

MHCS SEPTEMBER NEWSLETTER COMMUNITY BUILDING



September 2017

Principal's Pen



Welcome back!

I hope everyone had a wonderful and peaceful summer!

May God continue that peace, joy, and appreciation of summer into our school year.

As I'm writing this, we as a staff have spent two days (before school started) meeting, planning, and feeling the excitement of the first day of school on Tuesday, September 5.

We have focused on how we function in teams and as a school team as a whole. This certainly fits into our school mission because we as teachers and staff are also a Christ-centred community of learners. We believe that Jesus is transformational in our lives and in the lives of students - Teaching for Transformation! What a privilege it is to be part of Medicine Hat Christian School.

As your principal I can say without question we have the most committed and hardworking group of teachers I have ever seen. The heart, caring, and skill the teachers have ensure it will be an amazing school year. More importantly, we know that through the ability to teach Scripture in our school and the power of the Holy Spirit working in our lives and the lives of students - Medicine Hat Christian School is a transformational place for everyone to grow and learn together. God Bless You and see you at the School BBQ on Thursday, September 14!

- ◆ New Parent Orientation at 5:15 p.m.
 - ⇒ K-Gr. 6 Parents meet in room 302
 - ⇒ Junior High Parents meet in room 303
- ◆ School BBQ at 6:00 p.m. - Meet the Teachers and School Book Fair!
- ◆ School Book Fair
 - ⇒ Wednesday, Sept. 13 from 8:00 a.m. to 4:00 p.m.
 - ⇒ Thursday, Sept. 14 from 8:00 a.m. to 7:30 p.m.

Don't Forget....

- ⇒ Wednesday, Sept. 13 & Thursday, Sept. 14 - Scholastic Book Fair
- ⇒ Thursday, Sept. 14 @ 5:15 - New Parent Orientation
- ⇒ Thursday, Sept. 14 @ 6:00 - School BBQ!
- ⇒ Thursday, Sept. 14 - School Spirit Dress Up Day - Wear your school colours!
- ⇒ School Pictures will be taken on Oct. 24 & 25



New Parent Orientation...

THURSDAY, SEPTEMBER 14, 2017

Welcome to all our new families this year! If you are new to MHCS you are encouraged to attend the New Parent Orientation on Thursday, September 14th at **5:15 p.m.** (all new parents are requested to attend)

- K-Grade 6 Parents - please meet with our principal, Mr. Holmes in Room 302
- Junior High Parents - please meet with our vice principal, Mr. Burry in Room 303

Back to School BBQ!

All families, alumni & supporters are welcome to Join staff & students at the Medicine Hat Christian School on

Thursday, September 14, 2017

for our annual Back to School BBQ.

5:15 p.m. - New parent orientation sessions

6:00 p.m. - School BBQ begins outside



This is a time to celebrate the new school year together.

Plan now to attend!

Please bring your own lawn chairs.

Youth Call 2 Prayer

Youth Call 2 Prayer is an Alberta wide prayer group consisting of students across the province who are dedicated to praying for their government leaders and other authorities.

MHCS will be participating again this year and will be meeting on Thursday afternoons 3:30-4:30 pm in room 206 to pray. All grade 4-9 students are welcome to join. We will be starting on Thursday, September 21st. If you have any questions, please contact Mrs. Sergeant.



Student Council

Theme Day



Thursday, Sept. 14th

School Spirit Dress Up Day

Show your School Spirit by wearing school colours today!

(burgundy, gold, black)

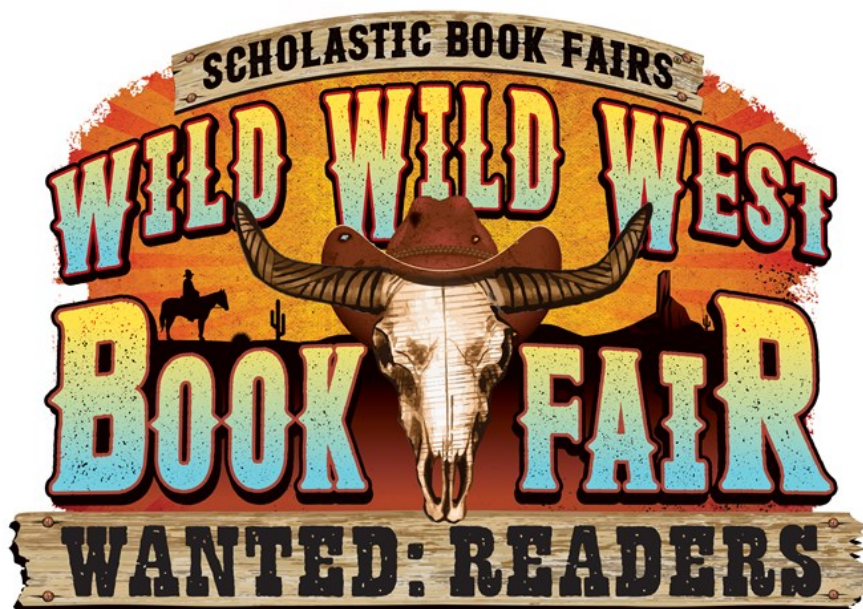
VOLLEYBALL

Boys & girls grades 7-9 Volleyball tryouts

Wednesday, Sept. 6, Thursday, Sept. 7, Monday, Sept. 11

3:30-500 p.m.





*Yeehaw! Our Annual
Back-to-School
Scholastic Book Fair
will soon be rollin' rollin'
rollin'!*

Join us Wednesday, September 13 from 8 am to 4 pm and
Thursday, September 14 from 8 am to 7:30 pm in the school lobby.

Parents and grandparents, come on down for a special Book Fair kick-off time with

Coffee with Cowgirl Burke!

Join us for a cup o' joe with the librarian and a first chance to shop the Book Fair on

Wednesday, September 13 from 8 am to 9 am.

We will have "wagons full" of the newest and most exciting book titles from Scholastic, as well as old favorites and a wide selection of posters, school supplies, and more! Stock up for holidays and birthdays, and fill your child's bookshelves! Your child will have a chance to preview the Book Fair for themselves and to see exactly which titles grab their eye. We will also have some fun contests and prizes!

Did you know that every purchase helps fill our school library and classroom shelves? Keep an eye out for our "Wanted" Teacher Wish Lists as well. Thank you for your support, and Happy Trails!

Cash, checks, and credit and debit cards accepted.

Cowhands wanted! A few good volunteers are needed for set-up, and during the book fair. Cashier and Greeter positions available. Please contact Ms. Burke at emilyrae.burke@sd76.ab.ca or 403-581-3234.



Families, check out Scholastic's online resources [here!](#) Videos, games, activities, author visits, and more resources all aimed at supporting literacy in the home!

Dear Parents/Guardians:

In an effort to improve communication between school and home, I would like to remind you to register to a text messaging app (Remind 101) that will allow me to periodically send out school information via text messaging.

Benefits of this app:



- ◇ I'll be able to send important reminders, announcements, or even emergency information via text (to your cell phone).
- ◇ Your phone number will remain private.
- ◇ The service is free, although standard text messaging rates through your mobile phone provider will apply.
- ◇ No replies may be made to my text messages.
- ◇ I will not be able to send out text messages to specific families, only to the whole group.
- ◇ To start the TEXT MESSAGE service:
- ◇ Send a text to **778-650-5076**
- ◇ With the message **@mhcs**

You can stop the service any time by replying STOP to any of my messages or message STOP to the above number.

It is my hope that this will help strengthen the home-school connection. Please do not hesitate to contact me at 403-526-3246 if you have any questions.

Thank you,

Mr. Holmes

Principal

Transportation Update

Welcome back to school!

We hope everyone had a great summer!

Please help us keep our kids safe during the morning drop-off and afternoon pick-up times. Please do not drive through the school parking lot but drop off along Rice Drive and have your child use the crosswalk if crossing the street.

For children riding the bus, please be ready and waiting for the bus about 5 minutes before your pick-up time and dress for the weather. After school, head out to the bus as soon as possible as the buses leave at 3:27 p.m.

Thank you!

If you have any questions or concerns about our transportation services, please contact the office or Elisa Aasman @ 403-952-8255.



Parent Society

Welcome back to school and all the fun stuff that comes with it!

Parent Society is always looking for members and input for the year.

Typically we meet the first Tuesday of every month but we will be meeting Tuesday September 12 at 9:00 to begin our brainstorming for the exciting new year ahead!

Looking forward to it and hope to see you there!

Michelle Stigter



Also ADmazing Savings coupon books are for sale in the office. \$20 with almost half staying in the school! Get yours today!

Safety & General Reminders

Safety is top priority at MHCS. The parking lot at the front of the school can be very congested in the morning and after school with students, parents, and busses. We ask that parents avoid driving through the front parking lot especially at the beginning and end of the day because the front parking lot is our bus pick up and drop off point. Students and parents are asked NOT to walk between busses or walk through the parking lot for obvious safety reasons.

Parents, please pick up your children at any of the following locations:

- There is on-street parking on Rice Drive in front of the school and to the east and west of the school (especially the park/grass area to the east). Please watch the crosswalk to the west of the school. There is no parking within 5 meters of this crosswalk.
- Students and parents are advised to use caution if you are using the alley to pick up your child.

Parking directly in front of the school along the yellow painted curb is restricted at all times since this is a fire lane.

Parents please ensure that your children are aware of these safety rules.

At all times we ask that parents drive cautiously and slowly in our school zone. Thank you!

Student Absences & Late Arrivals

If a student is to be absent or late, parents are requested to notify the school by telephone (403-526-3246) prior to 8:45am on the day of the absence. If a student rides the bus and is to be absent, parents are requested to notify the bus driver and/or the school.

If a student is absent later in the day, parents must notify the school before the student can leave & the parent must sign-out in the office. Medicine Hat Christian School is a CLOSED campus. Closed campus means that students may not leave the school grounds without written and/or verbal permission from a parent or guardian and permission from a teacher or principal.

Visitors

For safety reasons, all visitors to the school are required to report to the office and sign-in/out.

Bussing

If a student does not normally ride the bus and would like to go home with a friend on the bus, they **must** have a written note from their parent granting permission. The bus driver has the authority to refuse the student permission to ride on the bus if there is insufficient room or if he/she has concerns regarding the request. Students riding the bus are not permitted to take a different bus unless they have a written note from their parent **and** they get permission from the bus driver.

Running Club



Begins Tuesday,
October 24th from
3:30-4:00 pm and
will run Tuesdays
& Thursdays until
November 30th.

Students in grades
K to 9 are welcome
to join.

For more information please contact
Mrs. Sergeant.



From the Society Executive....

Welcome back to another year of learning! A lot has been happening at the school over the summer to prepare for the new school year. The shingles on the school's roof were replaced due to hail damage last year, the paving stones on the front boulevard were replaced with concrete, the elementary washrooms received a much needed upgrade, and the damaged gym roof has been replaced. Over the next few weeks some repair work will be done on the outside gym wall and the upgrades to the junior high boys change room will be complete. So many people have worked hard on these projects, and we'd like to thank them all for the great job they've done to get our building in such great shape!

Your Society Executive is made up of the following: Paul Aasman (Chairperson), Ryan Schindel (Vice-Chair), Shauna VanderSpruit (Treasurer), Jeff Stiger, Jeremy Rattai and Joyce Stigter. In November we'll be looking for 2 new Directors for the Society Executive. If you would like more information on serving in this capacity, or you would like to nominate someone, please contact one of the above mentioned Directors or the Business Manager.

May God richly bless each of our students and their families throughout this coming year!



Medicine Hat School District No. 76

601 – 1st Avenue S.W., Medicine Hat, Alberta T1A 4Y7 Phone: (403) 528-6700 Fax: (403) 529-5339

September 1, 2017

Dear Parents/Guardians:

Re: Fair Notice and Process, Student Violence Threat Risk Assessment (VTRA)

In Medicine Hat School District 76, the safety of our children is a top priority. Along with our community partners, we are committed to keeping our schools safe for students and staff. The community partners as members of the Southeast Alberta Regional Violence Threat Risk Assessment (VTRA) committee have developed a plan for responding to all situations in which students may be posing a threat to themselves or others, which includes all staff must report all threat related behaviours.

What is the purpose of a Violence Threat Risk Assessment (VTRA)?

The Violence Threat Risk Assessment (VTRA) is designed to be proactive in developing intervention/safety plans that address the emotional and physical safety of those involved; to ensure a full understanding of the context of the threat; and to begin to understand the factors that contribute to the threat-maker's behaviour.

What behaviours warrant a Violence Threat Risk Assessment (VTRA) to be initiated?

A threat is an expression of intent to do harm or act out violently against someone or something. Threats may be verbal, written, drawn, posted on the Internet, or made by gesture. Every threat must be taken seriously, thoroughly investigated and a response and follow through completed.

What is a Violence Threat Risk Assessment (VTRA) Team?

Each school has a multi-disciplinary VTRA team that includes the school administration, school based counselors and support staff, and may also include district resource staff and community partners (i.e. police, mental health practitioners). It is important for all parties to engage in the VTRA process. If for some reason there is reluctance to participate in the process, by the threat-maker or the parent/guardian, the threat assessment will still continue to ensure a safe and caring learning environment for all.

What happens in a Violence Threat Risk Assessment (VTRA)?

The process of a VTRA begins when threat making behaviours are reported. The VTRA protocol is then activated. Interviews will be held with the student(s), the threat-maker, parents, and staff to determine the level of risk and develop an appropriate response to the incident. An intervention plan will be developed and follow-up meetings will occur, as deemed necessary, to ensure that interventions are supporting all those involved.

This letter is intended to serve our community with fair notice that we, as a school district, will not accept "no response" to a threat in our schools. We are proud to be able to provide this level of support to our school communities and we are fortunate to have the commitment of our community partners. If there are any questions, please feel free to contact your school administrator, or further information can be found on the district website.

Sincerely,

Mark Davidson
Superintendent

The model presented reflects the thinking and work of J. Kevin Cameron, Director of the Canadian Centre for Threat Assessment and Trauma Response www.cctatr.com.



Starting August 21, Alberta Health Services (AHS) will be offering booster doses of pertussis immunization to children aged 10, 11 and 12, living or attending school in the South Zone of AHS. The booster dose clinics are for children in this age range only, and only available for a limited time. Immunization will be offered by appointment, free of charge. Book your child's appointment today. [Click here](#) for clinic schedules, or call your local public health office/community health centre.

Healthy Children

September 2017 Parent Newsletter



An Energized Brain in Less Than 5 Minutes

Brain breaks are quick mental time-outs that help us refocus. They are easy 5-minute activities that help us get energized, boost blood flow and increase oxygen to the brain. It is recommended that children take regular brain breaks at school and at home to improve their educational success.

Brain breaks can help children:

- Regain attention after sitting in one place for a long time
- Reduce stress
- Increase motivation to learn
- Improve memory
- Regain a positive state of mind

Below are some activities you

can do with your child:

- Sing or dance to your child's favourite song
 - Play physically active games like "Minute to Win It" to pack an active break into a small timeframe
 - Play games such as connect the dots or maze puzzles
 - Show a short funny video
 - Perform breathing and stretching exercises
 - Throw a ball back and forth
 - Make a quick healthy snack
- Brain breaks are smart and simple. Be a role model by incorporating brain breaks into your personal daily activities as well.

Articles

An Energized Brain in Less Than 5 Minutes

Get Walking

Parents will be receiving immunization consent forms for grades 5 and 9 students. Please return these forms within one week of receiving them. School immunizations start in the fall. If you have questions call your local Public Health office and ask to speak to your school nurse.

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and or existing run clubs. To learn more visit <http://www.amayouthrunclub.com/>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Healthy Children

September 2017 Parent Newsletter

Get Walking

The new school year is here! This brings opportunity for you and your child to walk to school together. There are so many benefits to walking, like increased physical activity, increased socialization with neighbours, spending quality time with your child and becoming familiarized with your community. You can still give your child the walking experience if you live far away from their school by parking five to ten minutes away from the school and walking the rest of the way.

Another important benefit of walking with your child is that it allows them to develop traffic safety awareness and practice safe pedestrian behaviours. Most children will need supervision to walk to school until they are at least 9 years old. Did you know that twenty-six judgement skills are required to cross a street safely? Many of these skills have not fully developed in a young child. For example, they might think that a car can stop instantly or if they



can see a car, the driver can see them. They are also often distracted and many underestimate dangerous situations.

Here are some important pedestrian safety messages that you can model for your child:

- Cross at marked intersections or crosswalks
- Look left, look right and look left again before stepping out onto the street
- Wait until the road is clear
- Always walk on the sidewalk

Alberta encourages active and safe routes to school. For more information on how you can start a program in your neighbourhood email info@saferoutestoschool.ca or call toll-free 1-877-533-4098.

For more information on childhood injury prevention visit www.ahs.ca/injuryprevention.ca

To find an electronic copy of this newsletter, visit www.ahs.ca/csh

Medicine Hat Minor Hockey

season is once again fast approaching and we are looking for Females for our program. Our divisions range from Timbit to Peewee (born 2005 to 2013).

If your daughter is interested in being a part of the female hockey program in Medicine Hat, please call the office (403) 527-5773

or visit our website for further information on these programs www.medicinehatminorhockey.com



**NO EQUIPMENT?
NO EXPERIENCE?
NO PROBLEM.**

Is your child between the ages of 6 & 10, and for one reason or another, never had the opportunity to play our great game of hockey?

Introducing **THE CANADIAN TIRE FIRST SHIFT.**

Designed to help kids fall in love with hockey before you buy all the gear, our six-week learn to play program focuses on having fun while learning basic skills. Registration is only \$199, and includes head to toe Bauer equipment. For more information, visit thefirstshift.ca



mhmma@shaw.ca
for more information.



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LIKE THE WATER? TRY WATER POLO!

Rookie Day Free Trial, September 8th
Ages 5-8, 6:00-7:00 (Pool Depth 1m)
Ages 8-12, 7:00-8:00 (Pool Depth 1.3m)

10 Week sessions start September 15th
\$64 per session, family discounts available!

403-548-6476
[@MHWaterPolo](https://www.facebook.com/MHWaterPolo) polo@mhwp.ca

RANGERS BASKETBALL CLUB

**All programs are 6 weeks long
September & October start**

| | | |
|-------------------------------|-------------------------------------|--------------------------------|
| Jr. NBA Program Grades 1-2 | MY Basketball Program Grades 3-6 | Edge Prep Camps Grades 7-12 |
|-------------------------------|-------------------------------------|--------------------------------|

Registration can be done at: rangersbasketballclub.ca

September 2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--------------------------------|--|---|---|-----|
| | | | | | | |
| | | | | | 1 | 2 |
| 3 | 4 Labour Day | 5 Welcome Back! | 6 3:30-5 Boys & Girls Volleyball Tryouts - Gr. 7-9 | 7 3:30-5 Boys & Girls Volleyball Tryouts - Gr. 7-9 | 8 2:30 pm Dismissal | 9 |
| 10 | 11 3:30-5 Boys & Girls Volleyball Tryouts - Gr. 7-9 | 12 9 am Parent Society Mtg. | 13 8 am-4 pm Scholastic Book Fair | 14 School Spirit Dress Up - Wear your school colours! 9 am Chapel Scholastic Book Fair 5:15 pm New Parent Orientation 6 pm Welcome Back BBQ | 15 2:30 pm Dismissal | 16 |
| 17 | 18 7 pm Society Exec. Mtg. | 19 | 20 | 21 9 am Chapel 3:30 | 22 No School (Staff Mtg) | 23 |
| 24 | 25 | 26 | 27 | 28 9 am Chapel | 29 Kindergarten in session 2:30 pm Dismissal River Flats Run | 30 |