



**Calgary Board  
of Education**

**COLONEL WALKER SCHOOL**  
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<http://schools.cbe.ab.ca/b307>



**SEPTEMBER, 2013**

## Welcome Back to Colonel Walker School! *“What Environmental Legacy Will You Leave?”*



Welcome back for another incredible year at Colonel Walker School! With the support of your parent council, our staff has an outstanding year planned for the 2013-2014 school year with many residencies and special events to support our inquiry question, “What Environmental Legacy will you Leave?” We look forward to the journey ahead!

*“No man ever steps in the same river twice, for it's not the same river and he's not the same man.” — Heraclitus*

### Colonel Walker School September 2013

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## SEPTEMBER 2013 SCHOOL MESSAGE

### Welcome Back!

In our first weeks back we have already discovered that indeed, the start-up to each school year is never the same. Without fault, each school year is always new, dynamic and ever evolving. New staff, students and families bring new energy and dynamics to our learning community. The passions and experiences that we share collectively will undoubtedly excite, engage and challenge our learning this year.

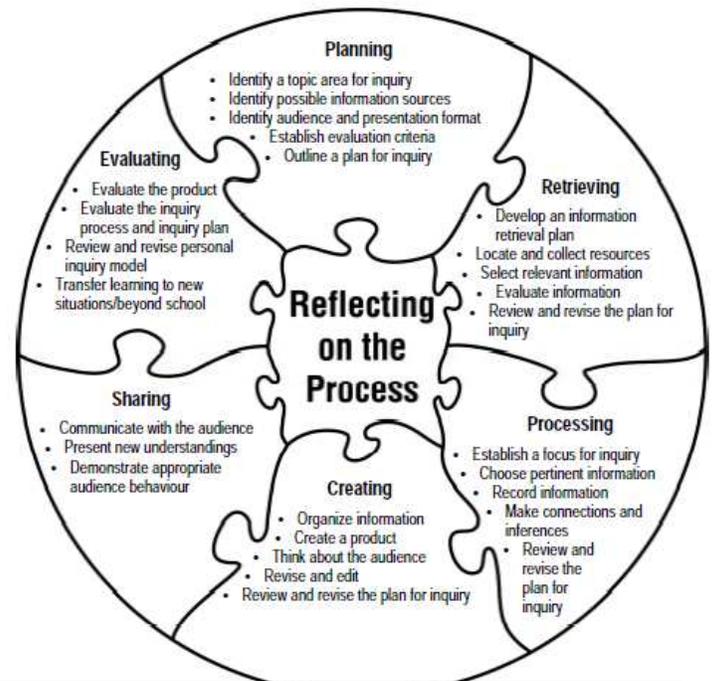
### ***“What Environmental Legacy Will You Leave?” An Inquiry Approach***

This year we will continue to explore the question, “What Environmental Legacy will you Leave” by breaking it into three guiding components:

- Exploring our Identity and Personal Environmental Legacy
- Developing Action Plans and Environmental Initiatives
- Exploring the question: What is Beautiful?

This inquiry question and its three guiding components will be woven deeply throughout the curriculum, utilizing all residencies and field trips to support our inquiry this year. In our first three days together, all of the staff from Colonel Walker and Ramsay School worked collaboratively to develop a clear vision for teaching and learning; utilizing an inquiry-based approach to learning.

Inquiry-based learning means different things to different teachers and researchers. Inquiry stands for a fundamental principle of how learning is conducted. It refers to a variety of processes and ways of thinking that support the development of new knowledge. Inquiry is essentially a process of active exploration by which we use critical, logical, and creative thinking skills to raise and engage in questions of personal interest. In inquiry,



From Alberta Education's "Focus on Inquiry"  
<http://education.alberta.ca/media/313361/focusoninquiry.pdf>

students are provided with topics that they truly wonder or care about. Through these passions and curiosities, students make observations, pose questions, examine books and other sources of information to see what is already known in light of experimental evidence; use tools to gather, analyze, and interpret data and finally, propose answers, explanations and predictions and communicate the results. Inquiry requires identification of assumptions, use of critical and logical thinking and consideration of alternative explanations. Ultimately, learning through inquiry empowers students with the skills and knowledge to become independent, life-long learners.

To guide our inquiry, Colonel Walker School teachers have created the guiding question, “What Environmental Legacy Will You Leave?” This year-long inquiry question encourages all students to create and find solutions to their own questions about the environment and also allows students to gain an appreciation for knowledge and the discovery process. Throughout the year, teachers will provide many entry and exit points and opportunities for students to shape their learning based on their own passions and interests. Through this inquiry,

students will also be able to assimilate and anchor their prior experiences and knowledge with newly formed experiences.

To prepare for this topic of inquiry this year, teachers worked closely together at the end of the 2012-2013 school year to carefully plan curricular connections and student learning opportunities around this overarching question. This included carefully selecting a variety of artists in residency, experts, field trips and programs that align with this focus. In mid-May, teachers applied for a BP A Plus for energy grant and won \$10,000 and received \$5,000 from the Alberta Foundation for the Arts to support this inquiry work.

The process of inquiry starts when learners become curious or interested in something they've experienced. Also learners in the process, our teachers are equally as excited about the year and the possibilities that lie ahead of us.

### **Reggio-Based Learning: Creating an Environment for Inquiry**

We believe that inquiry is most successful in a classroom environment that physically fosters creativity, encourages questioning and collaboration, stimulates curiosity and provides opportunities to celebrate our successes. We continue to carefully examine the role that "school/classroom environment" has on learning. The Reggio philosophy for learning has provided an outstanding framework for us in this work.

We are all very motivated about the direction we are embarking on and many families have already commented on the positive impact that this focus on learning has had on their children. As a school community we will continue to have thoughtful conversations with our families to talk about both inquiry and Reggio Based learning this year through daily conversations, reporting, parent conferences, newsletters, our school website and parent council meetings. Please feel free to bring your questions forward to us throughout this journey; each

conversation is an opportunity for us to learn together.

The journey indeed begins today. We are all truly excited about the upcoming year, and all that it will bring. We sincerely look forward to working with all of you in what promises to be an inspiring and rewarding year!

Sincerely,  
Michelle Speight  
Principal.  
Colonel Walker and Ramsay School  
[mmspeight@cbe.ab.ca](mailto:mmspeight@cbe.ab.ca)

## **SCHOOL INFORMATION**

### **STAFFING FOR THE 2013-2014 SCHOOL YEAR**

Over the summer, Mrs. Potts joined the Piitoayis Family School's team as their new library assistant and will now be working on one shared campus! Congratulations Mrs. Potts!

A very special welcome to Mrs. Jerse who will be joining us as one of our new educational assistants. In addition, we would like to welcome back Mr. Neiger as our grade 5/6 teacher and welcome a new teacher, Miss Williams as our new grade 1/2 teacher.

The following list represents the current classroom configurations as of September 3, 2013. Please note that should there be a dramatic increase/decrease in student population, sometimes there is a need for reorganization of classrooms. Should this happen, we will notify Colonel Walker families as soon as possible.

**A.M. Kindergarten:** Mrs. S. Jones  
**Grade 1/2:** Mrs. K. Cook  
**Grade 1/2:** Miss S. Williams  
**Grade 3/4:** Mrs. C. Ranger  
**Grade 5/6:** Mr. J. Neiger  
**Learning Leaders:** Miss S. Jones and Mrs. L. Hart  
**Educational Assistants:** Ms. L. Wehrhan and Mrs. L. Jerse  
**Administrative Secretary:** Mrs. I. Morrisette  
**Library Assistant:** Mrs. L. Potts  
**Lunchroom Supervisors:** Mrs. L. Jerse and Mrs. S. Pike  
**Facility Operator:** Mr. A. Thompson and Ms. D. Holmes  
**Assistant Principal:** Mrs. J. Tickles  
**Principal:** Miss M. Speight

## SCHOOL HOURS

The school office is open from 8:00 a.m. to 3:45 p.m. Monday through Thursday and from 8:00 a.m. to 1:30 p.m. on Fridays to accommodate staff meeting with an answering machine available to take messages after hours.

### **Kindergarten to Grade 6**

8:40 a.m. – 12:15 p.m.  
12:15 p.m. – 1:00 p.m. (Lunch Hour)  
1:00-3:16 p.m.

**Early Dismissal** at 12:55 p.m. (no lunch hour) Every Friday

**Half-Day Kindergarten** (Monday-Friday)  
8:40 a.m. – 11:19 a.m.

## SUPERVISION

Parents are asked to send children to school between 8:25 and 8:40 A.M. and between 12:45 and 1:00 P.M. unless they are in school-organized events. Teacher supervision is provided during these time periods. In the interest of safety, all children are also reminded to leave the playground when dismissed for the day and check in at home.

## ATTENDANCE

Regular and prompt attendance is important for all students. Children learn responsibility by being punctual. If your child is going to be absent or late please contact the school office at **777-6780** to leave a message on the Absence Line. You may leave a message anytime during the school day or after hours between 3:45 p.m. and 8:00 a.m. If the school is not contacted, we will phone you as soon as possible after attendance is taken in the morning and in the afternoon to confirm the safety of your child. Children that come in late must check in to the office before going to their classrooms in order to prevent a phone call being made by the office to a parent or emergency contact.

Please make sure the school is kept informed about any changes to emergency contact names or telephone numbers. ***We request that all families provide an additional emergency contact in the event we are unable to reach you.*** We thank you for helping us to keep your children safe.

## PICKING YOUR CHILD UP

Sometimes parents wish to take children out of the lunchroom or from school for a special occasion or appointment. It is important that we are informed so that we know where your child is. A sign-out book is kept inside the main office. Parents can call in to the school office to let us know of these arrangements, and send a note, or come in to the office to sign out the child. Please also help us to be aware of any custody agreements that may dictate who your child is permitted to leave the school with.

If you are picking your children up early for appointments or arrive late for pickup, please pick up your children at the main office. In the interest of safety, children are not to stand alone outside. Please remind children to go to the office if you have not picked up your child immediately after school.

Please note that upon dismissal, kindergarten students will be picked up outside the main office. For all other grades, please arrange a meeting place outside of the school for dismissal times, as our hallways can get quite congested and loud. Students will enter and exit through the side door out to the field area on the south side of the school.

### **LOCKED DOORS AND SECURITY**

Other than the front door, the outside doors to Colonel Walker School are locked while children are in school and are opened briefly in the morning, at recess and after school. This assists us in keeping the school safe and encourages visitors to the school to check in at the main office. If the children arrive late, they may enter at the front door and check in at the office. On rare occasions, the front doors may be locked if there is no one in the office due to emergency, staff meeting or other event which takes our administrative secretary from the office. In these situations, please ring the bell to gain access to the school.



All parents and visitors are required to sign in at the office and are asked to wear a visitor/volunteer badge while in the school during the school day. Please be aware that all adults who are working with children in the school are required to complete a police security screening as is described in our Volunteer Program section below.

### **VOLUNTEER PROGRAM**

Parents are encouraged to be involved in their child's classroom learning. Speak with your child's teacher about opportunities for you to help. Please be aware that all parents who work with children are required to complete a Calgary Police Security Screening, which is valid for a period of 5 years. This process typically takes 4-5 weeks. We encourage all parents who think they might want to volunteer and work with

children during the school year to stop by the school office and complete the security screening form. Two pieces (one government issued photo id) are required.

Volunteers are asked to sign in each time they enter the school at the desk in the office and to wear a name tag at all times while volunteering.

### **ALLERGIES AND RECESS SNACKS**

We would encourage children to have a healthy recess snack. Research shows that children learn and retain information better when they have had water to drink and have eaten a healthy snack. As an environmentally conscious school, we recommend "garbageless" snacks and encourage our students to compost food waste.



As mandated by the Calgary Board of Education, it is essential for us to provide a safe school environment for all of our students. Therefore, we are informing you of the allergies and encourage you to speak with your children about the importance of:

- being aware that there are nut and allergies present in our school
- washing hands before and after eating lunch

We have children and at our school who are allergic to nuts and related nut products. The specifics and the severity are different for each individual. At Colonel Walker School we discourage the consumption of these nut products at recess and during the lunch hour. We also encourage parents of children with severe allergies to educate their children in making responsible decisions about how to manage these allergies on their own. Parents must indicate any special health concerns on the school registration for their child and are encouraged to ensure classroom teachers are also aware of health issues.

## BIKES AND BIKE SAFETY

Children are invited to ride their bikes, skateboards and scooters to the front of the school and then walk them to the bike rack and lock them. Skateboards and scooters can be stored in the office during school hours and are not to be brought to the classroom. For safety and liability reasons we are not able to permit the riding of bikes, skateboards, scooters, heelies, or in-line skates on the school grounds during the school day.

## NEWSLETTERS

Colonel Walker School strives to be eco-friendly in as many ways as possible. To that end, we are working to reduce the amount of paper that is being used in the school.



If you are interested in receiving our school's newsletter via email, please be sure to sign up for a subscription by filling out the "Sharing of Email and Digital Communication" form in your child's student package.

This should greatly reduce some of the school's paper consumption, as the monthly newsletter is one of the biggest areas of paper use in the school. We are also working to reduce the number of paper handouts as well. School newsletters are an important form of communication and will contain information about the school including a calendar of upcoming events. We encourage all parents to view our online newsletter at <http://schools.cbe.ab.ca/b307>

## AGENDAS AND COMMUNICATION FOLDERS

All students in kindergarten to grade six have an agenda that goes home every day to be read and signed by parents. Students record their homework, special events and reminders in their agendas. Please feel free to communicate with the teacher in the

agenda as the need arises. We believe that use of these communication tools is an integral part of home/school communication.

## PARENT BULLETIN BOARD

Our parent bulletin board is located in the hallway by the office. Please take a moment to read it as it is updated frequently. Information is often posted regarding family issues, lessons for children, School Council minutes, etc. Please feel free to tack up items of interest after checking with the office.

## TRAFFIC CONCERNS

Traffic congestion around the school is a major safety concern. ***Please note that parents and caregivers must not use the staff parking lot to drop off children or make U-turns on the streets outside of the school.*** Not only is this a safety issue but it is also in violation of school board regulations.

Parents, who park on the street around our school are reminded to keep a safe distance from the crosswalks. Please remember to observe the no parking signs surrounding our school; particularly in the bus zones.

In the interest of the health and safety of our children, when possible please do not leave your car idling for extended periods of time.

## DOGS ON SCHOOL PROPERTY

Please help us to keep our playgrounds clean and sanitary and our children safe by securing your dog outside of the school grounds when picking up your children.



The Calgary Board of Education does not permit dogs to be on school grounds because it is prohibited by a city bylaw. Section 15 of the City of Calgary Responsible Pet Ownership Bylaw 23M2006 says that the owner of a dog must ensure that a dog does not enter into or

remain in or on a school ground. The bylaw defines school ground to include that area of up to 4 hectares of land adjacent to a school that is owned or occupied by the Calgary Board of Education or the Calgary Catholic Board and includes property owned or occupied with another party or the City of Calgary. More information about this CBE policy is available at:

<http://www.cbe.ab.ca/policies/policies/AR6004.pdf>

## **PERSONALIZED LEARNING**

At Colonel Walker School, we believe in and welcome diversity. Our teachers adapt curriculum as required in order to meet the needs of students who benefit from specialized support in their learning. Some of our students are on Individualized Program Plans (IPP's), which allow teachers to adapt the Alberta Program of Studies. Some students receive support from the resource team and Education Assistants. We also work collaboratively with CBE Student Services, speech therapists and psychologists.

Additionally, we recognize that all children learn differently and benefit from learning opportunities that are personalized specifically for their needs, strengths and areas of interest. Learning can look very different for individuals or groups of students in any given classroom. We welcome you to have an open discussion with your child's teacher to discuss what this might look like for your child and how his or her unique learning needs will be addressed.

## **THE COLONEL WALKER CIRCLE OF CARE**

- CARE FOR YOURSELF
- CARE FOR OTHERS
- CARE FOR THIS PLACE
- CARE FOR LEARNING

At Colonel Walker School we uphold these principles as vehicles to help guide discussions and behaviour that is socially responsible in respecting the rights and well-being of others, in respecting personal and public property, in respecting our environment and in respecting one's self and our personal and academic success.

## **HOMEWORK**

It is recommended by the Calgary Board of Education that children in Grades 1 - 3 complete 5 - 10 minutes of reading each night. No formal assignment should be made. For Grades 4 - 6, formal assignments can be required but should not exceed 20 minutes.

## **LOST AND FOUND**

Please take time to label your child's belongings so that lost items can be found quickly. Unclaimed items will be sent to the charitable organizations at intervals through the year.

Please discourage your child from bringing valuable or cherished items to the school. We cannot take responsibility for these items if they are lost, damaged or stolen. Personal items can also create distractions in classroom learning so are strongly discouraged.

## **INCLEMENT WEATHER**

The weather in Calgary can be unpredictable. Students are expected to dress appropriately for the weather. Boots, a jacket, mitts and a hat should be worn in the winter and raingear and appropriate footwear when the weather is rainy. Please note that if the temperature is  $-20^{\circ}\text{C}$ , students will remain inside for recess. Administration ultimately decides whether or not the children will go outside during recess and lunch during inclement weather. While, we make every effort to ensure that children have the opportunity to play outside each day, in some cases it may be required that children stay inside for unusually wet, windy or snowy days.

## CLOTHING POLICY

At Colonel Walker School, we respect individual's needs to feel comfortable and fashionable in their clothing choices. Some of the styles of today's society are not acceptable at an elementary school. We would ask that parents check what their children are wearing before they go to school to ensure that they are dressed appropriately. Make sure that shoulder straps are hand width and that their midriff is not showing. Lastly, clothing with profanity, reference to drugs and/or alcohol or inappropriate remarks are not acceptable at our school. If there are any issues with unacceptable clothing at school, parents will be called and expected to help solve the problem.



## INDOOR SHOES AND FIRE DRILLS

We are proud of our school and would like to maintain an optimal indoor environment for students. As a result, we require that students have shoes or boots for outdoor wear as well as a pair of non-marking shoes, which are appropriate for physical activity, for indoor wear only. These shoes must remain at the school. This is a safety requirement when there are fire drills and also reduces dust and dirt in the school which assists us in keeping our school clean and polished.

## NOON SUPERVISION SERVICE

Colonel Walker School offers a Calgary Board of Education-run Noon Supervision Program. Hot water will be available but please provide food items that do not require cooking or heating.



To learn more about noon hour supervision and to register and pay for your noon supervision, please visit

<https://webapps.cbe.ab.ca/MyAccount/Acco>

[unt/LogOn?ReturnUrl=%2fmyaccount](#)

If students eat at home, please do not return to the school until 12:45 as there is ***no adult supervision outside from 12:15-12:45.***

## OUR IN-CLASS MORNING BREAKFAST PROGRAM

At the Calgary Board of Education we believe wholeheartedly that students come first and that as an organization, learning is our central purpose. We believe that learning empowers all students to achieve their potential and in order to ensure that students have a readiness for learning we believe that adequate nutrition is paramount.

This important discussion is one that we do not take lightly at Colonel Walker School. Through discussions with families, students and staff it is becoming increasingly evident that some of our students are not receiving the adequate nutrition to ensure that they have every opportunity to reach their personal and academic potential.

As a school we seek to set proactive, sustainable goals that impact students in all areas of physical activity, positive social behaviours and healthy eating. As we begin to examine what it means to create a "healthy school policy," we have created a breakfast program which brings breakfast snacks to every classroom. Students have the option to participate; if they didn't quite eat enough at breakfast time, were running late and forgot to have breakfast or if they would like to have some healthy options to supplement their breakfast. Teachers encourage all students to take part if they are hungry and to connect it to learning by discussing how the food items are a healthy part of breakfast, how each item is connected to the food groups and how eating healthy food is connected to learning.

Parents play an integral part in our children's nutrition; both at home and at school. While these programs are in no way designed to replace the nutritious lunches you are providing, we hope that it will help

students who may have forgotten to eat before coming to school, have forgotten their lunch or need a little “healthy top up” to their existing lunch or breakfast.

Parents, we would love your support at school as well. **If you are interested in volunteering to chop up fruit and/or vegetables once a week, we would love to hear from you!**

A special thank you to FANS (Food and Nutrition in Schools) program which is a component of the Boys and Girls Club of Calgary and the Brown Bagging for Calgary Kids (BB4CK) Lunch program for making this program possible!

### **THE COLONEL WALKER LIBRARY**

Each class has a designated book exchange day each week. Students are permitted to sign out two books each at the discretion of the teacher.



Students are responsible for the care and safe return of their books. A replacement cost will be charged for lost books, which will be refunded if the books are found. Our new library assistant, Mrs. Potts is looking forward to sharing the gift of reading with your child!

### **PUBLIC HEALTH NURSE**

Public Health Nurses work with students, parents and teachers to improve the health and well-being of students and families. Part of the school nurse's role is to make sure that students are protected against certain communicable diseases and is available to answer any questions related to health. The nurse is also involved in health promotion activities, which address the health needs of your school and community. We would like to take this opportunity to welcome Heather Millar who will be our community health nurse at Colonel Walker School this year.

For more information regarding School

Health issues such as first aid kit supplies, chronic disease, general emergencies, please search online at:

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

or call (403) 943-LINK.

### **LICE INFORMATION**

Attached to this newsletter is some general information provided by our public health nurse about head lice. The intent of this information is to provide parents with valuable information about this condition. One suggestion that would help control the spread of head lice would be to check your child's hair every Sunday evening before they return to school on Monday.

This is the time of the year head lice seems to be the worst. The following is some information to be aware of -

- Nits (eggs) hatch in one week. Lice mature in 8 to 10 days.
- Nits or occasionally lice are seen on the head (usually at the back of neck and behind ears) causing itching of the scalp.
- As long as lice or nits are alive on the person or clothing, children should not attend school/daycare until treated once with anti-lice shampoo/cream rinse.

### **HEAD LICE FACTS AND TREATMENT**

#### **How do I control lice at home?**

- Bedding, towels, clothing, hats, toys, etc., should be washed in hot water and dried in a hot dry cycle, dry cleaned, or sealed in plastic bags for two weeks. Do not use insect sprays because they can be harmful.
- Soak combs, hairbrushes and hair ornaments in hot water for 1 hour.
- Vacuum carpets, furniture and mattresses where the person with lice lays or sits.

Never use insect sprays to control lice. They are unnecessary and harmful to people and pets.

## How do I limit the spread of head lice?

Parents and schools both play a role in limiting head lice in schools, community groups and families.

## What role do parents and guardians play?

- Examine your child's scalp every week.
- Encourage children to avoid sharing combs, barrettes, hats, scarves, headphones or headgear.
- Treat your child as quickly as possible.
- Take the time to remove the nits after treatment.
- Inform all possible contacts so other cases can be found and treated (e.g., teachers, parents of classmates, and playmates)
- Once treated, it is not necessary to keep a child with head lice home from school.

## What role do the schools play?

- Provide information to parents about the detection and treatment of head lice.
- Treatment information, prevention, consultation and control are available from public health nurses in schools.
- School boards work closely with the Calgary Health Region to find ways of limiting the spread of head lice.

Parents are encouraged to call their school nurse, community health centre, or their family doctor for more information about prevention, recognition and treatment of head lice in their family.

Call Calgary Health Link at 943-LINK (5465) in the Calgary area or 1-866-408-LINK (5465) toll-free for more information if you are pregnant, breastfeeding, have children less than 24 months, or are allergic to ragweed or chrysanthemums.

On-line resources:

1. Canadian Pediatric Society  
[www.caringforkids.cps.ca/whensick/](http://www.caringforkids.cps.ca/whensick/)

HeadLice.htm

2. Centers for Disease Control and Prevention  
[www.cdc.gov/ncidod/dpd/parasites/lice/default.htm](http://www.cdc.gov/ncidod/dpd/parasites/lice/default.htm)

Head lice have been around for centuries. They continue to be a pest despite modern treatment and prevention programs. They do not spread any diseases, but are a concern to parents and their children.

## Facts about head lice

- Head lice are small greyish insects the size of a grain of salt (1– 2 mm).
- They do not jump or fly, but they move quickly.
- An adult louse can live for 1 to 2 days away from the human head.
- Nits (the eggs of lice) hatch in 7 to 9 days, Once hatched, lice need 7 to 13 days to mature and start producing nits.
- A female louse will live about 25 days and can lay 4 to 10 eggs per day.
- Head lice on humans are not the same as those found on house pets.
- At any one time, 10% of elementary school children can have head lice.
- Anyone can get head lice—there is no connection between head lice and how clean you are or your social status.
- Constant itching of the scalp is often a sign of lice.

## How do you get head lice?

- Direct head-to-head contact is the most common way: A person's head infested with lice must touch another person's head.
- Uncommon ways of spreading head lice are sharing hairbrushes, combs, hats, headgear, scarves and coats, or contact with pillowcases, blankets, and stuffed toys of people with head lice.
- Head lice transmission can occur anytime children are in groups such as daycare, playgrounds, summer camps,

schools and families where one person has lice.

### Checking for head lice

If you think your child has head lice, check them right away:

- Look very carefully, lice are small.
- The nits (about 1 mm long) can be seen firmly attached to hair (do not confuse with dandruff, which is easily brushed off).
- Lice are usually found around the temple, above and behind the ears and at the back of the neck.
- Have good lighting when you do a head check.

### How do you treat head lice?

If one person has head lice, all family members should be carefully examined for lice as well. Treat only those family members found to have lice.

Treat head lice with anti-lice shampoo or lotions. Common treatment products are Nix<sup>®</sup>, R & C, Kwellada-P<sup>®</sup>, Pronto<sup>®</sup>, and Resultz<sup>®</sup>.

Each head lice treatment product is used differently. Read and follow product instructions and warnings very carefully. The following guidelines will assist you in treating the scalp for head lice.

- Hair must be free of any hair products before treatment—they can decrease how well the anti-lice product works. Wash hair with plain shampoo. No creme rinse or 2 in 1 shampoo and conditioners. Rinse with water and dry well.
- Use enough of the head lice product soak the hair completely (long hair may need more than one bottle). Leave the product on the hair for the recommended time—no longer.
- After rinsing the lice product from the scalp, do not shampoo for at least two days after treatment. Shampooing too

early can decrease how well the product works.

After using a head lice product:

- Remove remaining nits. Use a fine-tooth comb or your fingernails. Be patient—remember, the nits are very small. Put the nits in a bag and throw it out. It may take several days to remove all the nits.
- If you see live lice 2 days after the first treatment, treat again with a different product. Follow with another treatment in 7 to 10 days.
- If no lice are seen re-treat with the same product 7 to 10 days after the first treatment. The second treatment kills nits that may have been missed the first time.
- A number of alternative products (e.g., tea tree oil, petroleum jelly (e.g., Vaseline<sup>®</sup>), olive oil, and kerosene) have been suggested as treatment for head lice; however, there are no published trials on how safe or effective these home remedies are.

## SCHOOL EVENTS

### A NEW PLAYGROUND FOR COLONEL WALKER SCHOOL!



Over the last two year, a dedicated group of parents have been working tirelessly on the designing and building a new playground for the students of Colonel Walker School. This has been no easy task. These parents

have spent countless hours writing grant proposals, coordinating volunteers and gathering donations to bring the project to fruition. The time has finally arrived to build the playground! Families will have already noticed that over the summer, the old playground was taken down and in its place boulders have been stacked and a freshly excavated area has been created for the upcoming playground build to begin on September 11<sup>th</sup>.

A very special thank you to Lisa B. Lisa K., Robin, Angela S. and Alison C. for their dedication to this project. What a wonderful gift to our children and to the community of Inglewood!

All Colonel Walker Families and community members of Inglewood are invited to the official community playground launch on Saturday, September 28<sup>th</sup> at 12:00 p.m. We hope that you can join us to thank everyone for their commitment to this project as well as try out the new equipment!

**WELCOME BACK FAMILY  
PICNIC TUESDAY, SEPTEMBER 24  
(5:00-6:30 P.M.)**

The staff of Colonel Walker School would like to invite you to our "welcome back family picnic!" Let the staff of Colonel Walker School treat you to yummy hot dogs and refreshments (yup, we're cooking!) and feel free to bring your own picnic snacks and of course, a picnic blanket.

Come and meet the staff and families of Colonel Walker School. We look forward to seeing you there!

**THE 2013-2014 TERRY FOX RUN**

It was 32 summers ago that a young man from British Columbia captivated Canadians with his determination, commitment and energy to find a



cure for cancer. His name was Terry Fox.

This year, Colonel Walker School will be holding their annual fundraising event together on **September 30, 2013 at 9:30 a.m. with a family grouping activity to follow in the classrooms.** Please join us for this very special occasion. Bring your running shoes and join us!

Volunteers are required to supervise children walking to mark popsicle sticks (to mark the number of laps completed) as well as to hand out water to the participants and join us in the run. Please let us know if you would be interested in joining us.

Canadian students have been tremendous supporters of Terry's dream to find a cure for cancer. Their phenomenal efforts to raise funds and awareness have raised millions of dollars and are bringing us closer to a cure.

Millions of students are expected to participate across Canada. Since Terry's Marathon of Hope in 1981, 31 annual Terry Fox Runs have contributed more than \$500 million for cancer research. As in years past we will collect **'Toonies for Terry' beginning Monday September 16th.** In addition there is a new, easy, fun and safe online pledging function at <http://www.terryfox.org> This system allows students and their families to create their own optional Terry Fox personal fundraising page, full of great tools that connect them and The Terry Fox Foundation to family and friends.

We look forward to seeing on September 30<sup>th</sup>!

**REGISTRATIONS**

**OUT OF AREA REGISTRATIONS:  
QUESTIONS**

Parents often ask for clarification about the regulations around school choice and enrolment- we hope this information will provide clarification around any questions you may have.

Each school has a designated attendance area. A student may be admitted to attend a school or program other than the designated school or program if, in the opinion of the principal, there are sufficient resources and facilities to accommodate the student and the student's educational needs at the school and the admission is in accordance with CBE admission priorities. The priorities for admission to that school or program are as follows:

- First priority is given to Calgary Board of Education resident students within the attendance area;
- Second priority will be given to the younger siblings of Calgary Board of Education resident students who are enrolled at the school,
- Third priority will be given to other Calgary Board of Education resident students who are outside the attendance area of that school,
- Fourth priority will be given to non-resident students in the following sequence:
  - students resident in another Calgary school district,
  - other Alberta students,
  - other Canadian students, and then
  - International students.

If there are not sufficient resources and facilities to accommodate the student at the receiving school or program, the principal may place the name of the student on a waiting list for admission to the school or program and the student's application will be considered according to the admission priorities.

We do realize that many factors contribute to the decision of school choice. There are many different programs that are offered in the CBE and each family has unique needs. We always recommend speaking to the principal of your designated community school first.

Parents should also keep in mind that acceptance of out of area students is conditional and once you have been accepted it may be for that division only; e.g.: kindergarten, grade 1-3, and grade 4-6. Attendance will have to be revisited at the end of each division.

Families are welcome to contact the school's principal, Miss Speight if they have any further questions.

## **COMMUNICATION**

### **NEWSLETTER RESPONSES**

We continue to look forward to your newsletter responses each month. Families can fill out the newsletter feedback form (or print it off if you have it digitally). Keep your questions coming- your ongoing feedback is extremely important to us!

### **COFFEE WITH THE PRINCIPAL**

Approximately every two months, Miss Speight offers "Coffee with the Principal." This is an opportunity for Colonel Walker parents, prospective



parents and community members to learn more about the vision of Colonel Walker School. Please join us for coffee, tea and great conversation- bring your questions, ideas or concerns. We would love to hear from you.

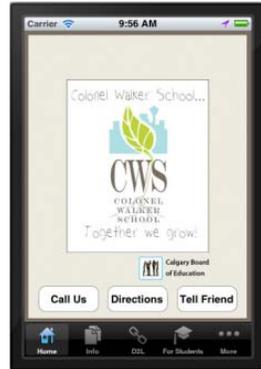
The dates for this year's "Coffee with the Principal" are:

- **Thursday, October 22, 2013 (2:00-3:00 p.m.)**
- **Thursday, December 10, 2013 (2:00-3:00 p.m.)**
- **Thursday, February 11, 2014 (2:00-3:00 p.m.)**

- Thursday, April 15, 2014 (2:00-3:00 p.m.)
- Thursday, June 2, 2014 (2:00-3:00 p.m.)

## KEEP INFORMED! DOWNLOAD THE COLONEL WALKER SCHOOL APP FOR YOUR CELL PHONE

Did you know that Colonel Walker School now has its very own app? You can download our app for your cell phone using the following links:



### iTunes

<http://itunes.apple.com/app/colonel-walker-school/id518670696?mt=8>

### Android

[https://play.google.com/store/apps/details?id=com.app\\_cwschool.layout](https://play.google.com/store/apps/details?id=com.app_cwschool.layout)

### Blackberry

<http://clients.simplytapit.com/html5/?appcode=cwschool>

Once you download the app, be sure to enable "push notifications." This way, you will be provided with reminders and notifications for important upcoming events at Colonel Walker School. We already have over 200 people who have downloaded our app!

## PARENT COUNCIL INFORMATION

### THE COLONEL WALKER PARENT COUNCIL

The Colonel Walker Parent Council is a strong and active advisory body that is integral to our school's operation and the success we achieve. The Parent Council works in a collaborative manner with the school administration and staff to

significantly enhance the learning opportunities we provide for students. It also provides an opportunity for parents to learn more about the school, support initiatives and provide input.

Parent Council meets the third Wednesday of each month in the school from 6:00-7:00 p.m. The minutes of the Parent Council meetings are available on the parent bulletin board outside of the main office and on the school website at

<http://schools.cbe.ab.ca/b307>

## BEFORE AND AFTER SCHOOL CARE

### BEFORE AND AFTERS CHOOOL CARE AT THE INGLWOOD COMMUNITY CENTRE

We are very fortunate to have a before and after school care program within walking distance of Colonel Walker School. The program accommodates many of our K-6 students.

The Before and After School Care program is a privately run program (run by the Colonel Walker Parent Association) and is provided at the Inglewood Community Association Centre. The community centre is brief walk from Colonel Walker School and students are picked up at the school by an adult.

This program is not a CBE run program. For more information on the Before & After School Care Program, please contact Sandy at the Inglewood Community Centre at 403-263-2151.

## COMMUNITY EVENTS AND INFORMATION

FUN, FRIENDSHIP AND ADVENTURE!



**Girl Guides  
of Canada**  
**Guides  
du Canada**

The Girl Guides of Canada would like to invite you to register your daughter for Brownies. The 20<sup>th</sup> Brownie Open House is held at the Inglewood Community Centre on September 18<sup>th</sup> at 6:15 p.m. For more

information, please phone 403-263-8348 or email [20thbrownieowls@gmail.com](mailto:20thbrownieowls@gmail.com)

### DOES YOUR CHILD LIKE TO SING?

The Inglewood Art & Music School is excited to once again offer a children's choir for kids in grades kindergarten through grade six. The school offers the choir on Tuesday evenings from 6:30--7:30 pm, starting on September 17. If you are interested in registering your child for this program, please contact Michelle Gritter at [thetops@telus.net](mailto:thetops@telus.net), or 403-261-4647

# PLAYGROUND OPENING

# PARTY



**Saturday, September 28  
noon-3p.m.**

**Come one, come all to Col. Walker School field for  
the official grand opening celebration of the new  
CWS Playground (1921 9 Ave SE).**

Join us in celebration and help thank the donors  
and volunteers that have helped bring this new  
playground to life.

Entertainment, food and drinks will be provided.



**Administrative Schedule  
Colonel Walker/Ramsay School  
2013-2014**

As administrators of two schools, we feel that is important to have a schedule that meets the needs of both of our school, to the best of our ability. To that end, we have created this administrative schedule to help families understand our schedule. On some occasions, our schedules do change (for school events, principal or assistant principal meetings, emergent situations etc.) however we will do our best to keep to this schedule for the 2013-2014 school year.

Parents are always welcome to call administration at either Colonel Walker or Ramsay School should you need to chat.

**Principal, Michelle Speight**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
A.M.	Colonel Walker	Colonel Walker	Colonel Walker	Ramsay	Ramsay
P.M.	Colonel Walker	Colonel Walker	Ramsay	Ramsay	Ramsay

**Assistant Principal, Janis Tickle**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
A.M.	Ramsay	Ramsay	Ramsay	Colonel Walker	Colonel Walker
P.M.	Ramsay	Ramsay	Colonel Walker	Colonel Walker	Colonel Walker



**engage | citizenship and public education**

The start of a new school year is an exciting time—a fresh start for students and schools and, for the Calgary Board of Education, an opportunity to remember what public education is, what it means and why it is so important.

The top priority for everyone at the CBE is student success. We believe that every student deserves an education that will enable him or her to complete high school with a foundation of learning necessary to thrive in life, work and continued learning.

At the same time that our students are achieving academic success, they are developing a rich understanding of citizenship, personal development and character. Together with parents, partners and our community we support each student's development of critical and creative thinking, problem-solving, innovation, collaboration, civic engagement, digital literacy and communication. Our community has told us that this is their vision for our students. At the CBE, the development of a well-rounded student includes academic success, personal development, citizenship and character—our, as we call them, the Results.

At the end of the last school year, we saw our Results in action. Students, teachers, CBE staff, families and communities worked together through a time of crisis, the flooding of our city. Students and schools stepped up in many ways, from volunteering to help, donating supplies or money, and providing the City with spaces to use for reception and information centres. I am so proud to call Calgary, a city of truly great citizens, my home.

We teach our students to be involved citizens, and as adults, one of our responsibilities is to participate in elections. Public education belongs to the public. In October, you, the public, will elect a new Board of Trustees. Your vote matters. Your voice is important. I encourage you to get involved in the election, to volunteer on a campaign, to ask questions and learn about important issues. Most importantly, I encourage you to vote on October 21.

This is my thirteenth and final “Back to School” season with the CBE. After a considerable amount of thought, I have decided not to run for Trustee again. As my term ends, I reflect on the commitment that we’ve made to our students. I think about the important role that Trustees play in making our system the very best it can be for our students.

We believe in public education and our Results. The values we foster in the next generation of citizens make a difference. By being engaged citizens, we model how well-rounded adults and lifelong learners can make positive contributions to our community and to society as a whole. I can’t think of a more important lesson for our students.

Pat Cochrane  
Chair, Board of Trustees

**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://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 | George Lane
- 8 & 9 | Pat Cochrane
- 11 & 13 | Sheila Taylor
- 12 & 14 | Carol Bazinet

e | [BoardofTrustees@cbe.ab.ca](mailto:BoardofTrustees@cbe.ab.ca)  
t | 403-817-7933

**Dear grade one parents and guardians:**

The start of a new school year is a special time; especially as your child enters the first grade. It's hard to imagine now, but in 2025 he or she will graduate, starting their next phase in life.

As a parent of three kids, I understand the hopes and dreams you have for your child. You hope that through an excellent education, your child will reach their full potential.

In Alberta they can.

We continue to build our world-class education system, delivering 21<sup>st</sup> century learning through the vision of *Inspiring Education*\*. This vision identifies the competencies of a successful Albertan – an engaged thinker who is ethical and entrepreneurial – and lays the groundwork for how to promote those values in our youth and the learning community.

The goal is to prepare students so they not only have the knowledge to succeed but also the skills and competencies demanded of *their* future world – a world that will have different types of jobs that require new skills. To get students ready, you will probably notice your child's education is a bit different than when you were in school.

Classrooms are set up to invoke critical thinking where solutions are often found by the student, not just the teacher. This is all part of developing real-life skills in students, especially in our digital age where there is an abundance of information readily available – often in the palm of your hand.

For *Inspiring Education* to move beyond a vision and into reality, we all need to take an active role.

When I introduced the new Education Act last year, I made sure that it recognizes parents as our partners in education. This was done deliberately because your involvement is valued and necessary for student success. This legislation governs Alberta's education system and will replace the 1988 *School Act*. Learn more at: [www.Education.Alberta.ca/EducationAct](http://www.Education.Alberta.ca/EducationAct).

One way you can be a part of your child's education is by understanding Alberta's curriculum. *My Child's Learning: A Parent Resource*, found at [www.Education.Alberta.ca](http://www.Education.Alberta.ca), is a helpful online tool that breaks down the curriculum by grade and subject, providing details on what students should be learning and how they may be assessed – so you can be involved and informed on your child's development.

As you send your grade one student off to school this year, know that I'm thinking about them and what the education system can do to help them be successful – with your support and guidance.

By working together, I know our children's future is bright in Alberta.

Sincerely,



Jeff Johnson  
Alberta's Minister of Education



\*Read about our vision at [www.InspiringEducation.Alberta.ca](http://www.InspiringEducation.Alberta.ca)



Calgary Board  
of Education

# 2013 – 2014 COLONEL WALKER

CBE schools are closed on the dates shaded grey

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August 28, 29, 30	Non-instruction days
September 2	Labour Day
September 3	First day of school
September 20	Non-instruction day
October 14	Thanksgiving Day
October 17	P/T Conferences (Students in school)
October 18	P/T Conferences
October 21	Non-instruction day
November 11	Remembrance Day
November 22	Non-instruction day
December 6	Non-instruction day
December 19	Last day of classes
December 20	Non-instruction day
January 6	Classes resume
January 31	Non-instruction day
February 13, 14	Teachers' Convention
February 17	Family Day
March 19	P/T Conferences (Students in school)
March 20	P/T Conferences
March 21	Non-instruction day
March 31	Classes Resume
April 18	Good Friday
April 21	Non-instruction day
May 16	Non-instruction day
May 19	Victoria Day
June 6	Non-instruction day
June 26	Last day of school
June 27	Non-instruction day

## Colonel Walker School Hours for the 2013-2014 School Year

### Grades 1-6

Monday-Thursday: 8:40 a.m.-12:15 p.m. (lunch from 12:15 p.m.-1:00 p.m.) 1:00 p.m.-3:16 p.m.

Friday: 8:40 a.m.-12:55 p.m. (No lunch)

### Kindergarten

Monday – Friday: 8:40 a.m.- 11:32 a.m.



### **The Story of a Tutor**

*"When I decided to become a tutor with Calgary Reads I was nervous. Like all tutors, I had completed training and knew what was expected. But I was worried that I wouldn't be a good tutor. My school coordinator was so helpful. She showed me where everything was, told me a bit about my student and was accommodating in picking times for me to come to the school.*

*The first tutoring session was upon me. I had reread my training manual but there was nothing to worry about. Lee, my student, was cooperative and eager. When I realized that he wanted to be helped just as much as I wanted to help him I knew that the sessions would be the best part of the week. I looked forward to our time together, and felt like I was making a difference. One day I said I wouldn't be able to make it to our next session. He turned to me, wide eyed with worry, and said, "But you're coming back right?" I assured him that I would see him in one week, much to his relief.*

*Lee and I read a lot of books together. I was thrilled to see one of my favourite childhood books in his leveled bin - If You Give a Pig a Pancake. Seeing him learn new words and discover the joy of reading was truly satisfying. I saw huge improvement in his reading. I cannot imagine a better first-time tutoring experience. I will definitely be back to tutor again in the fall, and cannot wait to help more kids learn that reading is amazing and not scary at all."*

- By ReAnne, a Calgary Reads tutor.

Colonel Walker School is proud to be a "Calgary Reads School." Students at Colonel Walker benefit from many tutors each week!

Calgary Reads is a not-for-profit organization that helps kids learn to read. Calgary Reads' primary program trains volunteer tutors to work one-on-one with struggling Grade 1 and 2 readers. If you love reading and working with children, consider becoming a trained volunteer tutor with Calgary Reads. Calgary Reads offers free training sessions that start in September. Tutoring is provided at no cost to families. If you are interested in taking part, please contact our Calgary Reads Coordinator, Stephanie Jones at [stejones@cbe.ab.ca](mailto:stejones@cbe.ab.ca) or by telephone at 403-777-6790 to learn more.

You can learn more about the Calgary Reads program at [www.calgaryreads.com](http://www.calgaryreads.com).



## MONTHLY NEWSLETTER DRAW

Did you receive and read our newsletter? Enter your child's name on the ballot below and have your child return it to the office by **September 17th** and your child could win a prize! (Please only return this page)



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Parent's name: \_\_\_\_\_

Student's name: \_\_\_\_\_

Classroom: \_\_\_\_\_

Do you have any suggestions, comments or questions about our newsletter?

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Thank you for taking the time to read our newsletter! We welcome your feedback and suggestions!

Thank you from Colonel Walker School!



# September 2013 Colonel Walker School Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			28 Office Open (8:15-4:00 p.m.) No school for students	29 Office Open (8:15-4:00 p.m.) No school for students	30 Office Open (8:15- 4:00 p.m.) No school for students	31
1	2 Labour Day No school for students	3 1st day of school! Assembly 9:00 a.m. Staggered Entry for K	4 Staggered Entry for K	5	6 Family Grouping Assembly and Activity 9:00 a.m.	7
8	9	10	11	12 CWS Playground Build	13 CWS Playground Build	14 CWS Playground Build
15 CWS Playground Build	16	17	18 School Council Meeting (6-7:00 p.m.) All invited! Babysitting provided	19	20 Professional Learning Day- No School for students	21
22	23	24 Welcome Back Family Picnic (5- 6:30 p.m.)	25	26	27 Welcome back to Mrs. Geibelhaus- Maloney! Choir Ensemble (Field trip to Ramsay)	28 CWS Community Playground Celebration 1:00 p.m.
29	30 Terry Fox Run (9:30 am.)					



## No microwave for lunches? No problem!

If your child's school doesn't have microwave ovens to use you can still send your child to school with a tasty and healthy lunch! For the new school year, try these 'no microwave needed' lunch ideas:

**Yummy dippers:** Pack hummus with a whole grain pita, carrot sticks, celery sticks or apple slices for dipping. Add a piece of low fat cheese or a small container of milk.

**Build your own wrap:** Let your child choose a low fat cheese (cheddar, mozzarella, marble), sliced ham, tofu or chicken, and vegetables (lettuce, tomatoes, peppers, cucumbers) to wrap in a whole grain tortilla. Add canned or fresh mixed fruit.

**Stuffed pita:** Chop up leftover cooked chicken, turkey or beans and put inside a sliced whole grain or a few mini pitas. Add bell peppers and shredded lettuce. Complete the meal with yogurt and a pear.

**Homemade soup:** Combine diced cooked chicken, reduced salt chicken stock, cut up fresh vegetables, whole wheat pasta and spices into a pot; boil until vegetables and pasta are cooked; transfer to a thermos. Add a whole grain bun, an orange and small container of milk.

**Leftovers:** Some foods can be eaten cold rather than hot, such as homemade pizza and hamburgers.

*Pitas stuffed with leftover chicken are a great idea for school lunchboxes.*



## Back to school ... back to backpacking

**Backpack safety in four steps...**

**Step 1: Choose Right.** Choose a pack with two padded shoulder straps and preferably a waist belt.

Choose a pack that fits you, not too big.

**Step 2: Pack Right.** Load heaviest items close to back. Never let a child carry more than 15 per cent of his or her



body weight. If the backpack forces the wearer to move

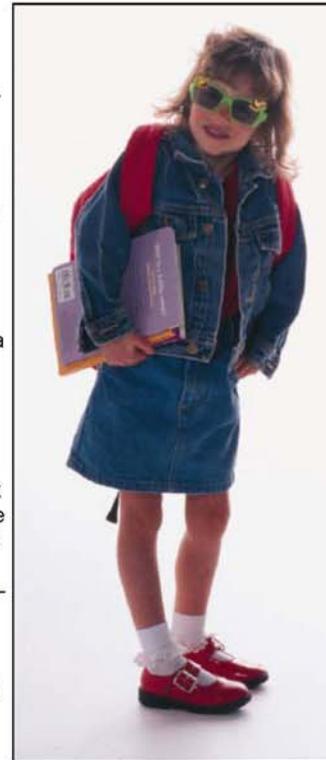
forward to carry, it's overloaded.

**Step 3: Lift Right.**

Face the pack, bend at the knees, use both hands and check the weight of the pack. Lift with the legs and apply one shoulder strap and then the other.

**Step 4: Wear Right.**

Always wear both shoulder straps to prevent damaging the spine. Pack it light. Wear it right.



*Now that children are back in school, it's a good time to ensure they're using and wearing their backpacks properly.*

## Now Hiring and Training School Bus Drivers for September

If you have a few hours each school day to supplement your family income, give back to our community, and help our students get to & from school safely every school day, become part of our team.

FREE TRAINING classes are filling up fast.

Don't miss the bus on this great opportunity.

Call **403-531-3920**

We are an equal opportunity employer.



**First**  **Student**

# S

**SOUTHLAND**

*safely*  
home

## Welcome to your new office.



- Relax with evenings and weekends off
- Remain an active part of your community
- Train for free!

**Apply Online!**

**[www.southland.ca](http://www.southland.ca)**