



March 2019 Kindergarten News



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We hope it's time to start looking for ...</p>					<p>1 Extra Friday red green PJ Day Ariyah</p>	2
3	4	5 	6 	7 	8	9
		Rachel	Audrey	Alora		
10 	11	12 Shaye	13 Wear Green Day! Cree	14 Teachers Convention	15	16
17 	18	19	20	21	22	23
<p>Put names on all spring gear before it comes to school please!</p> <h1>Spring Break</h1>						
24	25 Parent Teacher Interview Sign-Up	26 7:00 Parent Advisory Council Meeting High School Sierra	27 Fisher	28 Evan	29	30
31	1 Online payment for Kindergarten field trips begins.	2 Skyler	3 Jack	4 Jayden	5	6

Note from Mrs. Henry...

March is here and hopefully spring is right around the corner too! Just a little more time keeping track of snow pants ,hats and mitts (Yeah!) Time to start looking for boots and splash pants .Put names on please, especially those boots . Remember that the spring weather can change quickly and unexpectedly. Send mitts and hats and an extra layer under that spring coat —if we don't need them— great!

This month we will have a literacy focus on Leo Leonni's story Swimmy. The story provides many great opportunities to explore Under the Sea as we focus on the group plan and the value of working together . This will be an opportunity to explore the sea and develop awareness of creatures that live there.

To achieve success in math we must view math as fun! How do we do this?

- Play board games : fish, war , trouble etc.
- Puzzle work
- Exploring patterns in music with instruments
- How do we make things equal? (the same)
- Use math language in everyday life: I see 3 cookies: how do we share? Which is bigger, smaller, more , less, longer, shorter, equal
- Cook and bake together , set the table together— how many plates, glasses, etc.
- Draw math stories . We have found some great stories on you tube: 10 in the bed, Ants go marching, Sally the Camel, counting songs, patterns , count down from 20, big numbers , shapes, etc.
- We have been focusing on letter sounds. Learning to "hear" the sounds in words is critical for reading success. Rhyming helps us with this. At home play with words: What rhymes with ___? What sound /letter starts this word? What do you hear?
- Thanks for sending and checking those note folders daily .If you have misplaced yours, please purchase one to send with your child. We are running out of spares.
- Remember that we try to include all important information in the monthly newsletter and on "remind" The newsletter is posted on the school website if you have lost yours.
- Daylight savings time starts Mar.10 .Start moving that bed time back gradually the week before— you will be glad you did
- All students should know their full name , their parent's full names and at least one home phone number (probably Mom's cell phone) An address is good as well—at least the name of the nearest town. Make this a goal for Spring Break!

Fresh Grade : Mrs. Henry would like remind you that there is no report card for Kindergarten and assessment is done through this format. Check it out!

Parent Teacher Interviews K—Gr. 12

The evenings of Wednesday, April 3 and Thursday, April 4 from 4:30 to 8:00 pm have been set aside for parent/teacher interviews. The format for students in grade K—8 is changing this year. Scheduled appointments will be available to book on the evening of Wednesday, April 3rd for one on one time with the teacher. Mrs. Henry has limited time to see the parents of 32 students. She will be requesting specific parents for Wed. evening. You will be contacted. Available appointments will open up to these selected parents to book on Monday, March 25 from the home page of our website. . A drop in evening will be available Thursday, April 4th for parents to touch base with their teacher. Parents who have not been requested to come Wed. are welcome to attend the Thursday drop in .Children are welcome to attend the drop-in session with their parent but Mrs. Henry would prefer her Wed appointments to be adult only.

We are looking for.....

In April, Mrs. Kimmel's Grade 4 class will be doing a large weaving art project. They are looking for as much yarn as possible. Nothing new, just end of the roll kind of stuff. If you have any yarn you are able to donate please drop it off at the Bentley Elementary School office. Thank you!

Outstanding School Fees

We still have a number of students with outstanding school fees. Our school policy states that all school fees including fees for extra curricular activities must be paid prior to a child participating in swimming lessons, field trips, etc. All families with outstanding fees have received a statement of their account. Families experiencing financial difficulties, are asked to call the school office at 403-748-3770 for assistance.

Spring Book Fair

The school will be holding our spring book fair April 1—4. Proceeds from this book fair will go towards our grade six outdoor camp. The book fair will be open during parent teacher interviews. Kindergarten does not attend this event as a class but parents are welcome to come in borrow your kids to take them shopping .Come and see what is available and help support this program!

**Thanks to swim volunteers
and for Valentines day treats!**



Bentley School Kindergarten Registration 2019-2020 is Open

New Students not currently enrolled in Pre-K4 at Bentley School. Click the Kindergarten Registration link on the registration page of our website at: <https://bentley.wolfcreek.ab.ca/registration> and select create account.

Returning students currently enrolled in Pre-K4 at Bentley School. Parents of students currently enrolled in Pre-K4 will receive an email on February 1 requesting them to complete their returning student registration. When clicking on the link, parents will login to the account that was created last year to confirm their child's information, update any new information and confirm their registration into Kindergarten. **Please DO NOT create a new account.** Please wait for this email to register your child in Kindergarten using their unique snapcode link.

Having trouble registering?

We will be happy to help! Please call the office at **403-748-3770** and ask for Mrs. Lush or Mrs. McDiarmid.

Please Note: A copy of original birth certificate and other legal documentation (custody orders, etc.) need to accompany registration or a comment to when you will be able to submit them.

Age Requirement: Kindergarten students **must be 5 years of age by December 31, 2019** (Wolf Creek Public Schools Policy #300).

Bright Futures Play Academy 2019-2020 Registration is Open



2019-2020 Bright Futures Play Academy REGISTRATION NOW OPEN AS OF JANUARY 14, 2019!

Wolf Creek Public Schools offers early learning programming for children ages 3 and 4 years with priority placement for children with identified learning needs. All children are welcome as we have programs for children to learn together in an inclusive setting.

This pre-kindergarten program focused on purposeful play is designed to increase communication, socialization and learning readiness for successful entry into Kindergarten. Application to the program is completed online. Each spring, community information meetings are held in your local community. Families that apply after these events are held will still be contacted by the program staff.

All interested parents are encouraged to apply online at: www.brightfuturesplayacademy.ca/

Kindergarten Spring Field Trips

We have a number of great field trips coming up. You will be getting a separate package detailing what the trips are and how much they will cost later this month. We are required by the school to have parents sign individual permission forms for each trip. Payment for these trips will be online from April 1 to April 18. To make things simpler for you we have bundled the permission forms for the rest of the year in one package which will be coming out later this month. Cost for all of the field trips will be \$30. Watch for your field trip package!



RURAL SCHOOL BUS STUDENTS

Students who live in the country and are new to rural busing OR have moved to a new rural location are required to register for transportation.

All rural kindergarten students must be registered to ride the bus.

Your full legal land description AND complete blue sign (911 address) are required to register.

**Unsure of which school your child should attend, please call us with your legal land description.*

REGISTER ONLINE AT:

<https://www.wolfcreek.ab.ca/services/transportation>

Registration Opens April 1, 2019

Deadline for registering is June 15, 2019

For more information please contact Wolf Creek Public Schools Transportation Services

E-mail - transportation@wolfcreek.ab.ca

Phone - 403-785-0726 (Direct) or 403-341-4153 (Red Deer) or 403-782-8726 (Lacombe) ext. 1335

Website - <https://www.wolfcreek.ab.ca>



BENTLEY MINOR BASEBALL & SOFTBALL REGISTRATION

March 6, 2019 @ 7:00pm
Bentley Elementary School
Mezzanine

Visit us on Facebook
"Bentley Minor Ball"



Red Deer College

Red Deer College Summer Camps
Red Deer College offers a number of
unique summer camps.

Check out their brochure at:
<https://rdc.ab.ca/sites/default/files/uploads/documents/96812/summer-camps-web.pdf>

March 2019

NUTRITION MONTH

SUN

MON

TUE

WED

THU

FRI

SAT

March is Nutrition Month! Check out the links below for tips, recipes, activities and ideas to get you eating well for nutrition month and beyond!

1

Eat breakfast everyday!



2

Enjoy milk and other dairy products. They provide calcium, vitamin D and protein to help maintain healthy bones!

3



Try [yogurt parfait](#) for breakfast. It's both smooth and crunchy!

4



A healthy breakfast can help you have more energy for school, work and play.

5

Want to know the nitty-gritty details of what's in your cereal? Check out [Cereal Stayer](#).



6

Check out [@eggsouls](#) on Instagram for some fabulous egg recipes!



7

Not all grains are the same! Find [whole grains](#) that promote good health using [Choose Whole! Grains](#).

8



Not a breakfast eater? Start small, with a piece of fruit, and work your way up!

9



Make a [basic french toast](#) (and reheat from frozen options!)

10

Is your meal balanced? Follow the [Eat Well Plate](#) model!



11



Have a [layered mealless Mexican salad](#). It's fresh, delicious, and naturally good for you!

12

Learn about the new [Canada's Food Guide](#). It's filled with tips and recipes to help you eat well and live well!

13

Work and school lunches are made easy with these [healthy sandwich ideas!](#)



14

Make [easy mini quiche muffins](#). It's packed with a variety of vegetables.



15

Eat plenty of vegetables and fruits, whole grains, and protein foods. Check out [What's for Lunch?](#) for ideas.

16

Fill half of your plate with vegetables at each meal.



17



Eat extra greens to help celebrate St. Patrick's Day!

18



Make [fruit kabobs with yogurt dip](#). It's both delicious and fun!

19

Take on the challenge and try one new vegetable or fruit that you haven't tried before.



20

Add extra vegetables to dishes like pasta, casserole, rice or soup.



21

Show what you're eating. Tweet your veggie and fruit pics to [@halfyourplate](#)



22

Enjoy vegetables fresh, frozen, or canned without added salt, sugar or fat.



23



Try [carrot and apple salad recipe](#) that won 1st place on the Kids Recipe Challenge!

24



Try [cucumber water](#). It's refreshing and healthy!

25



News Release: [Kids should avoid sports and energy drinks](#), [pediatricians advise](#).

26

How much sugar are you drinking? Find out with the [Liquid Candy](#) activity.



27

Making healthy drink choices is as important as your food choices. Learn about the [benefits of water](#).



28



Make a [vanilla date smoothie](#). It's a tasty way to get your serving of fruit.

29

What's an energy drink? How do they affect me? Find out with [The Energy Drink Buzz](#)

30

Carry your own water bottle for a refreshing drink anytime, anywhere.



31

You did it! Let us know how for your chance to win [here](#).



Access online calendar at: <http://bit.ly/2019schoolnm>

For more information:

- healthyeatingstartshere.ca
- nutritionmonth2019.ca
- canada.ca/foodguide

Developed by Rural Calgary Zone Dietitians

Alberta Health Services



CORNERSTONE YOUTH THEATRE

 Find us on
Facebook

NARNIA

cornerstoneyouththeatre.org

403-986-2981

fri Mar 8 7 PM
sat Mar 9 3 PM*
sat Mar 9 7 PM
fri Mar 15 7 PM
sat Mar 16 3 PM
sat Mar 16 7 PM
sun Mar 17 3 PM

*discount matinee
all seats \$10

\$15 CASH
AT THE DOOR
SAVE WITH
ADVANCE TICKETS
BY PHONE
OR ONLINE

Book by Jules Feiffer Music by Thomas Flanagan Lyrics by Ted Dicksman

New Life Fellowship 20 Kelloway Crescent
Red Deer, Alberta

Thank you to our
Show
Sponsors



PARKLAND
AUDIO

Shine
90.5FM

BEAR

FIRST CHURCH



Cornerstone Youth Theatre is a non-profit serving Red Deer and Central Alberta

FREEZER MEAL WORKSHOPS

Receive 10-20 Meals depending on size of family

(20 meals feeds 2 people, 10 meals feeds 4 people)

Each workshop is 2.5 - 3 hours in length

Location: Bentley Jr/Sr School (Home Ec Lab)

Contact: Lora Walker at 403-357-8421 to register

A donation will be given to the Bentley School Playground Project!

All food and ingredients are supplied, you just bring the containers to pack it home in.

Choose from the 3 menu options

Classic with a Twist

- Bacon Wrapped Pork Tenderloin
- Cheesy Bacon Jam Chicken
- Home style BBQ Pork Roast
- Mom's Slow Cooker Chili
- Mushroom & Parmesan Chicken
- No-Peek Beef Stew
- Slow-Cooker Lasagna
- Slow-Cooker Glazed Ham
- Smoky Sweet BBQ Chicken
- Sweet & Savory Baked Chicken

Delish Dinners

- Asiago Cheese & Spinach Stuffed Chicken
- BBQ Chicken Pizza
- Classic Pot Roast
- Country Vegetable Hamburger Soup
- Creamy Vidalia Bacon Wrapped Chicken
- Easy Peasy Beef Tacos
- Fall off the Bone BBQ Ribs
- One-Pan Pork Chops
- Slow-Cooker Parmesan Chicken
- Tex-Mex Chicken Taco Bowl

Savory Selections

- Baked Beef Ravioli
- Balsamic Pork Tenderloin
- Ham & Cheese Stuffed Meatloaf
- Honey Mustard Chicken
- Huli Huli Chicken
- Italian Chicken Breasts
- Mediterranean Greek Herb Steak
- Secret's in the Sauce BBQ Ribs
- Southwest Taco Soup
- Sweet n' Spicy Peach Jalapeno Chicken

Dates Available

February 5th - special introductory offer - \$235 "Delish Dinners"

February 16th - special introductory offer - \$250 "Savory Selections"

Feb 26th - "Classic with at Twist" \$230

March 2nd - "Delish Dinners" \$245

March 30th - "Savory Selections" \$260