



# LE MESSENGER

JANUARY 2019

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## Principal's Message

Dear families,

**The staff and I would like to take this opportunity** to wish you beautiful moments, treasured memories and much laughter. May your year be filled with happiness, health and love. Wishing you all the best in 2019!

**I would like to extend a warm thank you to all parents** who generously give their time and energy to ensure the success of various school projects. From close or afar, at home or at school, your implication has a positive effect on your child's success and the overall functioning of the school. I would particularly, like to thank those of you who invest themselves in our Parent Society and Parent Council. Your time and devotion are greatly appreciated. A sincere thank you for being such great role models for your children.

**The Christmas activities were a huge success.** The Christmas concert, under the starry night of Silent Night, was admired by all. Thank you to all of you who contributed towards the great success of the concert. The student council elves spoiled us with hot chocolate and candy canes and launched the best Christmas classroom door contest. Congratulations to our grade 5 class for winning first place! The Sports academy students enjoyed playing the friendly hockey tournament, the "Classique hivernale" against their Francophone counterparts from école Ste-Jeanne-d'Arc and école Citadelle. A great time was had by all! In the spirit of sharing, our grade six class distributed Christmas cards made by all the students in the school. Two hundred and eighteen cards were distributed in the neighborhood! And what a way to end the 2018 year than by the wonderful Christmas meal prepared by our wonderful volunteer parents. The meal was complete with turkey, potatoes, tourtières, vegetables and desserts. We so enjoyed sharing this meal together in the gymnasium while being serenaded with Christmas carols by the grade six students. What festivities!

**The return to school in January**, after a hopefully restful holiday, is a time to renew our energy towards the success of the next few months. The frosty cold winter days can be enjoyed by tobogganing down a slippery slope, by skating on a slick icy pond or by simply having fun building a snowman in the backyard. This winter season can also be enjoyed by cuddling up in a warm fuzzy blanket and cozing up to a good book while savouring a delicious mug of hot chocolate. Reading, being the basis for all other learning, is a key element to success in any other subject areas. We therefore wish to encourage you to make reading a priority in your home. We encourage you to read, read, read! Maybe, this can be one of the family's New Year's resolution... Wishing you a warm and cozy month of January!

***Marielle Perich***

Principal

## **New Year Prayer**

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Dear Lord,  
as a new year begins,  
grant that we welcome you with open arms and warm hearts:  
Open our hearts to your message of love,  
Guide us through your spirit  
Teach us to develop the talents you gave us  
Help us serve our parents,  
our brothers and sisters to always think of others,  
to pray as Jesus taught us to be a source of joy.  
Lord, fill our hearts with your love.  
Thank you, Lord, for this New Year  
Bless all our loved ones with peace, health and happiness.  
Amen.



## **Dates to remember**

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### **Ski and Snowboard Lessons**

Ski and snowboard lessons for the grade five and six students will be on January 21<sup>st</sup> and 28<sup>th</sup>. If your child wishes to bring his own equipment, you are responsible for bringing the equipment to and from school since they cannot be transported on the regular school bus.

### **Family Movie Night**

The parent committee is organizing a family movie night. We invite the whole family to come see a movie in the school gymnasium on Friday February 1<sup>st</sup>. Please note that parents must accompany their children. Volunteers are needed to help make this evening a success. More information about the evening and the volunteer form will be sent closer to the date. Hope you can make it!

## **School News and activities**

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### **Running Room Games**

During the month of January, we will select the students who will represent our school in the "Running Room Games", which will be taking place between February 19<sup>th</sup> and March 16<sup>th</sup>, 2019 at the University of Alberta Butterdome. You will receive further details, throughout the month of January, if your child is selected to represent the school for the competition.

### **Skating**

As part of our physical education program, certain classes will be going skating on the rink next to the school during the month of January. Skates, mitts and helmets are compulsory for the security of all involved.

If you have any extra helmets or skates to lend, we would greatly appreciate it, as the main goal is to get every student involved in this wonderful winter sport. A permission form will be sent home if your child's class does go skating.

## School council and Parent Society

If you wish to discuss a particular topic at the next Parent Advisory Council meeting, please communicate ahead of time with the president, Mrs. Melanie Dallaire, at [melaniedallaire@hotmail.ca](mailto:melaniedallaire@hotmail.ca) or Karine Peeling at [karinepeeling1@gmail.com](mailto:karinepeeling1@gmail.com)

Our next school council meeting will be on January 8<sup>th</sup> at 6:00 pm.

All the minutes of the Parent Advisory Council meetings are posted on the school website at the following address: [www.lm.centrenord.ab.ca](http://www.lm.centrenord.ab.ca).

## Healthy school

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### Healthy Eating

At school, we try to encourage our students to eat healthy foods. It is imperative that students eat well so that they can concentrate fully in the classroom. It is strongly recommended that the students bring either fruits or vegetables for the morning snack. In order to promote healthy habits we do not allow chips, chocolate bars, candy or pop for snacks or lunch. This way, students will have the proper nutrition to continue learning successfully.



### Sick students at school



When a student comes to school sick, he/she may spread the sickness to others. If your child is not feeling well, it may be wise to keep him/her at home until he/she is well.

If your child needs to take medication on a regular basis, please ask the secretary for the appropriate form to complete and sign, giving us permission to administer his/her medication. All medication should be in its original container to avoid misuse. If the medication is for a one time use only, a note from home may be sufficient. Please let us know if there are any side effects or allergies in regards to your child taking a particular medication.

## Key information to remember

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### Parents at school

We ask that all the parents who come by to pick up their child during school hours present themselves to the office. We will notify your child's teacher and have your child will meet you at the office. If you are bringing their lunch, please leave it at the school office and we will make sure that your child receives it on time. We wish the least possible disruptions in the classrooms. It is also a question of security. Thank you for your understanding and co-operation.

## Going on vacation?

Please note, the administrative procedure followed by our School Board for absences due to vacation:

“When parents withdraw their children from school for an extended period of time (example: a trip, vacation, etc.), principals and teachers are not required to provide homework, exercises, projects, etc. to the student during the period of absence or upon his return.

However, work can be prepared if the teacher is willing to do so.”

## Changes with your contact information

It is very important to inform us of any changes in address, phone number, and information about contacts in case of emergency. Updating your child's personal file is essential, since these are the documents used to contact you in the case of an emergency.

## It is cold outside...

Make sure that your child is dressed according to weather conditions. We have in the lost and found box several excellent mitts, tuques and sweaters that are not labelled. Please mark your child's outerwear, clothing and articles. This little detail helps avoiding a lot of tears and confusion with our little ones. The family name is sufficient.

## Offered Services at school

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### Daycare and before and after school care

For more information about the French daycare (for children 12 to 36 months old) behind the school, or before and after school daycare please contact FPFA at 780-468-6934.



### Preschool



If you wish to register your 3 or 4 year old child in “La Boîte à Surprises” or if you require more information about our preschool program, please contact the registrar at : [registrariat@laboiteasurprises.org](mailto:registrariat@laboiteasurprises.org)

## Things to do

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... Return the ski permission at school as soon as possible.

... Read your child's agenda every day.

# **Student Transportation**

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## **Transportation during winter...**

### **What to do in case of delay or cancellation?**

\*Check our website at [www.centrenord.ab.ca](http://www.centrenord.ab.ca) under the menu:

»English / Programs and services / Transportation / Late Bus & Cancellation or on Twitter@CSCNTransport.

\*If you have not received a notice of delay, and the bus has still not arrived 10 minutes after the scheduled time, call the bus company with your bus number and your bus stop.

\* If the bus is canceled for the day and you decide to drive your child to school, you will be responsible for his/her transportation at the end of the day.

\*Be ready, have a plan B for the unexpected! In very cold weather, you are responsible to ensure that your child is dressed adequately and remains safe until the bus arrives in the morning and at drop off in the afternoon.

### **Inform us about a change!**

\*For any change of address, house or daycare, or telephone number , complete the change form that you will find on our website at [www.centrenord.ab.ca](http://www.centrenord.ab.ca) under the menu:

»English / Programs and Services / Transportation / Bussing Change Form or contact the school immediately to notify the change.

\*Allow at least 3 weeks for any changes. A temporary stop could be assigned within one week.

\*If your child has to take a different bus because of an emergency, you must contact the transportation service directly at 780-468-6440, for permission to use a different bus or stop.

\*It is extremely important to keep your contact information updated. In the event of any bus delays or cancellations, we use these documents to contact you with the latest information. Make sure to notify the school of any changes to phone numbers or address.