



October 20, 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.

Thank you to everyone who purchased items at the school's Scholastic Book Fair. Mrs. Woods will have a report in the next newsletter

Hot Lunch

Friday, Oct. 28th ó hotdog Day
Friday, Nov. 4th ó Hotdog Day
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

The staff, ECS, and grade 1 students of OPS are very excited about the new addition we are going to have in the school. Ms. Marissa Fowlie, a Professional Semester III student, from the University of Alberta will be joining us until Christmas Break. She will be working with Mrs. Robertson in the classroom during her practicum. This is a great learning and sharing experience for the university student as well as the classroom teacher. If you have any questions about the practicum feel free to give Mr. Duchscherer a call.

Tuesday, October 25 is the date of the Council of School Council meetings which is held at the division office. The meeting will start at 6:00 PM for any interested parents. A copy of the agenda can be found on the school webpage. If you are interested in attending this meeting via VC from OPS please let Mr. Duchscherer know and he will get the video conference suite set up in room 111. Our next OPS Parent Council meeting is set for Monday, November 7 with a start time of 7:00 PM in room 113.

Parent teacher interviews took place at the school this week. We used a different format this year in junior high due to a number of different teachers teaching in the junior high end. If you thought the setup of having each grade on a separate day worked well, or if you preferred the old way please let the school know. You can give Mr. Duchscherer a call or email at jason.duchscherer@prrd.ab.ca

Troy Payne, a Wellness Realization speaker, will be speaking to grade 7 to 9 students on Monday, November 21 at 1:40 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.

The grade 1-9 students will be attending a Melanie Hayden-Sparks (H-TRIO) presentation on November 4. The grade 1-4 students will attend the presentation at Assumption School, grades 5-8 will attend the presentation at OPS, and grade 9-12 students will have their presentation at SCHS. H-TRIO's win-win plan has incredible potential to address some of our community's greatest challenges. It will address issues like stress, bullying, childhood obesity, and have the power to make you feel you can make a difference in the world. Parents are welcome to attend the grade 5-8 presentation at OPS which will happen from 11:00-12:00.

Melanie will also be presenting a community night at Assumption from 6:30-7:30. This is a great opportunity for parents and members of our community to make H-TRIO your vehicle to discovering your influence in your life, family and community.

Reminder there is no school for students on Monday, October 24 as this is a school improvement day for teachers. Enjoy your long weekend.

Yours In Education,

Mr. Jason Duchscherer



HOCKEY FOR FUN 2011-12

Day: Mondays

Time: 5:45-6:45 pm

Start Date: November 7, 2011

Ages: 6-14 (grades 1-9)

Fees (including Alberta Pond Hockey registration): \$170+ - depending upon registration numbers. We would like to have at least 12 players.

Players must have and wear all protective equipment at all times ó **NO EXCEPTIONS.**

Register by calling Darlene Scarff at 403-664-2416.



Altario Bootcamp



Hi Everyone, Fall Bootcamp is starting up on Nov 2st. It is for Men and Women of all ages and will run every Monday and Wednesday evening from 7:30- 8:30 PM, at the Altario school gym. To register and get more details please go to www.krfitness.net or call Kendra Richardson at, [403 575 0291](tel:4035750291). Looking forward to seeing you all there!

Altario Bootcamp Registration Page:

<http://krfitness.net/bootcamps/altario-bootcamp.html>

Art Supplies Needed For Grade 6 Please Help!

Thin Ceramic Tiles ó broken and chipped ó any size, any color

Bendable Wire

Please bring donated supplies to Mrs. Beynon





The REAL Deal



I would like to thank all of those who showed up to see the students present their drama projects on Resiliency. Alyson Connelly was with us for a week, and worked with the grades 1 to 9 classes. Every class had a presentation:

- Grade 1 . The Little Engine that Could
- Grade 2/3 . Honk (based on The Ugly Duckling)
- Grade 4/5 . King of the Playground (dealing with a bully)
- Grade 6 . Wheel of Resilience (game show)
- Grade 7 . Peer Pressure
- Grade 8 . Resiliency in Sports and Dance
- Grade 9 . How to cope when something bad happens (The Slave Lake fire)

In addition, we had an art show for National Family Week. Thank you to Roxanne and Carley for setting this up.

This week is World Food Week. The elementary students will be making boxes to collect monies on Halloween Night. This is to go along with the Halloween for the Hungry+event. Have your perishable food items ready! If you wish, you can drop items off at OPS, SCHS, or the Youth Centre. The box monies will go to Canadian Feed the Children. Some of the students in the junior high Leadership option are helping to put these boxes together. These same students have gone into the elementary classes to promote GEMS, and to gather information on programming for the Youth Centre. Other groups are busy with BLAST and with planning the Halloween Carnival.

As you probably already know, a lot of things affect your mental health: nutrition, physical activity, recreation and here's another . FINANCES!

The Big Country Community Adult Learning Council is hosting an Evening with the Experts+November from 6:30 to 9:00 pm. This is in conjunction with Financial Literacy Week October 30 to November 5.

Darlene Scarff did some research for me. Here is an excerpt from Coping with Financial Stress . a Consolidated Credit Canada booklet .
www.consolidatedcredit.ca...

Financial problems can be enormously stressful. According to a survey by Desjardins Financial Security, money is the main source of stress for 44% of participants and it's keeping people from being healthy. If you're **under financial stress**, you may be **arguing with your spouse or family members about money**, experiencing **headaches or panic attacks**, **hiding bills or receipts from family members**, or finding it **difficult to sleep at night**. Your **eating habits may have become unhealthy**, and you may **find it hard to make it through the day**. You may feel like you are the only one in your situation, or you may have tremendous guilt or regret over choices you have made in the past. Now is the time to put the past behind you and start working toward financial freedom. There can be an end to your financial stress and worry but it takes coping, commitment and planning. (emphasis added)

If this is striking a chord with you, you may want to attend this evening. But finances don't have to be a problem for you for this to be useful. A lot of us, at time, think that it

may be useful to know a little more about budgeting and future planning. We will all be retiring some day, and here are a couple of stats:

- **Seven in Ten (72%) Canadians Not Fully Confident Their Math and Money Management Skills Will Help them Plan for a Secure Financial Future**
- **Four in Ten (38%) Canadians Say They Don't Put Anything Away for Savings on a Monthly Basis, Average is \$211 a Month.**

We do not need to be part of those statistics. Have an evening out, and learn about your money!

Until next timeõ

REALy yours,

Patti Machell

Resiliency Drama Presentation



Textbook Rental Fees are Due

Please make cheques payable to: **Oyen Public School General Fund**
(Payment plan available)

School Fees for Year 2011-2012

FEES	ECS	Grade 1-3	Grade 7	Grade 8	Grade 9
TOTAL PAYABLE	\$45.00	\$55.00	\$75.00	\$75.00	\$100.00

*In Recognition of Financial Literacy Week
Big Country Adult Learning Presents:*

AN EVENING WITH THE EXPERTS

- Wednesday, November 2, 2011
- 6:30-9:00 pm
- Adult Learning Center (113 2nd Ave W Oyen)

TOPICS & PRESENTERS FOR THE EVENING

- “Frauds and Scams” - RCMP
- “Savings” – TD Canada Trust
- “Credit” – ATB Financial
- “Budgeting Basics” – ALLS

The presentations will be followed by a mix and mingle luncheon where you can speak to the various presenters and view displays.

We **must** have preregistration by Friday October 28, 2011 for this event to take place.

Call: 403-664-2060

Email: bccalc@telusplanet.net

Girls Volleyball

On October 17th the girls and boys played in their second and last league mini-tournament. The girls played New Brigden first and won the match four games to one; 25-15, 23-25, 27-25, and 5-15.

In the second best of five, they played Acadia Valley and lost all five games; 21-25, 16-25, 20-25, 22-25, 5-15.

Marengo travelled to Oyen to play our Jr. High girls on October 19th. The games were all close. Our girls won 3 out of 5. The scores were 25-23, 25-9, 22-23, 25-13, and 8-25.

Their next tournament is in Duchess on October 29th.

Divisionals will be at SCHS on Friday, November 4th, Oyen plays at 3:30 and 4:30pm.

If the girls qualify, Zones will be in Carbon on the 11th and 12th of November.

Teen Yoga (Ages 12-17)

Wednesdays, November 2-30

6:15 - 6:45pm

\$30

Kids Yoga (ages 4 - 11)

Thursdays, Oct. 27-Nov. 24

3:30 - 4:00pm

\$30

Please contact Michelle @ 664-2939



Oyen and District Curling Club

Will be hosting a 2 day

Curling Clinic for all ages

End of October or first week of November

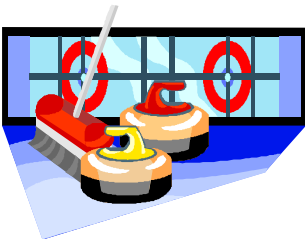
Students - 3:30 - 5:00pm

Adults - 7:00 - 9:00pm

Tom Carroll will be the instructor

Fee: students - \$10 adults - \$20

Contact Sharon Berg @ 403-664-2917



On November 3 and 4 Melanie Hayden-Sparks will be in Oyen to speak to parents, community members and students.

H-TRIO's win-win plan has incredible potential to address some of our community's greatest challenges. From addressing issues like stress, childhood obesity, and bullying or helping parents feel supported and empowered, we have the power to make the world a better place. H-TRIO helps individuals, families and schools by offering resources that inspire possibility thinkers and nurture hope for the future through these three complimentary divisions:



Heart, Health
& Home™

Inspire. Energize. Connect.

Inspiring, energizing and connecting people through Workshops.



ReSolutions™
Making Success a Habit.

Seminars that teach and support meaningful change.



we3 synergy™
Shaping the future,
one child at a time.

A child focused fundraising concept that unites parents and teachers!

H-TRIO Founder, Melanie Hayden-Sparks is a passionate leader with award-winning business experience who lives the Pay it Forward philosophy. With a unique ability to make everyone feel significant, Melanie hasn't only built organizations to be successful companies; she's built them to be powerful *communities*.

H-TRIO Facilitators share Melanie's belief that our greatest hope - and best investment in the future - is to raise a generation of *possibility thinkers* - children who become empowered, caring, compassionate and confident adults. For it is this generation we will entrust with the world we have nurtured.

It is from this belief that H-TRIO - a groundbreaking, purpose-driven and community focused company - was founded:

1. H-TRIO offers a holistic approach to positive living by offering ideas, resources and tools that nurture positive thinking, personal empowerment, good health and strong relationships within families and communities. The result... Communities that nurture each other and happy, healthy children.
2. H-TRIO's goal is to fund Children's Camps - where children's self esteem, confidence and hope can be nurtured. The result...Our children will discover their personal value and true potential.

We invite you to make H-TRIO your vehicle to discovering your influence in your life, family and community.



GROVER
DENTAL CENTRE

Youth Basketball League

- A fair-play house league consisting of one practice and one game/week
- For boys and girls in grades 5-7
- Does not conflict with school basketball
- Runs Nov 22/11 – Mar 11/12

*Register online at www.rangersbasketballclub.ca or call 403-548-7286
Spots are limited, register early to guarantee your spot.*

Medicine Hat Community Basketball Association



Special Invitation!

All parents and community members
interested in raising confident children are invited to
hear

Melanie Hayden-Sparks share a refreshing look at
bringing out the best in our children.

Topic:

As parents and teachers, raising confident
children, who know they truly matter and can
make a positive difference in the world, is
OUR most important achievement.
It's We 3 Synergy!

When: November 3, 2011 6:30-7:30pm

Where: The Assumption School

**This is a great opportunity for our children's two
most important influences to come together.
(Home & School)**

We look forward to seeing you!

If you would like more information please contact Mrs. Gerein at
Assumption School, 403-664-3643.

Childcare will be provided





Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and giveaways will be available.

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

What to use

- Use regular soap and water or
- Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit www.kidshealth.org Search "hand washing"

Tobacco: Talk About It!

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
- Be honest about the long term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit www.albertahealthservices.ca/2544.asp

Osteoporosis

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit

www.osteoporosis.ca.



What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.



Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach / bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at www.albertahealthservices.ca or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.

Influenza Clinics 2011

Acadia Valley: Wed, Nov 2, 10am ó 3pm

Cereal: Tuesday, October 25, 1pm ó 4pm

Oyen:







Monday, October 24, 12noon ó 6pm

Tuesday, November 1, 9am ó 3pm

Monday, November 7, 12noon ó 6pm

Bring your Health Care Card

October 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Boys and Girls VB Three Hills
2	3 VB Tournament High School	4 <i>Girls VB</i> <i>Practice</i> <i>3:30</i> Picture Day 	5 <i>Boys VB</i> <i>Practice</i> <i>3:30</i> <i>World</i> <i>Teacher</i> <i>Day</i> Cross Country Run	6 <i>Girls VB</i> <i>Game in</i> <i>Marengo</i>	7 Hotdog Day \$1.50 each  DRAMA PERFORMANCE	8
9	10 NO SCHOOL 	11 <i>Girls VB</i> <i>Practice</i> <i>3:30</i>	12 <i>Boys VB</i> <i>Practice</i> <i>3:30</i> Subway Forms are Due	13 <i>Girls VB</i> <i>Practice</i> <i>3:30</i>	14 Subway Lunch 	15
16	17 VB Tournament High School	18 <i>Girls VB</i> <i>Practice</i> <i>3:30</i> Parent Teacher Interviews	19 <i>Boys VB</i> <i>Practice</i> <i>3:30</i>	20 <i>Girls VB</i> <i>Practice</i> <i>3:30</i> Parent Teacher Interviews	21 School Council Hot Lunch	22
23	24 School Improvement Day NO SCHOOL	25 <i>Girls VB</i> <i>Practice 3:30</i> Council of SC meeting 6pm	26 Boys VB Practice 3:30	27 <i>Girls VB</i> <i>Practice</i> <i>3:30</i>	28 Hotdog Day 	29
30	31 		November 11 th Remembrance Day ó No School November 14 th School Improvement ó No School November 18 th First Reportcard			

ideas for parents

Easy Ways to Build Assets for and with Your Child

EAST FACTS

**ASSET #1:
Family
Support**

Youth are more likely to grow up healthy when their families provide them with high levels of love and support.

70%
of youth surveyed by Search Institute have this asset in their lives.*

What Are Assets?
Assets are 40 values, experiences, and qualities that help kids succeed. "Family support" is one of six support assets.

* Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.

Love and Support: The Family Foundation

Love and support. It sounds easy. We know we give it. Everyone does. Right?

But giving your child consistent love and support can be tricky. How often does your child feel supported when you come home from an exhausting day and he or she wants to talk—but you want a break?

When your child messes up, do you provide support rather than discipline?

Young people know our body language. They listen to what we say—and don't say. They notice when our words and our actions don't match.

Supporting and loving our children refer to the many ways we affirm, love, and accept them, both verbally and nonverbally. When we hug them or say "I love you," the expression is obvious. Paying attention to them, listening to them, and taking an interest in what they're doing are less obvious ways of giving support,

but they're just as important.

The next time you're exhausted, say so. If you're mad, be honest. If you don't tell your child what you're feeling, he or she will read one message from your body and hear the opposite. And children usually interpret inconsistent messages as meaning they have done something wrong.

Be consistent. Be loving. Develop an openness so that your child always knows that you're available and you'll love her or him—no matter what.



Helpful Hints

Tips that make loving your child easier:

- **Loving touch means a lot. Hug. Put your arm around your child. Comb your child's hair.**
- **Use loving words. Try: "I care about you." "I love you." "I think you're terrific." "You're great!"**
- **Be loving in your interactions. Look your child in the eyes when you talk with her or him.**
- **Tell your child when he or she does something that makes you feel loved and cared for.**

time together

Three ways to be supportive of your child:

1. **Have a weekly family game night.** Take turns choosing games.
2. **Spend one hour a week with each child alone.** Take a walk, listen to music, or just hang out.
3. **Find out one area where your child is struggling.** Listen to your child's concerns. Help your child think of ways to address the issue.

10 Creative Ways to Care

1. Do something new together. Instead of a walk, go jogging—or skipping. Have a leaf fight.
2. If possible, eat at least one meal a day together.
3. Choose a book to read together as a family. Each day read 10 pages.
4. Ask what your child's highs and lows were for the day. Tell about your day.
5. Every day show love through hugs, words, kisses, smiles.
6. Frame your child's artwork and hang it on the wall.
7. Give your child space to think, to rest, to rejuvenate.
8. Lie under the stars together and talk about whatever crosses your mind.
9. When you're feeling stressed, reassure your child that he or she isn't the reason.
10. Write "family care" resolutions. Then keep them.

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Quick Tip:
Hide an
affirming note
for your child
to find.

More Help for Parents

Catch Em Being Good! This 10-minute video gives tips on how to build relationships and how to encourage your child to act in positive ways. (Available from Boys Town Press, www.girlsandboystown.org; 800-282-6657)

talk together

Questions to discuss with your child:

- If you were to write new messages to put on candy hearts, what would they say?
- When have you felt most supported by our family? Least supported?
- How can our family support each other more?

FiNAL WoRD

"The one thing children need most to grow up happy and secure is a close-knit, loving family."

—I. Berry Brazelton, M.D.

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