



# OYEN PUBLIC SCHOOL

## EAVESDROPPER



November 5, 2009

### From the Principal's Desk

The staff at Oyen Public would like to welcome parents to attend our Remembrance Day service on Tuesday, November 10 starting at 10:00 AM. After the service we will be walking to the cenotaph where we will be laying our wreaths.

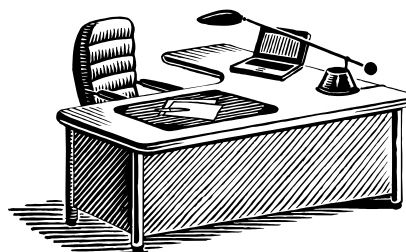
The conflict management team recently had a lunch with Mrs. Derie. The conflict management program was set up many years ago to help solve minor problems. The staff feels this program is very valuable because it allows peers to help other peers. Many small problems are dealt with very effectively by the team, and this allows all parties to leave the session with the problem dissolved. Mr. Meekins and Mrs. Peterson are the staff supervisors for the program. Thank you to the following students who volunteer their time to help with the conflict management program; Matthew Norris, Avalon Hauck, Brendan Bamber, Bryce Hittel, Tanya Dick, Hailey Hauck, Simon Ly, Lize-Mari Bouwer, Vincent Vanstone, and Darbi Olds.

The boys and girls volleyball teams will be competing in the divisional tournaments on Monday, November 9. Games for the boys start at 12:30 at OPS, and the girls' games start at 12:30 at SCHS. Best of luck to all our teams, and we know you will compete your hardest and show great sportsmanship.

We have just a few reminders to finish. Please make sure if you have changed your phone number, address etc. to let Mrs. Peterson know. Also if you have had an update on your storm billets or emergency contact numbers, it is important to keep this information up to date. Finally OPS will not be open on Remembrance Day, Wednesday, November 11.

Yours in Education,

Jason Duchscherer



Coming December 1<sup>st</sup> and 2<sup>nd</sup>  
Dare to Care Workshop  
For Grades 7-9

This program will deal with a wide range of issues such as leadership, self-esteem, physical and mental bullying, drug abuse, violence, and racism. Elements of this program will be fun, empowering, eye-opening and emotional. More details will be sent out in the next couple weeks.



# HALLOWEEN AT OYEN PUBLIC SCHOOL



## ECS UPDATE



We had a lively bunch in our classroom last Thursday afternoon. There was laughter and groans as the brave and the squeamish cleaned out the pumpkins to make the jack-o-lanterns! We had a fun group of helpers who got right to work to help the children make another batch of unique creations. After the work we had a photo session with our lit jack-o-lanterns. We really appreciated the Mums, Dads, Grandmas and an aunt for taking the time to make the afternoon so special. Thanks also to Amy, our work experience student, who set up our tables and took photos. After recess we paraded and showed off our costumes to the elementary classes, Mrs. Peterson and Mr. Duchscherer. We also enjoyed the pumpkin muffins that we had made in the morning. Thanks to Mrs. Evens for tending to them in the oven ó they took much longer to bake than expected.

If you left two pumpkins cutters (handles ó one orange and one purple) please let me know.

The students did a wonderful job reading the òHalloween isí ò pocket chart and making their own booklet ó I hope they each read it at home.

A reminder that the Kindergarten report cards will go home on Tuesday, December 1<sup>st</sup>.

**Double-check your November calendars please. We have Kindergarten on Monday Nov. 9<sup>th</sup> and Monday Nov. 30<sup>th</sup> and Wed. Nov. 18<sup>th</sup> and Wed. Nov. 25<sup>th</sup> and NOT Thurs. Nov. 19<sup>th</sup> and Thurs. Nov. 26<sup>th</sup>.**

No speech sessions on Tues. Nov. 17<sup>th</sup>.

Thanks to Mrs. Evens for making us new playdough.

We will be busy on Monday preparing for our part in the Remembrance Day Service on Tuesday morning.

We are learning about nutrition and the food groups this month ó please encourage discussion about this at the dinner table.

The Kindergarten is holding a òlow pressureö sales campaign for **Discovery Toys** with the proceeds going to the Kindergarten for new activities. Get your Christmas shopping done from your home! Orders into Nicky by Tuesday November 17<sup>th</sup> please.

Thanks to those who have been ordering Scholastic books ó it helps us buy new books for the classroom.

I am looking forward to attending the Early Childhood Education Council conference in Calgary on Nov. 13<sup>th</sup>/14<sup>th</sup>.

We will be participating in the school Christmas concert.

It would be great if everyone could have a change of clothes at school for those unexpected happenings.

Please ensure that lunch to be heated is in microwave safe containers as some plastics could be toxic when heated.

*Keep up the wonderful job with homework and look for it posted each week under “our schools” on [www.prrd.ab.ca](http://www.prrd.ab.ca)*



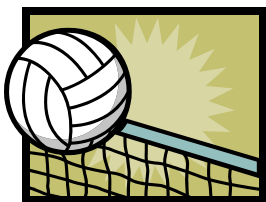
## League Volleyball

On Wednesday the JV Varsity Boys traveled to Youngstown. They won 1 game and lost four. A big thank you goes out to the parents who drove.

The Varsity Girls played host to Acadia Valley. Playing with a number of players out due to sickness they managed to win 2 games and lost three real close games.

The Varsity Boys also played at home. They played host to New Brigden. Our boys managed to win all five games.

Next week will bring an end of the regular season with the Divisionals scheduled of the week of the 9<sup>th</sup> of November. Zones are on the November 13<sup>th</sup>-14<sup>th</sup> weekend. Girls are in Carbon and the boys are in Mino Simons.

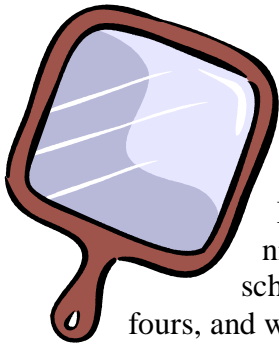


**OPS GIRLS VOLLEYBALL  
NO STOPPING US NOW**



**October 23<sup>rd</sup> and 24<sup>th</sup> found the OPS Girls volleyball team in Delia. Friday evening we played Drumheller, beating them 25-23 and 25-14. Next on our list of opponents was Morrin, winning easily 25-13 and 25-9. Saturday we faced Consort coached by Rachelle Grover. With Consort struggling the Panthers came out on top 25-8 and 25-13. Next we played Delia winning 25-7 and 25-13 and last in the round robin was St. Anthony's (Drumheller) which the Panthers annihilated 25-3 and 25-8. In the semis we faced off against Consort again and won both games 25-10. The final was Oyen vs Drumheller but the Dragons were no match for the Panthers. The final scores were 25-13 and 25-7 earning the OPS Panthers another Gold medal. With not real fierce competition it is easy for a team to sit back and not play hard but I must say the girls kept on top of their game and definitely deserve the Gold. It also gave the younger girls a chance to play more and they did a fabulous job! All in all we had a very fun weekend full of laughs and silliness. Thanks girls!**

## Machellø Mirror



Donøt tell me another two weeks have already gone by! Before we know it, weøll be working on the Christmas Concert. Iøll bet some people have already started their Christmas shopping. Another two weeks mean another visit from the daring duo, Zero the Hero and his sidekick Decimal Dot. This time they brought glow in the dark bracelets to use Halloween night. Today marks the 45<sup>th</sup> day of school. Yesterday, on the 44<sup>th</sup> day of school, we found out that, besides being an even number, we could count by fours, and we could make 4 groups of eleven. We practiced counting by 11s up to 99.

We are learning how to count ahead by ten on the 100 chart, and how to go forward and back one week with the calendar.

Our øOnce Upon a Timeø theme is ending this week. Next week, we will begin our Science theme øThe Polesø, and will be learning about magnets, hot and cold temperature, and the earthø polar regions, including the North Pole ø Ho! Ho! Ho!

Since last report, we have been working on a couple of fairy tales plays, a poem and some songs. The children have been rewriting the story øHen and Sly Foxø in their own wordless books, making their own sentences. They have also begun to write their own short fairy and folk tales. The first one involves a girl who is granted three wishes by a frog she saves from being stuck in the mud. We have had the stories øHansel and Gretelø, øCinderellaø, øRed Riding Hoodø, and øThe Three Bearsø. We found out that øthreeø is a recurring number in many fairy tales. Another one is the number seven.

Our special person last week was Tyrell. He is another person who enjoys his macaroni and cheese. His favourite animal is a fish, and in school he likes the gym best. Tyrell admires his dad, and says he plays video games and dresses up to play army well. His favourite book is øStar Warsø, and his wish is to be a frog!

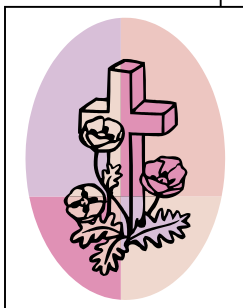
This week, our special person is Daniel. He admires his bird øDuckyø, because sheø cute and can fly. His favourite animal is the Ogo-pogo of Okanagan fame. Daniel says his favourite book is one about double mazes. His favourite food is peanut butter, especially the kind freshly made in the store. Daniel says he is good at imagining, drawing, and singing. His wish is to be an inventor, a writer, or an artist some day. At school, Daniel likes Art and Computer the best.

Congratulations to Melissa, the first to receive her Copper Award for earning 50 Personal Effort Points. Everyone has now earned their Bronze Award, and all received a period of free time as a reward.

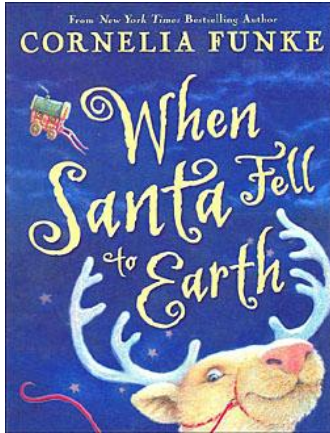
Oyen Public School  
REMEMBRANCE DAY SERVICE  
Tuesday, November 10<sup>th</sup> 10:00am  
Everyone Welcome!

Students encouraged to bring small donation for a poppy

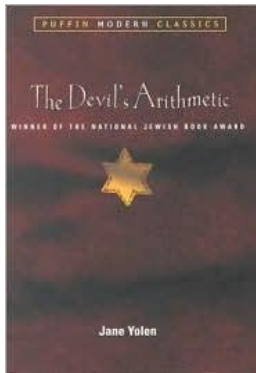
No School  
November 11<sup>th</sup>



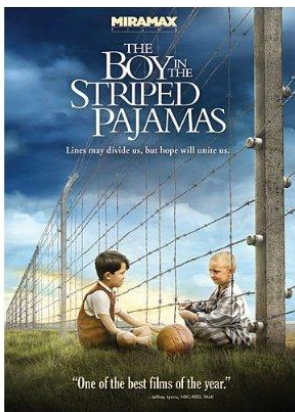
## Book Clubs



Our grade 1-3 book club is finally getting started. Our format is different from what has been done in the past. Our first theme is a Christmas story. We will be reading the story *When Santa Fell to Earth*. One book will be signed out to each family that has students participating in the grades 1-3 book club. Chapters will be assigned to be read each week and we are encouraging families to make this a special time of reading with their children. A letter outlining our format will be sent home with those participating along with a copy of the book. We are planning to have short discussion sessions with the students during lunch. Our final activity is planned for Monday December 7 afterschool. More information will follow.



The Grade 4-6 book club is on chapter 11 of *The Devil's Arithmetic*. Some of the students are finding this book a little difficult to understand, but the discussion questions that follow the chapters have helped in this area. We plan to have a movie night after we have finished the book and a letter and permission form will be sent home once we have set a date.



The junior high book club uses our Thursday lunch time to sit and read the book while we have our lunch. Once we have read at least 5 chapters we will have a discussion on that part of the book. Again once the book is finished we are planning on having a movie night to watch the movie *The Boy in the Striped Pajamas*.

## November Birthday Wishes

November 3 ó Mrs. Duffield  
November 5 ó Mrs. Berg  
November 6 ó Tristan Duchscherer  
November 9 ó Abigail Mundt  
November 14 ó Mrs. Molzan  
November 19 ó Kendrick Beynon  
November 19 ó Regan Dick  
November 23 ó Logan Dick  
November 24 ó Brice Dick  
November 24 ó Drydan Dumanowski  
November 24 ó Kyler Salik  
November 27 ó Owen Hausauer  
November 29 ó Jesse Smith



### NOVEMBER FRIDAY LUNCH SCHEDULE

November 6 ó Hotdog Day \$1.25each  
Helpers Mel Materi and Marilyn Yanez  
November 13 ó Pizza Lunch  
November 20 ó Hotdog Day \$1.25each  
Helpers Mona Davidson and Dana Duchscherer  
November 27 ó Subway Lunch

## Family Halloween Dance

Those who attended the Halloween Dance Friday night report having a spooktacular time. Creepy music, fog, and scary dancers made the evening a lot of fun.

Congratulations to Jasmine Pritchett, Brian James and Kiarra Dziatkewich as they were the lucky winners of the MONSTERS VS. ALIENS movies generously donated by DPS Staff, Oyen Optometry Clinic, and True Value Hardware. Mr. Wright was the winner of a gift certificate donated by The Dragonfly Cappuccino Bar. The Town of Oyen donated a family pass to the Oyen Bullarama which included \$40 of vouchers to spend at the Bullarama. This prize was won by the Bamber family. Congratulations everyone!

Thanks to Subway for their gift of delicious cookies. Refreshments were donated by Shop Easy and Doug's AG Foods. Thank you!

Thanks to all the parents who set up for and cleaned up after the dance.

POINSETTIAS WILL BE IN THE WEEK OF DECEMBER 7<sup>th</sup>

Thank you to everyone who ordered!



# November 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Hotdog Day	7
8	9 Volleyball Divisionals Boys @ 12:30	10 <u>Remembrance Day Service @ 10:00-11:00</u> Volleyball Divisionals Girls @ 12:30 Pizza Day Forms Due	11 Remembrance Day  NO SCHOOL	12	13 Volleyball Zones  Pizza Day - Forms Due Nov. 10th	14 Volleyball Zones
15	16	17	18	19	20 Hotdog Day	21
22	23 PD Day NO SCHOOL	24 Steve Harmer Motivational Magic for grades 1-6	25	26	27 First Report Card  Subway Lunch	28
29	30					



Healthy Living ... Healthy Body, Healthy Mind ... Healthy U

**Vitamin D – A Vitamin in Demand?**

Vitamin D is required for a number of functions in the body but the most important job Vitamin D has is to help the body absorb calcium and maintain a good calcium balance. Calcium is used in the body to make strong bones; more than 99% of your body's calcium is found in your bones and teeth.



Vitamin D is known as the sunshine vitamin because it is made in the skin upon exposure to UVB sun rays. Use of sunscreen during the summer months or having dark pigmented skin can also decrease our body's ability to make its own vitamin D. Also, in Canada, the angle of the sun is such that the skin cannot produce vitamin D from sunlight between the months of October-March.

Where can you get Vitamin D without the sun's rays? Foods such as milk, fortified soy beverage and fatty fish (eg: salmon or herring) are great sources of vitamin D. Smaller amounts of the vitamin are found in egg yolk, non-hydrogenated margarine and liver. The best way to get your vitamin D is to drink 2 cups (500 mL) of fluid milk or fortified soy beverage daily which provides 200 IU, the current recommendation by Health Canada. See Table 1.

Table 1. Sources of Vitamin D

FOOD	VITAMIN D (IU)
Milk or fortified soy beverage: 250 ml	100
Salmon, canned: 30 grams	100
Sardines, Atlantic, canned, drained: 1 can	100
Egg: 1	25
Margarine, non-hydrogenated: 5 ml	25

What about supplements? A daily supplement of 400 IU is required for breastfed babies, regardless of their sun exposure (D-Vi-Sol and D-Drops are available at local pharmacies – ask your physician for further details). Health Canada also recommends that individuals over the age of 50 take a 400 IU supplement daily. For those who do not drink milk or soy beverage, a supplement may be beneficial, so ask your doctor what dosage you should be taking.

Keep in mind that supplementing without consulting your doctor is not advised. Vitamin D has an upper limit of 2000 IU daily, and doses exceeding this limit could result in toxicity. Note that it would not be possible to reach the upper limit through diet and sunlight exposure alone; toxic affects could only occur by taking high dosage supplementation.



**Baked Salmon with Tomatoes, Spinach & Mushrooms**

**Ingredients:**

- 4 salmon fillets (1 lb./450 g)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced mushrooms
- 1 tomato, chopped
- 1/4 cup KRAFT Extra Virgin Olive Oil Sun Dried Tomato Dressing

**Preparation:**

**HEAT** oven to 375°F. Place fish fillets, skin sides down, in 13x9-inch baking dish sprayed with cooking spray.

**MIX** remaining ingredients until blended; spoon over fish.

**BAKE** 20 to 25 min. or until fish flakes easily with fork.

Recipe from [www.kraftcanada.com](http://www.kraftcanada.com)

**Tip:** Add some whole grain rice and a glass of milk to make this a balanced meal with plenty of vitamin D.