

Principal's Message

Welcome 2012 at Princess Alexandra Middle School. We are looking forward to an exciting new year full of positive challenges and successes. I would like to thank the PAC members of Princess Alexandra, Harry Camsell, Diamond Jenness and Ecole Boreale for all their hard work to make The Festival of Trees such a great success. In particular Mrs. Marny Kruger, Mrs. Jill Morse, Mrs. Jan McNeely, and Ms. Jessica King for their hard work and great organization. Thanks also to all of our Christmas Tree entries. They were wonderful.

Undoubtedly the very cold of winter has arrived and it is important to ensure that your child is dressed for winter weather. Kids would rather be cold than uncool, but it's not healthy at recess and fire drills in very cold temperatures. Please make sure your children are warmly dressed.

This month we will be having another fire drill as well as well as a lockdown. As I am sure you are aware, we all want our students to be healthy and safe. It is important to practice these drills to ensure safety for our students.



Basketball Practice

Monday Basketball

- Grade 7 Boys-12:00-12:30
- Grade 6 Boys 3:30-4:45

Tuesday Basketball

- Grade 7 Girls Basketball- 3:30-4:45 (& Sunday 1:00-3:00)

Wednesday Basketball

- Grade 6 Boys 12:00-12:30
- Grade 6 Girls-3:30-4:15

Thursday Basketball

- Grade 7 Boys Basketball- 3:30-4:45

Friday Basketball

- Grade 6 Girls Basketball- 12:00-12:30

The Grades 6 and 7 boys and girls have been practicing basketball at the above times. A big thanks to Mr. Munro, Ms. Boudreau, Mr. and Mrs. Gagnier for their expertise and coaching time. The Junior Cager Basketball Tournament will be February 17th-19th in Yellowknife.



Our students strive every day to show the three core values in our motto: **Pride, Achievement, and Safety!** We constantly review what PAS-itive behaviour looks like all around PA School: in class, in the hallways, on the playground, in the lunchroom, in the office—everywhere!

PAS-itive students for December recognized for their citizenship and good example to others were:

Elaine Chen, Jayden Smith-7B
Angel Beggair, Nick Kimble-7H
Angela Boutilier, Savanna Moore- 6T;
Megan Wood, Jeramiah Pierre -6M
Matthew Lafferty, Kadin Hare-5L;
Lisa Boutilier, Ethan Schofield-5H
Deanna DaRosa, Ray Norn-4T
Nichol Griffiths, Brad Belanger -4B

Well Done Everyone!!

Book Awards

PA Predators love to read and we recognize all of the great reading they do through our monthly Book Awards. For **December** our Book Award winners were

Zoey Walsh, Dylan McWhinnie-4B
Tenielle Patterson, Kiana Masuzumi-4T
Hannah Courtoreille, Carson Smith-5H
Shayla Buggins, Perry Lafleur-5L
Mackenzie Mandeville, Sean Smith-6M
Aimee Jacobs, Shelby Lawrence-6T
Brooklyn Boudreau, Ben Tatti-7H
Leah Cayen, Dane Dupuis-7B

Thank you for supporting your child with their reading. It is so important to lifelong learning.

Homework Award

Homework at the Middle School level is an important tool for children's learning. We celebrate those students who always complete their homework with a monthly draw. Congratulations to **Melissa Carter** who was our Homework Hero for December.



Mr. Tom
Lakusta and

Junior Dragon's Den

Mr. Brad Mapes came to our assembly to present awards for the Hay River Dragon's Den Challenge. Fiona Huang was the Junior Dragon Den winner for her Community Bus Service Project and received \$250.00. Michaela Crook and Abby Webster received \$250.00 for start-up materials for their Princess Alexandra Yearbook Project. Mattea Hoff-Rollison, Kanti Regmi and Reanna Cross received T-shirts from Wesclean for their Original Designs Project. Well done and congratulations to everyone involved.

Upcoming Dates and Events



- January 27 Literacy Pancake Breakfast 7:30, Math Buddies 2:15-3:15
- January 30 PD day (No Classes)
- Feb 3 Exploratory 2 Begins
- Feb 8 Wood Buffalo Presentation
- Feb 17-19 NWT Basketball Cager
- Feb 19-24 Education Week
- Mar 2 Math Buddies 2:15-3:15, REPORT CARDS HOME
- Mar 2-6 BOOK FAIR
- Mar 5 & 6 Parent Teacher Interviews
- Mar 7 & 8 PD Day (No Classes)
- Mar 9 Cultural Day (No Classes)
- Mar 14 PHOTO Retakes
- Mar 19 PD Day (No Classes)
- Mar 30 Last Day of Classes Before Spring Break
- Mar 31-April 15 Spring Break
- April 16 First Day Back
- April 20 Exploratory 3 Begins

Resiliency

Personal resiliency is about our ability to 'bounce back' when we face difficulties. It is about our strengths and assets - those resources, attributes and skills that help us recover from negative events or feelings, cope with challenges, and look after ourselves when things aren't going well. Parents play an important role in helping our children develop assets.

Tips for parents:

- Connect with your child as often as you can.
- Be aware of little chances to connect - during meals and car rides, by helping with homework, watching TV, or doing chores together.
- Listen first... then ask your children how they feel and show acceptance for their feelings.
- Notice their good qualities & show interest in the things that interest them.
- Make sure they get enough rest, a proper diet and exercise, and take good care of yourself too!



When your child is stressed:

- Help them identify the problem that is causing the stress and understand how big the problem is.
- Assist them to figure out a plan, such as listing several actions they can take to help them feel better when they are stressed.
- Make sure they have time to play. Unstructured play and other enjoyable activities help children deal with their stress.
- Ensure that their life is not too busy. Some children need more 'down time' than others.
- Teach them to relax by taking several slow, deep breaths in stressful moments.

For more information about children and resiliency, go to http://www.psychologyfoundation.org/order_worklife.php#KidsCanCope and download "Kids Can Cope: Parenting Resilient Children at Home and at School"

* Content for this topic used with permission from "Kids Can Cope: Parenting Resilient Children at Home and at School" published by the Psychology Foundation of Canada, author John Hoffman



Hot & Cold Lunches



Keep warm this winter by packing favourite hot foods and drinks to go!



Lunchbox Tips:

- Pack a thermos and reusable containers to help keep our environment healthy.
- On a cold day, fill your thermos with soup, stew, pasta, chilli & rice or hot chocolate made with 2% milk.
- Cut up extra fruit & veggies when you're preparing dinner or cook extra food for lunch the following day.
 - Add colour & crunch to your lunch - pack chopped red & green pepper strips, carrot sticks or try an Asian salad roll.
- Have fun with Kabobs, add roasted meat, cheese, fruit & veggies.



Family Literacy Day

On January 27 we will be having our Family Literacy Day Pancake Breakfast. It starts at 7:30. We invite parents to come and have some pancakes and then read with their children in the gym. It will be a great way to highlight how wonderful our Predators are. Please come and join us. Reading with your child reminds them that how important you believe it is too!



GRADE

This term our students will be writing a Reading test that is given to all Grades 1-12 students in the District. The GRADE, as it is known, is a test for reading comprehension. It shows how well our students are doing at Reading and what things we need to work on to make them better readers. Reading happens all year long so GRADE is a snapshot about how students are doing in their reading. Reading is important, and measuring reading is important as well. We will be writing GRADE starting on March 2nd. Please make sure that your child is well rested and has a good breakfast and lunch as this can help with their concentration. Should you have any questions please don't hesitate to call me at the school.

Children learn best when families and schools work together.

Supporting Your Child

- Spend some time talking and listening to your child every day.
- Praise your child for good work in school and good behavior at home.
- Help your child develop self-confidence and self-discipline.
- Talk with your child's teacher about how my child is doing in school.
- Talk with your child about schoolwork.
- Set a regular time and place for schoolwork. During this time, there should be NO television, NO radio, NO phone calls.
- Encourage reading. Read with your child, be seen reading and listen as your child reads to you.
- Make sure your child gets healthy meals, enough sleep and good exercise every day.
- Love your child enough to say NO when necessary.
- Help your child discover the joy that learning and thinking can bring at any age.

We are privileged to have the gift of your children with us for 4 years, but they are a gift to you forever. Thank you for being there for them on their educational journey.

