

# Busby School Memo



November 9, 2011  
Issue 11

Achieving Excellence - Child by Child - Day by Day - Together  
[www.busbyschool.ca](http://www.busbyschool.ca)

The virtue for the month of November is **Courage**, and there is nothing like a Remembrance Day ceremony to remind us how important being courageous is. Mrs. Stitsen and Mrs. Yagos have done an outstanding job planning and organizing our Remembrance Day assembly that will be held tomorrow at 10:45. Everyone is welcome to attend. The ceremony will be both meaningful and informative. Thanks to all of our staff members for helping the children involved prepare for our Remembrance Day assembly. We would also like to thank The Royal Canadian Legion for providing us with poppies. We ask that, if possible, the children bring a small donation to help support our men and women soldiers who have served, or who are currently serving, our country in exchange for a poppy. If your child has already purchased one, we ask that they wear them on November 10<sup>th</sup> as we only have a limited supply and we would like all the children to have the chance to wear one. It is also "Black and Red Day" on November 10<sup>th</sup> which is another way we are paying tribute to our soldiers and service people.

Linda Popov from "The Families Virtues Guide" says this about Courage:

Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up and quitting. Sometimes courage means recognizing a danger and standing firm. It doesn't mean taking unnecessary chances just to look brave.

Courage is a quality of the heart. Courage comes from what you feel in your heart rather than just what you think. It comes from knowing yourself and knowing down deep that you can and should do something.

Courage is needed in trying new things, in facing difficult situations, and in picking yourself up after a mistake and trying again. It is doing what is right even if other people laugh at you or call you names.

I hope everyone has the courage to try something new, or to be courageous by standing up for what they know is right even if others continue to do something wrong. Decide what is the wise and courageous thing to do, and do it even if you still feel afraid.

**Photo orders due November 10th**

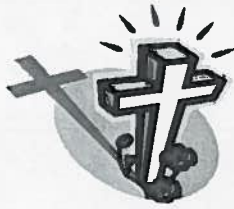
**Retakes & Class Photos are Nov. 16th**

**If you want your child to have retakes please send a note stating this.**



**DATES TO REMEMBER**

**NOVEMBER**



10 Remembrance Day Assembly @ 10:45am

11 Remembrance Day - No School

14 No School



16 Class Photos and Retakes @ 9:00am

17 Bobcats @ Westlock

24 Bobcats @ Dunstable

29 Volleyball Tournament @ Westlock

30 Early Dismissal (1 hour early)

**EVENTS IN OUR COMMUNITY**

If you have an event you would like posted here please contact the office at 780-349-2464

Get your Christmas shopping started...

**Christmas Craft Sale**

Dunstable Elementary School

Sunday, November 20th

10:00am to 3:00pm



**Busby Community League Meeting**

Monday, November 15th at 7:30pm

Everyone Welcome

**Double Diamond 4H**

is holding their annual

Turkey Bingo on

Saturday, November 26th at

the Busby Community Hall.

Doors open at 6:15pm

Bingo starts at 7:00pm

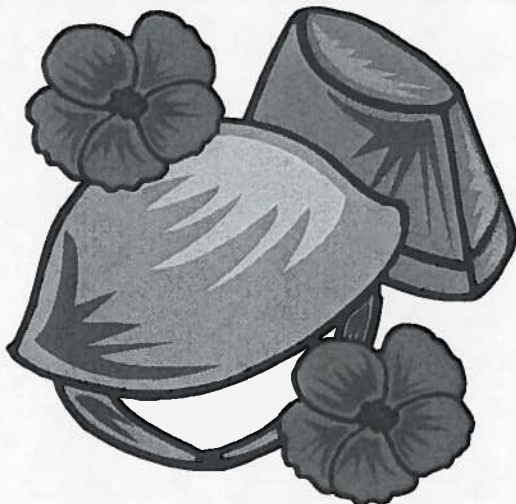
Italian Raffle (with lots of prizes) to

follow Bingo

Concessions available



**You Are Not Forgotten**



Grade 4 parents are needed to help out with the Hot Lunch on November 16th. Please contact lead parents Shawn or Tina at 780-307-2004.

## Breakfast with Santa

Preschool Fundraiser  
Busby School Gym  
Sunday November 27, 2011  
Time: 8:30- 11:30 am

Cost: \$5.00 / person or \$20.00/ Family  
Includes Pancake Sausage Breakfast, Crafts  
for the kids, Pictures with Santa, Face  
painting, and Italian Raffle for Children's  
toys. Donations for the food bank will be  
accepted also.

For Tickets: Contact any preschool parent or  
call Carla at 780-349-6374 or email  
cfelske@phrd.ab.ca



## **Little Elves' Workshop And Family Dance**

An opportunity for children to  
'shop' without Mom or Dad, (Elf  
supervised) for a family member.

Sun. Nov 20th 1-4pm

**Westlock Legion**

For more information, contact the  
Parent Link Centre 307-2444 Ext 7



## **SCHOOL FEES FOR 2011-2012 ARE DUE if you have not already paid please do so ASAP**

If you have any questions please contact the office at 780-349-2464.

### **Instruction Materials Fees billed by Pembina Hills Regional School Division**

Kindergarten (includes \$1.00 insurance fee)	\$ 50.00
Grades 1 - 6 (includes \$1.00 insurance fee)	\$ 60.00
Family Rate - 4 children or more attending any Pembina Hills school	\$230.00

(includes \$1.00 insurance fee) (Family rate does not include Kindergarten or Gr. 1 supplies)

**Please make cheques payable to: Pembina Hills Regional Div.#7 or PHRD#7**

### **Classroom Supply Cost (for supplies purchased by teachers)**

Kindergarten	\$30.00
Grade 1	\$30.00

**\*This cost is NOT included in your school fees\***

## Keep their smiles intact

### *Mouthguards key for kids*

**Do you and your children have smile protection when playing all sports?**

Mouthguards work like shock absorbers. They help prevent painful and costly mouth injuries.

Thousands of people every year suffer from injuries to teeth, lips, tongue and cheeks.

### **Where can you get a mouthguard?**

A mouthguard made for you by your family dentist gives the best protection and comfort.

Sporting Goods stores sell pre-formed mouthguards for you to fit at home.



*If your children play sports, be sure to get proper mouth protection for them. Mouthguards can help prevent painful—and costly—mouth injuries.*

## Maintaining the energy

### *Children need meals or snacks throughout the day*

To give your child energy and nutrients throughout the day, encourage them to eat a meal or snack every 3-4 hours. Snacks can be very simple to make, and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Some easy snack ideas include:

- Berries and yogurt
- Apple and peanut butter
- Whole grain crackers and cheese
- Red and green peppers with hummus
- Half a sandwich and milk
- Fruit salad and almonds

To make a healthy snack the easy choice keep sliced veggies and fruit in the fridge!

Here's a simple recipe:

#### **Yogurt Parfait**

$\frac{3}{4}$  cup (175 mL) low fat yogurt

$\frac{1}{2}$  cup (125 mL) fresh fruit or berries

$\frac{1}{3}$  cup (75 mL) high fibre cereal

**Directions:** Mix together or layer in a cup



*Consult Canada's Food Guide for ideas on snacks for your kids. But you can never go wrong with an apple...*

For more information and snack ideas please visit

[www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf](http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf)

## Dancing and exercise: Natural partners

Here are some dance-related activities that can give you and your friends a workout while having fun...

- Start the music and move around the room to the beat.
- Mirror the movements of a partner.
- In a big group, all members of the group can try to follow the movements of one leader.

- Each leader can choose how the others will move for 16 beats of music.
- Move in a way that works out your heart.

Is your face red?

Are you breathing heavy? Are you having a hard time holding a conversation? These are all signs you are working hard!

Brooke.

I loved the  
play beauty and  
the beast,  
because it was  
funny my  
favorite part was  
when Issac went up.  
The beast was  
funny.



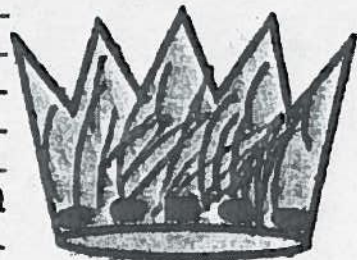
The other part that I thought  
was funny was the part  
when the beast strike but  
his tuge.

## Beauty and the Beast

By The Grade 2 Class

Carter

I love the  
play of the  
beauty and  
the beast  
I like the  
part when  
Issac merd  
the way when  
mister Ashine help erky  
let up the car if osuma  
when not on his sheet  
it must be here



I love the Kasir!

play beauty  
and the  
beast.  
like the

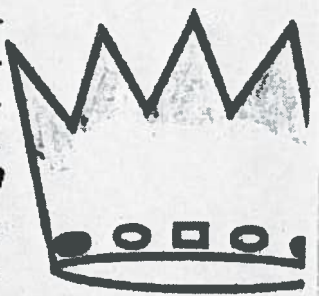


port wen I saw  
mared Arac. And  
was shy late. It  
was funny. I  
loved it. Issa  
sat on a desc.  
It was funny  
to.



Kylie

I love the play  
beauty and the  
beast. I like wen  
Issa mared Araca.  
I like the part  
wen gastan/afromay cam  
out. It was very funny.  
I liked wen Issa  
fnd into the best.



I was fairy wen we sad Oymu  
and shak our arms wen they  
sad the horabl nasty beaste