



November 10, 2011

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

Coming
Monday, November 21st
Troy Payne's
Road to Resiliency
1:00pm in the OPS gym.

For students in gr. 7-9 and all interested parents.

No School
Remembrance Day
Friday, November 11th
Or
School Improvement Day
Monday, November 14th

Hot Lunch
Friday, Nov. 18th ó Parent Council
Friday, Nov. 25th ó Subway

Reminder that punch cards can now be used to pay for any of these lunches.

Hotdog helper list has been sent home today; thank you to everyone who volunteered.

Parent council lunches have been FANTASTIC. Thank you to Mitzi Dick and her crew of volunteers!!



From the Principal's Desk

Oyen Public School received great financial news on Wednesday, November 9 with the increase in funding that was announced earlier in the year by the government. The school was allotted another 0.125 FTE which works out to another teacher for 5 blocks a week. The extra time will be given to the ECS/1 language arts class for two periods, and three periods will be given to the grade 4/5 math class. This means on Tuesday and Thursday from 10:35-11:20 Mrs. Beynon will have the ECS students for language arts, and Mrs. Robertson will have the grade 1 students for language arts. The other change to the schedule will be on Tuesday from 11:20-12:05, Wednesday from 8:45-9:35, and Thursday from 11:20-12:05 Mr. Meekins will have the grade 4 class for math and Mrs. Beynon will have the grade 5 class for math.

The staff and students of OPS would like to thank Mr. Simmons for coaching the girls' volleyball team this year and congratulations on winning the silver medal at the Acadia Divisional Tournament. As well thank you to Mr. Beynon for coaching and Mrs. Beynon for managing the boys' volleyball team this year, and congratulations on winning the silver medal at the Acadia Divisional Tournament.

Troy Payne, a Wellness Realization speaker, will be speaking to grade 7 to 9 students on Monday, November 21 at 12:40 PM. All OPS parents are welcome to attend the presentation. I personally have heard him speak at convention and it is an amazing presentation. Oyen Public staff and students would like to thank the Oyen FCSS for sponsoring Troy Payne to come to our school.

Report Cards will be coming home on Friday, November 18. This is a great opportunity for parents and children to review together their students' progress in the school year. If you have any questions or concerns about the report card feel free to give Mr. Duchscherer or the teacher involved with the class a call.

Reminder that there is no school on Friday, November 11 as we all will be remembering the sacrifices made and still being made by the many men and women who fight to give us the freedom we have today. Also there is no school for students on Monday, November 14 as the staff will be having the monthly school improvement day. Enjoy the long weekend.

Yours in Education,

Mr. Jason Duchscherer

PRESCHOOL REGISTRATION

Precious Moments Preschool provides a two and one-half hour program for children. Classes are scheduled on the basis of the number of registrations received, so please register before the deadline of December 15th, 2011

For more information, call Cheryl Getz 664-2675.



Big Country Adult Learning is offering the following Videoconference courses in November

Tuesday, November 15, 2011

How to Talk to Teens about Sexual Decision-Making

Registration date: November 10

Presenter: Christine Sturgeon

Talking with teens about sexual decision-making can be challenging but teens need us to start the conversations and provide support. Find out about typical sexual development, expected behaviours, and current trends related to sexuality, such as the use of social media and substance abuse. This session will provide strategies for talking with teens about developing skills for healthy relationships and will identify community resources. Level I

Free

11:00am-12:30pm

Thursday, November 17, 2011

Collaborating with Peter to Care for Paul: Partnerships that Create Innovative Health Care Services for Street Involved Youth.

Registration date: November 14

Presenter: April Elliot

This session will review current literature with regard to the mental health and physical risks of adolescents who are street-involved, provide an increased understanding of the barriers to care for street-involved youth, and discuss how networking, partnership and advocacy create a medical home specific and appropriate for Calgary's street-involved youth. Level I

Free

11:00 am -12:30 pm

Thursday, November 24, 2011

Comorbid Disorders in Autism and Other Developmental Disorders

Registration date: November 21

Presenter: Dr. Jennifer Fisher

Participants will become aware of the common comorbid conditions found with Autism and other developmental disorders, and develop an understanding that the presence of untreated comorbid disorders typically interferes with developmental progress. Evidence-Based/Informed Treatments for the various disorders will also be discussed. Level II

Free

11:00am-12:30pm

Tuesday, November 29, 2011

The Joy of Sleeping: Creating Optimal Conditions for w Well-Rested Family

Registration date: November 25

Presenter: Shelley Mahon & Erin Pougnet

This presentation will review the importance of sleep. Provide sleep requirements for 1-6 year olds, identify how to initiate and maintain healthy sleep habits, summarize common sleep difficulties with their solutions, and address self-care of parents.

Free

11:00am-12:30pm

Please register for these courses or make inquiries for any other upcoming courses by call Sherri or Darlene at Big Country Adult Learning (403-664-2060), or email bccalc@telusplanet.net .

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.

Boys Volleyball

Congratulations to the OPS Boys Volleyball Team on winning the Silver medal at Divisionals. They played hard as a cohesive team and only came up slightly short for the Gold. As a coach, I was so proud of your determination in the finals. Keep up with the awesome work with Volleyball in the future – you all have a great deal of talent and potential.

Special thanks to Mr. Simmons, Mr. Shields and the SCHS students who did so much work to organize and run the mini-tournaments.

We really appreciated all the fan support and the concessions. Thank you to all who were involved in making this a successful Volleyball season.

Thank you to NBS Boys Volleyball Team for the competitive games.

Congratulations to WPS Boys Volleyball Team on winning the Gold and good luck in Zones.

Fred Beynon – Coach

Nicky Beynon – Manager/Teacher Supervisor

Thank you so much to the families who donated bathroom tiles ó we will be accepting donations until Tuesday, November 22nd. Bendable Wire still needed please.



Divisional Volleyball

Mr. Simmons

Both the boys and girls from Oyen Public participated in the annual Acadia Ward Divisional playoff for the honor of presenting the Acadia Ward and their school in the annual Zone Tournament which will be held in Carbon for the girls and Rundle College (Calgary) for the boys.

Both teams came up short to move on, but they both won the silver medal for finishing in second place. Congratulations to Acadia Valley for winning gold in both the boys and the girls categories.

Our first match was against New Brigden. We won the best of 5, three games straight (25-11, 24-14, 25-12).

The second match was against Acadia Valley, where we lost three straight (20-25, 23-25, 23-25).

Our team of 16 players overcame many obstacles and improved continually throughout the season.

I want to thank all of the parents behind the scenes for everything they did for us. I have a tendency to focus on the coaching and pay little attention to the other things, so thanks to all those parents who organized and ran a food booth, provided snacks for the girls during tournament days and drove to our weekend tournaments.

It is with a heavy heart that I am retiring from competitive coaching; this was my last official coaching assignment. I have enjoyed coaching throughout the years and I would like to thank this group of girls for their hard work and determination.





Santa's Hut



**PRESENTS
FOR ALL AGES
TO BUY!**

Who: FCSS Youth Program

What: Exclusive Christmas Shopping for Children & Youth

Where: Santa's Hut (Main Street) Oyen

When: Saturday, November 26th 10am—3pm



This is a FCSS— Oyen 4H Multi Club joint project



Santa's Elves will help make
your list; checking it twice!
Gonna find out
Who is naughty or nice!

**Santa's Hut is
Coming to Town!**



**Snack Shack
Hot Dogs,
Hot Chocolate
Available**



Donations can be dropped off at the FCSS (Dental building)
Monday through Thursday. From 9am —4p.m.

Proceeds from this will
go directly back into
Youth programming.
For more information
you may contact
Heather Norris or
Anne Marie Smigelski
@ the FCSS office
664-2255.

Scotties Tournament of Hearts Winner

***Congratulations to MaryAnn Salik, the very lucky winner of the Scotties Tournament of Hearts ticket package draw which was made November 2nd.*

A HUGE THANKS to everyone who supported Oyen Public School by purchasing a square.

You are all winners!!

Another Successful Book Fair

Thank you to everybody who supported the book fair this year. Without your support the library would not be able to purchase as many new and exciting books. With the profit made this year, combined with a credit from last year, I was able to purchase around \$700 worth of merchandise. Wow!

Congratulations to Sydney Robertson the lucky draw winner. Sydney received \$25 worth of books for herself and \$25 worth of books for her grade 4/5 classroom.

Again thank you for your generous support and we hope to raise even more funds next year.



Gymnastics Demonstration

Supper and Silent Auction

December 4th, 2011

Bindloss School gym at 3pm



Supper: Adults \$10
 Children 6-12 \$5 Please call Tammy for tickets (403) 379-2237
 Under 6 Free

The gymnastics club will be demonstrating their amazing skills with a supper and silent auction to follow. Thanks for your support.

November 2011



The
Nutrition
Times

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

Eating for Digestive Health

If you think that digestive health is just about staying regular, think again. As you may know the digestive system breaks down food, absorbs nutrients, and removes wastes from the body. It also has many other functions such as making nutrients like vitamin K and biotin and plays an important role in the immune system. Without a healthy digestive system, we would not have the energy we need to lead healthy active lives. We may also experience bowel problems like constipation, diarrhea, or more serious bowel diseases.

Get started with a healthy digestive system with these tips!

- ✓ Eat a variety of foods from each of the food groups in Canada's Food Guide.
- ✓ Eat regular meals and small snacks throughout the day. This keeps stool moving through your bowel.
- ✓ Get enough fibre everyday. Female adults need 21-26 grams of fibre. Male adults need 30-38 grams of fibre. Eat a variety of high fibre foods such as whole grains, fruit and vegetables and legumes such as beans, peas and lentils.
- ✓ Increase fibre gradually. Too much fibre at once can cause cramping, bloating and gas.
- ✓ Drink enough fluids. Fluids are important for digestion of foods and to keep stool soft. Remember water and milk are the best choices. Adults need 9-12 cups of fluid each day.
- ✓ Lead an active lifestyle. Regular exercise will help keep your digestive system in good shape too.
- ✓ Do not ignore the urge to have a bowel movement. This can lead to constipation.

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

A high fibre day might look like this...

Breakfast	g fibre	Afternoon Snack	g fibre
1 medium orange	2.3	½ cup (125 mL) raw carrots	1.6
1 cup (250 mL) Corn Bran®	5.0	½ oz (15 g) low fat cheese	0.0
1 cup (250 mL) low fat milk	0.0	1 cup (250 mL) water	0.0
Morning Snack	g fibre	Dinner	g fibre
½ whole wheat pita	2.4	2 ½ oz (75 g) grilled chicken breast	0.0
¼ cup (60 mL) hummus	3.4	1 cup (250 mL) short grain brown rice	3.9
1 cup (250 mL) water	0.0	1 cup (250 mL) romaine lettuce salad	1.2
Lunch	g fibre	½ cup cooked broccoli	2.0
Tuna Sandwich:		1 cup (250 mL) water	0.0
½ cup (125 mL) tuna	0.0	½ cup (125 mL) raspberries	4.2
2 slices whole wheat bread	4.8	1 slice angel food cake (1/12 cake)	0.1
1 medium tomato, sliced	1.5	Evening Snack	g fibre
1 cup (250 mL) low fat milk	0.0	1 medium fresh pear with skin	5.0
½ cup (125 mL) blueberries	2.0	½ cup (125 mL) low fat yogurt	0.0
		1 cup (250 mL) water	0.0

- ✓ This day provides 39.4 grams of fibre.
- ✓ Sip on another 3-6 cups of water during the day.
- ✓ Enjoy your favourite form of exercise.

Your digestive system will thank you!



Sources:

Alberta Health Services, Fibre Facts, 2011
 Alberta Health Services, Bowel Health – Lets Talk About It, 2010
 Eat Right Ontario, Tips for Healthy Digestion, 2011



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



November 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	October 31st ECS Day	1 No ECS	2	3	4 Hotdog Day Volleyball Divisionals @SCHS Melanie Hayden Sparks Presentations	5
6	7 Parent Council Meeting room 113 @ 7:00	8	9	10 <u>Remembrance</u> <u>Day Service @</u> <u>2:00 Everyone</u> <u>Welcome</u>	11 Remembrance Day NO SCHOOL 	12
13	14 School Improvement Day NO SCHOOL	15 School Council Hot Lunch Forms Due	16	17	18 School Council lunch First Report Card	19
20	21 Troy Payne Presentation 1:40pm Everyone Welcome	22 John Howard Society Presentation	23 Subway Forms Due	24	25 Subway Lunch	26
27	28	29				