

## Douglasdale School | June 2015 Calendar

Douglas Park Blvd. SE, Calgary, AB T2Z 4A3 t | 403-777-6177 f | 403-777-6178 | douglasdale@cbe.ab.ca | cbe.ab.ca/b346

**Office Hours** | Monday – Friday 8:00 am - 4:00 pm

**Principal** | Alastair Wilson

**Assistant Principal** | Jennifer George

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Library Visit TD Summer Reading	<b>2</b> Grade 1 Flag Day Celebration 10:45 am	<b>3</b> Zoo Grade 2	<b>4</b> Assembly Hosted By Earth Rangers 1:00 pm  New Kindergarten Parents Orientation 6:00 pm	<b>5</b> Volunteer Celebration 1:00 pm	<b>6</b>
<b>7</b>	<b>8</b> Leighton Centre Grade 1 Eco Green Club SAIT	<b>9</b> School Group Photo 10:45 am	<b>10</b>	<b>11</b> Zoo AM Kindergarten	<b>12</b> Zoo PM Kindergarten	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Butterfly Face Painters Kindergarten	<b>18</b> Bar U Ranch Grade 4 School Council 700pm	<b>19</b> Grade 4 Year End Celebration 1:00 pm	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Talent Show 9:00 am	<b>24</b>	<b>25</b>	<b>26</b> Sports Day Fun Lunch Report Cards Go Home <b>LAST DAY OF CLASSES</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>APPEALS DAY NO SCHOOL</b>	<b>30</b> <b>NON INSTRUCTION DAY NO SCHOOL</b>				<b>CLASSES RESUME SEPTEMBER 1</b>



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<http://schools.cbe.ab.ca/b346>



## Newsletter | June 2015

### Talent Show-June 23rd

Our Annual “Douglasdale Talent Show” will be held on June 23rd. The morning show will begin at 9:00 am and if needed the afternoon show will start at 1:00 pm. We will send home further communication if we need to add a second show. It is exciting for the students to have the opportunity to share their wide variety of hobbies and talents!

### DDS Sports Day-June 26th

On our last day of school, Friday, June 26<sup>th</sup>, the students of DDS will join together to celebrate our annual sports day. This day is an opportunity to get our school and community involved in an activity filled morning of sport. Sports Day will run from 8:45am – 11:15am. The exciting morning will conclude with a free Subway lunch provided by School Council. Order forms for the lunch are being sent home on June 1<sup>st</sup>. A digital copy is attached.

Volunteers are always welcome and will be needed to supervise at our many stations. A volunteer sign up is attached to this Newsletter.

### 2015-2016 School Year

Our calendar has been set for next year and a copy is attached to this newsletter. Thank you to those folks who took the time to respond to our recent survey. There was strong support for an earlier Friday dismissal but less so for early dismissals other than Fridays. We will move ahead with an earlier Friday dismissal but only on Fridays. School hours will be the same with a couple of exceptions:

- PM Kindergarten will start at 12:02pm not the current 12:05pm
- Lunch will end at 12:33pm not 12:35pm
- Friday early dismissal will move to 2:00pm from 2:15pm

Please check our  
school website  
regularly for updates  
and upcoming events.  
View this  
newsletter & calendar  
with live links on our  
“School Information”  
tab!

[www.cbe.ab.ca/b346](http://www.cbe.ab.ca/b346)

[Follow DDS on  
Twitter](#)



## Staffing and Organization 2015-2016

The grade organization we are currently anticipating is as follows:

<b><u>Kindergarten</u></b> 2 AM, 2 PM Mr. Fidler 1.0 Ms. Clark AM Mrs.WaldrenPM	<b><u>Grade 1</u></b> 5 Classes Mrs. Howey Mrs.Lawson Mrs.Wutzke 2 New	<b><u>Grade 2</u></b> 3 Classes Miss. Ranisavljevic Mrs. Salomons Mrs. Blais	<b><u>Grade 3</u></b> 4 Classes Mrs. Hanson Mrs. McIntosh Mrs.Hoeksema Mrs. Gimbel	<b><u>Grade 4</u></b> 3 Classes Mrs. Kesler Mrs Wilde Mrs.Robinson	<b><u>CSSI</u></b> 1 Class Mr. Kershaw
					<b><u>SKILL</u></b> 1 Class 1 New

Mrs. Phillips has decided to retire this year and with 5 classes for grade 1 we will be hiring 2 new staff members for Grade 1. Some other staff changes include Mrs. Lawson moving to grade 1, Mrs. Wutzke moving to Grade 1, Mrs. McIntosh moving to grade 3 and Ms. Macleod is moving to part time to facilitate her graduate studies. We hope to be able to keep Mrs. Hoeksema in Grade 3. To accommodate these changes there will be a number of classroom moves for next year. It's going to be a busy year-end!

We will move forward with the creation of class lists based on who we know will be here next year. Each time we learn of a student coming into the school or one leaving, this organization can be affected. The creation of class lists is a complex process that involves the balance of class makeup for gender, peers, ability, grade group, learning styles, special needs, etc.

We appreciate that students want to know who their teacher will be for next year. Given the changing nature of registrations and teacher assignments we will not be publishing class lists until the fall. Thank you for your understanding and appreciation of this important work.

### Message from the Chief Superintendent

<http://www.cbe.ab.ca/news-centre/leadership-newsletter/Pages/default.aspx>



## Transportation for 2015-16

### Online Registration

As of June 1, 2015, parents can register their child(ren) for yellow school bus transportation for regular and alternative programs online using their [My CBE Account](#) at [www.cbe.ab.ca/fees](http://www.cbe.ab.ca/fees).

In order to help us with route planning and development, **registrations must be received, either online or in paper form, by June 25, 2015**. Fee payment is not due until September. Parents can cancel their registration before September 30, 2015 with no penalty.

Registrations received after June 25, 2015 impact route design and bus stop locations, and can result in delays to service in September.

### Changes to Transportation for 2015-16

A number of changes have been implemented to improve CBE Transportation Services for the 2015-16 school year.

- Effective August 2015 Zonar GPS tracking system will be installed and active on all yellow school buses providing parents, students, schools, service providers and transportation services the ability to track both buses and students while using the service
- The CBE is no longer offering rebates on Calgary Transit passes. Parents are still able to claim bus passes on their income tax
- Routes with low ridership (less than 15 riders) will be partnered with existing routes. Routes not impacted by this change include kindergarten and complex learning needs
- More students in Grades 7-9 will use Calgary Transit instead of a yellow school bus. Parents will be notified if this change impacts their child(ren)'s school in June 2015
- All CBE routes, with the exception of complex learning needs, will move to congregated stops. Congregated stops mean fewer stops per route and decreased ride times for students
- Some schools may be required to adjust their start and end time by up to 10 minutes in order to accommodate these changes
- The Expression of Interest for School Bus Transportation for Conditional Riders form has been discontinued. The Conditional Rider School Bus Transportation registration form will only be available mid-September once the forms of all eligible riders have been processed
- Transportation Services will be making changes to the bus stop change request process. Details will be announced in September.

### 2015-16 Bus Routes

Your child's route will be available from your child(ren)'s school three days before the start of the 2015-16 school year: August 12 for modified calendar schools and August 27 for traditional calendar schools.

# Sodium Sense

By Stefanie Alloway RD MSc

## Eating too much sodium can be harmful to our health:

- Eating too much sodium can cause high blood pressure, stroke, heart disease and kidney disease.
- Healthy adults need only 1500 mg of sodium per day. Healthy children need only 1000-1500 mg of sodium per day.
- Most foods we eat contain too much sodium.

## Make healthy low sodium meals and snacks.

Here are some meal and snack ideas that will help reduce your salt intake:

Try...	Instead of...
Fresh fruit and vegetables, unsalted popcorn or unsalted nuts	Chips, salted pretzels or other salty snacks
Rice cooked in water or juice	Rice cooked in salty broth
Yogurt	Cottage cheese
Sandwiches made with roasted meat or poultry	Sandwiches made with canned or deli meat
Fresh or dried herbs and spices, garlic, ginger, lemon juice, lime juice, onions and pepper.	Salt, kosher salt, sea salt, gourmet salt, smoked salt, celery salt, garlic salt or onion salt
Oil, unsalted margarine or unsalted butter	Salted margarine or salted butter

## Reduce sodium in the foods you use:

- Rinse canned vegetables and canned beans, peas and lentils in cold water to wash away some of the sodium.
- Use less of the seasoning that comes with taco kits, boxed macaroni and cheese or instant rice mixes.
- Use less salt than what the recipe calls for (except when baking).
- Use less ketchup, soy sauce, and other condiments, or try a lower sodium option.

## Reading food labels:

- Compare food labels and buy products with the lowest amount of sodium.
- Use the % Daily Value (%DV) on the label to see if the food has a little or a lot of sodium.
- Here is a useful guide: 5% DV or less is a little, 15% or more is a lot.

Adapted from information on:  
[www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)



On Friday June 26<sup>th</sup> the students of Douglasdale School will join together to celebrate another successful year at DDS by participating in our annual School Sports Day. School Council is sponsoring a subway lunch for all participants and volunteers as well as a freezie treat station!

To make this day a success we need help. The official opening ceremonies will start at 8:45. We require volunteers to run a sports day activity that has been organized by teachers. Volunteers will be busy supervising and supporting the students of Douglasdale. There will be no supervision for younger or older siblings.

**Stations require supervision from 9:00-11:15.**

We would love to have your help!!!



Yes, I am able to help with a sports day station.

Yes I will stay for the free subway lunch (Order form sent later)

Volunteer's Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

Phone Number: \_\_\_\_\_



# Douglasdale School Sports Day



Sports Day is Friday June 26, 2015 and School Council will be providing lunch for students, staff, and volunteers free of charge. Please fill out and return the form below to order lunch. If your child is not attending Sports Day please check the appropriate box and return the form.

All forms need to be returned before Friday June 5, 2015.

---

Teacher's name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Bread	Cheese	Sandwich	Vegetables	Juice	Chips
White <input type="checkbox"/>	Yes <input type="checkbox"/>	Ham <input type="checkbox"/>	Lettuce <input type="checkbox"/>	Apple <input type="checkbox"/>	Yes <input type="checkbox"/>
Brown <input type="checkbox"/>	No <input type="checkbox"/>	Turkey <input type="checkbox"/>	Tomato <input type="checkbox"/>	Orange <input type="checkbox"/>	No <input type="checkbox"/>
		Pizza <input type="checkbox"/>	Cucumber <input type="checkbox"/>		
		Cold Cut <input type="checkbox"/>	Pickles <input type="checkbox"/>		
		Veggie <input type="checkbox"/>			

My Child does not want a lunch/My child will not be attending Sports Day.



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		Veggie <input type="checkbox"/>			

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**DOUGLASDALE SCHOOL HOURS  
2015-2016**

**KINDERGARTEN**

**AM CLASS**

Monday - Thursday 8:20 - 11:05 am  
Friday 8:20 - 10:30 am

**PM CLASS**

Monday - Thursday 12:02 - 2:50 pm  
Friday 12:05 - 2:00 pm

**GRADES 1 - 4**

Monday - Thursday 8:20 - 11:45 am 12:33 - 2:50 pm  
Friday 8:20 - 11:45 am 12:33 - 2:00 pm

**COMMUNICATION, SENSORY, SOCIAL INTERACTION PROGRAM  
(CSSI)**

Monday - Thursday 8:30 am - 2:40 pm  
Friday 8:30 am - 1:50 pm







## Start a Reading Revival

It is not unusual for children's reading habits to take a dive during the summer holidays, resulting in a slump in literacy skills by the time September rolls around. You can halt the summer reading slide and help your children maintain or even improve their reading skills over the summer by launching a family reading revival. All it takes is a little imagination and a lot of fun.

Here are some suggestions from Calgary Reads on how to help your family launch their own reading revival:

Set up a special 'reading place' in your home, with cushions and a lamp and a big basket of books. Or embrace the long days of summer and set up an outdoor reading retreat.

Take a family trip to your local library and encourage everyone to check out some unfamiliar books, then plan a family afternoon or evening to read aloud and plan an adventure together. Exploring themes like road trips, vacation, camping or discovering your own city will generate lively family discussions.

Bring some books to the closest Little Free Library and take some home with you, too. Or find out how to host your own Little Free Library at [littlefreelibrary.org](http://littlefreelibrary.org).

Box up some books that your children have outgrown and pass them along to others. You can donate your gently used books for children aged 0 to age 10 to Calgary Reads, and through our collaboration with the Calgary Food Bank we will get them into the hands of children who would love to own their very own!

If you are feeling really creative, why not write your own books? Include things like photos, ticket stubs and illustrations to enliven your stories. This is a great opportunity to work together as a family to write about your family tree or pen the story of a memorable family vacation.

Check out too the *Seize the Summer* materials: "Reading aloud builds memories, engagement and brains" at [www.readaloud.org](http://www.readaloud.org): four posters, a parent handout and a bookmark with playful summer imagery!

Calgary Reads would love to hear about your families reading activities. Please share stories and photos with us through our Facebook page.

*For lists of great children's books by age and resources to help your child develop critical literacy skills and a joy of reading, visit [calgaryreads.com](http://calgaryreads.com).*



Read great books, earn stickers, and win prizes this summer in the TD Summer Reading Club!

Registration starts **June 20<sup>th</sup>** at all **Calgary Public Library locations.**

### TD Summer Reading Club

A program of Canadian Public Libraries • [www.tdsummerreadingclub.ca](http://www.tdsummerreadingclub.ca)

Developed by



In partnership with



Title sponsor





## celebrate | another successful school year

Another school year is coming to an end, and I'd like to celebrate the success of that year with you. I'd also like to express my appreciation for all that parents, students, staff and community members contributed to make it such a fulfilling year.

### Thank you students

Students, you are our greatest success. Each time I have the opportunity to see your work, talk with you, and hear your energy and passion for life, I am inspired. You've brought significant effort and enthusiasm to your learning this year. You've set goals and overcome challenges. You've helped create a positive environment in your schools and you've added your voice to important decision-making processes. As a result, you are realizing your dreams, exploring your potential and most importantly, learning. Thank you students for showing us how bright the future will be.

### Thank you parents

Parents, you are our greatest partners. You teach your children to value education, to be part of a community, and to commit to becoming all that they can be. You are the voice for your child when they need you to be and you step back when they are ready to stand independently. Your contributions help our students achieve their dreams and our dream: for every student to be successful in school and life. Together we are building brighter futures for our students and our community. Thank you parents for being the strength behind our students and our schools.

### Thank you staff

Staff, you are our greatest resource. You dedicate your talents each day to ensuring that our students learn and thrive. You ensure our schools offer caring, inclusive and welcoming environments that support and encourage students to explore their strengths and passions. You ensure that each child is understood, supported and learning. Thank you staff for offering students the joy of learning and for providing our city with an excellent public education system.

### Thank you Calgarians

Calgarians, you are our great foundation. Thank you for offering your talents and resources to our schools and our organization. Thank you for offering your thoughts on the practical matters like budgeting and transportation that help us steward our resources wisely. Your voice is important, and we consider each comment we receive as a way to make us better and improve your child's educational experience.

And thank you Calgarians for your efforts throughout this year to keep public education a top priority in Calgary and Alberta.

### Thank you Board of Trustees

Trustees, you are our greatest representatives. Your dedication to student success and your leadership and advocacy this year have created a brighter future for the CBE and public education. Thank you for helping us live out our purpose and values.

### Congratulations graduates

You have made remarkable achievements in all areas of learning: academic success, citizenship, personal development, and character. Working with one another and building on the support of your family and teachers you have accomplished great things. Be true to yourselves and what you have learned as you reach out to new and fulfilling goals. You have much more to look forward to.

### Looking ahead

The coming years are ones of great excitement at the CBE. We are looking forward to having 21 new schools ready to welcome students between September 2016 and September 2018. As our city grows, so too does our student population, and we are excited to see where the coming years will take us.

We look forward to seeing you again in the fall and to continuing to work with each of you. Together we will continue to offer excellent learning opportunities for our students and to work together to make Calgary's public education system even stronger. We will continue to focus on each student's unique talents and abilities and on helping them reach high standards. We will continue working to ensure that each student is engaged, inspired and learning to his or her full potential.

Together we will continue to build on the success of our excellent learning results [cbe.ab.ca/reports](http://cbe.ab.ca/reports) and high school success rates.

Thank you all for your continued support of public education. Working together we have accomplished a great deal. Best wishes to each of you for a wonderful summer.

David Stevenson  
Chief Superintendent of Schools