

Wildwood School

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Newsletter | MAY 2014

ADMINISTRATION MESSAGE

May has arrived and there are only two months left of school to celebrate the successes of the current school year. This is a busy time of year as we begin to wind down the 2013-2014 school year and begin planning for the 2014-2015 school year.

According to student projections for next year we will plan for over 600 students. This is only projections as numbers can vary, come the first day of school in September. Given this information the following is what is planned for the 2014-2015 school year.

- Kindergarten – Two Morning and Two Afternoon
- Grade One – Five Classes
- Grade Two – Four Classes
- Grade Three – Four Classes
- Grade Four – Three Classes
- Grade Five– Three Classes
- Grade Four – Three Classes
- Grade Six – Three Classes
- Skill 1 and Skill 2 – One Class of each

As we continue to grow this presents challenges and complexities for planning. As a staff we will continue to discuss the most effective way to meet the learning needs of all students attending Wildwood School.

To help us plan it is very important that if you are moving or your child will not be attending Wildwood School next year, that you inform us immediately so that we can effectively address classroom numbers and the number of grade classes needed. Please complete attached form. More updates will be forth coming in the June Newsletter.

As June approaches teachers will be coming together to form classes for the 2014-2015 school year. Decisions of student placement are intentional and well thought out. As a school we ask two questions:

- 1) **Under what conditions does this student learn best?**
- 2) **From the teacher-classroom choices available for student placement next year, which one best represents the above conditions?**

Classroom Teachers, Administration, Curriculum Specialists, and the Resource/ELL Team meet together to create class lists and **take factors such as student's cognitive ability, gender - male/female, social skills and relationships with other students/adults, second language, community, special needs, learning styles, friendships, individual personal attributes and best teacher/student match into account, when placing a student in a class. Each student also has an opportunity to list a number of friends they would like to be with.**

If you have an **educational or emotional concern about your child** that you would like School Administration to consider for your child's placement for next year, please write a letter to Mr. Quon. **These will be the only two criteria that will be used for special requests.** (Please do not request specific teachers) Our intent is to place students in the most appropriate learning environment in which they will meet their best personal potential and achieve academic success.



WILDWOOD

School Council

Next School Council meeting will be held on Monday, May 12th at 6:30 PM in our Learning Commons. All parents/guardians are welcome to attend. This is a great way for our families to stay connected and informed about what is happening at Wildwood School.

Peanut Aware School

Some of our students have severe allergies to peanuts and are required to use epi-pens if contact or scent is made with peanuts or other nuts. To accommodate the safety of these students it is very crucial that no peanuts or nut products are brought to school. This includes lunch, snacks and food for special occasions. Please inform the school if this applies to your child's lunch bags.

We believe all our teachers are competent and truly care about the students. Teachers and staff are committed to ensure that through the “Circle of Courage” all students master their learning to their best potential, develop generosity and independence and work at making sure that everyone has a sense of belonging at Wildwood School.

On Thursday, May 8, we celebrated the support, contributions, talents and generous gifts of time, our school volunteers have given this year with our “**Volunteer Tea**”. We are so privileged to have all the volunteers that support the learning that occurs in this building. Your gift of time is so much appreciated! This was an afternoon of entertainment, goodies and celebration.

Please mark your calendar for Wednesday, June 4th for our annual Pancake Breakfast. All families are invited to this celebration. This event will be followed by our Activity Day and a BBQ luncheon will be provided for all students and sponsored by School Council. **All new families coming to Wildwood School for the 2014 – 2015 School year are also invited for this day.**

Provincial Achievement Tests

On May 14th Grade Six students are writing their Provincial Achievement Tests in Language Arts Part A (writing). The Provincial Achievement Tests are written to measure the student’s best effort on each test on a specific day. Please make sure your children are well rested and fed so they are prepared to do their best. It is a wonderful opportunity for students to show their knowledge and skills. We are proud of the academic, social and personal growth of these students. **See calendar for dates and times.**

Professional Development Day

We have an upcoming **Professional Development Day on May 15th and 16th**. We will be using this day to examine the work that teachers have done this year with Professional Learning Communities. The professional learning of teachers will be shared as they too have engaged in professional dialogue/learning regarding students’ work. Teachers have examined Assessment, Personalization of Learning and ways to improve student achievement. The School Development Plan which connects with the CBE Three Year Plan directs our professional learning at Wildwood School. Thank you to our Learning Community for supporting our professional learning focus for this school year.

Moving?

We are in the process of planning for next year. If you know that your child(ren) will not be returning to Wildwood School in September 2014, please fill in the attached form of this newsletter and return to the office, or call the main office at 403 777 8430 and speak to Mrs. Dawson. Thank you for your cooperation – this makes our next year’s planning much easier. It is very crucial that we have accurate counts for next year as our school organization is based on these counts

2014 Grade Level Talent Show Times May 27th – May 29th
Parents welcome (Child must have turned in signed form)

| | | |
|---------------------------------|-----------------|-----------------|
| Tuesday, May 27 th | Grade Six | 8:20 – 9:20 AM |
| | Grade Three | 9:50 – 11:20 AM |
| | Grade Two | 12:30 – 2:00 PM |
| Wednesday, May 28 th | Grade Five | 8:20 – 9:20 AM |
| | Kindergarten AM | 8:50 – 10:30 AM |
| | Kindergarten PM | 12:30 – 1:00 PM |
| | Grade Four | 1:00 – 2:30 PM |
| Thursday, May 29 th | SKILL | 8:20 – 8:50 AM |
| | Grade One | 1:00 – 2:30 PM |

We welcome talent show entries and want to showcase the many talents of students at Wildwood School. All interested students will first perform at their Grade Level talent show in the Gym. Parents are welcome to attend.

Talent show guidelines:

- ❖ Must come to Grade Level or Full School talent show with music, props and any instruments (other than piano) in order to perform
- ❖ Two minutes maximum for each act
- ❖ Clothing and music must be appropriate
- ❖ No lip sync (pretend singing) only Karaoke back up will be considered for full school talent show
- ❖ No changes after audition (other than more practice)
- ❖ We are looking for polished, masterful performances (time has been spent practicing), that demonstrates a talent that goes beyond what has been learned in class. These acts do not have to be Musical in nature.
- ❖ From the Grade level talent shows we will chose 6 – 9 acts for the full school talent show.

| | | |
|--------------------------------|--------------------------|----------|
| Friday, June 13 th | Full School Talent shows | 12:45 PM |
| Monday, June 16 th | Full School Talent Shows | 12:45 PM |
| Tuesday, June 17 th | Full School Talent Shows | 12:45 PM |



SKILL I and II

For the month of May, the SKILL classes will join in the 30 X 30 Nature Challenge with the David Suzuki Foundation. The Challenge is about spending more time in nature as every minute in nature is helpful. On daily basis, the students are participating in outdoor activities for 30 minutes. The activities include observations, discussions and drawing in the Wildwoods and also physical activities. In Science, we read the book "The Earth and I" and participated in a variety of hands on learning activities related to caring for our Earth.



Kindergarten

In the month of April, the Kindergarten classes have had the opportunity to learn about Earth Day and caring for our environment. We have been discussing and looking for signs of Spring in our Wild Woods. In the Circle of Courage we continue to work on showing Generosity. In Math, we are working on addition and geometry, as well as problem solving. The students are working hard on their home reading and many are now beginning readers. We continue to work on proper letter formation in printing. In the month of May, we have made crafts that display students' Independence in relation to the Circle of Courage, as well as making Mother's Day cards. We are explaining to students why they should thank their bus drivers thus increasing their Generosity and sense of community. Our classes will be raising their own butterflies to gain hands-on experience about a butterfly's life-cycle.



Grade One

Wow – May crept up on the Grade Ones much too quickly! The Grade Ones have been extremely busy with many new learning activities. The highlight of this past month was our Learning Celebration. We performed four different Pete the Cat stories that encompassed the tenets of the Circle of Courage. Each class created fun props to go with their story – we had a great time performing to the school and our parents! We were a hit! In Math, we have finished learning about subtraction and will begin exploring shapes and geometry. In Language Arts, our Grade Ones are becoming more independent with creative writing pieces. Our ducks have arrived!! We will be observing and learning about the needs of animals through our new classroom pets. To complete our Science unit of Needs of Animals and our Social Studies unit on Rural and Urban Communities, we will be heading to Butterfield Acres Farm on May 28th. If parents are interested in volunteering, please let your child's teacher know – more information to follow. We hope you were able to attend our performance at the Volunteer Tea on May 8th– we sang "What I Am". We hope to see spring soon!



Grade Two

Hooray for May!!

May started with a splash as we incorporated our Social Studies unit of Meteghan and knowledge gleaned from our Science unit, Boats & Buoyancy, into our Learning Celebration. Thanks to Mrs. Connell and Madame Mitchell who created numbers to showcase French and Music curriculum as well. As we move towards the end of the year we continue to build upon skills within the Daily 5 Language Arts program. Students have consistently built stamina as they Read to Self, Work on Writing, Read to Someone, Listen to Reading and engage in Word Work. Students have been busy creating stories, poems, doing research and finding new, creative ways to present this work. In Math we are wrapping up our Measurement Unit and moving on to challenging word problems and double digit addition and subtraction. This is a great time to brush up on Basic facts using the numbers 1-20 as well! In Social Studies we will explore diversity within Canada as we compare and contrast the three communities we have visited: Saskatoon, Iqaluit and Meteghan. In Science, as the weather warms we will head outside to explore the world of Small Crawling and Flying Creatures. As our formal Home Reading programs come to a close we remind all students to continue to read daily both independently and to an adult to continue to build on comprehension skills.



BUS NEWS

Student Pick-Up

The bus drivers are requesting that students wait at their stop a minimum of five to ten minutes. Drivers will do their best to be at the stop on time but would like parents/guardians to know that inclement weather may affect the pick-up times.

Drop Off

Please remind your child to not cross in front of the bus once they get off. Drivers have reminded students about this safety measure as well.

Bus Route Info

Please watch for updated route maps that are periodically sent home with your child as changes may occur in the schedule and/or stop locations to accommodate news students that ride the bus in your area.

Bus Passes

Your child should have the bus pass with him/her so it is readily available upon request from the bus driver. The bus pass should be safe in your child's back pack, taped in your child's agenda or placed in a luggage tag.



Grade Three

Inspired by Alberta's Opera's story of Aladdin, the Grade Three's wrote folk tales. These stories were set in one of the four countries we study in Social Studies (Tunisia, Peru, Ukraine, India). The stories were written in groups of three or four students. After the stories were completed, these groups represented their story in a creative and imaginative way. Students used the I-pads, drama, Readers Theater, Powerpoint presentation, puppets, dioramas.... an amazing array of story telling techniques. From writing Folk Tales students have moved to writing Fractured or Twisted Fairy Tales. A Twisted Fairy Tale takes a traditional tale and changes one or more elements. These stories are written individually and will be published into a digital story format. In science, we have been building and learning about architectural techniques. Bridges, towers, stools; trusses, connectors.... all leading to a project where students design and create a structure using recyclable materials that will withstand wind, carry a load of 500 grams, and be freestanding. Our latest art project, on display at the volunteer tea, are silhouettes of a variety of bridges. They are stunning pieces of artwork! In Math, all classes are beginning to work on measurement, telling time and calendar activities.



Grade Four

The Grade Fours are very excited about University School this month. We will be spending four fun-filled days on campus at the University of Calgary learning from many different professors and staff. The students are eagerly asking questions that will guide their inquiry. Our central theme of University school is lifelong learning. Wildwood's school motto is "working together to create a community of lifelong learners." At the University of Calgary we will explore what it means to be a lifelong learner. In Language Arts, we have been continuing to read voraciously. We continue to have discussions about the importance of daily reading. Students are asked to read at least 20 minutes every night at home. This month we will be beginning our story writing unit.

We are working on adding descriptive words, establishing settings, characters, problems and events. Stay tuned for some wonderful stories being created by the students at Wildwood School. In Science, we are exploring simple machines in our Wheels and Levers unit. We are creating catapults and learning about the three types of levers. We will also be learning about wheels and axles. Later this month we will be applying our knowledge of wheels and levers in our upcoming unit Building Devices and Vehicles that Move. In Social Studies, we are learning about famous Albertans. We have been using the book A is for Alberta as inspiration for a class created book. Students are excited to research and share their understanding of what makes Alberta special and unique.

In Math, we are beginning to explore measurement. We will be learning to measure items using centimetres, metres and kilometres. We will also be learning about perimeter and area. Basic addition, subtraction, multiplication and division facts continue to be emphasized in our Grade Four program. It is important that students develop automaticity when solving their basic facts. Automaticity means that students do not need to count to solve their basic facts. If students are counting (on their hands, out loud, or even in their head) they have not yet mastered their basic facts. We will continue to work together with your child to strive for mastery.



Grade Five

In Language Arts, we are all busy writing our own original stories. We are implementing all the good literary devices we learnt throughout the year into these stories. They should be coming home soon! The Grade Fives's have been hard at work preparing artefacts and models for our learning celebration on May 22nd. In Social Studies we have been learning about the physical regions of Canada and preparing meaningful artefacts to go along with each region. In Science we are well into our unit on Weather. We have been making a variety of weather instruments such as a wind vane, an anemometer and testing them in the Wild Woods. We also researched different weather phenomenon's and wrote perspective poetry embodying the characteristics of that weather. Our last Science unit will be the Wetlands. We will be going on a field trip to Heritage Park to learn about wetlands on June 2nd and June 6th.

All three Grade Five classes were also lucky to participate in a Junior Achievement program. We each had a special guest come in and talk to us about the process of applying and interviewing for jobs as well as telling us about different business models. In Math we are learning about measurement and geometry. Classes have been busy comparing their height from the start of the year to their current height. We have also been calculating the area and perimeter of our classroom and hope to venture into other parts of the school as well. As a link to our health curriculum, the Grade Fives had the opportunity to visit the ATCO Blue Flame Kitchen or the MRU Climbing Center. The students had a great time learning some basic cooking skills as well as getting to taste the food we prepared at lunch! At the climbing center, the students learnt some valuable climbing skills and got to practice on the climbing wall. Thank you to all our volunteers that accompanied us on this trip. We couldn't have done it without you!



Grade Six

The Grade Sixes worked really hard in Social on their Marketplace sale. The fair was enormously successful this year. The classes raised over \$1,100.00! The students will now research a person on Kiva (a charitable organization that provides micro-loans to people in the developing countries) to give their portion of the money to. In Science we wrapped up our Air and Aerodynamics and Flight unit and will be taking a trip to the Mount Royal University Flight School to have a look at planes and how they fly first hand and will even have a chance to operate a flight simulator. In Math, we have been looking at percent, angles and will be starting area, perimeter and volume. Alongside that, some students will be beginning an Epic Math project where they will build an invention that will either solve a problem or make life easier for people. In this project they will use complex Science and Math in their design and creation. We look forward to see what they invent!

Library Learning Commons (LLC) – May, 2014

All parents/guardians/students,

Please mark the following important dates on your calendars:

Students return their Wildwood School library books on their designated book exchange dates as follows:

- ❖ **Monday, June 16, 2014** – Ms. Simmons (K-PM), Ms. Harcos (gr. 4), Ms. Walker (gr. 5), Ms. Blake/Bainbridge (Grade 3)
- ❖ **Tuesday, June 17, 2014** – Ms. Green (Grade 5), Ms. Simmons (K-AM), Ms. Gardner/Matulionis (Grade 2)

- ❖ **Wednesday, June 18, 2014** – Ms. Larson (K-AM), Ms. Los (Grade 3), Ms. Jackson (Grade 3), Ms. Talbot/Blake (Grade 2), Ms. Bohn/Smith (Grade 4), Ms. Vilaysane (Grade 1), Ms. Opinko/Barnaby (Grade 1)
- ❖ **Thursday, June 19, 2014** – Ms. Aggarwal (K-AM), Ms. Li (Grade 1), Ms. Tarlyova (SKILL 2), Ms. Squires (Grade 1), Ms. Morrison (Grade 6)
- ❖ **Friday, June 20, 2014** – Mr. Stahl (Grade 6), Ms. Fowler (SKILL 1), Ms. Lall (Grade 5), Ms. Gillespie (Grade 2), Ms. McElhinney (Grade 4), Ms. Dawe (Grade 2)

Thank you so much!

We need your help!

It has been brought to our attention by concerned staff, parents and neighbors in close proximity of the school that unsafe driving practices are creating hazards for children being dropped off and picked up at our school!

We ask you:

Please don't park in the staff parking lot, or walk through the staff parking lot to enter the school grounds to pick-up or drop off students. Please use the sidewalk on 45th Street.

Please don't park in front of the school, this is our bus zone and our handicap parking zone. It is designated to allow busses, handicap taxis and vans an easy and safe approach and departure from the front of the school.

Please use the crosswalks on 45th Street. After school our School Patrols are out to ensure everyone crosses the street safely.



Please do not U-turn in front of the school, go around the block.

Please do not park on the West side of 45th Street or South side of 5th Avenue.

Thank you for your cooperation and for being a good role model for your child(ren) and our students!

Student Voice

Last Month Student Voice decided that we would emphasize Belonging from the Circle of Courage. We chose the book "The Rag Coat" by Lauren Mills for all classes to read and share to talk about Belonging. It also connected beautifully with Pink Shirt Day. This time we are going to work with Generosity and use the book "The Quilt Makers Gift" by Jeff Brumbeau/Gail de Marcken. We are going to also collect the last of those pennies still hanging around in those pockets. We will donate the pennies to the Kids Help Phone. If you have any leftover pennies please help us contribute to this wonderful initiative. The Bank of Montreal is still accepting pennies and supports the Kids Help Phone Line.



School Bus Driver Appreciation Day was on Monday, May 5th. We thank our bus drivers for their Mastery, in the Circle of Courage, for supporting our students to and from school. We truly appreciate their dedication and know that our students are safe in their care.

May 2014

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | | <p>1</p> <p>SKILL I & II Swimming Lessons Emily Follensbee 9:00 – 11:30 AM</p> <p>Grade Two Learning Celebration (Gym) 12:30 – 1:30 PM School 6:30 – 7:30 PM Family</p> | <p>2</p> <p>Grade Six Fieldtrip Vincent Massey School 10:30 AM – 12:15 PM</p> |
| <p>5</p> <p>Grade Four Fieldtrip Airdrie Recycle Centre 8:30 Am – 12:30 PM</p> | <p>6</p> <p>Grade Two in Class Wetlands presentation 8:30 AM - 1:30 PM</p> | <p>7</p> <p>Grade Six Fieldtrip Springbank Airport 9:00 AM – 2:00 PM</p> | <p>8</p> <p>SKILL I & II Swimming Lessons Emily Follensbee 9:00 – 11:30 AM</p> <p>2014 – 2015 Kindergarten Orientation 6:30 – 7:30 PM</p> <p>Volunteer Tea 12:30 – 2:20 PM</p> | <p>9</p> <p>Festive Foods Lunch</p> |
| <p>12</p> <p>School Council Meeting, in the Learning Commons 6:30 – 8:30 PM</p> | <p>13</p> | <p>14</p> <p>Grade Two in Class Wetlands presentation 8:30 AM - 1:30 PM</p> <p>Grade Six PAT, Language Arts Part A 9:00 AM – 12:00 PM</p> | <p>15</p> <p>PD Day No School for Students</p> | <p>16</p> <p>PD Day No School for Students</p> |
| <p>19</p> <p>Victoria Day No School</p> | <p>20</p> | <p>21</p> | <p>22</p> <p>SKILL I & II Swimming Lessons Emily Follensbee 9:00 – 11:30 AM</p> <p>Grade Five Learning Celebration (Gym) 12:30 – 1:30 PM School 6:30 - 7:30 PM Family</p> | <p>23</p> <p>Grade Six Fundraiser Waffle Day</p> |
| <p>Grade Four University School</p> | | | | |
| <p>26</p> <p>Jump Rope for Heart 9:00 AM Assembly 9:45 - 11:30 AM Activities All Wildwood families welcome</p> | <p>27</p> | <p>28</p> <p>Grade One Fieldtrip Butterfield Acres 8:30 AM - 2:00 PM</p> | <p>29</p> <p>SKILL I & II Swimming Lessons Emily Follensbee 9:00 – 11:30 AM</p> <p>Grade Two, Rm 17 Fieldtrip Ralph Klein Park 11:25 AM - 2:00 PM</p> | <p>30</p> <p>Grade Two, Rm 16 Fieldtrip Ralph Klein Park 11:25 AM - 2:00 PM</p> |
| <p>Grade Four Special Presentation: In class 9:00 – 10:00 AM</p> | | | | |

Wildwood School | Calendar of Events **June 2014**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p style="text-align: right;">2</p> <p>Grade Five Fieldtrip Wetlands 9:00 AM - 2:00 PM</p> | <p style="text-align: right;">3</p> | <p style="text-align: right;">4</p> <p>Activity Day Pancake Day 8:00 AM -2:30 PM</p> | <p style="text-align: right;">5</p> <p>Grade Six Fieldtrip JumpingPound 9:00 AM -2:00 PM SKILL I & II Swimming Lessons Emily Follensbee 9:00 – 11:30 AM</p> | <p style="text-align: right;">6</p> <p>Grade Five Fieldtrip Wetlands 9:00 AM - 2:00 PM</p> |
| <p style="text-align: right;">9</p> | <p style="text-align: right;">10</p> | <p style="text-align: right;">11</p> | <p style="text-align: right;">12</p> <p>SKILL I & II Swimming Lessons Emily Follensbee 9:00 – 11:30 AM</p> | <p style="text-align: right;">13</p> <p>Talent Show Full School 12:45 PM</p> |
| <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Grade Two Fieldtrip: Ralph Klein Park 8:30 – 11:30 AM</p> </div> | | | | |
| <p style="text-align: right;">16</p> <p>School Council Meeting, in the Learning Commons 6:30 – 8:30 PM Talent Show Full School 12:45 PM</p> | <p style="text-align: right;">17</p> <p>Talent Show Full School 12:45 PM</p> | <p style="text-align: right;">18</p> <p>Grade Six PAT, Language Arts Part B 9:00 AM – 11:00 PM</p> | <p style="text-align: right;">19</p> <p>Grade Six PAT, Math 9:00 10:30 AM</p> | <p style="text-align: right;">20</p> <p>Grade Six PAT, Science 9:00 10:00 AM</p> |
| <p style="text-align: right;">23</p> <p>Grade Six PAT, Social Studies 9:00 10:00 AM Grade Six Farewell and Year end Assembly Parents are welcome</p> | <p style="text-align: right;">24</p> <p>Last day for PM Kindergarten Grade Six Fieldtrip COP 9:00 AM – 2:30 PM</p> | <p style="text-align: right;">25</p> <p>Last day of School Early Dismissal at 11:25 AM for K – Grade Six Report cards go home</p> | <p style="text-align: right;">26</p> <p>Appeals Day No School for students</p> | <p style="text-align: right;">27</p> <p>Organizational Day No School for Students</p> |
| <p style="text-align: right;">30</p> | | | | |

Join the (Book) Club!

Is your book club looking for new things to read? Do you want to read amazing books about amazing books? Did you know that Calgary Reads has online book reviews for you and your children? On the Calgary Reads site you will find reviews of inspiring books plus a list of questions about that book that you can wow them with at your next real-life book club meeting.

The Guernsey Literary and Potato Peel Pie Society is just one of the many books reviewed in the adult book club and is described as "a collection of letters written between a London newspaper columnist and the members of the Literary and Potato Peel Society during the German occupation of Guernsey in 1946." The reviewer, a Calgary Reads volunteer tutor, promises that you will "leave the last page with sure and certain hope that the goodness of humankind will triumph over mean-spirited tyrants every time".

Over at the kids' book club, an especially heart-warming recommendation is *Jeremiah Learns To Read*, which tells the story of an old man who can do everything you can possibly imagine, except read. One day, he decides that he wants to learn. "So Jeremiah goes to school and he starts by learning the letters and the sounds they make and some of the children help him. At recess they sit under a tree and they read him stories and Jeremiah shows them how to chirp like a chickadee and honk like a goose."

Sound interesting? Check out more book suggestions at calgaryreads.com



www.calgaryreads.com 403.777.8254
info@calgaryreads.com

Join Us at Wildwood School Once Again as we work with the 30 x30 Day Challenge!



Student Voice is working on Independence this month. We are encouraging all of our classes to take part in going outside to read, write measure, solve problems, observe Science in it beauty, run and engage in outdoor activities. Our Independence will involve looking at what it means to be a volunteer in nature. In society we need volunteers to help take care of people and the place around us. We are working to take care of the outside of our building. We have brainstormed activities that need to be completed around our school and we are asking our classes to come up with a few ideas. Below are a few ideas and fact from the David Suzuki 30 x 30 Day Challenge. ENJOY!!

30x30 Nature Challenge Factoids

Nature makes better students

Kids who spend time in nature aren't just less stressed—they're more creative, have sharper memories and attention spans, and even have better social relationships!

A little dirt improves kids' health

Making direct contact with soil, whether through gardening, digging for worms or making mud pies has been shown to improve mood, reduce anxiety, and facilitate learning.

Plants in the workplace reduce stress

Having plants in the workplace can reduce feelings of anger, anxiety, and fatigue by about 40 per cent over a three-month period and reduce stress levels by 50 per cent.

The cost of information overload at work

Do you ever have those days when you feel as if your brain might explode? When we get distracted and overloaded with information, we're less likely to grant our colleagues a favour. Environmental overload breeds insensitivity and rapid-fire judgment of others. Give your brain a break. Nature immersion is restorative – it buffers the stress of environmental overload and gives us a chance to decompress and reflect. Your colleagues will thank you!

Drawing the line between home and work

Sometimes it's hard to know when work ends and our home life begins. Our wireless devices keep us connected 24/7. Did you know that 75 per cent of workers aged 18-to-44 check e-mail while on vacation? Free yourself! Step outside and leave your cell phone behind.

The effects of daily hassles

Trauma and major life changes aren't the only sources of stress. Researchers have been studying the effects of chronic low-grade stress as well. Daily hassles like traffic and quarrels at work and home produce negative feelings like annoyance, agitation, anxiety, frustration and worry. It is estimated that an average North American adult has at least 50 brief stress response episodes per day. What our brains need to combat these daily hassles is a shot of positivity. And nature can play an important role.

Nature – a vaccine for road rage

About one third of North Americans admit they have experienced road rage. One study showed that the amount of vegetation along a highway can mitigate driver frustration. Try taking the scenic route!

Take a bath in nature

Shinrin-Yoku is the Japanese practice of forest bathing. Spending time in a forest setting can help you sleep better, reduce stress levels and increase feelings of vigor and liveliness.

Gardening – one-part relaxant, one-part energizer

Not only is gardening great exercise, it reduces stress and lifts our mood. In a study published in the Journal of Health Psychology, gardening reduced the stress hormone cortisol significantly more than reading did. Dig up a patch of dirt in your backyard or volunteer for a school or local community garden.

Green your exercise routine

Outdoor exercise makes us feel better. Compared with running on an indoor treadmill, running through a forest improves our mood and lowers fatigue and tension. The most valuable exercise environment in terms of elevating our mood and self-esteem is a combination of green and water. Why not take a walk or bike ride by the waterfront this evening?

Narcissists are no friends of nature

Empathy is essential to helping behaviour. Although technology has made the world more “connected,” it has not translated into a more caring world. In North America, scores of empathic concern have dropped dramatically over the past three decades. One study showed that people with a narcissistic view were more likely to cut down a hypothetical forest out of greed, forgoing long-term sustainability gains. Why not meet a friend at your local park and connect with each other face to face while enjoying nature?

Nature - an acoustical paradise

The sounds of the natural world are a soothing antidote to the cacophony of noises that plague the urban dweller. Birds singing, wind whistling through the trees, a gurgling stream – these sounds can reduce stress and help us relax.

Sunlight increases productivity

Employees without windows in their work environment have been found to be more anxious, hostile and depressed than their colleagues on windowed floors. Increasing natural light within the workplace has been linked to improved productivity and worker contentment.

Get a better night's sleep

Humans evolved to respond to the daily rhythms of the sun. Natural light enhances our mental performance and darkness increases our desire to sleep. Light bulbs and electronic screens adversely affect melatonin production, a hormone that helps us sleep. Power down tonight, do some stargazing and get a good night's sleep.

Start a nature-based diet and feel Start a nature-based diet and feel more alive

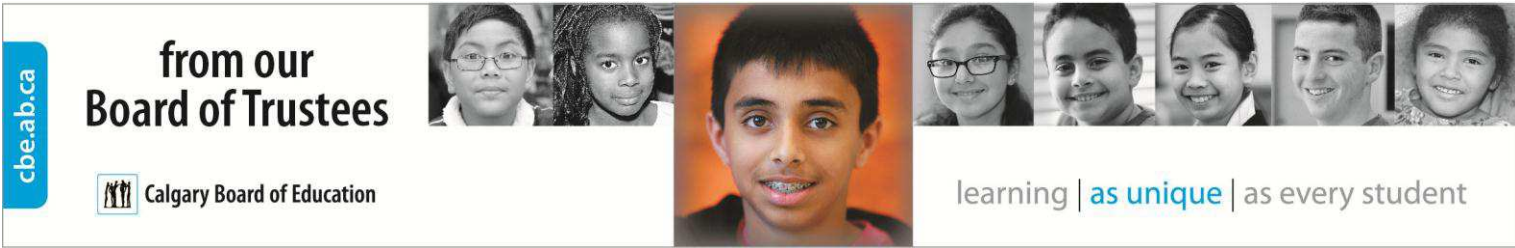
Eating a diet rich in fruits, vegetables, fish, nuts, seeds and whole grains has been shown to increase feelings of alertness and contentment. It's time to cut out the staples of the modern Western diet - refined sugar, processed flour, soft drinks and processed food – and reconnect nutritionally to nature.

Green neighbourhoods are healthy neighbourhoods

Viewing nature scenes reduces stress levels and can support good health. If you live within a three kilometre radius of a high amount of green space, you are less likely to experience the negative health impacts of stress. Green neighbourhoods can provide a much needed stress buffer and provide a calm respite within the urban environment.

Source: Selhub & Logan (2012)





commitment | values will guide budget decisions

We now know that 2014-2015 will be another challenging budget year for the Calgary Board of Education. Funding is not keeping pace with costs and this presents challenges for us.

It's important to understand, as we discuss our budget, that the CBE is proud to deliver open and accessible public education. We accept every student, regardless of their background, demographic or range of needs. That comes with challenges, to ensure we are meeting each student's learning needs.

We also know that Calgarians set high expectations for public education, including demand for choice, and that has its own challenges. We have also heard from parents, particularly in new communities, that they would like to see more provincial funding to build schools closer to home.

As we meet these challenges, it's also very important to know that we are successful. Our student results are excellent. CBE students not only excel academically, but they are well-rounded and graduating with important life skills.

Here is our budget situation. After the Province released its budget in March, administration projected a funding gap of \$27.7 million. Although the Province increased funding to address enrolment growth, other rising costs were not covered. These costs include, but aren't limited to:

- operating expenses due to inflation
- rising insurance and utility costs
- movement of staff covered by collective agreements through salary grids

We are feeling particularly strained because this is the fourth consecutive year of per-student funding decline.

As a result, on April, 1 the Board of Trustees approved the use of all of the CBE's operating reserve funds to help balance the 2014-15 operating budget. That was a tough decision because we rely on reserves to cover unexpected costs throughout the year. However, that was the direction we received from the Province and we followed it.

The decision to use the reserves still leaves us with a funding gap of \$7 million which will need to be addressed by making other tough budget decisions.

At the same meeting, the Board provided CBE administration with comments on the Budget Assumptions Report which identifies the values and directions which are applied to make those difficult budget decisions about fees, compensation, program delivery and levels of service. We will also be guided by our CBE values—students come first, learning is our central purpose and public education serves the common good.

The key to our success will be listening to and working together with our communities, including parents who are very important partners in this work. That is why we invite you to remain informed about the budget and to continue to communicate with us. Information about the CBE budget can be found on the CBE website at <http://www.cbe.ab.ca/new/budget2014-15>. We welcome budget feedback at the same website link.

The proposed 2014-15 Operating Budget comes to the Board of Trustees for information and discussion on May 6 and for approval on May 20.

contact | Board of Trustees

The Board of Trustees wants to hear your ideas or concerns about public education in Calgary. You can also visit [cbe.ab.ca](http://www.cbe.ab.ca) to learn more about the Board of Trustees and upcoming public board meetings. By ward, here are your trustees:

- 1 & 2 | Joy Bowen-Eyre
- 3 & 4 | Lynn Ferguson
- 5 & 10 | Pamela King
- 6 & 7 | Trina Hurdman
- 8 & 9 | Judy Hehr
- 11 & 13 | Sheila Taylor
- 12 & 14 | Amber Stewart

e | BoardofTrustees@cbe.ab.ca
t | 403-817-7933

COMMENT PAGE

INFORMATION CHANGES

✂ Please send in the following form if you have any changes the school needs to be aware of.

Student Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Emergency Contact Full Name and Phone

NEWSLETTER E-MAIL FORMAT

_____ Yes, I would like to receive the newsletter by e-mail.

e-mail address(es):

(can be sent to both parents/guardians)

—

Child's Name:

Teacher's Name:

PLEASE RETURN TO SCHOOL

QUESTIONS, CONCERNS, FEED BACK, COMMENTS

Your questions, concerns, feedback; comments and suggestions are most welcome.

To help with our planning for next year, please let us know if your child will not be attending Wildwood School for September 2014.

_____ **(Student Name & Grade)**
will not be returning to Wildwood School in September 2014.

Moving

to: _____
