



January 5, 2012 OPS Eavesdropper

Phone 403-664-3733

Fax 403-664-2082

www.oyenschool.com



TELEPHONE DIRECTORY		
TITLE	EXTENSION NUMBER	EXTENTION
Library	Mrs. Woods	3013
Preschool	Mrs. Getz	3002
ECS/Grade 1	Mrs. Robertson	3017
REAL Prog. Coordinator	Mrs. Machell	3019
REAL Prog. Success Coach	Mrs. R. Smigelski	3019
Grade 2/3	Mrs. Cox	3018
Grade 4/5	Mr. Meekins	3021
Grade 6	Mrs. Berg	3022
Grade 7	Mrs. Coates	3003
Grade 8	Miss Chmilar	3006
Grade 9	Mrs. Senkiw	3023
Gym Office	Mr. Simmons	3009
Music Room	Mr. Orr	3004
Classroom Support	Mrs. D. Smigelski	3016
Gr. 6 & Drama	Mrs. Beynon	3020
Ed. Assistant	Mrs. Stammers	
Ed. Assistant	Mrs. Molzan	
Ed. Assistant	Mr. Beynon	3015
Ed. Assistant	Mrs. Riehl	
Ed. Assistant	Mrs. Evens	
Secretary	Mrs. Peterson	3000
Principal	Mr. Duchscherer	3001

Grade 4-9 Hidden Valley Ski Trip January 18, 2012

Forms will go out on January 5th due back on January 10th
2 large busses have been booked. A transportation fee of \$20 will be charged for each student riding the bus.

January Hot Lunch

Friday, Jan. 6th – Hotdog Day
Workers: Ramona Smigelski & Dana Duchscherer

Friday, Jan. 13 – School Council

Friday, Jan. 20th – Hotdog Day
Workers: Laurel Martin & Brigitte Mann

Friday, Jan. 27th ó Subway

Reminder that punch cards can now be used to pay for any of these lunches. Please make cheques payable to OPS Fundraising Society



From the Principal's Desk

Oyen Public School would like to wish all the families of OPS a Happy New Year. May your year be filled with joy and happiness.

The boys' basketball team is in need of a coach as the current coach has other commitments. The boys will be in a league with Acadia Valley and New Brigden. As well there will be opportunities to attend tournaments. If you are interested or know of somebody who would be interested in this opportunity, feel free to contact the school for more information. Practices will begin as soon as the team has a coach.

There will be no girls' basketball team this year as there were not enough numbers to field a team. As well there is no league for the girls this year as Acadia Valley and New Brigden don't have teams.

Every year Alberta Education sends out an Accountability Pillar on schools in Alberta. As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grades 4, 7, and 10 will receive a survey from Alberta Education. In February, students in grades 4, 7, and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with the school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog.

Your participation in the survey helps provide information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2012, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Report.

The ski trip for grades 4-9 will take place on Wednesday, January 18. The forms need to be returned to Mrs. Peterson by Tuesday, January 10. If you have any questions on the ski trip feel free to contact the school.

The next parent council meeting is set for Tuesday, January 24 at 7:00 PM in room 113. We hope to see all of you out at the meeting.

Yours in Education,

Jason Duchscherer



Bootcamp 2012

Why not start the year right by getting in shape? Bootcamp is starting up on January 9/2012 and will be running in:

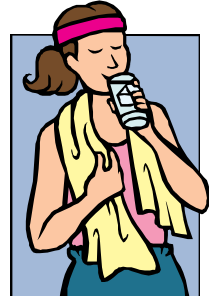
Brownfield: Tuesday and Thursday evening from 6:00-7:00 PM

Coronation: Monday and Wednesday Morning from 7:00- 8:00 AM

Halkirk: Monday and Wednesday Morning from 9:30- 10:30 AM

Veteran: Monday and Wednesday Evening from 5:15- 6:15 PM

Altario: Monday and Wednesday Evening from 7:30- 8:30 PM



This class is for men and women, and will accommodate all fitness levels. For registration and information on times, location and cost, please go to www.krfitness.net or call Kendra Richardson at **403 575 0291**. Looking forward to seeing you all there! ***Get motivated, expect results.***

Kendra Richardson | *Fitness Motivator*

Kids Yoga

Ages 4-11

Thursdays, Jan 19 - Feb 16

3:30 - 4:00 Assumption School Gym

\$30

Teen Yoga

Ages 12-17

Wednesdays, Feb 1 - Mar 7

6:10 - 6:50 SCHS Library Extension Room

\$35



Please call Michelle at 664-2939 to register.



Children's Health & Developmental Services

CHILDREN'S GROUPS

Kids in Control:

This is a seven-session anger management and emotional expression training program for children ages 4 to 7 years of age. (Separate groups are held for 4-5 year olds and 6-7 year olds.) We believe that an empathetic, professional facilitator and same-age peers can help children understand anger and find appropriate ways to respond, express it and manage it, instead of lashing out with verbal or physical aggression. Through art, games and activities, children in the group will learn self-calming methods and other constructive ways to express their feelings. In the group, children will have the opportunity to enhance their social skills, feelings of competency and personal effectiveness in the area of anger control while reducing self-defeating behaviors.

Next session begins Jan. 9 (for 4-5 year olds) and Feb. 6 (for 6-7 year olds)

Kids in Between:

This is a seven-session program for children aged 6 and 7 years who are experiencing parental separation or divorce. Children who have been affected by parental separation and divorce are often struggling with a variety of unfamiliar and even uncomfortable feelings to which they don't know how to respond. They will sometimes feel that they are the only ones experiencing these feelings and that no one will be able to understand them. It is for this reason that CHADS has established this program, with the understanding that an empathetic, professional facilitator and same-age peers can help these children understand feelings about their parents' separation or divorce, and then appropriately respond to those feelings. Through art, games and activities, children in the group will have the opportunity to express their feelings and have them validated by other members in the group. The children will also learn positive coping strategies to assist them in grieving the loss of their nuclear family and in dealing with divided loyalties.

Next session begins March 5

Bravehearts - Building Courage Through Play:

This is a six-session play therapy group for children ages 3-5 and their parents, who wish to build their child's courage to handle social situations or personal problems. Parents receive a demonstration of how to use play therapy skills to help children manage feelings of fear, sadness and anxiety. Children are provided with a safe environment in which to express themselves, try new things, learn more about themselves, and develop coping skills to manage difficult feelings and problems through play.

Next session begins March 19

Cool Cubs - Learning Limits Through Play:

This is a six-session play therapy group for children ages 3-5 and their parents, who would like to build their child's self-control and emotional regulation in social situations. Parents receive a demonstration of how to use play therapy skills to help children channel their energy, assertiveness and aggression in productive and healthy ways. Children are provided with a safe environment in which to express themselves through play and learn self-control over their excited, angry or impulsive feelings.

Next session begins Jan. 23

Call us at the phone number below for more information or to register.

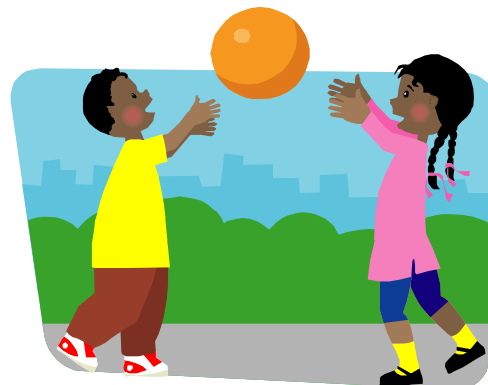
Janice Eckert

Intake Worker - CHADS Behavioral Services
South Zone - East
Allied Health Services
631 Prospect Drive SW
Medicine Hat, AB?? T1A 4C2

Janice.Eckert@albertahealthservices.ca

tel: 403-502-8257 (Med. Hat) 403-793-6664 (Brooks)
fax: 403-528-8135

Alberta Health Service



CALLING ALL PARENT VOLUNTEERS

Mark JUNE 27 & 28 / 2012 on your calendars.

The O.P.S Fundraising Society will be needing approx. 15 volunteers to work at the Medicine Hat Casino. Remember, the only cost to you will be your time as the hotel room, meals and fuel expenses will be paid for.

Past purchases with Casino funds have been picnic tables (yet to be installed), football /soccer uprights (yet to be installed), math kits, microscopes.



This is an important fundraiser for the school. Please support the society by helping out.

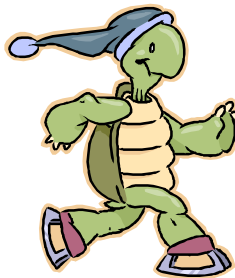
Contact Jackie Dick if you would like to volunteer at 403-664-3268.

Phys Ed Schedule Junior Highs

December 16 ó Skating
December 19th ó Curling
January 9-13 ó Grade 7 only ó Skating
February 1st ó Curling
February 2nd ó Curling
February 3rd ó Curling
February 6th ó Curling
February 8th ó Curling
February 9th ó Curling
February 10th ó Curling

Phys Ed. Schedule Grade 4/5

December 15th ó Curling
December 21st ó Skating
January 12th ó Curling
January 19th ó Broomball
January 26th ó Curling
February 2nd ó Skating
February 9th ó Broomball
February 16th ó Curling
March 1st ó Broomball
March 8th ó Skating
March 15th ó Broomball



Phys Ed Schedule Grade 6

December 15th ó Curling
December 19th ó Broomball
January 12th ó Curling
January 19th ó Skating
January 26th ó Curling
February 2nd ó Broomball
February 9th ó Skating
February 16th ó Curling
March 1st ó Broomball
March 8th ó Skating
March 15th ó Broomball

Phys. Ed. Schedule Grade 2/3

December 16th ó Skating
January 9th ó Broomball
January 20th ó Skating
January 23rd ó Broomball
February 3rd ó Skating
February 9th ó Broomball
March 2nd ó Skating
March 12th - Broomball



WOMEN'S HEALTH SERIES

Part 1

Dealing with the Narcissist in Your Life



Do you have someone in your life that seems to demand that everything be about him or her? We all need a bit of healthy selfishness in order to set appropriate boundaries with others, but some people are so self-absorbed that they seem unable to understand how others feel. If you are dealing with someone who always needs to be the center of attention, insists on being "right," is blaming, easily offended, or manipulative, you may be dealing with a narcissist. In this workshop we will look at ways to keep your sanity while coping with the narcissist in your life.

Date: January 19, 2012

Time: 6:00-8:00 pm

Register by: January 5, 2012

WOMEN'S HEALTH SERIES

Part 2

Hello Guilt, Goodbye Joy



Most of us suffer from feelings of remorse from time to time. But if you feel burdened by guilt that is smothering your ability to feel joy, not allowing you to see your own worth, or stopping you from saying "no" to the demands of others, you may be suffering from unhealthy guilt. At this workshop we will explore ways to revive your joy by lightening your load of guilt.

Date: February 16, 2012

Time: 6:00-8:00 pm

Register by: February 2, 2012

WOMEN'S HEALTH SERIES

Part 3

I Always Wanted to be a Procrastinator but Never got Around to It



There are many reasons to procrastinate in life and we often can find more than enough reasons not to do things! Procrastination often hurts us in the long run when we find we have missed opportunities that we regret. This workshop will give the strategies to finding ways to keep on track and stop avoiding those tasks that need to get done.

Date: March 15, 2012

Time: 6:00-8:00 pm

Register by: March 1, 2012

Place Big Country Adult Learning Center
113 2nd Ave W Oyen, AB

Call: 403-664-2060

Email: bccalc@telusplanet.net

Facebook events: www.facebook.com/bigcountryadultlearning

Fee: \$20/session or \$50 for the series of three sessions

SENIORS' HEALTH CAFÉ
PART ONE
Nutrition for Seniors



As we age, our nutrition needs change. This workshop will give you information on the evolving needs of our body, as it gets older. Tips will be given on how we can eat to ensure we meet our nutritional needs when faced with some of the challenges of aging.

Date: January 18, 2012

Time: 1:00-3:00pm

Register by: January 4, 2012

SENIORS' HEALTH CAFÉ
PART TWO
Ten Secrets to a Longer Life



Despite rumours to the contrary, midlife and beyond isn't necessarily a time of decay and decline. Instead, it can be a time of growth, creativity, and the freedom to redefine ourselves. Come and discuss ways to cope with the challenges, accept the changes, and celebrate the wisdom of aging.

Date: February 14, 2012

Time: 1:00-3:00pm

Register by: January 31, 2012

SENIORS' HEALTH CAFÉ
PART THREE
Becoming a Late Bloomer



Babies, bones, bowels and breasts are only four of the areas in which medical advances have improved women's health. Treatment and interventions will be discussed along with steps you can take to increase your health and happiness as well as the length of your life.

Date: March 14, 2012
Time: 1:00-3:00pm
Place: Big Country Adult Learning Center
113 2nd Ave W Oyen, AB
Register by: February 29, 2012

SENIORS' HEALTH CAFÉ
PART ONE
Our Memory as We Age



Often we fear we are losing our memory as we get older. What does happen to us all is our memory changes as we get older? This session will cover normal changes in memory as we age. We will talk about some simple steps to help our memory stay strong.

Date: April 11, 2012
Time: 1:00-3:00pm
Place: Big Country Adult Learning Center
113 2nd Ave W Oyen, AB
Register by: March 28, 2012

Call 403-664-2060

Email bccalc@telusplanet.net

Facebook events: www.facebook.com/bigcountryadultlearning

Fee: \$20/session or \$70 for the series of four sessions

January Birthday Wishes

January 2nd ó Keifer Anderson
January 4th ó Garrett Symes
January 5th ó Cheryl Breum
January 9th ó Mrs. Woods
January 14th ó Gavin Logan
January 27th ó Olivia Mundt
January 28th ó Erica Wright





Your voice matters.

Alberta Education invites you to play an important role in your child's education.

By completing this survey, you are giving your school, your school authority and your provincial government important information to gauge the quality of education your child is receiving and make improvements where needed.

When you fill out the attached Accountability Pillar survey, you're adding your voice to the future of education in your school and throughout Alberta. Results are used by schools, school authorities and government to see what's working and what needs to be improved.

Thank you for your participation.

Thomas A. Lukaszuk
Minister of Education
MLA, Edmonton - Castle Downs

Your voice is a priceless resource.

we engage

If you have any questions, please contact:
Keith Bowen, Alberta Education
E: Keith.Bowen@gov.ab.ca
T: (780) 422-4750
(toll-free access within Alberta by dialing 310-0000 first)

Please return your
completed survey
in the enclosed,
pre-paid envelope by
February 24, 2012.

**Government
of Alberta**
Education

A true picture of our success.

Measuring the quality of your child's education

We want to know that our children are receiving a quality education in a great school. Grades are important, but there's more to it.

A great school helps every child to make the most of their talents and abilities, is caring and secure and allows parents to play a key role. It's all about each student's success.

While it's easy to agree on such goals, how do we measure our progress toward them?

The Accountability Pillar is an innovative and straightforward way to measure our learning goals as schools, school authorities and as a provincial government.

School authorities receive a results report that is colour-coded and easy to read. At a glance, it points out successes and areas of concern from both a local and provincial perspective.

The results report shows which measures have improved, remained consistent and which have declined. It allows everyone — parents, teachers, school authorities, students and the province — to celebrate successes and respond to challenges together.

The Accountability Pillar looks at:

- **Survey results** — every year between January and March we survey students, their parents and teachers to see how they perceive the quality of education they receive and take part in
- **Student learning indicators** such as dropout rates, high school completion rates and the number of students eligible to receive Rutherford Scholarships
- **Student results** from Provincial Achievement Tests and Diploma Exams

Details about the Accountability Pillar and how to obtain results are available online at <http://www.education.alberta.ca/accountability>

Alberta

Government
of Alberta
Education

JANUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 A HAPPY NEW YEAR	2	3	4	5 First Day Back to School	6 Hotdog Day	7
8	9	10	11 Elementary Curling	12	13 School Council Lunch	14
15	16	17	18 Hidden Valley Ski Trip Grade 4-9	19	20 Hotdog Day	21
22	23 SI Day No School for Students	24	25 Elementary Curling Subway Forms due	26	27 Subway Lunch Family Literacy Day	28
29	30	31				



The

Nutrition

Times

Jan 2012

PREPARED MONTHLY BY LOCAL DIETITIANS FROM
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

Set Goals for Healthy Eating



It's that time again, the New Year is upon us and so are thoughts of New Year's Resolutions. Healthy eating, weight loss and exercise may be on your mind. You may also be thinking of past failed attempts. How are you going to make a resolution that you can stick with this year? Making changes to your lifestyle is easier when you make "SMART" goals.

Why set goals?

Goal setting is a good way for you to decide exactly what you are going to do and how you are going to do it. A SMART goal is a Specific, Measureable, Attainable, Rewarding and Timely goal. The more detailed your goal, the more likely you will stick to it and be successful.

Specific:	Your SMART goal should tell you what you are going to do and how to do it. Your goal should answer the questions how, what, when and where.
Measureable:	Your goal should state how much and how many. This will help you keep track of how you are doing.
Attainable:	Start with small changes you think you can do. Small changes can make a big impact over time. You can always make your goal more challenging in the future, however, over-ambitious goals can be hard to maintain.
Rewarding:	You should feel good about achieving your goal. The more important your goal is to you, the more likely you are to succeed.
Timely:	Decide on a time frame for your goal. Your goal can be short term (one week) or long term (one month). Over time your changes will become habit.

Examples: General goal: I am going to eat healthier.
SMART goal: I am going to eat more vegetables by filling half my supper plate with vegetables for the next month.

Tips for setting healthy goals

- Make small changes. Small attainable goals are better than large daunting goals.
- Break larger goals into smaller goals. For example, try adding more vegetables and fruits one meal at a time.
- Focus on your health rather than your weight. It is better to focus on making healthy changes than to try and decrease the number on the scale.



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

Below are some ideas for healthy changes you can make. Create a SMART goal from one of the ideas below, or think of your own!

- I will make meals and snacks at home more often.
- I will keep healthy snacks like vegetables and fruit washed, cut up and ready to eat.
- I will read the Nutrition Facts table and choose foods with at least 2 grams of fibre per serving.
- I will choose higher fibre foods like high fibre cereals, whole grains, beans, peas or lentils, and vegetables and fruits.
- I will fill half my plate with vegetables
- I will add fruit to my breakfast meal.
- I will add extra vegetables when making casseroles, soups, stews and sauces.
- I will eat from a smaller plate (luncheon or salad plate instead of a dinner plate)
- I will eat less foods with added sugar such as cakes, cookies, candy, granola bars and sweetened drinks.
- I will choose healthy fat like olive, canola, sunflower oil and non-hydrogenated margarine.
- I will read ingredient lists and avoid foods with hydrogenated or partially hydrogenated vegetable oils
- I will look at the Nutrition Facts table and avoid foods with trans fat.
- I will choose to drink water throughout the day.
- I will choose low fat milk to drink with meals.
- I will limit juice to 1/2cup (125 mL) per day. Make sure it's 100% unsweetened fruit juice.
- _____

My SMART goal:

Staying on Track

Write your goal down. Post it on your fridge or cupboard as a visual reminder

Buddy up. Working on the same goal with someone else provides support and will make it easier.

Give yourself a break. If you get off track, forgive yourself, and then start back at your goal. Nobody is perfect, and you don't have to be either. If you find yourself getting off track, change your goal to something more attainable.

Reward yourself. Goals can be hard work. Reward yourself for your successes with non food rewards such as a massage or a new movie or even a relaxing bubble bath.

Sources:

AHS, Getting Started with Goal Setting 2011 (Draft)
AHS, Setting Smart Goals 2011 (Draft)

Upcoming classes:

Baby and You: Infant feeding 0 – 6 months
(breastfeeding and formula)
January 18, 2012

Baby and you #2: Feeding 6 - 12 months
(introducing solids and making baby food)
February 29, 2012

Classes are Free.

No registration required.

Location:
Medicine Hat Community Health Services
2948 Dunmore Road SE, Medicine Hat



2948 Dunmore Road SE
Medicine Hat, AB, T1A 8E3
403.502.8200

440 3rd Street East
Brooks, AB, T1R 1B3
403.501.3300

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