



HIGHLANDS HIGHLIGHT NOVEMBER 2014



Principal's Message

IMPORTANT DATES

Nov 19 Spirit Night with the ICE

Ice vs Medicine Hat Tigers

7:00 pm at WFP

Nov 21 Pro D – Teachers only

Nov 24 – 26 Scholastic Book Fair

During lunch & after school

Nov 28 Alternate Day

No School

Dec 3 Mass Choir (7:30 pm)

Alliance Church

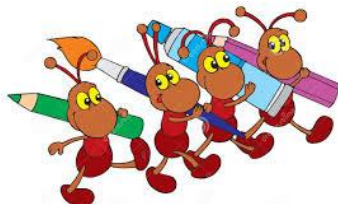
Dec 17 Xmas Concert

Key City Theatre

Dec 19 Alternate Day

No School

Dec 22 – Jan 5 Winter Break



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October was an exciting month with many activities going on in our school. There are many to list: from a health talk from Dr. Pienaar, our successful school dance, Black and Orange day, the Ktunaxa Flag raising ceremony, field trips, the Family Dinner and Meet the Staff night, the RupLoops dance group, the Terry Fox run and assembly, and the Remembrance Day Assembly to name a few. The students have also had a fire drill, lock down drill, and an earthquake drill in order to be prepared for emergencies. Volleyball is well underway and Basketball season is being talked about as it is just around the corner.

We are beginning preparation for the School Spirit night at the Kootenay Ice hockey game and some students are working on getting a cheer team together. Mr. Dureski has started choir practice for both the Remembrance Day ceremony at the Cenotaph and for the Mass Choir event. With some work from a few staff, a theme is starting to come together for the Highlands Christmas concert event that will be at the Key City Theatre.

We are planning on having report cards coming out by the time we go out on winter break. Unfortunately the new student information system "My Education BC" elementary report section is still not up and running. From what I hear the company who has designed the information system has told the school district that "My Education BC" will not be ready for the first reporting session, so the school district has been working on a reporting system for the elementary schools to use for the first term reporting. This does not affect the middle and high schools. Our teachers have been working at assessing students in preparation for this report.

As far as school improvement projects go our school parking lot is almost finished and we are just waiting for a couple of signs to go up on the road side of the fence for the new student drop off zone. The live announcement room now has show lights in place and a new computer is being set up to do the live streaming. We only have a few more pieces to be put into place, the hardwiring of the computer, the purchasing of the camera and some training and then we should be ready to have live announcements put into all of the classrooms. This will also give us a lot of opportunity for showing not only the announcements but for show casing student work, events, assemblies, programs, celebrations, etc.

Mr. Steve Rogers

Angel Tree Registration

The Angel Tree Program is a community based program to assist low income families in making Christmas special for their children. All requests are numbered and only a number not the child's name is placed on a tree sponsored by the Tamarack Centre. Cranbrook families or individuals then choose an "Angel" from the tree and purchase a gift to help make Christmas a joyous occasion for all. Registration forms will be available at the Cranbrook Food Bank, Bellies to Babies, Cranbrook Schools, Child Care Resource & Referral, Salvation Army Thrift Store, Women's Resource Centre and the Ministry of Human Resources and a number of other locations in Cranbrook. Please return your completed registration form to the Tamarack Mall Administration office by Saturday, November 29, 2014.

Baha'i Annual Sock Drive

Just a reminder that the Baha'i Community is once again collaborating with the United Church to collect socks for the homeless and less fortunate members of our community. The drive runs until December 9. Please bring in New Socks to help out the homeless. The box is located in the school foyer outside the school office. Thank you for your support!

Back to School Tips to Improve Literacy

Primary Students:

- Let your children see you read and set aside time each day for family reading.
- Get your children excited about reading by taking turns reading pages or acting out the characters.
- Ask your children to read to you while you prepare a meal.
- Talk to your children about what they read. Ask them questions that require them to read between the lines and think about what they've just read for better comprehension.
- Help your children get a library card and take weekly trips to the library.

Intermediate Students:

- Establish a daily homework routine. Set up an area away from distractions such as the television and internet, with adequate supplies & lighting.
- When it is time for your children to do homework, it will reinforce strong study habits to do yours: balance your checkbook, pay your bills, or immerse yourself in a book. Help your children identify difficult and easy homework tasks and get them to tackle the difficult items first.
- Be available to answer questions and offer assistance, but never do a child's homework for them.
- Ask your children questions and have them explain what they have just read.
- Encourage your children to write stories and poetry.

Back to School Tips for Healthy Students

Primary Students:

- Include a variety of fruits and vegetables in your children's snacks and lunches every day.
 - Have your children help pack their lunch so they can learn to make healthy choices early on.
 - Help your children learn about and understand Canada's Food Guide.
 - Take family walks with your children. If possible walk with your children to school, or co-ordinate with other parents to allow for youngsters to safely walk to school.
 - Introduce your children to active games they can play on their own such as jumping rope, playing hopscotch or four square. When more children are around, introduce tag, baseball or soccer. Get
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outside & play at recess, lunch and after school. Use every piece of equipment in the school playground.

- Set a regular teeth-brushing routine and ensure your children brush and floss correctly.

Intermediate Students:

- When feasible, encourage alternate forms of transportation instead of getting a ride. Use the walking school bus in your neighbourhood if you have one or start one.
- Suggest your children take the dog for a walk before and after school. Sign up for a program at your local recreation centre. Try a family swim or skate session. Take part in community events like the Terry Fox run.
- Continue to encourage healthy eating habits in your teenagers. Use Canada's Food Guide to plan healthy meals and snacks as they have different nutritional needs.
- Teach your children to eat more nutritious snacks and avoid foods that are high in sugar, fat & sodium.

For The Love of Reading

What's the best way to create a lifelong reader? Reading is free, fun, and will bring you and your child closer. Find a time each day when you and your youngster can get cozy and enjoy a good book. Here are some tips to help you choose stories:

- Ask librarians, friends and teachers for recommendations. Tip: If your child doesn't already have a library card, sign them up!
- Find books that expand your youngster's interests (insects, outer space), deal with an event (a new baby, visit to the dentist), and build character (friendship, truthfulness).
- Pick stories for both information and enjoyment. Try real and make-believe stories and poems, as well as children's magazines.

Peace Poems from Mrs. Vording's class

The following poems from Mrs. Vording's grade three and four students were written in recognition of Remembrance Day:

PEACE means..... Being respectful means being nice to everyone around you. Peace means being nice, being kind to everyone you know or you see. It is fun to have peace it is not always easy. *by Adam McDonough*

PEACE means..... Being in nature with animals. Peace also means no wars and bullying. Being calm can also be peace. Knowing that you are loved. It is also means caring about others. *by James Kilfoil*

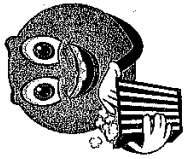
PEACE means..... Spending time with my family. Sometimes my mom plays hockey with me on the deck. We go camping on the weekend and we pan for gold and hunt. My dad plans a trip to Silverwood. I want to spend more time with my dad. I want to stop all wars so there is peace. *by Owen Graham*

PEACE means..... Peace means quietness, like in a forest. Peace also means no more war or fights, calmness, can be peace. Kindness, helping, respect and, politeness is all peace. Nature is peaceful, no noise, or disturbances. I am thankful for my family and friends. Peace is music, love, caring for others. Stop war and fighting to have a safe world, which would mean peace. *by Peyton Cooper*

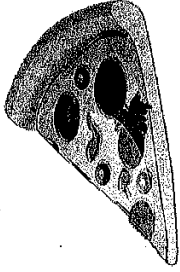
Poems from Mrs. Kish's Class

The following "I like" poems were written by four of Mrs. Kish's grade three students:

Food



Food
I like it.
Ask me why.



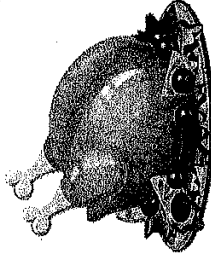
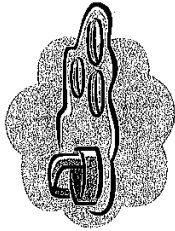
Because some foods are crunchy like chips and popcorn.
Because some foods are sugary and yummy like gum.
Because you can use your hands for some foods like corn on the cob
Because some food has tomato sauce like pizza.

Because some foods have gravy like turkey.
Because some foods are squishy like cookie dough.
Because some foods are round like an apple.
Because some foods are juicy like oranges.

Because
Because
Because. That's why

I like food!

by Colton Campbell
Oct. 31st, 2014



Bunnies



Bunnies
I like them.
Ask me why.

Because they are cute.
Because they are snuggly.
Because they are stiall.
Because I really want one to play with.

Because they eat carrots.
Because they have fluffy ears.
Because they have small feet.
Because they have puffy tails.

Because
Because
Because. That's why

I like Bunnies.

by Stephanie Dumkey
Oct. 31st, 2014



Tabiko

Tabiko
I like him
Ask me why.

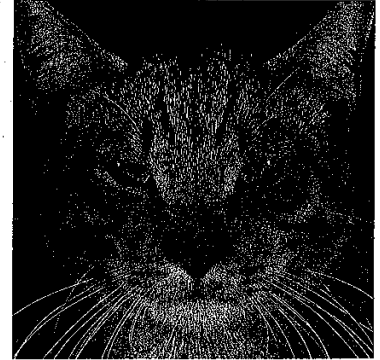
Because he gets rid of mice in the blink of an eye.
Because he is cuddly, soft as a pillow, and cute.
Because he is FAST!!!! And FIERCE!!!
Because he has sharp teeth to chew food.

Because he wakes me up in the morning like an alarm clock.
Because he always wants to go outside for a walk.
Because he can go without water for a while.
Because It seems like he misses you after you get back from a trip.

Because
Because
Because. That's why

I like Tabiko.

by Olivia Hall
Oct. 31st, 2014



Werewolves

Werewolves
I like them.
Ask me why.

Because they have red eyes.
Because they are like wolves.
Because they scare people.
Because they bite people's necks.

Because they have sharp toothed mouths.
Because they have very brown fur.
Because they have pointy ears.
Because they sleep in the day and hunt in the night.

Because
Because
Because. That's why

I like werewolves.

by Lily AstaForoff
Oct. 31st, 2014

