

"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"

"In a consumerist society there are two kinds of slaves: prisoners of addiction and the prisoners of envy"
-Ivan Illich

Monday, January 20

Kindergarten Registration Begins!
Grade 5 BB Practice Team 1 3:30 – 4:45 pm

Tuesday, January 21

Grade 1 Skating Logan B. Arena 1:05 – 2:45 pm

Wednesday, January 22

Grade 2 Skating Logan B. Arena 1:05 – 2:45 pm
Grade 5 BB Practice Team 2 3:30 – 3:45 pm
ICS Society Board Meeting 7 pm

Thursday, January 23

Friday, January 24

Theme Chapel /Grade 5 Band Concert 9 am
KA/KB & Grade 3 Skating Logan B Arena 10:05 – 11:15 am
Grade 5's Galt Museum 10:45 am – 2:30 pm

Saturday, January 25

Sunday, January 26

Monday, January 27

Parents of returning EEP students can register (registration for new to ICES EEP students begins on Monday Feb 3)
-Fruit and veggie snacks delivered by Leth school division.

ICES News and Notes

Lethbridge School Division will be hosting its annual Town Hall Meeting on Tuesday, February 11, 2020 from 6.30 – 8.30 pm. The meeting will be held at the Victoria Park School Gymnasium (1515 - 5 Avenue South). **The purpose of the meeting is to seek feedback to assist the District and Board of Trustees in planning for the future. The evening will be spent with stakeholders exploring priorities in preparation for what is anticipated to be a challenging planning cycle for finances and subsequent allocation of resources.**

ICES is asked to have 4 parents from its parent community come and attend this event. If you are at all interested or if you have more questions, please contact the school office!



Thank you for your patience as we have been working through various pieces that impact the programming in Early Education Programs and Kindergarten for the 2020-2021 school year.

We will be proceeding with registration for **Kindergarten** as follows:

Kindergarten : Registration begins on January 20th for Kindergarten in all Lethbridge School Division elementary schools – **We are not able to accept kindergarten registrations before this time.**

Early Education Program (EEP): There will be an "Intent to Register" process for **Early Education Programs** as we are not yet in a position to be able to know all the details of programming.

January 27th - 31st - "Intent to Register" process for children already in a Lethbridge School Division EEP, who will continue with a second year of EEP in 2020-2021. These children must have been attending EEP during the month of December in order to be considered as a "continuing child". EEP fees for the current year must be up-to-date in order to register for the 2020-2021 school year. All continuing children, including children eligible for PUF, must pay the \$40 registration fee.

February 3rd - "Intent to Register" begins for north and south side EEP programs. Families will need to bring all the necessary registration requirements (\$40 registration fee paid, proof of birth certificate/completion of form to get a birth certificate and showing some other legal document that provides proof of legal name and birthdate).

If you have any questions about any of this, please do not hesitate to contact the school.

EARLY EDUCATION & KINDERGARTEN OPEN HOUSE

THURSDAY, FEBRUARY 6
6:30 - 8:00PM
IMMANUEL CHRISTIAN ELEMENTARY



SAVE THE DATE: FEBRUARY 6 & 7, 2020
MORE INFORMATION TO FOLLOW



ICES PE Program "Dance"

As part of our PE program, "Expressions Dance" studio as once again been contracted to offer dance classes to ICES students. Expressions in a Christian dance studio, in which students are taught to glorify God through the joy of coordinated movement.

Dance classes will run January 13 – 24 for grade 1 – 3 and February 3 – 14 for grades 4 & 5. If you have any questions or concerns, please contact the office!



IMMANUEL CHRISTIAN ELEMENTARY SCHOOL

invites you to a

FAMILY FUN SKATE

• WEDNESDAY, FEBRUARY 19 •

3 - 4:45 PM

Logan Boulet Arena - 1302 9 Ave N, Lethbridge

We are raising funds for the school to run
Skating and Swimming programming for the students

****BY DONATION****

SNACKS AND DRINKS AVAILABLE TO PURCHASE

Helmets mandatory for youth under 18



Healthy Children

January 2020 Parent Newsletter

Seal Out Tooth Decay

Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can



drink and eat right away. Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

Articles

Seal Out Tooth Decay

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>

Sealant + Fluoride = Best Protection Against Tooth Decay

Healthy Children

January 2020 Parent Newsletter

Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first "classroom" for social and emotional learning.



As a parent, you can be a strong positive influence on your child's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

Self-awareness: Know your emotions and recognize their impact on your behaviour.

Self-management: Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

Social awareness: Understand, respect and have empathy for all people and their perspectives.

Relationship skills: Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

Responsible decision making: Understand how your choices impact you and others.

Adapted from www.parenttoolkit.com and www.casel.org