



EXCELLENCE
by choice



February News

Wes Hosford
Elementary School

FEBRUARY 3, 2010 VOLUME 6, ISSUE 1

Academics. Fitness. Community.

Administration Message

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"We must use time wisely and forever realize that the time is always ripe to do right." Nelson Mandela

January is making its exit which means we are half way through the school year! As we head into February, the short month with many school days off, we will be super busy. The teachers will be heading off to convention on February 4 and 5 so students will be off. We will be participating in Winter Walk Day on February 10 and invite anyone who is interested to join us! In addition, we have an extra long weekend to spend with family during the Family Day weekend. We are all looking forward to the Family Dance on Friday, February 19! Have a great month!

Christine & Bryce

Bouquets

- Thanks to our noon hour supervisors who have braved the cold this month and maintained control during indoor days! We really appreciate the job you do!
- Thanks to the Parent Council for their continued support of activities we do at school!
- Thanks to Wendy Geraldles and Jody Visser for all their work organizing the WHF Olympics.
- Thanks to all the volunteers who came out on Olympic Day, we certainly could not have made it through the day without you!
- Thanks to Amanda Platz and Stephanie Spilchak for all their work organizing the Family Dance! We love the display by the gym!
- Thanks to everyone who has donated items to the themed baskets!

School Fees

There are still some outstanding fees which need to be paid. If this is an oversight, please remit your child's fees as soon as possible. If you need to make alternate arrangements for payment to be made by installments, please contact Jan Lotsberg in the school office.

Student Absences, Lates, Leaving/Returning from Appointments

To help the office better track the comings and goings of our students, we ask for your assistance in the following procedures.

- When students are **late** for school (morning/afternoon); **leaving** school for an appointment; **returning** to school from an appointment, the student or their parent **must come to the office** and sign in/out on the **Student Sign In & Out Log** located on the bulletin board.
- Please call the school when your child will be **absent**. Messages are able to be left on our answering machine any day at anytime.

We appreciate your willingness to assist our office staff who are currently making many unnecessary phone calls to parents. Thank you!

Editorial by B. Cumming—Secure Connections

This past Friday teachers from across Elk Island Public Schools attended a Professional Development Day at Salisbury Composite High School. As I waded through the crowds trying to find the room where my first session was going to take place, I did not realize that I would be blown away by the information that Katie from Saffron Centre would share with us. The Topic—Secure Connections—an in depth look at the fantastic but sometimes scary world of electronic devices. The devices discussed during this session were cell phones, video games and the world wide web accessible at school and at home.

Teachers and parents have an increasingly hard job of monitoring what children are doing on their electronic devices and the frequency of issues involving inappropriate conduct on these very devices is increasing. Katie mentioned that approximately a year and a half ago they were offering group counseling sessions for children aged 14 to 16 year olds. Soon, they lowered the age bracket to include 12 to 14 year olds and have recently been looking at lowering the age further to include 9 to 12 year olds. She mentioned that the frequency in young users being involved in negative situations is increasing as the age of these users is getting lower and lower. Students in grade 5 are beginning to surface around their agency. Victims of cyber bullying are increasing in number and the viciousness of its impact is amplifying. "Sexting" (the sharing of inappropriate picture via cell phones) is increasing and hacking of accounts such as Twitter and Facebook are leading to hurt feelings and fear among students in elementary school and beyond.

What can be done? Who is responsible for dealing with the fallout from poorly thought out decisions on these secure connections? Schools have an obligation to ensure all students are safe at school and deal with situations which come up in class and at recess. What happens at home and over cell phones is incredibly hard to govern as at school students are blocked from accessing social networking sites and cell phone usage is prohibited during school hours. Unfortunately, by the time issues surface at school, the situation sometimes has grown to monumental proportion. Katie from Saffron did suggest that local RCMP have become more vigilant in combating issues concerning cyber bullying and are pressing charges in some cases for Communication Causing Fear, Criminal Harassment and further cases have surfaced where children are being charged for the Production, Storage and Distribution of Child Pornography for doing something such as taking an inappropriate picture on their cell phone and then forwarding it on to others. Parents can take some simple steps at home to lessen the impact of time spent on these devices. Charging cell phones in their bedroom at night, setting boundaries for internet use, and talking about appropriate use are just a few.

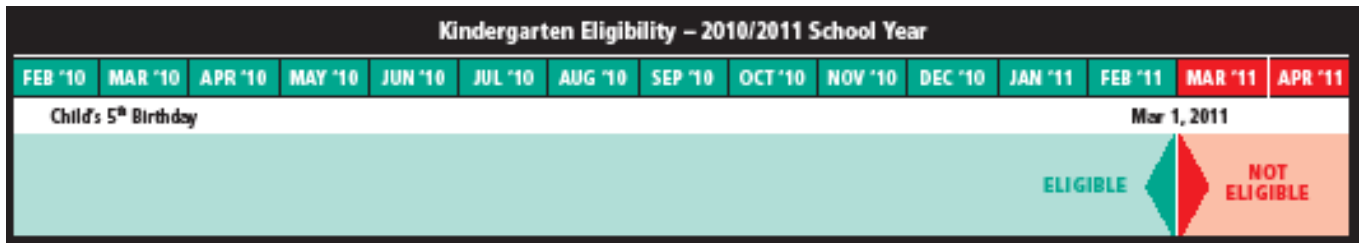
Why is this topic important? Katie mentioned some frightful statistics about how much young users are giving out in terms of personal information. She mentioned that predators are lurking on social networking sites and are even going so far as to send children pre-paid phones and phone cards so they can communicate 24/7. Predators are forming bonds with young players while playing online games and once trust is developed they make their move. Some of these relationships can take months but these predators are willing to wait.

This article is not meant to scare you into never allowing your child to use any electrical devices. In this day of the 21st Century Learner, we have to be accepting of these new devices and their potential benefits. We need to foster discussions about boundaries and appropriate usage just like we learned when we were in school. We learned to be polite and display manners at all times but the difference is our relationships happened in person whereas today's youth is basing their popularity of how many friends they have following their Twitter feed or Facebook page. It's different but—if we are cautious I believe the impact of these secure connections can be minimal. ***Do you have questions? Would you like a session by Saffron for parents? Call or email me.***

Kindergarten Eligibility for 2010-11 School Year

Do you have a child who will start Kindergarten in fall 2010? Registration for the 2010/2011 school year is underway. Your child is eligible to enroll in Kindergarten for the upcoming school year if he/she will be five years old on or before March 1, 2011.

Give us a call at 464-1711 or visit our website at www.weshosford.ca and be a part of Kindergarten at **Wes Hosford School**. We are currently accepting registrations for both our morning and afternoon classes. We will be holding our Kindergarten Orientation for Parents of the registrants on Monday, May 10th @ 7pm for an opportunity to meet the staff and learn about our kindergarten program.



Fitness Focus— Miss Lerbekmo

The "Winter Walk Day" challenge is on and Wes Hosford is registered to participate. The event will take place on Wednesday, February 10 at 1:42 pm (period 9). All classes will bundle up and head outdoors for a twenty minute walk. Please come join us as we take part and try to beat our numbers from last year.

The annual ski trip for grades 4-6 is on February 11. If you are a volunteer who offered to transport equipment, please park your vehicle along the north side of the parking lot on that morning. Students will bring their equipment near the bicycle racks to be loaded. Thank you to all volunteers. We will keep our fingers crossed that Mother Nature offers us great ski conditions and a day full of fun and exercise.



Excitement continues to grow for the winter Olympics that will begin in Vancouver on February 12. Thanks, once again, to Jody Visser and Wendy Gerales for organizing our own mini winter Olympics here at the school last month; and thank you to all other volunteers who made it happen as well. It was a fantastic day! Be sure to watch for the Para-Olympics that run from March 12 – 21 as well. Canada has some excellent athletes to watch there, too.

Wes Hosford Track Club is back and we are ready to participate in the 32nd Annual Edmonton Journal Indoor Games. The track meet is on February 17 during the day at the Butterdome (U of A pavilion) and the individual races (200m, 800m) will be in the evening on February 23. Feel free to come out and cheer on our runners!

*** After the meet we will take a week off, then resume practices the second week of March. The next practice schedule will be posted in the March newsletter.**

Students will be dancing in their P.E. classes this month and will be able to "dance their socks off" at the annual school dance on February 19. Thank you to Amanda Platz, Stephanie Spilchak and the Parent Council for organizing the event. It is always a great time!

Counsellor News—Mrs. Hanson

Empathy, which literally translates as *in feeling*, is the capability to share another being's emotions and feelings.

Empathy is distinct from sympathy, pity, and emotional contagion. Sympathy or empathic concern is the feeling of compassion or concern for another, the wish to see them better off or happier.

Batson, C.D. (2009). These things called empathy: Eight related but distinct phenomena. In J. Decety and W. Ickes (Eds.), The Social Neuroscience of Empathy (pp. 3-15). Cambridge: MIT Press

(Check out this link to read Barack Obama's speech about a national empathy deficit. <http://www.northwestern.edu/observer/issues/2006/06/22/obama.html>)

We demonstrate empathy in many ways. The grade six's recently started a "Hope for Haiti" campaign, and raising monetary donations for people impacted by the recent earthquake. I often witness younger students escorting a hurt friend in from the playground. Older students help their younger "grade buddies" to complete projects and learn new things, all while demonstrating patience and kindness. The best way we can demonstrate empathy is to be kind and compassionate to the others we see every day; to put ourselves "in someone else's shoes" and try to imagine life from their perspective.

Instances of bullying and cyber-bullying continue to impact our culture. Perhaps our greatest weapon against these acts is found in empathy and compassion for others.

BullyingCanada.ca has a regular newsletter where youth from across the country share stories of bullying incidences and their resolutions. Below is an excerpt adapted from the January 11 newsletter:



A New Way To Trash 'Friends' (Kate Lunau, Macleans Magazine, January 14, 2010)

What do you think about Jessica, Maureen, and Laura?" the online comment thread begins. "Jessica is mean and ugly," someone replies. "Maureen is ugly and hyper," writes another. After several more comments—all of them anonymous—join in on bashing these three girls, someone who identifies herself as Maureen pipes up: "What did I ever do to you?"

Why would today's teens trash each other publicly? They have a "huge amount of trust in technology, and an inability to understand the damage that can be done," says Sidney Eve Matrix, a digital trends expert at Queen's University. They're so comfortable "living in public," she notes, that even schoolyard gossip—once whispered in dormitories or locker rooms—is now posted online.

Cyber bullying might take place online, but its effects bleed into the real world. Those who post insulting comments could face all kinds of repercussions, from defamation charges to being kicked out of school, says David Fewer, director of the Canadian Internet Policy and Public Interest Clinic at the University of Ottawa. For the victim, the consequences can be more severe. "Many people are permanently harmed," says David Smith, vice-dean at the U of O's faculty of education, who says bullying can cause everything from depression to suicide.

Bullying is a criminal act. This is just one example of the many stories featured in the newsletters. It is important that students and parents speak up against bullying and demonstrate empathy and compassion towards others.

Family Dance Update:



Wes Hosford's Annual Family Dance

"Masquerade Ball"

Friday, February 19th 7pm-10pm



On the evening of the Family Dance, we still have tables available for the **Trade Fair** in the library. If you are interested in promoting and advertising your home based business, as well as helping out Wes Hosford School, please call the family dance coordinators listed below. This is a great opportunity to sell items, demo your products and make business connections.

Tickets for the dance can be purchased at the beginning of February. A flyer will be sent home, but please be sure to check your child's agenda or visit the school website for further information on this in February. Ticket costs will be as follows:

\$3/person

\$10/family (immediate only)

With the purchase of each ticket, a mask will be sent home for you to decorate for the Ball. For those who choose to participate in this creative, fun, family activity, a **Grand Prize** worth over \$200 will be awarded! More information regarding this will be sent home in early February.

We need your help! If you are interested in volunteering at this family fun event please call one of the coordinators below with your name and number.

Thank you for your support. If you have any questions or concerns, please do not hesitate to email or call one of us. We look forward to seeing you all at the dance!

Sincerely,

Amanda Platz (416-5123) beckac@shaw.ca

Stephanie Spilchak (416-1518) momofidenticals@shaw.ca

Olympic Money and Sponsorship:

This year the students and staff at Wes Hosford have been working hard raising money in order to support a local athlete in her quest to compete at the 2010 Winter Olympics in Vancouver. Jenny Ciocchetti was selected by our school and our students were lucky to hear her speak at an assembly back in September. She spoke of her journey and struggles while attempting to learn the sport and ultimately make the Canadian Olympic Team. We have been supporting her message throughout the school year at assemblies and as a school were very sad to hear that Jenny was not picked to represent Canada in Women's Bobsledding at this year's winter games. We wish Jenny all the best in her efforts to make Canada's Bobsledding team and represent our country on the world and future Olympic stage.

The money raised from the sale of red mittens, raffle baskets and our Red Day Hotdog Lunch will be donated to help support the Canadian Bobsledding Team. We look forward to watching their progress and success at the Olympic Games in February. **Go Canada Go!**

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Participants revealed for Journal Games	2 Hot Lunch	3 Dismissal @ 2:25pm No Kindergarten	4 PD—School Closed	5	6
7	8	9	10 Winter Walk Day Journal Gm Prac 3:30 –4:oopm	11 Gr 4-6 Ski Trip	12 School Closed	13
14	15 Family Day No School	16 Parent Council Mtg 7pm 8x200m Practice 3:30 –4:oopm	17 Daytime Journal Games 8x200m at Butterdome	18 200m & 800m Practice 3:30 –4:oopm	19	20
21	22	23 Evening Journal Games Individual Races Butterdome	24	25	26	27
28	March 1	2	3 1 pm Gr 5 Hep B	4	5	6

Schedule of Events

February Dates

- Feb 3rd—Early Dismissal @ 2:25pm
No Kindergarten
- Feb 4th & 5th— PD **School Closed**
- Feb 10th—Winter Walk Day 1:42pm
- Feb 11th—Gr 4-6 Ski Trip
- Feb 12th—**School Closure**
- Feb 15th—Family Day (**No School**)
- Feb 16th—Parent Council Mtg 7pm

March Dates to Note:

- Mar 3rd —Gr 5 HepB/Chicken Pox Immunization @ 9am
- Mar 5th—PD **School Closed**
- Mar 19th —Report Cards
- Mar 23&24—Celebration of Learning
- March 26-Apr 5th—Spring Break
No School

Parent Council News

Thanks to everyone who attended the meeting on January 19th. It was great to see so many parents. The motion to proceed with an application by the Parent Council to the Province to run a casino as a major fundraiser for our school was passed. Accordingly, we will be preparing and submitting the application in the coming months. If anyone has any experience with Casino fundraisers and would like to lend your experience, or if you would just like to help out, please contact Cathy Duxbury at 417-3887 or catdux@shaw.ca. It is expected that we will need as many as 30 volunteers, or more, to make a go of the Casino. As we may receive notification of a Casino date on short notice, we would like to compile a list of interested volunteers as soon as possible. We thank you in advance for your support.


Olympic Day: Olympic Day was January 22nd and was a HUGE success. The children had a fantastic time. Hats off to the organizers, the parent volunteers, and all of the staff who pitched in to make the day such a special one for our children.

Family Dance: Don't forget to mark your calendars for the Family Dance on February 19, 2010, from 7:00 to 10:00 p.m. The tickets will be going on sale shortly, so please check your child's agenda or visit the school's website for further information. The organizers have been working hard and the dance looks like it will be a blast for the entire family!

2010/2011 Parent Council: Believe it or not, it is already time to start thinking about next year's Council. Our hardworking President and Secretary will be moving on next year, and those positions will be vacant. We are looking for parents to step forward and volunteer a few hours per month of their time to serve on Parent Council and help enrich the school experience for all of our children. Please feel free to contact our current President, Kim Lange, at 410-9984 or KimLange@shaw.ca if you have any questions about what these positions entail.

Next Meeting: Our next meeting will be on February 16th, at 7:00 pm in the library. We hope to see you there. If you would like a copy of our minutes mailed to you, please e-mail spanders01@shaw.ca.

Wes Hosford Milk Program

Total Number of Days:		
16		
Individual Tickets	75 ¢ per Choc. Or White Milk (____)	Total \$ _____
Booklet	20 Tickets - \$15.00	\$ _____
Name: _____ <small style="color: red; font-size: 8pt;">Please make cheques for Milk to: Wes Hosford Elementary School</small>		Total Included: \$ _____
Class: _____		

Important Notice:

If you did not provide the school with your email address at the beginning of the school year, or if your email has changed, please call the school and update it with one of our secretaries. We are now able to send messages to you via email. Messages may include such things as monthly newsletters or important dates/events. Don't miss out!

Look for your message today!

Remember to check our website regularly for updated information items. It can be found at:

www.weshosford.ca

Community News

FAMILY DAY FEVER Catch it.

Bust out your grooviest disco moves indoors this Family Day Monday!



- Disco Dancing
- Activities and Games
- Full Concession
- Costume Contests
- Prizes, Prizes, Prizes!
- And, of course, gymnastics!

Date: Family Day Monday
Time: 10 am - 4 pm
Place: Salto Gymnastics,
 2025 Oak Street (beside the arena)
For more Info: saltogymnastics.com



It's a great way to have active fun with your family!
Children under 16 must be actively supervised by an adult (max 3:1 ratio)



Bring this ad to Family Day Fever and get 50% off admission!