



# October 6, 2011 OPS Eavesdropper

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[www.oyenschool.com](http://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

Parent/Teacher Interviews  
October 18 and 20<sup>th</sup>.  
Grade 6-9 drop in basis:  
5:00 – 7:00pm  
Grade K-3 Schedules will be going home.  
Grade 4/5 will have interviews on October 11<sup>th</sup> and 13<sup>th</sup>



## School Picture Retake Day October 13<sup>th</sup>

Free if student was absent on the original photo day or if there was a technical error  
\$5.00 sitting fee if reason was beyond the control of the photographers

### Resiliency Drama Residency

Performance at OPS  
Friday, October 7, at 1:30pm  
Students from grades 1-9  
will be showcasing their week's work!!

Also view the art show in the entryway



## From the Principal's Desk

The staff and students of OPS were busy this week working with the Drama Residency that is visiting our school. The following is a list of projects the students were working on this week:

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 Resiliency (game show)

Grades 7/8/9- These students are working on resiliency in sports and dance, peer pressure, and how to cope when something bad happens.

Performances start at 1:30 PM in the gym and all parents, grandparents, and interested citizens are welcome to attend. Thank you to the REAL program for funding the Drama Residency for the students of OPS.

Hopefully by now all parents have had a chance to look at the Inclusive Education Planning Tool (IEPT) Student: What works for me sheets that were sent home by Mrs. Deanne Smigelski. The questions are designed to allow parents to have feedback to assist the school when building individualized profiles for students. If you have any questions feel free to talk to Mrs. Smigelski or Mr. Duchscherer. If the forms could be returned by Friday, October 14 to the homeroom teachers it would be greatly appreciated.

Parent teacher interviews are quickly approaching on October 18 and October 20. This communication process between teachers and parents is very valuable in helping to create the most effective learning environment for your son or daughter. Schedules will be coming home shortly.

The results from last year's Provincial Achievement Tests have been released. If your son or daughter last year was in grades 3, 6, or 9 their individual results will be coming home in the mail soon. The results of the school will be discussed at the next parent council meeting on November 7.

Congratulations to our cross country runners for their great effort and dedication to the cross country team. The results of the Acadia divisional meet were as follows:

Grade 4 girls- Mackenzie Duchscherer- 1<sup>st</sup> place

Grade 5 boys- Triston Duchscherer- 2<sup>nd</sup> place

Grade 6 boys- Elijah Vanstone- 6<sup>th</sup> place

Midget boys- Nicholas Scory- 2<sup>nd</sup> place

Jordan Symes- 4<sup>th</sup> place

Reid Walker- 5<sup>th</sup> place

Juvenile boys- Keelan Coates- 2<sup>nd</sup> place

The team and school would like to thank Mr. Meekins, Mrs. Berg, and Mrs. Smigelski for coaching them this year.

Yours In Education,

Mr. Jason Duchscherer

*Happy Thanksgiving!  
Have a great long weekend*





## The REAL Deal



I can't believe another two weeks have gone by! There is a lot to talk about! First of all, did you know that October is *International Walk to School Month*? Check out the site: [saferoutestoschool.ca/](http://saferoutestoschool.ca/). I know it is virtually impossible for bus students to walk to school, but town kids certainly can! Tysan is going to be keeping track of the number of days x the number of kids that walk to school this month. Children's names will be put on footprints. Let's see if we can have these footprints circumnavigate the school walls!

This week is *Mental Illness Awareness Week*. Check out the site: [miaaw.ca/](http://miaaw.ca/). As we are busy with other activities this week, it won't be a focus of any of our activities.

WORLD MENTAL HEALTH DAY is October 11. Check out the site: [wfmh.org/](http://wfmh.org/). You may wish to check out the youth forum from 9:00 to 10:30 on October 10 (note that . the 10<sup>th</sup>, not the 11<sup>th</sup>). This is an online global conference, hosted by TakingITGlobal and The Centre for Global Education, and will be the culminating event to weeks of virtual collaboration on their interactive web page where students have had the opportunity to share their thoughts and research while receiving feedback from researchers and graduate students through secure discussion board and blogs. Students from North, Central, and South America will be participating in this videoconference. It can be viewed by live streaming at: [www.livestream.com/globalencounters](http://www.livestream.com/globalencounters).

Our drama residency is in full swing! Alyson has been working with all of the classes from grade one to nine. She is very energetic, and has the students actively involved. Be sure to check out the performance this Friday afternoon at 1:30 pm. All parents and community members are invited. Come and see the different portrayals of *Resiliency*!

This week is ALSO National Family Week. This year's theme is *Turning Your Family's Values into Action*. Some of the classes have been working on Art projects related to this. They will be on display in the entryway of the school on Friday. Take a look at them before and after the drama performance.

The Junior High Leadership option now has several projects to work on: BLAST (non-smoking promotion), which will run all year, the elementary GEMS program (students in charge will be changing each month), hot lunches (again, students will change each month), and Focus Groups (this month's topic is encouraging use of the FCSS Community Centre by children and youth of all school ages). Unfortunately, only one student was interested in working on *Halloween for the Hungry*. Angela Symes and Marie Pedersen, along with Roxanne and the FCSS will be organizing this. Any and all junior high and high school students are welcome to participate! Be ready with non-perishables for the Food Bank on Halloween night. If you won't be around, these can be dropped off at OPS, SCHS, or the FCSS Community Centre ahead of time. World

Food Day is October 16<sup>th</sup>, so this is an excellent project to end October (also in the theme of %hanks and Giving+).

Yesterday was WORLD TEACHER\$ DAY! Check out the OPS website for information on how to send a teacher an e-card. I'm sure it isn't too late! The REAL Project sponsored lunch for the staff on Thursday, and supervision was arranged by Angela Symes.

FRIENDS classes were to begin this week, but with school pictures, and the drama residency, this was kind of %it and miss+. Next weekō

The Regional Suicide Prevention Council has been developing a Facebook page, entitled My Safebook. Try googling it at home (blocked at school). They are very interested in hearing feedback from youth.

Enjoy your Thanksgiving weekend. Don't forget to think about all the things you're thankful for . it's good for your mental health!

REALy yours,

Patti Machell

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### 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



### Influenza Clinics 2011

Acadia Valley: Wed, Nov 2, 10am ó 3pm

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

Oyen: Wednesday, October 19, 9am ó 3pm  
Monday, October 24, 12noon ó 6pm  
Tuesday, November 1, 9am ó 3pm  
Monday, November 7, 12noon ó 6pm

Bring your Health Care Card

### Birthdays Wishes

October 3	Xander Coates
October 3	Mrs. D. Smigelski
October 10	Cayden Dumanowski
October 11	Megan Harrison
October 13	Kayla McCarroll
October 14	Storie Heath
October 14	Austin Stark
October 19	Brooke Robertson
October 20	Kaitlyn MacClean
October 23	Dylan James
October 24	Vincent Loyola
October 26	Cortney Smigelski
October 27	Jordan Symes
October 31	Caraann Rathje



## Junior high Girls Volleyball

On the weekend of September 23/24 we traveled to Red Deer Lake, Calgary (located west of Spruce Meadows. Our first game was a the third academy Vs Rundle. The results were not great; 7-25, 13-25. Our goal throughout the tournament was to play better each game, and we did.

Our second game was at the beautiful Red Deer Lake School. We played Heritage Christian. We won our first game 25 -17, and lost our second game 19 . 25. Winning the match in the points for and against formula.

On Saturday, we played again at the Red Deer Lake School against the home team. We played as well as we could play at this time and came up short losing 12-25, 10 . 25. Overall in our pool we placed 3<sup>rd</sup> and had to play against the 2<sup>nd</sup> place team in the other pool which happened to be Heritage Heights. Our girls played with a lot of heart only to lose 20 . 25, and 23 . 25. Overall we did improve as our day went on. Thank you to our drivers Mrs. Hauck, Mrs. Cartwright, and to Mrs. Heath who came later on in the day. A huge thank you to Mr. and Mrs. Beynon for bringing extra uniforms. Our #7 forgot hers.

On Saturday, October 1<sup>st</sup>, our girls traveled to Three Hills to participate in a one day tournament. In the first match we played Saint Anthony's from Drumheller. We won our first game 25 – 6, lost our second game 29 – 31. We still won the match in points for and against. Our second match was against Bassano. We lost both games 23-25. This put us second in our pool. So we played Webber Academy in our playoff match. We lost two very close games 23-25, 21 – 25. Somehow we got another match to play which was Saint Anthony's once again. We won the best of three in two games 25-14, 25-19. A big thank you goes out to Mrs. Dick for driving the bus. The remaining mini Tournament days at SCHS are on October 17<sup>th</sup> and November 4<sup>th</sup>.

## 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



# INSTRUCTIONAL MATERIAL RENTAL

Textbook Rental Fees are due September 30.

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 4-6	Grade 7	Grade 8	Grade 9
Instructional Material Rental	\$40.00	\$ 45.00	\$ 45.00	\$65.00	\$65.00	\$65.00
Field Trip Fee - \$10/student	5.00	10.00	10.00	10.00	10.00	10.00
Shop/Home Ec.						25.00
<b>TOTAL PAYABLE</b>	<b>\$45.00</b>	<b>\$55.00</b>	<b>\$55.00</b>	<b>\$75.00</b>	<b>\$75.00</b>	<b>\$100.00</b>
<p><b>PLEASE NOTE – The cost of modules for the High School (Gr. 9 Shop and Home Ec.) has <u>increased to \$25.00</u></b></p> <p><b>Students in grades 5-9 who are issued a combination lock will be charged a \$5 fee if it is not returned at the end of the year.</b></p> <p><b>Students in Grades K-6 who are given a daily planner will be charged \$5 for a replacement if the planner is lost throughout the year.</b></p>						

## Boysø Volleyball

Coach – Fred Beynon

Manager/Teacher Supervisor – Nicky Beynon



The season is moving along very quickly. The boys have been putting a great effort in during practices which has resulted in awesome improvement in play over time. At the Red Deer Lake tournament they played their best against one of the top teams! They won 4 sets at the Three Hills tournament. They really came together during league play against NBS and WPS and won quite a few sets. They are looking forward to another league tournament on Monday, October 17<sup>th</sup> and Divisionals on Friday, November 4<sup>th</sup>. Both tourneys will be played at SCHS starting at 3:30pm.

Thank you so much to the parents who have driven for tournaments and helped in so many ways with supervision when we have been away. Special thanks to the parents who organized the concession and especially Shari M and Brooke who worked at it for most of the tourney.

Thank you to Mr. Simmons and Mr. Shields for arranging the local tournaments and to the SCHS students for officiating.



# ideas for parents

Easy Ways to Build Assets for and with Your Child

## FAST FACTS

### ASSET CATEGORY

### Support

*The more love, support, caring, and adult contacts a child has, the more likely he or she is to grow up healthy.*

### Building Support

*African American Parents Say:*

- "Praying together, eating, going out."
- "Eating meals (with teens) it's a way to get out from teens what they might not tell you."

\*The Minnesota Family Strength Project Research Report 1997 and 1999.

## Everyone Provides the Strength of Support

### Who are the people that really support you in your life?

These people are important champions. They cheer us on when things go well. They stick with us when life throws us a curve ball. They listen. They ask questions. They smile. They hug. They're people we like to be around.

What kind of a champion are you for your child? Are you a fair-weather supporter? A rain-or-shine supporter? What's your unique way of supporting and loving your child?

Your love and support for your child are critical. But you can't go it alone. You need others. Your child needs others. How supported and cared for does your child feel by teachers, neighbors, coaches, grandparents, aunts, uncles, parents of their friends, youth workers, and mentors? These other key adults



are important players in helping your child jump over the hurdles in life. In fact, the more supportive adults your child has, the better. And by nurturing and loving all the children in our communities, we help them grow to be loving, caring people themselves.

Look to future newsletters for details on all six support assets!

## 6 Key Areas of Support

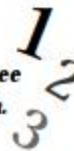
**Search Institute researchers have identified six specific assets in the support category that are crucial for helping young people grow up healthy.** Check the areas of strength in your child's life:

- Family support—Family life provides high levels of love and support.
- Positive family communication—You and your child communicate positively, and your child is willing to seek you out for advice and counsel.
- Other adult relationships—Your child receives support from three or more non-parent adults.

- Caring neighborhood—Your child experiences caring neighbors.
- Caring school climate—School provides a caring, encouraging environment for your child.
- Parent involvement in schooling—You are actively involved in helping your child succeed in school.

### Name Three

*Have each family member name three ways the family supports her or him.*



## Junior High Magazine Campaign

Thank you to everyone who bought, sold and campaigned for our Magazine Campaign! It was a huge success this year and without everybody's help we could not have done it!

Big Winners this year were:

Jenna Sullivan- Jumbo Piano Keyboard Mat  
Dawson Dick- Giant gum ball machine  
Tysan Marshall- Remote controlled cooler  
Lyndsey Hogan- Picked the \$50 lucky gum  
Dylan Berg- Picked the \$100 lucky gum



Top Sellers got a Subway lunch! Each of the following sold 20 subscriptions!  
Nathan Ball (Gr. 9), Tanya Dick (Gr. 9), Storie Heath (Gr. 8) and Brooke Robertson (Gr. 8)

The Grade 7's and 8's were the top selling class selling a whopping 215 subscriptions! They received an ice cream party for their efforts!

This year 82 subscriptions were sold online, a record! If you are still interested in ordering online, you can do this throughout the year and profits will still go to our school. The website is [www.ccrp.ca](http://www.ccrp.ca) and our school code is AB554.

**Overall, our students sold 385 magazine subscriptions which brought in over \$4400 towards our Students Union!**

**Excellent Job everyone!**

Once again thank you to friends, family and members of the community for their continued support!

Oyen Public Students Union.

### Book Fair Time

Hello, all you avid readers. It's Scholastic Book Fair Time again at Oyen Public School. Come have a look at all the great books, there is something for all ages and interests to enjoy. The book fair runs from **October the 13th to October the 20**. Come and put your name in for the family draw of \$25 worth of books. A percentage of all books sold goes towards new books for our school library  
Look forward to seeing you at the fair.





# Adult Literacy Learning Skills News



## Tutoring Opportunities:

English Language Learners need tutors to help with speaking and listening skills ASAP (Oyen).  
English Language tutor needed for a Spanish-speaking couple (Oyen).

## Essential Skills and Adult Learning Opportunities:

### Advanced Cake Decorating

In this class you will learn to make delicious fondant. You will be taught the essentials needed to overlay a frosted cake with fondant, assemble multiple layers and beautifully decorate.

**Instructor:** Shirley Carlson

Adult Learning Centre Thursdays, October 20 & 27, 7:00 – 9:00 pm **Fee:** \$ 45

### Tell Your Story

**Instructor:** Darlene Scarff,

Adult Learning Centre Tuesdays, October 25, November 1 & 8, 1:00-2:30pm **Fee:** \$25



Have you ever been fascinated by journals from ancestors you never got to meet? Leave a legacy for your family by writing about your life. This course will be about gathering, organizing and writing about the events that shaped you.

Having a lap top may be helpful or you may use an Adult Learning laptop with your own flash drive, and if you wish, the old fashioned pen to paper is always an option! Come have some fun!

## Video Conferencing Opportunities at the Adult Learning Center Board Room, Oyen:

Preregistration is necessary to link to these VC sites. Preregister a week in advance to avoid cancellation.

**Tuesday, October 18 –11:00 am – 12:30 pm– Individual Differences & FASD: practical Strategies for Home & School** – Children with FASD can present with behavioural, social/emotional, and learning challenges. Effective strategies for various areas of need will be discussed

**Thursday, October 20 –11:00 am – 12:30 pm Understanding and Managing Sexual Behaviour in Children**– This presentation will cover the differentiation of normal and abnormal sexual behaviour in children and approaches to managing sexual behaviour

**Thursday, October 27 –11:00 am – 12:30 pm– Boys TOO .... Exploring Boys Diverse Needs and Strengths**– By appreciating the diverse world of boys, it challenges us to explore ways to recognize their special qualities and resources to give them encouragement and strategies for their journey.

**Tuesday, November 1- 11:00am – 12:30pm - Your Role in Promoting and Enabling Early Literacy, Birth to Five** – watch for description

**Tuesday, November 1 – 7:00-8:30pm – Wills, Personal Directives, & Power of Attorney** – This presentation will explain what these documents are, their purpose, how they are constructed, what they entail and the necessary details to be considered. Common examples of the three documents will be reviewed. This session will help you decide if, how, and when to plan for your future personal and financial needs. This is not a "Do It Yourself" guide and is not to be used as legal advice. It is a general information session.

**Thursday, November 3 – 11:00am – 12:30pm - Pathways: of Children Who Have ODD or Disruptive Behaviour Problems** – watch for description

**Tuesday, December 13 – 6:30-8:00 pm – Learning Clicks – Planning for Post-Secondary Education** - directed towards preparing adult learners for their own post- secondary education and providing parents with knowledge while they support their children's post-secondary options. This session will highlight tools that individuals can access regarding career and education planning. Includes "how" students can pursue their education; full-time, part-time or distance, "what" they can pursue; certificate, diploma or degree, and information related to funding. All participants will receive an interactive CD Rom and planning resources developed by the government of Alberta.

## ALLS Events

**Financial Literacy Week October 30-November 5** - This is a national financial literacy awareness campaign to increase math and financial literacy skills. Watch for information in the Oyen Echo and in posters about local events on topics such as frauds and scams, saving for your child's future (RESPs), and budgeting basics.

**Tutor Refresher Evening** – This will be an evening for reviewing what is expected of both learners and tutors, what kinds of resources are available both here in the office and online, and a sharing of some of the tutor training ideas from Literacy Alberta. This is tentatively planned for Thursday, November 3 from 7:30-8:30pm. Watch the Echo for more details.

If any of these opportunities interest you or to learn more about Adult Learning, contact:

*Sherri Robertson or Darlene Scarff*

Big Country Community Adult Learning Council

113 2nd Ave

Box 667 Oyen AB T0J2J0

403-664-2060


bccalc@telusplanet.net

bigcountryadultlearning.com

**What do you want to learn about?**

**If you have any suggestions or need Adult Learning Classes contact us.**

# October 2011

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



## OYEN PUBLIC SCHOOL

Box 479, Oyen AB, T0J 2J0  
Ph: 403-664-3733 Fax: 403-664-2082

RE: COLLABORATIVE SUPPORT TO STUDENTS

October 4, 2011

Dear Parent/Guardian:

Throughout the year, professionals (including a Speech Language Pathologist, an Occupational Therapist, a Behavior Consultant, and a Psychologist) may visit the school to assess the needs of the classroom. They will be observing the students' work, interacting with students and collecting data. This data will be used to work collectively with teachers to create a plan for supporting all students in classrooms. The teacher will share any results that may impact your child and consult with you should follow-up (such as a recommendation for a referral for specialized assessment) be suggested.

Please feel free to contact me, should you have any questions or concerns.

Sincerely,

Jason Duchscherer  
Principal  
Oyen Public School  
[jason.duchscherer@prrd.ab.ca](mailto:jason.duchscherer@prrd.ab.ca)  
403-664-3733 EXT.3001

## What Parents Need to Know About the Inclusive Education Planning Tool Pilot



This year your child's school will be one of over 200 schools in the province participating in a pilot of the new digital resource the Inclusive Education Planning Tool (IEPT) for teachers of Grades 1 – 9. This will be an opportunity for teachers in the school to reflect upon, refresh, plan and develop new instructional practices so they are better able to meet the diverse learning needs of all students in their classroom.

### What is the Inclusive Education Planning Tool?

The Inclusive Education Planning Tool is a digital resource for teachers developed by Alberta Education. It offers a new way to think about and plan for classroom instruction that will enhance instructional practices, with the goal to better meet the diverse learning needs of all students.

### Why is my child's school participating in this one-year pilot?

This is one way your child's school is making a commitment to inclusive education and to creating a school culture in which all students feel a sense of belonging. The teachers in your child's school will be committing to working in new and different ways to better meet the needs of every student in their classroom.

### How do teachers use the IEPT?

During the first two months of the school year, teachers use different ways to gather and record information about individual students' learning preferences, interests, and social participation. Teachers also gather data about students' strengths and needs related to language arts. The tool then uses this information to identify possible supports and strategies that will benefit each student.

In addition, this tool provides customized information and strategies on the implications for learning and social well-being of various medical conditions and disabilities. Teachers also have access to strategies for supporting the successful social participation of students in a variety of learning and school contexts.

All of this information creates a learner profile that teachers can use to inform classroom planning and instruction through the school year. These profiles are customizable and can be shared with members of the student's learning team, including parents.



### **Will all students in the school have learner profiles?**

The Inclusive Education Planning Tool begins with the entire class, and teachers add student information to build class profiles. These profiles provide at-a-glance information that teachers can use to enhance their planning and instruction to support all the students in their classroom.

As well, teachers can develop more comprehensive individual learner profiles that identify individual student strengths, needs and required supports. Many teachers may choose to complete learner profiles for all of their students. At a minimum, teachers participating in the pilot will complete a profile for all Grade 1 to 9 students who are currently working below grade level expectations, are in need of additional support and/or who are identified with special education needs.

### **What if my child had an Individualized Program Plan (IPP) last year?**

To allow teachers more time for using the IEPT and building learner profiles, schools participating in the IEPT pilot will not create IPPs for students in the 2011–2012 school year. Much of the information that would be typically captured in an IPP will be captured in a learner profile. The one major difference is that, rather than developing individual student goals, teachers will use the language arts program of studies as a starting point of instruction, and will identify supports and strategies that will

ensure the student has successful learning experiences.

### **Will I have access to the IEPT and will it require my signature?**

The Inclusive Education Planning Tool is a teacher planning tool so only teachers will have access and no parent signatures will be required. However, teachers can generate and share customized reports of your child's learner profile. This profile can be shared and discussed at regularly scheduled reporting periods or at any other time throughout the year. Parent signatures will continue to be required on progress reports.

### **Will this change how I participate in my child's learning?**

This new planning process continues to recognize and value parent input and participation. There will be opportunities for you to provide information and insight about your child's learning strengths and needs throughout the year, and to discuss your child's progress and any emerging needs or concerns. You will continue to be an important member of your child's learning team!





# The Nutrition Times

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

## Healthy Eating for Healthy Bones

It is never too early or too late to start thinking about bone health. Bone is a living tissue. Old bone is always being replaced with new bone through a process called remodelling.

Bone building begins at a very young and continues into teen years and early adulthood. By late teens, the body has built up about 90% of its lifetime bone mass. During these years, physical activity and a bone-healthy diet are crucial to ensure that young bodies build the best bones possible.

No matter what your age, you can always make choices that will help build or maintain healthy bones, and reduce your risk of osteoporosis later in life.

### What is Osteoporosis?

Osteoporosis is a condition that develops when bone tissue and key bone minerals are lost faster than they are replaced. Bone mass is lost, and as a result bones become weak and porous, meaning that they become easier to break. Osteoporosis develops over time without any symptoms. Many people do not realize they have osteoporosis until a bone breaks.



Common sites of bone fractures include:  
hip, spine, wrist, pelvis and ribs

### Risk Factors

- 65 years or older - Bones naturally get thinner as we grow older.
- Underweight - Weighing less than 60 kg puts you at an increased risk for osteoporosis.
- Family history of a fracture - Genetics play a large role in determining bone mass.
- Early menopause - Menopause before the age of 45 makes women lose bone mass faster.
- Low calcium intake - Calcium is the most important nutrient for reaching peak bone mass, stopping bone loss and treating osteoporosis.
- Medical conditions - Conditions such as Celiac disease or Crohn's disease can affect how your body absorbs key bone-building nutrients.

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

## Decreasing your risk of osteoporosis

When it comes to bone health, a balanced diet rich in calcium, vitamin D and enough protein is essential to building and strengthening bones and reducing your risk of osteoporosis. By eating foods that contain calcium and vitamin D, you will help your body get the bone building elements it needs.

Milk and Alternatives such as low fat milk, yogurt, cheese and fortified soy beverage are your best sources of calcium. Other sources include canned salmon and sardines with bones, almonds, and dark green vegetables such as spinach, broccoli and kale.

Milk is also the best daily source of vitamin D. Some yogurts and plant based beverages available are fortified with vitamin D. Check nutrition labels to see if the product contains vitamin D. Other foods that naturally have vitamin D are fatty fish such as salmon, tuna, and halibut, as well as eggs. Health Canada recommends that all adults over the age of 50 take a daily vitamin D supplement of 400 IU.

Protein and calcium work together to build bone, and an adequate amount of both is needed to keep bones healthy. With age, protein continues to be important to maintain bone mass and help fractures heal. Protein is found in Meat and Alternatives such as beef, chicken, fish, legumes and eggs, as well as in milk products.

Along with a calcium-rich diet, our bones need a lifetime of regular physical activity to maintain their strength. Weight-bearing exercises are best. Find activities you enjoy and make active living a priority in your everyday life. Smoking and too much alcohol, salt or caffeine can have a negative impact on bone health when accompanied by a low calcium intake.

## Easy Berry Banana Smoothie

½ banana	½ cup (125 mL) low fat milk
1 cup (250 mL) fresh or frozen berries	1 cup (250 mL) ice

Blend ingredients in blender until smooth. Drink right away or freeze for an easy grab-and-go breakfast in the morning. Serve with a small whole grain muffin. Makes 1 serving.

Be creative! Try other fruit combinations such as: mango and pineapple, strawberry and kiwi, or blueberry, banana and raspberry.



### Sources:

*Dairy Farmers of Canada, Body and Bones – Up Close and Personal, April 2011*  
*Alberta Health Services, Wake Up to Breakfast Everyday, 2010*  
*Alberta Health Services, Eating Well to Prevent or Treat Osteoporosis, August 2011*  
*Eat Right Ontario, Strong Bones for Life, 2011*



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