

"Your word is a lamp to my feet
and a light to my path."
-Psalm 119:105

God's Story
OUR STORY



"Developing Gifts for Joyful Service"

"It is now, at Advent, that I am given the chance to suspend all expectation...and instead to revel in the mystery"
-Jerusalem Jackson Greer

Monday, December 9

Advent Chapel "Joy" @ 9 AM (Grade 5A Hosting)

Division Fruit/Veggie Day! (Division to bring Christmas oranges to ICES today!)

KA baking cookies at ICSS – 12:35 pm. Parents are asked to pick up "non-bussed" children from ICSS at the end of the day

Grade 5 Boys BB Practice 3:30 – 4:45 pm

Tuesday, December 10

Happy Birthday Mrs. Heshka!

Wednesday, December 11

Early Dismissal @ 2 pm

Grade 5 Girls BB Practice @ 2:15 pm – 3:30 pm

Thursday, December 12

Friday, December 13

Hot Lunch – Hamburger Soup!

Kindergarten Christmas Program/Activities @ Rehoboth Christian Ministries (am), @ ICES gym - 1:15 pm

Bus Evacuation drills (Grade by Grade starting with K)

Saturday, December 14

Sunday, December 15

Monday, December 16

Advent Chapel "Love" @ 9 am (hosted by the ICES Support Staff)

ICES Parent Notes

Parents, please note if you need to notify the school about an absence, we prefer that you use email as the phone lines are quite busy in the morning. ices@lethsd.ab.ca

Grade 5 Basketball season is once again upon us. **This is the last week of our December practices. We will not be practicing next week (Dec. 16 or 18).** Please note the the boy's Monday practice is at the regular time (3:30 – 4:45 pm), but the girls Wednesday practice is from 2:15 – 3:30 pm due to early dismissal on that day. In January students will be divided into 2 coed teams. The league schedule goes from late January to February with each team playing Mondays and Wednesdays.

T shirts are available on School Cash online. To pick up your T shirt, please bring your receipt to the office.



Christmas Season at ICES

Once again we are moving into our advent season. ICES is holding the following Christmas events. Thanks to those of you who joined us today for our “Joy” advent chapel hosted by our grade 5A class!

Love Advent Chapel – Monday, December 16 @ 9 am – This advent chapel will be hosted by our EA’s. Anna Braun – Protestant Chaplain at the Lethbridge Correctional Centre (and ICS parent!) will be speaking.

Christmas Chapel – Friday, December 20 @ 9 am. This chapel will be hosted by our grade 4 classes.

Throughout the advent season ICES students are engaged in a Compassion Canada giving campaign. This is where ICES students are once again challenged to raise money for Compassion Canada. Students are asked to earn money by doing different jobs as opposed to asking for handouts. The different classes collect money raised and determine (from the Compassion Canada catalog) how that money will be spent.

Also, throughout December, different classes will be engaging in various Christmas FLEx projects (decorating Christmas bags for people at the Lethbridge Correctional Center, making Christmas cards to share on neighbourhood walks, visiting seniors at St Therese villa, singing at ELIM Seniors Home, Kindergarten Christmas program etc.). As things get even busier, it is our hope and prayer that everyone is able to stop and reflect on **THE GIFT** this Christmas season!

Note: ICES Kindergarten will be having its annual Christmas program on Friday, December 13 at 1:15 pm. Please note this program is limited to family and extended family of our kindergarten students. While we won’t be “guarding the door” 😊, we don’t have space for our entire community. Thanks in advance for your consideration.





Lethbridge School Division Registration update

Lethbridge School Division is unsure as to when they will open registration for Early Education Programming and Kindergarten for the 2020/2021 school year. With changes in the provincial budget, the registration dates will be pushed back to allow for more time to map out our Early Learning and kindergarten programs for next school year. The division will know the dates in January and they will be communicated to our Parent community at that time.

ICES will be holding an Early Education Program and Kindergarten Open house on the evening of Thursday, February 6th. This will be for families wanting to learn more about the Early Childhood Learning programs at Immanuel Christian Elementary school. If you have any questions, please contact the office.



**The ICES School Council is looking to host
a Family Fun Skate!**

We are looking at holding this event during the Mid Winter break (Feb 17 – 21). We have a tentative booking for Wed, Feb 19

(Family day Monday wasn't an option as the arenas are now closed on that date)

We will have more information as we go along, but we wanted to share this now so that parents know of these plans.

We are also looking for sponsors for ice time and concession. If you or anyone you know is interested in this, please contact our ICES School Council Executive at ICES.SCPres@lethsd.ab.ca or contact the school.

Thanks!!!

Healthy Kids Corner!

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 but also have 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 there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or 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 our 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 a 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.