



November

- 7 Wrestling begins
- 9 School council 7pm
- 9 Remembrance Day assembly 10:30
- 11 Remembrance Day
NO SCHOOL
- 14 Basketball ID CAMP Start
- 15 Rock Your Mocs
- 23 Club Basketball begins
- 24 Leadership assembly AM
- 24 Staff Learning/Retreat PM
NO SCHOOL in afternoon
- 25 Staff Learning /Retreat
NO SCHOOL

December

- 1 Winter Concert 7pm @
Southminster Church
- 2/3 Tip off Classic Basketball
Tournament
- 21 Staff VS Students Hockey
Game
- 22 Grade 8 Movie Mill
- 23 Grade 6 Agora Days
- 23 Grade 8 Reindeer Games
- Winter break from
December 24- January 8**

October was a very busy month at Wilson and I can't believe how quickly it went by. We would like to thank how everyone who supported Wilson and our students in the many activities here at the school.

The month of October included the energy filled wrap up assembly for the fundraiser. We would like to thank everyone for the time and energy they put forth into selling the ADmazing coupon books. Everyone's effort raised \$25 000 for our school. This money will go a long way to providing meaningful field trips for our students and enhancing the school equipment for our modernization project.

Thanks to everyone for making our goal a reality, we couldn't have done it without you.

As November approaches I would like to thank everyone who helped to make this year's Wolverine Classic a great success. Hosting a tournament of this caliber takes the time and effort and work in made lighter by the many hands involved. Thanks to everyone who contributed to the tournament, volunteered their time and came out to cheer on our teams.

On October 11th our teachers had the opportunities to participate in Professional Learning, provided by Gary Anaka. He is a brain based facilitator and has spent over 19 years researching the topic of the teenage brain. Our teachers are striving to implement strategies to help the teenage brain engage in the classroom and look forward to sharing the learning with our students.

As we move into November we will take the opportunity to reflect and remember. On November 9th we will be observing Remembrance Day with an assembly at 10:30. We would like to invite any parents that would like to join us, to attend. November also brings to close the volleyball season with the finals on November 8th. Basketball ID camps will begin on November 14th. The end of November will bring to close term 1, at which time students will be starting their new options. Please keep an eye out for report cards on December 5th.

It is hard to believe that November has arrived. With November often will see the beginning of cooler weather. Please ensure that your child is coming to school dressed appropriately for the weather as they will be going outside, even if it's cold. Have a great month!

Brad Dersch
Vice Principal



Winter Concert!

Featuring:

Band 6, Band 7, Band 8, Jazz Band and Choir 7/8

December 1, 2016

7.00 pm in the Southminster United Church (1011 4 Ave S.)

Concert Dress: all black pants/dress, shirt, socks, and shoes as much as is possible

Cost: donations are appreciated to help cover the cost of the church

Literacy Link

<http://www.scholastic.com/parents/blogs/scholastic-parents-raise-reader/4-ways-to-make-home-library-your-kids?platform=hootsuite>

School fees are past due please use the link below for payment

School Cash Online: <https://lethbridge.schoolcashionline.com/>

Parent PowerSchool is a great way to keep up to date with attendance, marks, assignments and emailing teachers

<https://ps.lethsd.ab.ca/public/>

Please check out our webpage for the links also to the Parent Powerschool and School cash





Grade 6

We have had a great start to the school year and we are excited that it is already November!

In September and October, all grade 6 students went on a Helen Schuler field trip, a big thanks to all of the parents who volunteered their time to supervise.

We also wanted to thank all of the parents who were able to attend parent/teacher interviews, we appreciate meeting you and discussing your child's success. If you were unable to meet with your child's teachers during the scheduled interviews please contact their homeroom teacher to make arrangements for a meeting if you wish.

In addition, we have now wrapped up our annual fundraiser and wish to recognize all of the grade six classes for their contributions. Congratulations to 6A who were awarded a class party for being the classroom with the most number of books sold in our school fundraiser this year!

We are also very pleased to have moved into our new classrooms as of Monday, October 24!





Grade 7

November is another busy month in grade seven! This month we look forward to our Survivor Night where students will compete on November 16th in a series of fun challenges. Continue checking your child's home-room teacher's websites for important information of what is happening in each individual class! You can help your child out at home by staying tuned into your Power School parent portal for information on grades.

The grade seven would like to congratulate the Wilson Way award winners for October:

7A

Amy Quan – responsibility
Raydon Teeter – respect
Logan Nilsson - kindness

7B

Noah Bridge - Honesty
Kitana Schneider - Responsibility
Eric Austin – Respect

7C

Kalen Harper - Responsibility
Eric Bruwash - Caring
Kaydence Martens - Respect

7D

Perseverance – Mataeo Whyte
Responsibility – Olivia Needham
Citizenship – Sam Hirlehey

7E

Claire Cox – Responsibility
Jesse Mayert – Citizenship
Monica Vela Barrientos – Respect

7F

Sakari Courteurille - Citizenship
Didi Zuidema - Respect
Kaden Hacker - Caring



Grade 8

We have just finished raising money with our school fundraiser and the grade 8's this year did awesome! We are really proud of all of their efforts and appreciate your support. The money that we raise helps to pay for all the extra activities and field trips we do throughout the year. Big thanks to everyone who was able to contribute.

Parent Teacher interviews were a great opportunity to meet and connect with parents, so thank you for attending. Our student and citizens of the month will get their certificates in front of their peers and be able to choose a book at our December grade level celebration.

Ms. Huculak, Mr. ET and Mr. Greve's exploratory classes will be going on a field trip to see the new Harry Potter movie the afternoon of Tuesday, November 22nd. We will leave at lunch and watch the movie all afternoon, then be back for the busses.

The cost per kid is:

13 and under - \$5

14 and up - \$7.50

We are discussing ways to fundraise to cover this cost.





November's Message from The Counselling Team

October was a wonderful month here at Wilson! One highlight was Orange Shirt Day. Mr. William Singer spoke to students about his experience in residential schools and shed some light on the important part of our history. Thank you to everyone who showed support for truth and reconciliation by wearing an orange shirt on September 30.



We would like to share some upcoming dates in November:

Random Acts of Kindness is on November 4! We will be taking a small group of students to hand out hot chocolate and coffee to people downtown.

November 13-19 is National Addictions Awareness Week (NAAW)

Alberta Health Services Prevention and Promotion will be present at the school Monday, November 14 to share information

Rock Your Mocs is November 15. Please wear your "moccasins" this day!





Wilson School Parent Council news

Wow, what incredible turnout we had at our School Council meeting and what a great team we have. I want to thank Constable Brussee for presenting an informative presentation on Internet Safety and Cyber Bullying. As a parent body we were delighted to hear the achievement of the Grade 6 test results that reinforces the schools desire to continue to achieve awesome results academically. A big thanks for our Administration & Staff for all the hard work you all do to get this success. Moving forward the Council is hearing from parents to get more information regarding the proposed Islamic School and a proposed special School Council Meeting. This followed in Dean Hawkins and I meeting with Superintendent, Cheryl Gilmore, where parent concerns were discussed and brought up. Please be looking out for more information regarding this and please contact Cheryl Gilmore (cheryl.gilmore@lethsd.ab.edu) if you have concerns or questions as the Administration of Wilson is not responsible or overseeing this proposal for this Islamic School. Please join us for our next meeting on Wednesday, November 9th as we will continue to help support our students and the awesome school we have.

Rohan Crown, School Council Chair.

Physical Education

November proved to be another busy month in the PE department. All classes worked through various units, covering both our PE and Health curriculums. Students will continue to progress through the health curriculum throughout the winter months.

November will also see all classes progress through their basketball units. This is helpful as it will allow students to dust of the cobwebs and regain the skills that they have prior to basketball tryouts occurring. Good luck to those that tryout.

We would like to take this time to remind everyone about proper footwear during PE. With winter on our doorstep, it is important to remember that winter boots are not ideal for PE. Please remind your child to wear their indoor footwear to PE on a daily basis.

Enjoy the cooler weather and remember being active outside helps keep you warm.

WMS PE Team



Pack a Healthier Lunch with Less Litter

On average a teen taking a lunch to school will throw away packaging that can create 30 kilograms/67 pounds of litter in a school year. It's clear that lunches with less packaging will help reduce this litter, but they are also a chance to pack healthier foods. Some pre-packaged foods can have more sugar, salt, and fat than foods you choose and package yourself. Also, these ready-to-go options may not have a lot of fibre, vitamins, minerals, and other nutrients.

Here are two ideas to reduce litter and pack a healthier lunch.

- Instead of buying a small pre-packaged lunch with meat and cheese, a fruit drink or pop, and a candy bar, try this tip:
 - In reusable containers pack:
 - whole grain crackers, lean meat, and lower milk fat cheese
 - water in a reusable water bottle
 - a piece of fruit or cut vegetables
- Encourage teens to use reusable containers for home-made whole grain sandwiches or wraps, and cut up vegetables and fruit. Buying lunch items from the grocery store, restaurants or convenience stores may have more packaging and there may be fewer options that include whole grains or vegetables and fruit.



These simple changes may provide more fibre from choosing whole grain crackers, bread or wraps and fruit or vegetables. The changes may also help you to use less fat by choosing lean meats, lower milk fat cheese, and less sugar by sending water instead of a sugar sweetened drinks, and it is all done without throw away packaging! For more information on lunch ideas you can pack go to: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient and effective but have also contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical health? This isn't easy in a world that is becoming over populated with screens, but here are some tips on balancing technology and physical activity in our teen's, or even our own lives:

- Set daily limits or guidelines (limit the use of screens to certain times of the day, set times to 'unplug').
- Encourage them to get outdoors. Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- Lead by example. Nothing has a greater impact than a positive role model. How often are you on a screen in front of them? Take note of your behaviours and unplug and get moving with them.
- Create a list of unplugged activities. Keep an activity jar at home, have your child help make the list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives!

October 11th, 2016

Dear large employer / municipality:

It is that time of the year again when Albertans need to start thinking about how to avoid getting seasonal influenza.

What is influenza? Influenza is a respiratory illness - it is NOT the "stomach flu"... Seasonal influenza causes sudden onset of fever, cough, headache, muscle and joint aches/pains, and fatigue. Most people will get better within a week or two but sometimes even otherwise healthy people can develop severe complications, including pneumonia. Some will even die from it.

Why get vaccinated? Immunization with the seasonal influenza vaccine remains the single most effective means to protect yourself from influenza and prevent the spread to others. All Albertans (six months of age and older) are eligible for the vaccine free-of-charge. Starting Monday October 24 and running into December, Alberta Health Services will offer the seasonal influenza vaccine to the public at various immunization clinics across Alberta.

Attached is a list of the immunization clinics in your area. We would ask that you share this information with your citizens / employees / clients. We have also included copies of promotional materials to remind people about the upcoming clinics. Complete clinic schedules will be posted on our website www.albertahealthservices.ca/influenza. Alternatively, you can call Health Link Alberta at 811.

Influenza is serious. Prevention is your protection.

Here are some simple steps to protect yourself and your family from influenza:

- **Get immunized!**
- **Clean your hands.** Wash your hands often with soap and warm water before you eat or serve food, or after you contact a person who is ill. Hand sanitizers work very well.
- **Cover your cough.** Cough or sneeze into your elbow or sleeve, not into your hands or use a tissue to cover your nose and mouth. Throw the tissue into the garbage and wash your hands.
- **Stay home when sick.** Stay home when you have symptoms of illness (fever, cough, headache, extreme tiredness).
- **Stay fit and healthy.** Eat a healthy diet, quit smoking; get plenty of sleep and regular exercise.

Please contact you nearest Public Health office if you have any questions or concerns.

Sincerely,



Dr. Karin Goodison, Medical Officer of Health
Alberta Health Services – South Zone

KG/dl

South Zone Influenza Clinics 2016

Community / Location	Date	Time
ACADIA VALLEY ACADIA VALLEY SUNSET CLUB 1 - 1 Avenue East, Acadia Valley, AB T0J 0A0	Wed, Nov 2	10 am – 1 pm
BASSANO COMMUNITY HALL 610 – 2 Avenue, Bassano, AB T0J 0B0 FLU-LAPALOOZA (Resource Fair for families with young children – everyone welcome)	Wed, Nov 9	1 pm – 6 pm
BLAIRMORE (Crowsnest Pass) PROVINCIAL BUILDING Conference Room 12501 – 20 Avenue, Blairmore, AB T0K 0E0	Fri, Nov 4	12 noon – 6 pm
	Fri, Nov 18	1 pm – 5 pm
	Wed, Nov 30	1 pm – 3 pm
BOW ISLAND PROVINCIAL BUILDING 802 – 6 Street East, Bow Island, AB T0K 0G0	Mon, Oct 24	2 pm – 7 pm
	Mon, Nov 14	9 am – 3 pm
	Wed, Dec 7	3 pm – 6 pm
BROOKS LAKESIDE LEISURE CENTRE Flex Hall 111 – 4 Avenue West, Brooks, AB T1R 0Z6 FLU-LAPALOOZA (Resource Fair for families with young children – everyone welcome)	Wed, Oct 26	9 am – 3 pm
	Thurs, Nov 10	1 pm – 6 pm
	Mon, Nov 14	1 pm – 6 pm
	Fri, Nov 25	3 pm – 6 pm
	Fri, Nov 4	1 pm – 6 pm
CARDSTON ▶ TANNER SENIOR CENTRE 260 – 1 Street West, Cardston, AB T0K 0K0 ▶ CARDSTON COMMUNITY HEALTH (PROVINCIAL BUILDING) 576 Main Street, Cardston, AB T0K 0K0	Wed, Oct 26	12 noon – 6 pm
	Mon, Nov 7	12 noon – 6 pm
	Wed, Dec 7	1 pm – 4 pm
CEREAL CEREAL COUNTRY COTTAGES 415 Main Street, Cereal, AB T0J 0N0	Tues, Nov 1	1 pm – 3 pm
COALDALE ▶ COALDALE COMMUNITY CENTRE 1217 – 20 Avenue, Coaldale, AB T1M 1M1 ▶ COALDALE COMMUNITY HEALTH 2100 – 11 Street, Coaldale, AB T1M 1L2	Wed, Oct 26	10 am – 3 pm
	Wed, Nov 2	2 pm – 7 pm
	Fri, Dec 9	9 am – 12 noon

Community / Location	Date	Time
EMPRESS EMPRESS FRIENDSHIP CENTRE Centre Street, Empress, AB T0J 1E0	Thurs, Oct 27	1 pm – 3 pm
ETZIKOM COMMUNITY HALL 151 Gooday Avenue, Etzikom, AB T0K 0W0	Tues Nov 1	7 pm – 9 pm
	Thurs, Oct 27	2 pm – 7 pm
FOREMOST COMMUNITY HALL 802 – 1st Avenue West, Foremost, AB T0K 0X0	Wed, Nov 30	2 pm – 7 pm
	Thurs, Oct 27	10 am – 3 pm
FORT MACLEOD ▶ HOLY CROSS CATHOLIC CHURCH HALL 2517 – 3 Ave, Fort Macleod, AB T0L 0Z0 ▶ FORT MACLEOD COMMUNITY HEALTH 744 – 26 Street, Fort Macleod, AB T0L 0Z0	Tues, Nov 1	2 pm – 6 pm
	Tues, Dec 6	1 pm – 4 pm
	Tues, Oct 25	10 am – 3 pm
LETHBRIDGE EXHIBITION PARK 3401 Parkside Drive South Lethbridge, AB T1J 4R3 ▶ MAIN PAVILION (South Entrance)	Thurs, Oct 27	10 am – 3 pm
	Tues, Nov 1	2 pm – 7 pm
	Tues, Nov 8	3 pm – 7 pm
	Sat, Nov 19	9 am – 1 pm
	Wed, Nov 23	2 pm – 7 pm
FLU-LAPALOOZA (Resource Fair for families with young children – everyone welcome) ▶ HERITAGE HALL	Tues, Nov 29	2 pm – 6 pm
	Thurs, Nov 10	2 pm – 7 pm
	Tues, Dec 13	2 pm – 6 pm
MAGRATH ▶ GARDEN CITY SENIOR'S CENTRE 32 North 1 St. West, Magrath, AB T0K 1J0 ▶ MAGRATH COMMUNITY HEALTH 37-E – 2 Avenue N, Magrath, AB T0K 1J0	Thur Jan 19, 2017	2 pm – 6 pm
	Tues, Oct 25	12 noon – 6 pm
	Tues, Nov 1	10 am – 3 pm
	Wed, Nov 30	1 pm – 4 pm



Community / Location	Date	Time
MEDICINE HAT		
STAMPEDE GROUNDS 2055 - 21 Ave SE, Medicine Hat, AB T1A 7N1		
▶ CYPRESS CENTRE AUDITORIUM:		
- ADULT RESOURCE FAIR	Tues, Oct 25	9 am - 3 pm
- FLU-LAPALOOZA <i>(Resource Fair for families with young children - everyone welcome)</i>	Thurs, Nov 10	1 pm - 6 pm
▶ HIGDON HALL	Thurs, Oct 27	1 pm - 7 pm
	Tues, Nov 1	1 pm - 7 pm
	Sat, Nov 5	10 am - 2 pm
	Mon, Nov 14	1 pm - 6 pm
	Fri, Nov 18	1 pm - 6 pm
	Mon, Nov 21	1 pm - 6 pm
	Tues, Nov 29	2 pm - 6 pm
	Wed, Dec 14	2 pm - 6 pm
MILK RIVER		
▶ HERITAGE HALL 213 Main Street, Milk River, AB T0K 1M0	Wed, Nov 2	10 am - 2 pm
▶ MILK RIVER COMMUNITY HEALTH 517 Centre Ave, Milk River, AB T0K 1M0	Tues, Nov 8	2 pm - 6 pm
	Wed, Dec 7	9 am - 12 noon
OYEN OYEN COMMUNITY HEALTH 315 - 3 Avenue East, Oyen, AB T0J 2J0	Mon, Oct 24	9 am - 3 pm
	Wed, Nov 16	12 noon - 6 pm
	Mon, Dec 12	1 pm - 5 pm
PICTURE BUTTE		
▶ COMMUNITY SENIOR CENTRE 607 Highway Avenue North Picture Butte, AB T0K 1V0	Wed, Nov 2	2 pm - 6 pm
▶ PIYAMI HEALTH CENTRE (Office) 300- A Rogers Avenue Picture Butte, AB T0K 1V0	Fri, Dec 9	1 pm - 3 pm

Community / Location	Date	Time
PINCHER CREEK		
TOWN HALL 962 St. John Ave, Pincher Creek, AB T0K 1W0	Wed, Oct 26	10 am - 3 pm
	Thurs, Nov 3	2 pm - 6 pm
	Wed, Dec 7	2 pm - 6 pm
RALSTON C.F.B. Suffield Recreation Centre Dugway Drive and Larkhill Lane Ralston, AB T0J 2N0	Thurs, Nov 3	2 pm - 6 pm
RAYMOND		
▶ SENIOR CENTRE 55 E and 100 N Raymond, AB T0K 2S0	Fri, Oct 28	12 noon - 6 pm
▶ RAYMOND HEALTH CENTRE 150 N and 4 St E, Raymond, AB T0K 2S0	Tues, Nov 8	12 noon - 6 pm
	Thurs, Dec 15	1 pm - 4 pm
REDCLIFF SENIOR'S DROP-IN CENTRE 26 Main Street South, Redcliff, AB T0J 2P0	Fri, Oct 28	2 pm - 7 pm
TABER		
▶ HERITAGE INN 4830 - 46 Ave, Highway #3 T1G 2A4	Thurs, Oct 27	9 am - 3 pm
▶ TABER HEALTH CENTRE 4326 - 50 Ave, Taber, AB T1G 1N9	Tues, Nov 8	12 noon - 6 pm
	Wed, Nov 23	2 pm - 6 pm
	Tues, Dec 13	1 pm - 4 pm
VAUXHALL		
▶ COMMUNITY HALL 417 - 4 Street N, Vauxhall, AB T0K 2K0	Fri, Oct 28	10 am - 3 pm
▶ VAUXHALL COMMUNITY HEALTH 406 - 1 Ave N, Vauxhall, AB T0K 2K0	Mon, Nov 7	2 pm - 6 pm
	Thurs, Dec 15	1 pm - 4 pm
WARNER WARNER SENIOR'S CENTRE 103 - 3 Avenue, Warner, AB T0K 2L0	Thurs, Nov 3	10 am - 2 pm
YOUNGSTOWN YOUNGSTOWN VILLAGE OFFICE 218 - Main Street, Youngstown, AB T0J 3P0	Wed, Oct 26	10 am - 1 pm

Important: Please bring your Alberta personal health care card

Dates and times are subject to change. For up-to-date clinic information, please check the website: www.albertahealthservices.ca