

APRIL

2016



WILSON MIDDLE SCHOOL

April Events

- Mar 25 -Apr 3 Easter Holiday
- 4 School Resumes
- 13 School Council Meeting
- 14 Leadership Conference
- 15 No School District Staff Learning Day
- 20 WMS PHASE ONE FUNDRAISER 5:30 PM
- 26 Grade 5 Parent Orientation 7PM
- 29 Grade 5 student orientation 10-11:30 am
- 29 Term 3A Ends

May Events

- 2 Term 3B starts
- 11 School Council 7pm
- 13 No School for students Staff learning day
- 17 School Track Meet
- 23 Victoria Day Holiday
- 25 LSAA City Track Meet
- 27 FNMI day
- 31 Spring Concert 7:00pm

The close of March and the beginning of April brings us to a multitude of goings-on, here in the halls of Wilson Middle School. We have recently completed a number of events including the Kiwanis Music Festival, the Collage of the Arts, and our Easter vacation. We are still looking forward to the city badminton championships and Grade 5 classroom visits. It is a time for re-energizing and for re-visiting the notion of adding meaning to our lives. Supporting the arts, athletics and academics is a commitment that Wilson Middle School has made to this rejuvenation process, and we encourage you to talk about these events in your homes.

March was a fantastic month with plenty on the go. Our staff and students hosted the Collage of the Arts. The play My Name is Rumpelstiltskin was a theatre event to be remembered. We sure appreciated all of the hard work and talents that went into making this celebration of the arts, a success! March also saw the entire school walk to the Adam's Ice Arena for the Third Annual Wilson Cup Hockey Game. The student and staff enthusiasm was palpable and it was a terrific way for our entire school to come together for an extracurricular event. We would like to extend our thanks to each of the organizers of these special events, as they couldn't have happened without you. Report cards for term 2 went out on the 21st of March and we had the opportunity to reflect on what we are doing well, and what still needs work.

We would like to take a moment to celebrate the success that we are experiencing in our Numeracy Program. Hours of hard work have gone into preparing the learning opportunities for students at all levels, and the efforts are really paying off. Each of the numeracy classes is filled with engaged, excited, and energetic students, who are loving the opportunity to improve their math literacy skills in a number of new ways. This may not be exactly what they tell you, once they get home, but you should really see them in action! Way to go, Wilson - keep up the fantastic efforts!

Planning for the 2016-17 school year is well under way. We are focusing on smooth transitions as we face the end of the year. Students will receive their registration packages from their homeroom teachers on the 4th of April, and the completed packages will be due back to the school by April 8th. This important process also serves as a reminder that our 2015 -16 school year will be quickly coming to an end and final exams will be soon approaching. One interactive website that is applicable to all grades and reinforces concepts taught in the classroom is <http://www.2learn.ca/> . Use the various sections of the menu to tailor the experience and information that you are looking for.

At this time we would like say welcome to Ms. Jeni Halowski as the incoming Grade 6 Vice Principal, and bid farewell to Ms. King, as she moves on to the Counselling Coordinator role for the District. We are very excited to have Ms. Halowski join our team! She brings a wealth of knowledge and experience to our school, having specialized in inclusive education and neuroscience in her Masters program. Ms. Halowski, and has been putting her talents to work for a number of years over at GS Lakie Middle School and we welcome her now, to Wilson!

If you ever have concerns or questions, or just are wondering what is happening in your son or daughter's class, please check out all of the information on the school website, including individual teacher pages. Have a wonderful April everyone - we wish you a happy and healthy Spring!

Brad Dersch, Vice Principal

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GRADE LEVEL REPORTS

Grade 6

The grade 6 team would like to congratulate all students on successfully completing Term 2! Report Cards were sent home on Monday March 21st and we congratulated all of those students who made honour roll this term with a lunch pizza party on Thursday March 24th.

Collage of the Arts was a huge success! Our students put on the play My Name is Rumpelstiltskin and all grade 6 students attended a matinee performance of the show.

Students will only have 5 weeks until their first P.A.T. Please contact your child's Language Arts teacher for additional resources to assist students with their at-home practice.

We are also saying goodbye to Miss Clarke-Davies and Miss Beekman at the end of this month. They have both successfully completed their PSIII Internships through the U of L working with Miss Cowie and Mr. Thibault We wish you great achievement in your years to come!

The Grade Six Team



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GRADE LEVEL REPORTS

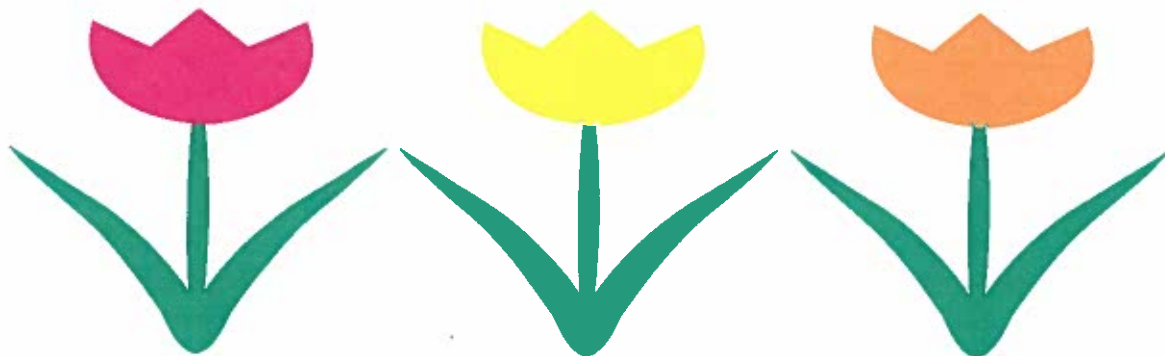
Grade 7

Wow, how quickly spring has come this year, to have temperatures in the high teens in March is sure a blessing. I hope everyone had a restful time over the Easter Holidays and enjoyed time spent with family and friends.

Report cards were sent home on March 21st. Please check with your student's homeroom teacher, or the office, if the report card did not make it home. Please remember to check home logic for updated student grades. Feel free to email or phone the school and talk to your student's teacher regarding any questions you might have.

We celebrated students who made the honour roll by giving them an ice cream treat on Thursday March 24th. Great job to all students!

Our next Wilson Way awards will be handed out on April 7th. Students are nominated for these awards by their peers for showing the Wilson way. These awards recognize students and the strong character traits they exhibit. Congratulations to April's winners!



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GRADE LEVEL REPORTS

Grade 8

Hello Parents,

Stay posted for information regarding Winston Churchill high school registration forms. The counselors at WCHS and some students will be coming to Wilson the week of April 11th - 14th to talk with the kids about options, programs and what to expect for their first year of high school.

Report cards came out in March 21st so hopefully everyone had a chance to look and see how their son/daughter is doing. Remember that it is important to regularly check home logic to keep track of your child's progress. If you are having issues logging in you can call the school for some additional help.

As we are approaching the end of the school year, mark your calendars.....

June 22nd—Celebrate 8. This celebration will be for all grade 8 students. The grade 8 teachers as well as Mr. Hawkins are working hard to make sure that all students will head into grade 9 passing grade 8. Checking out teacher websites and monitoring HomeLogic are some of the ways in which you can help your son/daughter be successful in their final year of Middle School. If you have any questions regarding this information please contact your son/daughters teacher.

The Grade 8 Team.



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Physical Education

Track and Field

We will be starting our Track and Field Unit in PE over the next few weeks. Students should expect to be outside whenever the weather permits. Please ensure that students are coming prepared for PE with appropriate clothing for the weather; hoodies and sweatpants are recommended over the next few weeks, as it may be cooler outside.

Our school track meet will take place on May 17th at the U of L Sports Field. Students will qualify for this event through PE class, where the top 10 in each event will go to our school meet. The top two competitors from the Wilson Track Meet will then represent us in the City Championships which will take place on May 25th at the U of L.



Track and Field Club

Our Track and Field club will be starting on Monday, April 4th. All students are invited to come and participate. The cost to participate in this club is \$15 and you will have the opportunity to train afterschool four days of the week. However, you may also just come on the days that your favourite event is training. All students that join will also receive a Wilson Track Club t-shirt. Please see Mrs. Dewacht for more information or a registration form.

This year's mantra:

TRAIN INSANE OR STAY THE SAME

Athletics

Wilson hosted its second annual Wilson Invitational Badminton Tournament on March 16th. Congratulations to all of our athletes.

Our teams now look forward to a few more competitions before they head to Cities at the end of April. Good luck to all teams.

Badminton Cities @ Chinook High School - Apr. 22 (Grade 6 - 2:00-6:30 p.m.), Apr. 26 (Grade 7 - 4:00-8:30 p.m.), Apr. 27 (Grade 8 - 4:00-8:30 p.m.)

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GRADE LEVEL REPORTS

April Showers Bring May Flowers

The Wellness Team is happy to say it is finally spring! In March we focused on health and well-being. Below, a picture of our healthy nutrition day on March 17th....



Here are some great upcoming activities this month:

April 15 is a national day of action in which some students across the country vow to take a form of silence to call attention to the silencing effect of anti-LGBTQ bullying and harassment in schools. We will have a minute of silence during the day. See <http://www.dayofsilence.org/> for more information!

April 22 is also Earth Day! See <http://www.earthday.ca/> for more information. Let's join together to make our community a cleaner place by picking up litter this day. Thanks to all the students who helped out on March 24th in the school yard!

April 19 is Ignite UR Spark! See Ms. Bryant, Ms. Kaminski, Ms. Stayko, or Ms. Singer for a registration form by April 13th!

Introducing Self-Regulation Kits...

In an effort to reduce stress in our classrooms and improve learning, we are excited to implement self-regulation kits in each classroom at Wilson Middle School. Students will receive a short lesson on the purpose and proper use of these kits from April 11-14 in class. It is important that the items (such as stress balls, kinetic sand, stretch bands, mandalas, etc.) are not used as distractions but as tools/strategies to help students cope in the classroom.

A Special Thanks to Big Brothers Big Sisters for running the Game On! Program and Go Girls! Program

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MUSIC and FINE ARTS

Collage of the Arts '16 Wrap-Up

Collage of the Arts '16 wows its audiences and unites our school! This year marks another year of resounding success as an impressive number of students and staff celebrated the Fine Arts in one production (March 21-23). Congratulations to the Stage Band, student artists, actors, tech crew and staff who all came together and presented a beautiful combination of music, art and drama. The play, "My Name is Rumpelstiltskin" will be remembered as one of the most polished to date thanks to the commitment of everyone involved! Thanks to the parents and Wilson staff whose support allowed all students in the Collage to shine and share in the magic of live theatre!

"Rumpelstiltskin" Cast and Crew Wrap-Up Party: Date to be Announced

Music Up-Coming Dates

Band 7-8 Spring Trip
Alberta Provincial Band Festival
May 11-12

Spring Concert
Tuesday, May 31
WMS Gym
7.00 pm
Students need to be there by 625 in their concert dress (all black)



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Office Information

2016 -2017 Registration Information

The students will be bringing home next years registration forms to be filled out. Please take a moment to confirm all the current contact information for your child. Please make sure the registration form is completed and signed . If your child is not returning to Wilson for the next school year please let the school know where they will be attending. Any questions please don't hesitate to contact the office at 403-329-3144



April Word of the Month Compassion

Compassion is having kind feelings toward someone who is hurt or troubled.

It is caring deeply and wanting to help, even if you don't know them.

It is being kind and forgiving to someone who has hurt you.

Why do we use it?

We use it to help people who feel alone or hurt to be comforted or cared for.

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Office Information

PAT times for Grade 6

ELA PAT Part A Monday, May 12th 9:00am

ELA PAT Part B Monday, June 20 9:00am

Math PAT Wednesday, June 22 9:00am

Science PAT Thursday, June 23 9:00am

Social Studies PAT Friday, June 24 9:00am



March 2016 Newsletter



Hello everyone,

We are preparing for a busy 2016!

-We are celebrating our 40th anniversary this year. There will be activities through the year to mark this occasion.

-We have a new revamped Facebook page, please check it out and give us a like!

-Our annual Easter Egg Hunt is coming up and is always well attended! Hope to see you there!

-The Westminster Outdoor Public Pool will be opening on June 18th, Neighbor Day! Free admission with a food donation.

George Duncan President - WNA

The next Westminster Neighborhood Association Board meeting will be held on March 20th at 1:00pm in the Community Center. Everyone is welcome to attend. Come down and see what we are about, ask questions or join our Association!!

The 39th Annual Easter Egg Hunt will be held on March 26th at 10:00am. All children 7 and under are able to participate in the Easter Egg Hunt and receive a small prize. Everyone is welcome for hot dogs and refreshments. We will have door prizes and a raffle for two family swim passes to the Westminster Outdoor Public Pool.

Westminster Neighborhood Association Is Celebrating Its 40th Anniversary

The Westminster Neighborhood Association is celebrating its 40th anniversary this year. The WNA applied and became incorporated under the Societies Act on March 29, 1976. Through the hard and consistent work of a strong Board of Directors, the Westminster Complex was built. This included the swimming pool, wading pool, playground, tennis courts and community center which are owned and maintained by the City of Lethbridge. We will be holding celebrations through the year to celebrate our 40 years. Please watch our website and social media for more information.

www.westminsterna.ca

Facebook: WestminsterNA

Twitter: WestminsterNA

Talking with Your Teen about Healthy Relationships

It's never too early to start teaching your teen about healthy relationships including both friendships and intimate relationships. Relationships during the teen years are an important part of life and can affect their physical, emotional and mental wellbeing. Parents, guardians and caregivers can have a positive influence on their teens and their decisions. A good starting point is to reflect on your own values and what values you want to pass along. You can then lead by example and teach your teen by showing them positive social behaviours such as honesty, respect and openness. With your help, your teen will be better able to recognize healthy and unhealthy relationships. By talking to your teen, you can help them stay healthy and make responsible choices as they grow up.

What makes a healthy or unhealthy relationship? Healthy relationships include shared respect, support, equality and fun. It is also important to maintain separate identities and establish clear boundaries based on personal values. Not all unhealthy relationships are abusive. Unhealthy relationships may also be identified by issues such as lack of trust, stress, bribes, jealousy and lying. Abuse may come in many forms including emotional, physical, sexual, or financial.



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

- Tips and conversation starters for discussing relationships with your teen.
- Suggestions for topics to talk about such as dealing with pressure, healthy and unhealthy relationships and sexual decision making.
- Links to reliable resources and community agencies in your area.

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

Cooking – Fun at Any Age

Mealtime is perhaps the best time to bring families together to eat, relax and enjoy. One challenge that many families face is finding time to plan and prepare meals. Make it easier and involve your family. Older kids can be a big help in meal planning and preparation. Not only will it make meals easier for you, it will help your teen learn cooking and food preparation skills. Developing these skills will help them for the rest of their lives. Here are some ideas to get your teen started in the kitchen:

- **Ask for their input.** Teens will have lots of great ideas for meals and snacks. With their help, planning ahead will save time and trips to the grocery store.
- **Let them help with groceries.** They can add items to the grocery list, choose items in the store and help put the groceries away after shopping.
- **Tasks** such as washing and cutting vegetables, making salad, setting the table, washing dishes and filling the dishwasher are easy tasks to do on a regular basis and teens will need little assistance.
- **Help them learn kitchen safety.** See [Being Safe in the Kitchen](#) for tips.
- **Teach them how to use appliances** like the microwave, toaster oven, blender, hand mixer and crock pot if you haven't already. With supervision, a teen can also start to use the oven and stovetop. They can stir things like soups, sauces, meat, and stir-fries.
- **Talk about food with them!** You can explain different cooking techniques, how to tell if a fruit/vegetable is ripe, how to know when meat is thoroughly cooked, and how to make an entire meal. Food is always a great conversation starter at meal times.
- **Have them make their own lunch.** Have them including a serving from each of the food groups on [Canada's Food Guide](#) or have them help in making the entire family's lunches.

Try some of these simple steps to get everyone involved in the kitchen. You will be helping your teen form positive and lasting food preparation skills and healthy eating habits.