



# Brownell School Newsletter

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Ms G. Neely, Principal  
Mr. D. Gilmour, Vice Principal

February 27<sup>th</sup>, 2009

## Come to the Family Movie Night

Brownell SCC & Parent Council is sponsoring a family movie night on Thursday, March 12<sup>th</sup>. Doors open at 6:30 p.m., movie starts at 7 p.m. Doors will be locked at 7:15 p.m.

Please bring a pillow or blanket to sit on. There will be a concession with popcorn, pop and snacks available for reasonable prices. Please note that anyone under 10 must be accompanied by an adult.

Prize draws and fun for all....hope to see you there!



## Staff Appreciation Week

On behalf of the students and families at Brownell, we would like to say thank you to the team at Brownell School. Our children reap the benefits of your time and patience, dedication and partnership. Because of all of you, Brownell is a centre of excellence for education and sports.

Many thanks to all the staff who keep our kids safe, inspired, healthy, encouraged and growing in all ways.

The Brownell Parent Council

## The Staff of Brownell Thanks You!

Before mid-term break, our staff was honored with staff appreciation week. How fortunate we are to have such a caring and appreciative community. Every day we were treated with multiple platters of food to choose from. Some of the expressions of appreciation were lovely cards, flowers, hand massages, nutritious fruit, cake, cookies, muffins, croissants, cheese and crackers, lunch and recess supervision as well as a fabulous Dreen's luncheon on Friday. It was tremendous! We truly feel valued and appreciated. Thank you from the entire staff to the parent council for coordinating this week and for all you do to make Brownell School such a great place to work.



## ~ Canadian Tire Money Spring Challenge ~

~ ONE PRIZE ONLY TO THE CLASS WITH THE HIGHEST TOTAL COLLECTED ~

The Parent Council will be awarding the class who collects the most money a PIZZA LUNCH. To date, the class standings are:

Grade 7 --	Mr. Colson	\$13.15
Grade 5/6 --	Ms. Wharington	8.30
Grade 3 --	Mrs. Brokofsky	4.35
Grade 2 --	Mrs. Andrie	3.10
Grade 4 --	Mrs. Rempel	1.75
Grade 6 --	Mr. Gilmour/Mrs. Loor	.70
Grade 1 --	Mrs. Bergsma	.40
Kindergarten -	Mrs. Sarich	.25
Grade 7/8 --	Mrs. Fruson	.25

The last day to bring in your money for this **SPRING CHALLENGE** will be **Friday, April 24<sup>th</sup>**. So ... keep bringing in that Canadian Tire money!! **EVERY CLASS IS A WINNER** in this challenge because all monies collected goes toward the purchase of toys and sports equipment for all students to use! *The Challenge Is On!!*

## Northern Heights Cooperative Preschool

274 Russell Road  
(BROWNELL SCHOOL)

Looking for Preschool options for your child in 2009?

We are holding an open house on  
Tuesday, March 24<sup>th</sup>  
5 - 8 p.m.

Come check out the classroom,  
bring your little ones and meet the teacher.  
If you have any questions, please  
call Celina at 651-1743.

# Math Challenge!

## K-3 Challenge

**Figure This!** What letters, when written in lowercase, can be read the same upside down as right side up?

**Hint:** Write out each lowercase letter and look at it in different ways.



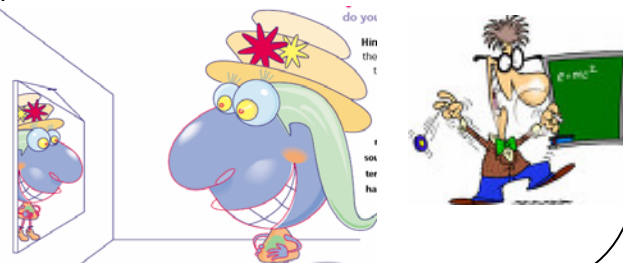
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## 4-8 Challenge

Oh! mirror, mirror "Mirror, mirror, what do I see? Does backing up show more of me?"

**Figure This!** How much of yourself do you see in a small mirror?

**Hint:** Begin by measuring the height of the mirror and the amount of yourself that you can see.



## February is "Idle Free Month"

Turn your engine off for our air. Ready to do your part? Here's a simple four-step process to change your idling habits:

- Ⓢ Step 1: Reduce warm-up idling. Start driving after no more than 30 seconds of idling, assuming your vehicle's windows are clear.
- Ⓢ Step 2: If you are going to be stopped for more than 10 seconds, except in traffic, turn off your engine. Idling your vehicle for longer than 10 seconds uses more fuel than it would take to restart the vehicle.
- Ⓢ Step 3: Avoid using a remote car starter. These devices encourage you to start your vehicle before you are ready to leave, which means wasteful idling.
- Ⓢ Step 4: Talk to your family, friends and neighbors about the benefits of reduced idling. Encourage them to join you in saving money, protecting the environment and contributing to a healthier community.



## NO-IDLE ZONE

For more information, visit the Office on Energy Efficiency, Natural Resources Canada's Idle-Free Zone at <http://oee.nrcan.gc.ca/autosmart/idling>.

## Dates to Remember

### FEBRUARY 2009

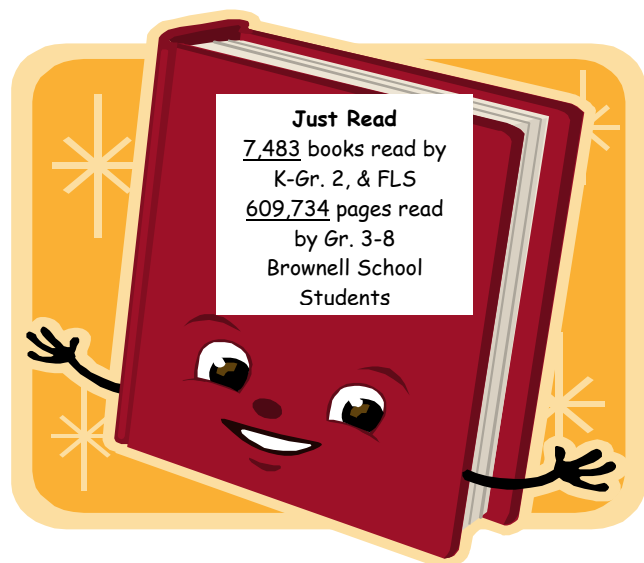
Thurs 26 Staff Meeting dismissal at 2:50 p.m.

### MARCH 2009

- Tues 3 Public Schools Relay Meet @ Field House
- Wed-Fri 4-6 Gr. 6s at Brightwater
- Thurs 5 Staff Meeting - dismissal at 2:50 p.m.
- Mon 9 Sign up starts for Two-Way Conferences
- Tues 10 SCC/Parent Council Meeting - 7 p.m. (Please call the office the day before, if you need childcare.)
- Thurs 12 Staff Meeting - dismissal at 2:50 p.m. Family Movie Night 7 p.m.
- Fri 13 PD/Planning Day - **NO SCHOOL**
- Tues 17 Green Day - Dress in Green
- Wed 18 Last day for sign up for Two-Way Conferences
- Thurs 19 Staff Meeting - dismissal at 2:50 p.m.
- Mon 23 Progress Reports go home.
- Tues 24 Preschool Open House 5-8 p.m.
- Thurs 26 Staff Meeting - dismissal at 2:50 p.m. Two-Way Conferences 3:30 - 7:30 p.m.
- Fri 27 Two-Way Conferences a.m. - **NO SCHOOL FOR STUDENTS**



## Blues in Schools - Gr. 4-8



## Community News

### Is your child eligible for a Registered Disability Savings Plan?

Did you know the Government of Canada (Canada Revenue Agency) offers a Registered Disability Savings Plan (RDSP) to help parents and others save for the long-term financial security of a person with a severe disability? According to the Government of Canada website, contributions to RDSP's may be supplemented by a Canada Disability Savings Grant and Canada Disability Savings Bond. The Government of Canada began working with financial institutions in December 2008 to offer RDSP's to eligible Canadians. For more information contact the Canadian Revenue Agency toll-free at 1-800-959-8281, visit

<http://www.servicecanada.gc.ca/eng/goc/rdsp.shtml> or contact your financial advisor.

### Buy a book at the Friends of the Saskatoon Public Library Shop

Juvenile, Young Adult books for sale at the Friends of the Saskatoon Public Library Shop located in the Frances Morrison Library. These are withdrawn library books. Proceeds toward non-budgetary library items. Our shop is open Wednesdays, Fridays, Saturdays: 11 a.m. - 2 p.m., Sundays: 1:30-4:30 p.m. (closed Sundays during library summer hours). Prices \$.20 each/12 for \$1.

**Baseball is Back!!** 2009 Minor (boys and girls ages 5-18) Baseball Registration will be held on Thursday, March 5, 2009 from 7 pm-9 pm and Saturday, March 7<sup>th</sup> from 2 pm-4 pm. Check out our website for more info!

[www.baseballsaskatoon.com](http://www.baseballsaskatoon.com) (info re: zone boundaries)

Registration Locations:

Blue Jays - St. Joseph High School

Braves - St. Luke Elementary School

Cardinals - Market Mall

A's - SIAST Kelsey Campus "The Greatest Show on Dirt!"

### Are you getting all the health benefits of Vitamin C?

(NC) - According to a recent study in the European Journal of Clinical Nutrition, supplementing with vitamin C over time reduces the likelihood of development of frequent common colds. This five-year study showed that supplementing with at least 500 milligrams of vitamin C each day reduced the frequency of catching cold, by as much as 70 percent. Other studies have shown that higher doses, such as 1,500 milligrams per day or more (to bowel tolerance), are most effective at preventing colds.

Did you know that vitamin C might also prevent heart disease? Professor Linus Pauling, Noel Laureate in both chemistry and in peace said: "*heart disease is an epidemic disease caused by a single factor. The underlying cause of heart attack and stroke is an insufficient intake of vitamin C. This leads to the destabilization of the walls of the blood vessels.*"

Although food sources of vitamin C can be delicious, an orange contains only about 70 milligrams of vitamin C. Vitamin C supplements can help you control your intake and support

immunity, heart health, and many, many more bodily functions. If you have a sensitive stomach you need to choose Ester-C, made using vitamin C metabolites that are easy on the stomach and when are retained in the body longer than regular vitamin C. Remember, the body can't store vitamin C so you need to replenish your stocks.



Many years ago, Linus Pauling estimated that complete, correct treatment of vitamin C deficiency would slash total hospital admissions in North America by 15 to 20 per cent. He also explained that the stability and elasticity of the blood vessel walls is directly dependent on optimum vitamin C intake.

Vitamin C deficiency, over the long term, is destructive to blood vessel walls and can lead to heart disease. Since it also boosts your immunity, naturally, this simple supplement is an easy way to improve and protect your health.

Taken from the October issue of the Comfort Zone.

## **Assessment for Learning Program** (Information for Parents and Students)

### ***What is the Assessment for Learning Program?***

The Ministry of Education and its partners have undertaken the Assessment for Learning program to collect data related to students' opportunity-to-learn and students' performance in mathematics and reading. Specifically, this program will gather information about skills, practices, and attitudes of Saskatchewan students. The main purpose of the program is to provide assessment data to teachers and division personnel for diagnostic, reflective, and planning purposes toward improving student learning.

### ***Who will participate?***

Students in Grades 4, 7, and 10 classrooms from all over the province will participate in the Reading Assessment during April, 2009, and students in Grade 5, 8, and Math 20 classrooms will participate in the Math Assessment during late May and mid June 2009.

### ***What will the participating reading students do?***

- Individual students will be required to answer multiple – choice questions, as well as respond to two reader responses. The reader responses require students to react to a text (informational and literary) through extending and applying new understanding between the text and background knowledge and /or experience.
- Students will also complete a questionnaire that will ask for information related to their interests, attitudes, and classroom activities.
- The assessment will be approximately three hours in total duration and will be administered during regular class time.

### ***What will the participating math students do?***

- Individual students will take part in a paper-and-pencil assessment as well as a math challenge assessment. The math challenge assessment presents students with situational or practical, hands-on problems. With some challenges students use and handle materials to:
  - √ gather data needed to solve problems; or,
  - √ test strategies to solve problems
- Some of the tasks within a math challenge are easy for many students while other tasks may be difficult.
- Students will also complete a questionnaire that will ask for information related to their interests, attitudes, and classroom activities.
- The assessment will be between two and three hours in total duration and will be administered during regular class time.

### ***Do students need to prepare for these assessments?***

Students do not need to study for these assessments as they would for a school exam. However, sample questions can be found at the website indicated below. If they wish, students, parents, and teachers can review these sample questions. In preparation, any component of either assessment may be practiced in class prior to the assessment.

### ***Will the results of these assessments affect a student's academic record?***

The Ministry of Education does not generate individual student reports. However, participating teachers will be provided a scoring guide and will score and include the assessment results within their classroom evaluation.

<http://www.education.gov.sk.ca/AFL>