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Lloyd Garrison School NEWS

LGS Recognizes Earth Month

During April students will be engaging in various activities to heighten their awareness of the role they play in changing their environmental footprint. Students at Lloyd Garrison School will continue to support environmental projects such as recycling (cans/juice boxes and paper). Various activities will be taking place throughout the month to increase awareness of the difference we all can make.

Wasteless Wednesday - Students will be asked to bring only recyclable containers for lunch/snack rather than throwing away baggies and wrappers.

Trashless Thursday - Students will be assigned their own garbage bag to determine how much garbage they personally accumulate in a day at school.

Lights Out Canada - for one hour on April 21 the entire school will have all the lights turned off. By participating in Lights Out, LGS students will be joining other engaged youth and educators across Canada who want to reduce their ecological footprint. The idea behind Lights Out is that small changes add up to make a big difference. It is within all of our power to commit to making those small changes together.

Weather permitting, students will be demonstrating their great citizenship skills by doing a community clean-up...beautifying Berwyn streets and paths.

We highly encourage students to walk or bike to school rather than being driven, if this is an option. It is this generation that will be most affected by global warming and it is up to us to start changing our habits now so that we will have an inhabitable earth in the future.

APRIL 2016



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Citizenship Awards

- ECS - Eli Lock
- Gr. 1 - Ronin Rioux
- Gr. 2 - Cianna Janzen
- Gr. 3 - Agatha Peters
- Gr. 4 - Shaelynn Neel
- Gr. 5 - Gena Fehr
- Gr. 6 - Ashley Redekop



Spotlight on Health and Safety

Kristy Shilka, PRSD Health & Safety Coordinator

For us to be healthy and safe we need to live in a healthy environment. When we talk about the environment we mean the surroundings or conditions that affect all life on earth. This includes the air, food chains, the water cycle, plants, animals and other humans. Our society is dependent on natural resources to maintain a standard of living that we have grown accustomed to which is unsustainable and is continuously damaging our environment.

Each of us can make small changes that will add up to big improvements in making our environment healthier now and in the future. Learn about the many available ways to conserve energy, carpool or use public transport, use less water and power. Practice making less garbage by composting and following reduce, reuse and recycle programs. Be aware of your environmental footprint by doing things such as purchasing non-toxic cleaners, trying not to waste food and never litter. Have fun and teach kids valuable life skills by growing some food of your own at home or in a community garden, or by planting a tree. Participate in your town and highway cleanups. Celebrate Earth Day on April 22.

When people protect the environment, they are protecting themselves and their futures; we can have breathable air, drinkable water, and edible food for many generations to come. Let's respect and care for each other and learn to work together to preserve our health, safety and the environment.

<http://www.ec.gc.ca/sce-cew/default.asp?lang=En&n=5499C60D-1>

<https://ecokids.ca/>

<http://www.nrcan.gc.ca/energy/efficiency/kidsclub/7805>

<http://www.ec.gc.ca/sce-cew/default.asp?lang=En&n=87740c94-1>

Science Fair

LGS hosted other PRSD multi-grade schools for a joint science fair on March 18th. Thank you to Red Earth Creek, Nampa and Dixonville for joining us this year. Winners are:

Division 1 (Gr. 1-3): First (Aydan Cadorette-Lawrence, Sydney Simser, Torsten Buhler, Gage Cadorette-Lawrence, Katline Clerk) ; Second (Agatha Peters, Airyanna Lock, Ronin Rioux, Ronin Ouellette, Lea-Mae Patterson); Third (Red Earth Creek)

Division 2 (Gr. 4-6): First (Emma Robinson); Second (Dixonville); Third (Troy Buhler)

Division 3 (Gr. 7-9): First (Dixonville); Second (Red Earth Creek); Third (Red Earth Creek)

The judges were very much impressed with the students knowledge of their material and the extensive work that went into their displays, giving lots of feedback for students to learn how to improve.





Lloyd Garrison School Kindergarten Registration

Please bring your
child's Birth
Certificate to
register

- We offer early intervention, please ask for more information on this program.
- Learning Through Play environment
- Enrichment program provided
- Technology in the classroom
- Mentorship program with "bear buddies"
- Community Citizenship Program

Wednesday April 13, 2016



A proud member of the
**Peace River
School Division**

Talking With Your Child About Healthy Relationships



Learning about relationships begins early in life. As children grow they build relationships beyond their family, making friends and interacting with peers and teachers. Relationships are an important part of your child's life and can affect their physical, emotional and mental wellbeing. Parents, guardians and caregivers can have a positive influence on their children and their decisions. A good starting point is to reflect on your own values and what values you want to pass onto your children. You can then lead by example and teach your children by showing them positive social behaviours such as honesty, respect and openness. With your help, your child will be better able to recognize healthy and unhealthy relationships.

What makes a healthy or unhealthy relationship? Healthy relationships include shared respect, honesty and trust as well as equality, support, fun and safety. It is also important in relationships to maintain separate identities and establish clear boundaries. Unhealthy relationships may be characterized by lying, manipulation, put downs, bribes and power issues.

Alberta Health Services developed the website www.teachingsexualhealth.ca to help you find the information you need to have conversations with your child. You will find webisodes, factsheets, FAQs and more. The parent section provides you with:

- Tips on how to start a conversation about healthy relationships.
- Suggestions for topics to talk about with your child such as compromise, anger management and respect.
- Links to reliable resources and community agencies in your area.

Bring the conversation of healthy relationships into your home for the benefit of your child's health and development. We encourage you to check out what www.teachingsexualhealth.ca has to offer!

Cooking – Fun at Any Age

How did you learn to cook? Was it with a parent or family member or someone else? Was it fun to try a new recipe, help in the kitchen and try those foods you helped prepare? To kids, cooking doesn't seem like work and they can be a big help in the kitchen. Little does the child know, they are building cooking and food preparation skills.

The more kids help choose, prepare and learn about food, the more they may be willing to eat what is served for meals and snacks. Here are some ideas to get your child started in the kitchen:

- **Ask for their input.** We all have favourite foods and allowing your child to provide ideas for meals and snacks will make them feel valued. It will also help you plan meals ahead of time.
- **Talk about foods at the grocery store and at home.** You can also have them pick out new foods to try at home. Letting them choose a brightly coloured vegetable or fruit is fun and since they picked it, you bet they will want to try it!
- **Help your child pick out a new recipe that you can make together.** It might become a new family favourite!
- **Try a "make-you-own" family style meal** of sandwiches, wraps, pizzas, salads, pasta or tacos. Kids love to make their own creations as it allows them to experiment with food.
- **Young children can help with lots of tasks in the kitchen.** Start with small tasks such as; washing vegetables, mixing salad, adding ingredients, stirring, setting the table and cleaning up.

Try some of these simple steps to help your little chef learn in the kitchen. You will be helping your child form positive and lasting healthy eating habits!

April 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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3	4 Day in Lieu of P/T Inter- views NO SCHOOL	5	6 Wasteless Wednesday	7 Trashless Thursday Glass Fusion	8	9
10	11	12	13 ECS Regis- tration 3-5 pm	14	15	16
17	18	19	20 Wasteless Wednesday	21 Trashless Thursday Community Cleanup	22 NO SCHOOL— LGS Day Earth Day	23
24	25	26	27 School Council at 6 Babysitting Provided	28	29	30