

# Prairieview Post

Vulcan Prairieview Elementary School  
 Box 300 Vulcan AB, T0L 2B0 403-485-2074  
<http://www.vpes.ca>

March 27, 2009

*Together we will ensure learning success for all students to develop their unique potential as caring citizens in a changing world.*



*Atom Hawks skate their victory lap with the league championship banner after winning the title earlier this month.*

## Community of Caring

Our focus for the month of March is bullying.

Bullying is a learned behaviour that is sometimes transferred into cyber-space. When bullying happens on the Internet, on cell-phones or within an instant messaging environment, we call it "Cyber-bullying."

There are several ways that young people might bully others online. They may send e-mails or instant messages containing insults or threats directly to a person. They may also spread hateful comments about a person to others through e-mail, instant messaging or postings on Web sites and online diaries (blogs). Or they may steal passwords to e-mail or instant messaging accounts belonging to other youth and send out threatening e-mails or instant messages under an assumed identity. It's not unknown for technically savvy kids to build password-protected Web sites to target specific students or teachers.

You can start the conversation with your child by checking out the excellent Canadian website:

[www.media-awareness.ca/](http://www.media-awareness.ca/)

## Jump Rope For Heart

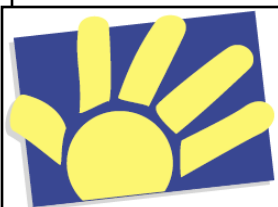
Through skipping and fundraising for the Heart and Stroke Foundation, JUMP teaches children the importance of healthy living and social responsibility. The JUMP event at our school will:

- Inspire kids to get physically active, eat well and be heart-healthy,
- Teach them the importance of helping others and giving back to the community,
- Raise vital funds for heart disease, stroke research and health education,
- Earn HeartSmart™ Points that our school can redeem for valuable school resources,
- Give your students the chance to earn cool, activity-focused thank-you prizes just for their fundraising efforts and
- Have fun!

Our school kick-off will be held on Thursday, April 9 in the gym at about 1:30 PM. Please help us support the Heart & Stroke Foundation by giving generously to this important cause. Watch for more information in your child's agenda.

*The Prairieview Post is a little late this week as our photocopier was not feeling very well the past few days. Sorry for the delay!*

**The Prairieview Post is published twice a month. Contributions are most welcome but must be made in electronic format to [michael.shain@pallisersd.ab.ca](mailto:michael.shain@pallisersd.ab.ca)**



*respect \* caring \* trust \* family*

*responsibility*

**Mr. Michael Shain—Principal  
 Mr. Nathan Sillito—Vice-Principal**

## Kindergarten & Preschool Registration

On April 22nd at 6:30 PM we will be holding a Kindergarten and Preschool Open House and Registration. If you know of someone with preschool-age children, please pass the message along. Parents should bring their child's birth certificate and immunization records to speed up the registration process.



Drama Club

## Thanks Geri!

Our staff want to take some space here to thank Geri Budd for her continuing work in adding a seasonal flare to our front office. Geri comes in and decorates our office and just generally brings a smile to all of us with her enthusiasm and personable nature. If you see Geri, please thank her for her efforts and commitment to making VPE a fun place to be! Thanks Geri!

## Tech-Day Professional Development

On March 12, teachers from all over Palliser District gathered in Vulcan to attend an assortment of technology-based professional development opportunities. Among the sessions was our very grade three students (pictured here) talking about their video project the PTV News. Each week these students write, produce and star in a 5-minute news, weather, sports and events show that highlights what's happening at VPE.

The students talked to a packed room of teachers about their own learning and how the project works. Teachers were very pleased to have a chance to see students in action as we went through the nuts and bolts of producing the PTV News.

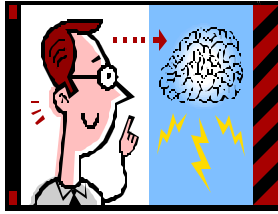
Thanks to the parents and students who took the time off to be a part of the presentation!



*Each year we have a guest speaker in to talk about ATV safety with our upper elementary students. The presentation focuses on safe riding and responsible trail use when riding an ATV.*



## Discussion Style Presentations on Brain Development



The Coaldale Parent Link Centre  
is pleased to host  
Dr. Robbin Gibb  
Assistant Professor, Neuroscience  
Department,  
University of Lethbridge

No registration required  
Childcare available

**7:00 pm**  
at the

**Coaldale Parent Link Centre**  
(2016- 19 Street, Coaldale)



For more information please call  
403-345-6577

**March 25 - Conception-5 years of age**  
**April 29 - 6-12 years of age**  
**May 27 - 13-18 years of age**  
**June 10 - adults and seniors**

## Early Literacy Tips for Home

Children need to be able to consistently blend separate sounds into the oral word form (no print involved) before they can be expected to "sound out" words successfully while reading. When your child hears the individual sounds of "f-r-o-g", is he or she able to mentally "squeeze" the sounds together to identify "frog"?

For fun and to develop this important literacy skill, try playing the following game with your child at home or as you travel in your car: "Guess the Word!"

Your child guesses a "mystery" word from the individual or slightly clustered sounds that you "stretch out". Be sure to use sounds and not letter names. Here are a few examples:  
I went shopping and bought a h -- a -- t.  
Please bring me the pl -- a -- te.  
I see a h -- or -- se. (This phrase can be used in a similar way to the "I Spy" game.)

## World Autism Awareness Day

Did you know...

- Approximately 67 million people worldwide are affected by autism
- Autism is the fastest-growing serious developmental disability in the world
- More children will be diagnosed with autism this year than with diabetes, cancer and AIDS combined
- Boys are four times more likely than girls to have autism
- There is no medical detection or cure for autism, but early diagnosis and intervention improve outcomes

Autism is a complex neurobiological disorder that typically lasts throughout a person's lifetime. It is part of a group of disorders known as autism spectrum disorders (ASD). All of these disorders are characterized by varying degrees of impairment in communication skills and social abilities, and also by repetitive behaviors, such as rigid routines or hand flapping. Symptoms can range from very mild to quite severe. It occurs in all racial, ethnic, and social groups and is four times more likely to strike boys than girls. Autism impairs a person's ability to communicate and relate to others.

For more info about autism, see  
[www.autismspeaks.org](http://www.autismspeaks.org).



**Center Mall on April 2<sup>nd</sup>, 2009 from 10:30 - 1:30** to promote autism awareness. For more information about this event, email [helen.irwin@pallisersd.ab.ca](mailto:helen.irwin@pallisersd.ab.ca).



April Calendar				
Monday	Tuesday	Weds.	Thursday	Friday
<b>March 30</b>	<b>March 31</b>	<b>1</b> > Parent Link (9-11) > Hot Lunch > Mentorship Program(3:30)	<b>2</b> > Author Donna MacNoughtan visits Div. 2	<b>3</b> > Popcom to promote Grade 6 Field Trip (\$1)
<b>6</b>	<b>7</b>	<b>8</b> > Parent Link (9-11) > Mentorship Program(3:30)	<b>9</b> > Jump Rope For Heart Kick-off	<b>10</b> > Good Friday (School Closed)
<b>13 – 17</b> <b>Easter Holidays (School Closed)</b>				
<b>20</b> > School Resumes	<b>21</b>	<b>22</b> > Parent Link (9-11) > Hot Lunch > Mentorship Program(3:30) > K. & Preschool Registration (6:30)	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b> > Atco Energy Theatre (9 AM-Gym)	<b>29</b> > Parent Link (9-11) > Mentorship Program(3:30)	<b>30</b>	<b>May 1</b> > Jump Rope For Heart Pledges due
<b>Looking Ahead...</b> May 14: PAT exams begin May 15: School-based PD Day (no classes)			<i>"To climb steep hills requires a slow pace at first." Shakespeare</i>	
You can find the whole District Calendar for 2008-09 at our website. Go to <a href="http://www.vpes.ca">http://www.vpes.ca</a> and follow the link to <b>Documents</b> and <b>School Year</b> . The calendar is in a pdf format, you will need the free Acrobat software.				

## Did You Know?

- ☞ Extra-curricular badminton is in full swing (sorry for the pun). Miss McBride is working with students on Thursday and Friday afternoons to hone skills and have some fun!
- ☞ The Drama Club is working hard during the lunch recess and on Fridays to prepare for a spring performance. Keep an eye out for a notice of when and what the students will perform.
- ☞ We hold assemblies towards the end of each month. Students are organized into four "Big Family Groups." We recently held a contest to name the groups and the winning names were Cougars, Lions, Tigers and Cheetahs. Our assemblies celebrate student successes (like the Atom Hawks winning the league banner), build cross-grade relationships through fun activities and give us a chance to help students focus on character development (part of our Community of Caring program). Parents are welcome to come to these assemblies so watch our website calendar. We'll post a notice for the dates of our assemblies.

Feedback, questions, concerns, articles or compliments can be directed to Mr. Shain by e-mail: [michael.shain@pallisersd.ab.ca](mailto:michael.shain@pallisersd.ab.ca) phone: **403-485-2074**

## Helping Hands

In response to parent requests we have added a bulletin board in our office that will contain volunteer opportunities for parents. Staff members will fill a "Helping Hand" sheet that contains a task they could use some help with. The staff name and the estimated time will be on the sheet. If you see a job that you can commit to, take the sheet down and contact the staff member. She or he will set you up with the required supplies and get you going. Jobs might include helping with bulletin boards, reading once a week with a student or helping in the classroom with a special project. Thanks in advance for being involved in your child's education!

