



“Developing Gifts for Joyful Service”

“The very fact that a holy, eternal, all-knowing, all-powerful, merciful, fair and just God loves you and me is nothing short of astonishing!” -*Francis Chan*

Monday, February 10

Grade 5 Basketball (approx. 4 pm): Team 1 @ Agnes Davidson3
Team 2 vs Agnes Davidson 1 (@ICES)

Tuesday, February 11

Leth school division Town Hall Meeting: 6:30 – 9pm @ Vic Park Gym

Wednesday, February 12

Happy Birthday Mrs. Barthell!

Early Dismissal

Grade 5 Basketball (approx. 4 pm): Team 1 vs. Nichola Sheran 2 (@ICES)
Team 2 @ Leth Christian

Thursday, February 13

Friday , February 14

Dress Up Day – **RED**

Theme Chapel @ 9am.

Friendship Day Celebration – in the afternoon

Hot Lunch PIZZA

Saturday, February 15

Sunday, February 16

Monday, February 17 Family Day Holiday (no school)

ICES News and Notes

Friendship day update: On Friday, February 14, ICES will be celebrating its annual Friendship day! We will start with a theme chapel at 9 am. The theme will be the words of Jesus when He said “I am the Good Shepherd”. This continues with our year long theme: “Knowing God”.

In the afternoon, students will be cycling through various activities in their chapel groups (cross grade groupings). Different teachers will lead various fun / team building activities such as sledding, scooter obstacle course, stacking cups, mini sticks hockey etc.

Given that Friendship day is our version of Valentines Day, students are also encouraged to wear red!

TOWN HALL 2020

FEB. 11, 6:30 P.M. - VICTORIA PARK HIGH SCHOOL



VISIT WWW.LETHSD.AB.CA TO LEARN MORE

Lethbridge School Division Town Hall Meeting: 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. This is a great opportunity to connect with Leth school division personell and to share your thoughts related to education in a relaxed, collegial atmosphere. If you are at all interested or if you have more questions, please contact the school office. There are still spaces left!

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

February 2020 Parent Newsletter



Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development.

This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

➤ For more information visit <http://canadiansportforlife.ca/parents>

Articles

Early Specialization in Sport

Developmental Assets

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.



- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child – Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or

his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?

- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize

risky or dangerous situations and are they able to seek help from trusted adults?

- Encouraging your child to form a positive identity – Does your child feel good about themselves? Does your child seem curious about the world?

➤ For the full list of developmental assets and to learn more visit www.search-institute.org