

Our Lady of the  
Evergreens



# December 2019 Newsletter



“God of wonder, our hearts are looking for the warmth of your love and our minds are looking for the light of your Word.

Wake us up to the new morning that is waiting for us.

Increase our longing for Christ our Saviour.

We welcome the light of his truth.

Send your Son to us.

We are waiting with open hearts for this wonderful gift.”



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## MESSAGE FROM ADMINISTRATION

It is truly amazing that it is December and the Advent season is upon us. It is a special time of year to count our blessings as to who we are, whom we love and are loved by, and what we have.

The four weeks of Advent give us time to prepare to celebrate Jesus' birth at Christmas. We must not forget the true reason for our celebrations. Just as the light from the Advent wreath grows week by week, it also grows as we welcome Jesus into our lives. Christmas is a time where there are countless opportunities to recognize what matters most and to think of those who are less fortunate. We will be collecting non-perishable food items until December 16; these items

will be for St. Patrick's Christmas hampers.

November was a very busy month here at Our Lady of the Evergreens. We celebrated Remembrance Day with a beautiful memorial recognition to those men and woman who fought for our freedom. Special thank you goes to the Grade 4's who lead the celebration and to Mrs. Sanders for sharing her gift of music with us. The Grade 3's visited St. Vladimir's Church, Grade 6's visited Heritage Park, as well as the Kindergartens made a clay project with the help of Clay for Kids.

December 1 marks the first Sunday of Advent. Our first Advent Liturgy is on Thursday, December 5 and our final Ad-

vent Liturgy is on December 20 at 9:00 am. All families and community members are invited to attend.

We are also pleased to host our first School Council Christmas Market. The market will have several local vendors and our School Council Bake Sale as well. The market will run both December 5 (4:00-7:30 pm) and 6 (9:00-3:00 pm). Be sure to stop by our Learning Commons as well for our Scholastic Book Fair, this is a one stop shop for all thing Christmas.

**Juanita McKenzie**  
(Principal)

**Tina Kumick**  
(Vice Principal)

*Merry  
Christmas*



## SCHOOL COUNCIL NEWS



Our Lady of the Evergreens School Council would like to wish everyone a Blessed and Peaceful Christmas with your families and a Happy New Year.

Thank you for your continued support of our events, we could not do them without you.



## BOOK FAIR

The Arctic Adventure Book Fair will be Thursday Dec. 5, 4:30 pm – 7:30 pm, Friday, Dec. 6<sup>th</sup> from 9 –11:30 am, 12:30 pm-2:30 pm and Monday Dec.9<sup>th</sup> from 8:30 – 12:00 pm in the Learning Commons. Students will get to preview with their classes Tuesday Dec. 3<sup>rd</sup> and Dec.4<sup>th</sup>. All Purchases benefit our School.

Thank you to all the volunteers for helping make this a success!!

Mrs. Russell



## INTRAMURALS

With the weather cooling off, we need to keep our student's physical activity a priority! The winter season means it is time to participate in our Intramural Program. The focus of the noon hour program will be Co-operative-Fitness Games. Mainly, students will have the opportunity to socialize, practice physical skills, cooperate, communicate and play humbly... while getting the benefits of physical exercise.

The program will run over the lunch break (11:45-12:05pm) and it includes Gr. 1-6. A schedule has been created so that each grade, divided boys or girls, is designated 20 minutes in the gym to participate in an organized game.



## A Child First PRESCHOOL INC.™ (OUR LADY OF THE EVERGREENS BEFORE & AFTER CARE)

Ph: (403)-826-4333

Email: [info@achildfirstpreschool.com](mailto:info@achildfirstpreschool.com)



Showing Good  
Manners

- ▶ Encourage your children to show respect for others by listening to their feelings and opinions. Pay attention when they speak.
- ▶ Model good manners at home and in social situations. Require that your children use terms like "please" and "thank you" often and appropriately.
- ▶ Have your children write their own notes of thanks for gifts, invitations, and more.
- ▶ Teach your children to use with care items that belong to their friends, the school, or the library.

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# BAKE SALE

♥ Thursday, December 5  
4:00pm to 7:30pm

♥ Friday, December 6  
9:00am to 3:00pm

Money raised will go  
towards purchasing  
new Chromebooks



**Our Lady of the Evergreens School**  
presents our first

**CHRISTMAS**

**MARKET**

**DECEMBER**

**5 & 6**

Our Lady of the  
Evergreens School  
Everridge Drive SW  
Evergreen

**Thursday -**  
**4:00PM to 7:30PM**  
**Friday -**  
**9:00AM to 3:00PM**

*Homemade and creative crafts!*

WREATHS & ORNAMENTS  
GIFTS & JEWELRY  
CLOTHING & PAPER CUT  
CANDLES & SOAP  
FOOD & DRINKS

For more information or table enquiries, please email  
[ourladyevergreens@schoolcouncil.cssd.ab.ca](mailto:ourladyevergreens@schoolcouncil.cssd.ab.ca)

# Healthy Children

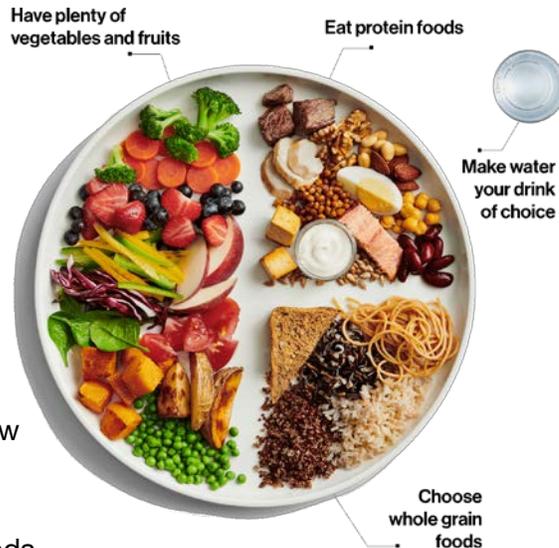
December 2019 Parent Newsletter

## Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin D, protein and fluid needs.



- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.

Visit [Healthy Eating for Parents and Children](#) to learn more about how to create a positive eating environment for your child. Parents play a role in shaping a child's eating habits and behaviors towards food. Kids are more likely to eat and choose healthy foods if the rest of the family is making healthy choices. Parents have the responsibility to decide when and what foods will be offered but it is up to the child to decide if and how much to eat.

➤ For more information on **Canada's Food Guide, food choices, eating habits, recipes and tips**, visit <https://food-guide.canada.ca>

## Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit [www.optometrists.ab.ca](http://www.optometrists.ab.ca)



## Electronic Cigarettes

### What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

### What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

### What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may



contain nicotine. Many flavoured e-liquids are enticing to young people (e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

### Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and

increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.