



HIGHLANDS HIGHLIGHTS DECEMBER 2014



Principal's Message

IMPORTANT DATES

Dec. 17 Christmas Concert

7:00 pm

Key City Theatre

Dec 8-17 Food Bank Faceoff

Dec 11 Gr 5/6 Band Concert

Gordon Terrace @ 7:00 pm

Dec 12 Milk and Cookies

Dec 19 Alternate Friday

No School

Dec. 22 – Jan. 5 Winter Break

Jan 5 First day back

Jan 9 Milk and Cookies

Jan 16 Spirit Day (class colours)

Jan 19 PAC meeting

Jan 30 Alternate Friday

No School

Feb 6 Alternate Friday

No School

Feb 9 Stat Holiday

Feb 20 Milk and Cookies

Feb 13 Spirit Day (Red/pink day)

Feb 27 Pro D (teachers only)

Mar 13 Alternate Friday

No School

March 16 – 27 Spring Break



With the arrival of December, and the Winter Break fast approaching, the hallways are beginning to be filled with the sounds of songs as the students prepare for the upcoming Christmas concert and the Mass Choir event. Thanks to Mr. Dureski and Mrs. Merkel, and the school staff, the students have been practicing their songs in the music room and in the classrooms. I was in the music room this morning and a *number* of students could not stop singing a song called "Santa Drives a Saratoga." This year the theme for our Christmas concert is going to be "Home(work) for Christmas."

Our Grade 6 leadership team, thanks to Mr. Catherall, has been busy and has already organized a few very successful events. The Remembrance Day assembly was a big success again this year judging from the smiles, the tears, and the positive comments. Black and Orange day with the haunted house, and the school dance was a big hit with the students and they had a lot of fun. The leadership students are gearing up for the Food Bank drive starting next week and for PJ day this Friday. I am hoping that this year I don't have to wear the Kootenay Orchards jersey. This year every dollar raised equals a pound of food so I am quite excited about this fact.

Slow as it sounds we are making progress towards live announcements. We now have a computer, and I have been told the camera and live streaming device are ordered. I think we should be ready to go just after the Winter Break. It will be exciting to have a space outside of the office to do the announcements and having it live and visual on our SMART boards. With some work, we should be able to show case different events around the school as well.

Dropping off and picking up students continues to be a safety concern. Everyone is responsible to make our area in front of the school as safe as possible for our children. Please follow some simple rules such as: please do not make U-turns on the street outside of the school and please do not enter the staff parking lot to drop off or pick up students. Our signs are now up showing the area on the street in front of the teacher parking lot is a drop off and pickup zone and there is no parking. There is plenty of parking all the way down the North side of 7th Street. Do not let your child run across the street without your guidance. We had a car backing up and a child was walking behind it. The parent backing up did not see the child as the child was in their blind spot. Please respect our neighbors and do not block their driveways. Thank you for your diligence in this matter.

I hope to see you at the Christmas Concert. It is going to be a lot of fun. Have a happy and restful Winter Break, a merry Christmas and a happy New Year.

Steve Rogers

Food Bank Challenge with Kootenay Orchards (Aimee Bouliane)



Imagine having nothing to eat and sleeping on the streets.....well we can help prevent that so we have challenged Kootenay Orchards to a food bank faceoff. The school that gets the most food by Wednesday, December 17 will win the faceoff challenge. Please bring any food or cash donations to the Xmas Concert on Wednesday, December 17. Every dollar raised will equal 1 pound of food. Lets win the faceoff challenge against Kootenay Orchards. The losing Principal has to wear the other school's team jersey. Go...Huskies... Go!!

SPIRIT DAY – PJ day (Mchayla Bonnell)

We had PJ day on Friday, December 5, 2014. We had so... much fun on. We hope you did as well. Thank you to all the students that participated!! We cannot wait until next year to do it again.



Christmas Tickets

Please let your teacher or the office know if you are not able to attend the Xmas Concert so that your tickets can be distributed to other families.

Mass Choir Concert

The Mass Choir event was held on Wednesday December 3rd at the Alliance Church. All of the Elementary schools in Cranbrook participated in this event. This year Highlands School was well represented as we had a nice large group of students who signed up to be part of the school choir. The performance was very enjoyable and all of our school choir students did a fantastic job. They were very excited at the beginning of the event, a little tired at the end. I was proud of the great job that they did. Once again near the end of the evening Mr. Dureski did a great job getting the parents involved in singing as well. A big thanks to Mr. Dureski and Mrs. Merkel for getting the students well prepared for this event.

Grade 6 Volleyball

Another volleyball season is now just a memory. We are very proud of the growth our students demonstrated over the course of the season. Everyone had a lot of fun both winning and losing the games. A big thank you goes out to the girls' coaches Mrs. Ackert and to Liz for volunteering their time. Also thank you to Mr. Rogers and Mrs. Vording who coached the boys' team. We had a number of students who helped score keep and we would like to thank them as well. Thanks to Mr. Rogers who was the referee for all of the at home games.

Snow Activities

At this time of the year it is always necessary to remind our students about acceptable snow activities. We encourage students to play in the snow, build snow structures and sculptures, and allow students to use soft sliders on our snow hills. Students have been reminded of proper snow sliding procedures. Snowballing is banned in all of Cranbrook's elementary schools. The danger or injury from this activity, with so many students around, is just too great. Students have been told of this zero tolerance policy for snowballing. The



consequence for students who continue, in spite of our reminders, could easily involve the loss of noon-hour privileges at our school. Hopefully you will support our desire to keep Highlands School as a safe environment for your children.

HEALTHY EATING.... for children (7 years and older) and youth

By eating the right amount and type of food recommended in Canada's Food Guide, children and teens can get the nutrients they need to grow and thrive, including calcium which is especially critical during these bone building years. Offer healthy foods most of the time and set a good example by eating well yourself, including breakfast. Continue to provide meals and offer snacks at predictable times when the kids are home. Involve your kids with the planning and cooking of meals to increase their acceptance of a wide variety of foods.

Tween and teen years are about autonomy and identity. Teens want to make their own food choices. Environment plays a big role so keep quick and healthy snacks on hand. It is important that the healthier choices are the easiest choices. Cook It. Try It. Like It!

When we eat together at least once a day we eat less fast food and more nutritious foods such as vegetables and fruits. Kids gain better social and learning skills too. Eating together doesn't have to mean the whole family has to sit down together to a fancy meal. The important thing is that at least one adult and a child, or two or more adults sit down and eat together. Preparing, cooking, and eating together provides us with time to connect in our busy lives. It is a time for parents to role model healthier choices and to "check in" with kids.

Other resources:

- HealthLinkBC: Factsheet Generator
- Ellyn Satter: How to Feed Children of All Ages
- School lunch ideas
- Dietitian Services at HealthLinkBC: Call 8-1-1
- Health Canada: Fast & Easy Meal Ideas
- ActNow BC: Healthy Living for Youth
- Childhood Obesity Foundation
- Dietitians of Canada: Teen Nutrition
- Canadian Paediatric Society: Teens and Dieting
- HealthLinkBC: Energy Drinks

