soon as possible to allow us to finalize our printing costs.
Kindergarten Registration is now open!

Golden Hills School Division
Powering hope and possibilities

- Family FRIENDLY, WELCOMING, SAFE and CARING
- Strong foundational LITERACY and NUMERACY skills
- Play based learning inspiring AWE and WONDER
- Inclusive Education and Early Intervention
- FREE in town BUSING and FAMILY DISCOUNTS
- Must be 5 YEARS OLD by FEBRUARY 28, 2019

ECOLE BRENTWOOD ELEMENTARY
403-934-5013
www.brentwood-school.com
- English and French Immersion
- Fine Arts Focus
- Regular and Full Time Programs

WESTMOUNT SCHOOL
403-934-3041
www.westmountelementary.com
- Full Time Program
- Regular Program - Full Alternating Days
- Upper Elementary Hockey Program

TRINITY CHRISTIAN ACADEMY
403-934-3161
www.trinitychristianacademy.ca
- Christian Programming
- Full Time and Regular Programs

WHEATLAND ELEMENTARY
403-934-3318
www.wheatland.ghsd75.ca
- Full Time Program
- Montessori Program
- Leader in Me & Math Minds School

GEORGE FREEMAN SCHOOL
K-9
403-934-3121
- Full Time Programming
- Extra Sports Programming for Older Students

CARSELAND SCHOOL
403-934-5161
www.carselandschool.com
- Regular Program - Full Alternating Days
- Small Class Size
- Upper Elementary Golf Academy

Great Places to Learn and Grow
You choose the place

General Inquiries:
403-934-5121
www.ghsd75.ca
On January 8th, 2018, the grade 5A student leaders received a visit from an Alberta Health Services public health dietitian, dietetic intern and health promotion coordinator. During this visit, students received training on Healthy Snacks for Children. They had the opportunity to learn about the importance of healthy snacking, choosing healthy snacks using Canada’s Food Guide, and avoiding less healthy snacks that are high in sugar, fat, and/or salt. The students also got to participate in a fun snack relay race!

In the upcoming months, the grade 5A student leaders will be busy using their newfound knowledge to educate other classes at Westmount Elementary on healthy snacking. Kudos to the 5A class on their hard work to support learning and promote healthy eating at our school and at home!

For information on healthy snacking and other healthy eating tips, please visit healthyeatingstartshere.ca. For questions, contact Dabin, RD (dabin.choi@ahs.ca) or Christine, HPC (christine.vokins@ahs.ca).
Snacks for Children

Use this to help you choose snacks for children 4 years and older.

Choose these healthy snacks every day.
These snacks contain many nutrients.

- fresh or frozen vegetables
- fresh or frozen fruit
- fruit cup in fruit juice or water
- unsweetened applesauce
- whole grain bread
- whole grain crackers
- whole grain naan, roti, pita
- whole grain tortilla or wrap
- whole grain cereal
- hummus
- eggs
- nuts*
- nut butters* peanut, almond, or soy
- meat, chicken, or fish
- white milk
- cheese or cheese string
- fortified plain soy beverage
- plain yogurt

*Some schools don’t allow nuts or peanuts. These foods are healthy choices for children at home.

Offer children:
- water when they’re thirsty
- skim, 1%, or 2% milk with meals
- vegetables and fruit instead of 100% juice
**Choose these snacks some days.**
These snacks have some nutrients but have added sugar, salt, and/or fat.

- flavoured fortified milk or soy beverage like chocolate, strawberry or vanilla
- baked crackers
- muffin
- dried fruit and nut mix
- fruit-flavoured yogurt
- granola bar

**Choose these snacks less often.**
These snacks are high in sugar, fat, and/or salt.

- candy or fruit gummies
- potato chips or fried snacks
- instant dried noodles
- cake
- cookies
- chocolate-coated snack bar
- sports drink
- pop
- slush drink
- fruit drink or punch
- pudding or jello cup
- ice cream
FREE

Parent Information Night

Strathmore High School Theatre
100 Brent Blvd., Strathmore, AB
Wednesday, February 7, 2018
6:30 p.m. — 8:00 p.m.

Understanding Emotional Regulation in Children and Adolescents
Presented by: Dr. Philip M. Brown

On behalf of the CEC—Regional Collaborative Service Delivery

This evening is open to all parents and will focus on understanding emotional regulation in children and strategies to support healthy emotions and character

Dr. Philip Brown, PhD, is a graduate of Applied and Professional Psychology at Rutgers University located in New Jersey, U.S.A. where he founded and directed the Center for Social and Character Development. He has been principal investigator on several U.S. Department of Education grants, including research studies on evidence-based practices. Dr. Brown has served in student support services related management positions in the New Jersey Department of Education and the Pennsylvania Department of Health for 25 years, as a school board director, founder and president of the New Jersey Alliance for Social, Emotional and Character Development and is a member of the National School Climate Council.

For further information please contact Sharon Blanchard @ 403-934-5121 ext 2045
For BOYS and GIRLS in Grades 4, 5 and 6! *capped at 24

Head Coaches Cole Hintz and Carrie Westgard will be running a SMASHBALL volleyball program @ STRATHMORE HIGH SCHOOL.

Register online: https://tinyurl.com/y85eudwy OR email cole.hintz@ghsd75.ca

Cost: $100 (kneepads and T-shirt included)

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<th>2018 Strathmore Smashball Schedule</th>
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<tr>
<td><strong>Boys</strong></td>
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<td>March 20  5:00 – 6:30</td>
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<td>March 27  5:00 – 6:30</td>
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<td>April 3   5:00 – 6:30</td>
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<td>April 17  5:00 – 6:30</td>
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<td>April 24  5:00 – 6:30</td>
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<td>May 1     5:00 – 6:30</td>
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<td>May 15    5:00 – 6:30</td>
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<td>May 22    5:00 – 6:30</td>
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What is Smashball?

Smashball is a new way to introduce kids to the sport of volleyball

Smashball looks to get kids involved in the sport of volleyball by focusing on three pillars:

FUN, MOVEMENT, and DRIVE

As we focus on these three pillars we will develop techniques and skills that will allow kids to enjoy this life long sport.