

# Cardston Elementary

## Principal's Message

Welcome back to school and a big thanks to all those who assisted with and attended the back to school breakfast. We were able to provide about 700 plates of food and still send students to their class on time at 9:30. What a great way to start our year together! Our teachers were so excited to make contact with most of their student's parents which is a great start to a school year.

As we start off our school year, we are maintaining the best of the CES traditions- junior and senior choir, lunchtime intramurals, after school sports, safety patrol, book buddies and so many more. At the same time, we are adding some new traditions-to-be that we hope will enhance the quality of education for our students - back to school breakfast, Hope Squad, back to school night and many more in the works. It's a merging of the old with the new and we hope you will share your ideas and feedback with us.

As you establish your school year routines, please schedule time for your children to read at home. The MOST IMPORTANT thing a parent can do to support their child's education is to read with them for 30 - 60 minutes a night! YES!! I said **30-60 minutes of home reading each night is required for a student to maintain their current reading level.** We will present you with lots of ideas about how to make home reading a fun part of your family routine at back to school night on September 27. At this point, the best thing you can do is schedule the time and establish a habit.

Another important habit to establish is limiting screen time. Screen time includes everything from television, you tube, social media and video games to anything kids do on a personal device such as an iPad or iPod, handheld video device, etc. **Screen time should be limited to 1-2 hours a day with all screen time ending at least an hour before bed.**

Finally, **establish healthy routines for sleep, exercise and eating.** These are environmental factors parents and guardians have significant control over and that greatly influence student success.

Supporting in these three areas will get your student off on the right foot, ready to learn each school day! We look forward to a great year together!

## School Council Meeting

Thursday, September 13 at 6:00 pm at CES

Come meet your new principal and help us organize for a great year! Your input is valuable!

## Phone Calls and Student Messages

We have changed the procedure for contacting teachers and students. Phone calls were a huge disruption to classroom instruction the past few years. We value all our learning time together and want to optimize this valuable time. As a result, NO CALLS will be put thru to teachers or students during instruction time. Messages will be held at the office and delivered at lunch time and just before home time at 3:05. Please make your after school arrangements with kids BEFORE you send them to school. We do realize that occasionally circumstances require adjustments or changes but whenever possible it is best for students to know the plan before they head to school. Teachers will have an opportunity to return calls after school or on breaks. In the case of an emergency, we will always do our best to respond as quickly as possible.

## School Morning Supervision

While we appreciate how excited kids are to get to school, please do NOT have your child arrive at school before 8 am. There is no supervision available before 8 am. It is in the best interest of students not to arrive before 8:15 when classroom teachers are available to supervise.

## Important Dates

September 10-	Grade 5 Chapter's Trip Preschool Begins
September 11-	Grade 5 Waterton Biosphere Trip
September 12-	Grade 4 Chapter's Trip
September 13-	6 pm School Council Meeting
September 18-	Grade 4 Buffalo Jump Trip Grade 2 Chapter's Trip
September 19-	Grade 3 Chapter's Trip
September 21-	Terry Fox Run
September 25-	Grade 1 Chapter's Trip
September 26-	Picture Day
September 27-	6 pm Hope Squad Parent Orientation- invitation only 6:30 pm Back to School Night- ALL parents and students with light supper included
October 16-	Kindergarten Chapter's Visit
October 26-	Kindergarten Halloween Party for all Kindergarten Students

## Remembrance Day Choir

All students are welcome to participate in the Remembrance Day Choir. Info was sent out last week and is **due back on Tuesday, September 11.**

## Visitors, Pick-up and Drop Off Procedures

For the safety of students, we will be locking all exterior school doors except the main front doors during school hours. We welcome parents and guardians into the school at any time but ask that you follow the procedures below:

1. We ask ALL visitors to please check in at the office.
2. We will call your student to the office if you need to pick them up during school hours. It is disruptive to classes for parents to interrupt the class themselves.
3. After school pick up will be in the gathering area, please wait for students there.

I encourage all parents to visit their child's classroom and keep in touch with their teacher thru school visits. This is a great way to show support for your student. The above procedures will help us to ensure students are safe in the school.

## Chapter's Visits

We are so excited to take each of our classes to Chapter's in Lethbridge to pick out a book of their choice. This is part of our *For the Love of Reading Grant* from Indigo. The books students select will be read and then placed in their classroom library. We ask your help in keeping track of the books and keeping them in great shape for the classroom library. It would be great if you read and discussed the books with your students as they bring them home. This can help you get to know your child's reading interests and model the importance of literacy for them.



Upon completion of the book, students will be asked to provide a book review that will be placed inside the cover of the book. They will also be asked to give a book talk in class before the book is placed in the classroom library.

Students should NOT bring personal spending money to Chapter's as they will not be permitted to make personal purchases on this trip.

# SCREEN TIME VS LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE  
GROUP >

8-10

11-14

15-18

CHILDREN AGES 8-10 SPEND ABOUT

# 6 hours a day

IN FRONT OF A SCREEN USING  
ENTERTAINMENT MEDIA

NEARLY

# 4

OF THESE ARE  
SPENT WATCHING  
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

jump rope



and...

ride their bike



## How can parents help?



**1** Ensure kids have 1 hour of physical activity each day.

**2** Limit kids' total screen time to no more than 1-2 hours per day.

**3** Remove TV sets from your child's bedroom.

**4** Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

FOR MORE INFORMATION, VISIT [MakingHealthEasier.org/GetMoving](http://MakingHealthEasier.org/GetMoving)