



AUSTIN ELEMENTARY SCHOOL

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November, 2009

Book Fair Thank You!!!!!!

Thank you for all the tremendous support shown to our school and more specifically to the Library at our recent bookfair. The library was sure a busy place in the middle of October when the book fair was on. We had sales of \$1826.95, which translated into \$852.27 worth of free books for our library. What a boost to expanding our reading experiences and adventures!

The theme for our first book fair this year was "Galaxy of Books" so we had several related contests. Here are the many winners.

There was a coloring contest for the students in kindergarten to grade 5 and a planet drawing contest for the students in grades 6 through 8. First place won a \$4.00 coupon to spend at the fair, second place won a poster and third place won a \$1.00 coupon to spend at the fair.

Kindergarten: 1st - Bowdie Smith, 2nd - McKenna Young, 3rd - Colby Waldner
Grade 1/2: 1st - Joshua Wall, 2nd - Emilee Reimer, 3rd - Megan Beswitherick
Grade 2/3: 1st - Jolene Klasen, 2nd - Adrienne Driedger, 3rd - Boyd Smith
Grade 4/5: 1st - Larissa Klasen, 2nd - Arianna Dyck, 3rd - Tanya Dyck
Grade 6: 1st - Rianna

McMillan, 2nd - Kaitlin Malyon, 3rd - Madison Young
Grade 7/8: 1st - Kaley McMillan, 2nd - Tyler Quiring, 3rd - Brad Giesbrecht

There was a draw each day for a free poster and the winners were Amanda Friesen, Jesse Sawatsky, Carson Zacharias, Joshua Campbell, Shalynn Reimer and a special draw for Nursery School and the winner was Serena Wall.

In the "Guess How Many Stars" contest the winner was Kevin Wieler winning a \$5.00 coupon to spend at the book fair.

In the "Guess How Many Pages in the Book" contest there were 2 books wrapped up and the winners were Laura Wall winning a \$5.00 coupon and Kimberly Bell and Paul Whincup tying for a \$5.00 coupon to spend at the book fair.

On the last day of the bookfair we had a classroom draw in each class with the first two students winning a Mars Bar and the third student winning \$2.50 to spend at the fair.

Kindergarten: 1st - Annika Unrau, 2nd - Brodyn Chambers, 3rd - Wallace Hobson
Grade 1/2: 1st - Paul Whincup, 2nd - Kimberly Bell, 3rd - Dryden Robertson

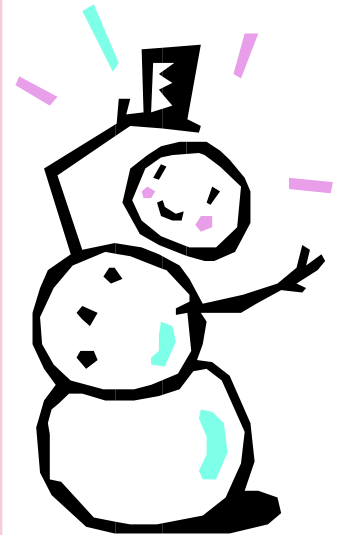
Grade 2/3: 1st - Boyd Smith, 2nd - Brittany Wiebe, 3rd - Trisha Unrau
Grade 4/5: 1st - Julie Nelson, 2nd - Hanna Wall, 3rd - Spencer Kehler
Grade 6: 1st - Avery Friesen, 2nd - Brett Jones, 3rd - Chad Wieler
Grade 7/8: 1st - Shane Dyck, 2nd - Amanda Friesen, 3rd - Elaina Currie

Last, but not least, is Kearstin Zacharias, the winner of the Family Event Draw. Kearstin won \$25.00 worth of free books and supplies and her teacher Mrs. Young won \$25.00 worth of free books for her classroom.

Thank you to the Grade 8 class for volunteering their time to help out during the bookfair.

What a great event - Lots of prizes and Lots of new books for the library.

Our Sincerest Thanks!
Sally Williams - Library Clerk



DATES TO REMEMBER:

- Nov. 10 Remembrance Day Service @ 2:15pm
- Nov. 11 No School
- Nov. 13 Report cards go home
- Nov. 16 P/T Conferences 5-8pm
- Nov. 18 P/T Conferences 5-7:30pm
- Nov. 20 Admin Day/No School
- Nov. 23 Boys Volleyball Divisionals @ Gladstone
- Nov. 25 Girls Volleyball Divisionals @ Austin
- Nov. 27 Divisional PD No School



Preschool C.H.I.L.D

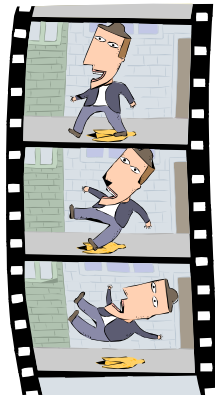
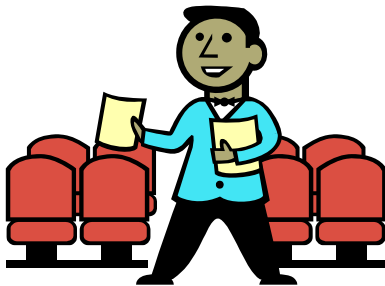
The preschool C.H.I.L.D program will be on November 16th at 10:00am. Kindergarten students are welcome. Please preregister with Mrs. Young by Friday, November 13.

Vision and hearing screening will be taking place in November and December. A letter will go home with each child that needs to be seen by either an

optometrist or an audiologist.



Movie Night



Thank you to everyone who came out to the family movie night on October 30th. The gym was packed and everyone had a great time. Since the community support was so strong student council will be trying to host another family movie night in the new year.

Parent/Teacher Conferences

Parent-Teacher conferences will be held on Monday, November 16 from 5:00-8:00PM and Wednesday, November 18th from 5:00-7:30pm.





Smart Eating Makes the Grade!

Keep the TransFat-uation out of School and Home

From School to Home:

New Manitoba Health legislation is banning the preparation, sale or distribution of foods containing high levels of artificial trans fats in Manitoba schools for the start of the 2009-2010 school year. If schools are being encouraged to reduce the amount of trans fats in foods, why not start at home?



What are Trans Fats?



Trans fats are found naturally in small amounts in certain foods, like dairy products and beef and lamb. Trans fats can also be made by food manufacturers in a process called “partial hydrogenation”. This is when they turn a liquid oil into a semi-solid form, such as shortening or margarine. These are called “industrial trans fats” and are damaging to our health.

Why the health concern?



Trans fats are unhealthy fats because they tend to raise the risk of heart disease. They increase the bad cholesterol and decrease the good cholesterol in your blood. The key is to limit the “natural trans fats” and avoid “industrial trans fats”.

Key Nutrition Points



All fats are not bad!
Fat is found in many healthy foods that children and teens need for growing bones and bodies.

Why do we need fat?

- ◆ It allows our body to absorb Vitamin A, D, E and K
- ◆ Cells need healthy fats to function well
- ◆ Fat slows down digestion of carbohydrates, helping them fuel the brain longer
- ◆ Omega-3 fats are healthy fats important for children’s brain and vision development, as well as helping to improve mood, memory and learning

Food Sources of Industrial Trans Fats:

- Shortening and partially hydrogenated oils and any items made with these
- Breaded or battered chicken/fish/vegetables
- French fries
- Biscuits, scones, donuts, muffins, cookies, danishes, cakes, icing
- Crackers, chips, cheezies, microwave and movie popcorn
- Instant flavoured coffee mixes
- Many margarine and chip dips
- Lunchables lunch kits



Activity Corner

As the temperature starts to dip, you can continue your physical activity indoors or outdoors with these ideas:

Outdoor - raking leaves, go for a walk, play on the playground

Indoor - bowling, badminton, indoor soccer, family gym nights



The Bottom Line

Everyone needs fat in their diet to keep their body healthy, but choose the healthier fat options and keep the total intake low. Eating Well with Canada's Food Guide recommends 2-3 Tablespoons of unsaturated fat every day.



Low Trans Fat Lunches

Make your own lunch from scratch to lower Trans Fat AND salt:

- ◆ Whole wheat crackers made with non-hydrogenated oils (eg. President's Choice cracker line)
- ◆ Lunch meat such as turkey, chicken or tuna
- ◆ Mozza or cheddar cheese cut into thin slices
- ◆ Vegetable choice: carrots, cucumber, tomato
- ◆ Fruit choice: apple, grapes, kiwi, orange, peach
- ◆ Milk

Practical tips to lower the intake of Trans fat in your Diet

- ◆ Follow Eating Well with Canada's Food Guide
- ◆ Prepare foods with little or no fat
- ◆ Choose soft margarines that are labelled as being free of trans fats or made with non-hydrogenated fat
- ◆ Fry foods less often
- ◆ Eat more fruits and vegetables
- ◆ Choose whole grain breads and cereals
- ◆ Choose more fish and seafood, beans, peas, lentils and nuts as meat alternatives
- ◆ Choose the healthier oils and fats for food preparation, such as canola, olive, sunflower, safflower, corn, soybean and sesame oils



Super Duper Chicken Soup

Ingredients:

- 2 ½ cups (625ml) water
- 1 x 10 oz (284ml) can of chicken broth
- 1 Tbsp (15ml) non-hydrogenated margarine
- ½ cup (125ml) chopped celery
- ½ cup (125ml) sliced carrot
- ¼ cup (50 ml) chopped onion
- 1 tsp (5ml) basil or 1 bay leaf
- 1 cup (250ml) chopped, cooked chicken
- 2 Tbsp (30ml) rice

Yield: 2-3 servings

Directions:

1. Melt the margarine in a medium pot then cook the celery, carrot and onion for about 2 minutes
2. Add water and chicken broth and bring to a boil
3. Reduce heat to medium low
4. Add the chicken, vegetables, bay leaf or basil, and rice to the broth
5. Cover and simmer for 30 minutes, stirring occasionally



Source: Adapted from The Amazing Little Cookbook; Alberta Health and Wellness-Healthy U Initiative



November 2009

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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<i>15</i>	<i>16</i> Day 3 Parent/Teacher Conferences 5-8:00pm Preschool Literacy @ 10AM	<i>17</i> Day 4K	<i>18</i> Day 5 Parent/Teacher Conferences 5-7:30pm	<i>19</i> Day 6K	<i>20</i> Admin. Day No School	<i>21</i>																																																																																																		
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<i>29</i>	<i>30</i> Day 5	<table border="1"> <thead> <tr> <th colspan="7">Oct 2009</th> <th colspan="7">Dec 2009</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </tbody> </table>					Oct 2009							Dec 2009							S	M	T	W	T	F	S	S	M	T	W	T	F	S					1	2	3			1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
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