

DRAGONS PRIDE

ELEANOR HALL SCHOOL



Principal's Message

November 2016

- **Principal's Message**

I cannot believe how quickly October has passed us by and we're already heading toward our first big break of the year. It was great meeting so many of you during the Goal Setting Meetings earlier this month! A special thank you to all of the parents who brought in supper for the staff during our Goal Setting nights. The meals were fantastic, and we truly appreciated it. Mr. Erickson and I are very impressed with the students, parents, staff and community as a whole. We are very grateful to be part of such an amazing school community.

- **Notice Board**

On November 24th please check PowerSchool as all grades will be updated. Some of the Elementary Teachers will also be sending a paper copy home, or will, if one is requested. If you request assistance accessing PowerSchool, please contact your child's teacher.

- **Pictures**

Some things to be aware of for November are our Remembrance Day Service, and the November Break. Our Remembrance Day Service will take place Friday, November 4th at 1:00pm. Everyone is invited to attend. I would like to thank all of the staff who have been busy organizing and preparing performances for this special assembly. The grade 5's will be coming around to classrooms 'selling' poppies for a donation starting November 1st . We'd also like to remind you that Eleanor Hall School will be closed for the November Break the week of November 7th - 11th. Please note that the students also have Monday, November 14th off as it is a Professional Development Day for staff. School will resume for students on Tuesday, November 15th .

With the change in weather over the past few weeks we are asking parents to please make sure students are dressed for the weather. Students will be sent outside as much as we can for fresh air and exercise, but we need to make sure that the students are dressed appropriately. The only times we do not send kids outside is if it's raining or extremely cold. If we don't see you on the 4th, I hope you and your families enjoy your November Break!



McDonald's Receipt Fundraiser

Starting immediately we are now participating in the McDonald's Fundraising Program. Please save all your McDonald's receipts from any of these locations—Westlock, Spruce Grove, and Stony Plain and bring them into the office.

We will receive 10% up to a maximum of \$500 per year of the total dollar value.

Picture Retakes

November 17, 2016

HALLOWEEN PARADE

October 31, 2016

Parade starts at 1:00pm in the gym.

Please come!



Join us for our
Remembrance Day Ceremony
Friday November 4, 2016
@ 1:00 p.m.



Pizza Day

November 30, 2016

\$4.00 per slice



Boston Pizza Receipt Fundraiser

Through the generosity of the Operation Education initiative & Northern Alberta Boston Pizza we can earn 5% back for our school. Please save and submit your Boston Pizza receipts to the school office.



Dragon Bites Café

Main Meal \$4.00

Grab 'n Go Sweets \$1.00 (Rice Krispie Squares, Muffins, Cookies, etc.)

Punch Cards available for purchase in \$10, \$20 and \$40 denominations



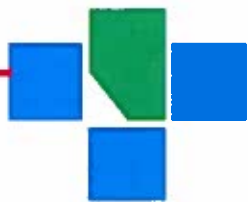
If anyone has metal forks that they are willing to donate it would be much appreciated.



Kids News on 97.9 The Range !

On Wednesdays you can now hear our students from Eleanor Hall on the news at 7:45am and 4:36pm on 97.9 The Range radio station. We are also able to listen on their website: www.979therange.ca

They will be sharing news and events happening at our school!!



Alberta Health Services

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities. Influenza is a real threat. It's also preventable.

Influenza immunization will be available, starting October 24, free of charge, to all Albertans six months of age and older. It's the single most effective means of protecting your family from influenza, and by getting immunized early in the season, you will all have the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against those strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by half. Without immunization, Albertans were completely at risk. And we do mean all Albertans.


Pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems are at greater risk for severe complications; however, without immunization, even healthy Albertans - that includes you, parents! - are at risk of severe illness and even death. 62 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized. Let's do better this year. Let's make influenza one less thing your family has to deal with this winter. Prevention is your protection. Get immunized.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

Pictures



November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Dragon Bites: Hot Dogs	2	3 Dragon Bites: Spaghetti & Garlic Toast	4 Remembrance Service 1:00pm	5
6	7 NO SCHOOL Eleanor Hall Day	8 NO SCHOOL Eleanor Hall Day	9 NO SCHOOL Eleanor Hall Day	10 NO SCHOOL Eleanor Hall Day	11 NO SCHOOL Remembrance Day 	12
13	14 NO SCHOOL PD Day	15 Dragon Bites: Pancakes & Sausages	16	17 PICTURE RETAKES Dragon Bites: Tacos	18 Hat Day	19
20	21 GR. 5 - SWIMMING 2:00pm - 3:00pm	22 GR. 5 - SWIMMING 2:00- 3:00pm Dragon Bites: Perogies & Sausage	23 GR. 5 - SWIMMING 2:00pm - 3:00pm	24 GR. 5 - SWIMMING 2:00pm - 3:00pm Dragon Bites: Chicken Quesadillas	25 NO SCHOOL Eleanor Hall Day	26
27	28 GR. 5 - SWIMMING 2:00pm - 3:00pm	29 Citadel Theatre Field Trip: Gr. 6 -9 GR. 5 - SWIMMING 2:00pm - 3:00pm Dragon Bites: Grilled Cheese & Caesar Salad	30 EARLY DISMISSAL Pizza Lunch			

FAMILY ACTIVITIES IN WESTLOCK NOVEMBER

Parent Link Drop-In Playgroups

Encourage your child's development through play, socialization, and games! ****No Cost to Attend**** (parents & children 0 - 5 yrs)

Tuesdays
Rotary Spirit Centre
9:30 - 11:30 am

Free Play Wednesdays
November 2, 16, & 30
Rotary Spirit Centre - Field House
1:00 - 2:30 pm

Thursdays
St. Mary School
9:30 - 11:30 am

Saturday Playgroup
November 5 & 19
Rotary Spirit Centre
10:00 - 11:30 am

Parent Link Registered Programs

Triple P Lunch and Learn - Tues, Nov. 15, 12 - 2 pm
"Raising Confident, Competent Children" at St. Mary School
No Cost
~Lunch & Childcare provided~
Please pre-register by Nov. 8 to attend

Every Body Fit
A one-hour fitness class for total body conditioning designed for you and your child(ren) age 30+ months
When: Nov. 9 & 23 from 1 - 2 pm
Where: Westlock Spirit Centre - Field House

Coffee Talk

Parents can get together, have coffee, and discuss important parenting issues.

9:30 - 11 am @ the Spirit Centre
Nov. 9 "Grief and Loss"

Nov. 23 "Westlock Eye Centre"

****To register contact Parent Link 780-307-2444 ext 1 or parent.link@hfbalberta.com**



parentLINKcentre Presents: "Early Childhood Parenting Made Fun!"

Join us for a humorous class that emphasizes respect and dignity both for the children and adults, while teaching consequences and healthy decision making.

A parenting program for caregivers of children 0 - 7 yrs old.

Thursdays - Nov. 10 - Dec. 8 1 - 3 pm @ St. Mary School
Cost: \$20 per person or \$30 per couple (Subsidies available upon request)

Please register by contacting Parent Link



CRAFT-TASTIC KIDS



Join us for a fun-filled, sensory-inspired, crafts-for-kids experience for children ages 3 - 5! This five week program requires participants to attend all sessions as projects will overlap from week-to-week.

The sessions are Tuesdays at the Parent Link Centre:

Nov. 1 1:30 - 2:30 pm Nov. 22 1:30 - 2:30 pm
Nov. 8 1:30 - 2:30 pm Dec. 6 1:30 - 2:30 pm
Nov. 15 12:30 - 2:00 pm



There is no cost to attend but registration is required
Call 780-307-2444 ext. 1



Westlock Christmas Light-Up Parade
Friday, November 18

What's Up @ Your Library?

Children's Programs

Story Telling on Mondays at 11 am for ages 18-36 months
Read & Roll on Tuesdays at 9:30 am for ages 3-4 years (pre-registration required)
Read With Me on Thursdays at 10:30 am for ages 3-5 years

Special Events

Saturday, November 12: Family Flick at 1 pm "Alice Through the Looking Glass" (PG)
Thursday, December 1: Holiday Open House for all ages 3-7 pm-Stories, Crafts and Sweets!

The Library will be closed on Friday, November 11 for Remembrance Day.

Westlock Parent Link Shop & Swap

November 1st & 2nd Westlock Rotary Spirit Centre
Drop off Tuesday from 8:30 - 11:30 am
Shop for free on Tuesday from 12:30 - 5:30 pm
And Wednesday from 8:30 am - 5:30 pm
We accept donations of children's books/toys/clothing & Men's and Women's clothing



REMEMBRANCE DAY SERVICES
FRIDAY NOVEMBER 11, 2016
WESTLOCK & DISTRICT
COMMUNITY HALL 10:30 AM







The Westlock & District Agricultural Society

23rd Annual Craft Show and Sale
Sunday, November 20 from 10 am to 5 pm
Westlock & District Community Hall
Admission is \$2.00 per person
Santa is coming! plus concession and door prizes...
We will be accepting donations for our local food bank.
For more information 780-307-9129




COMMUNITY CALENDAR OF EVENTS FOR NOVEMBER

Health Link Alberta - 811
Poison & Drug Information Services 1-800-332-1414

Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
<p>1 - 5 pm Public Swim @ AC</p> 	<p>10 - 11 am Mother Goose @ L</p> <p>11 am Story Telling @ L</p> <p>12 - 1 pm Toddler Swim @ AC</p> <p>7 - 8 pm Public Swim @ AC</p> 	<p>9:30 - 11:30 am Parent Link's Playgroup @ RSC</p> <p>10:30 am Pop-Up Storytime @ RSC</p> <p>12 - 1 pm Toddler Swim @ AC</p> <p>6:30 - 8:00 pm Public Swim @ AC</p> 	<p>9:30 - 12:00 pm **NEW Story Sacks @ Continuing Care Ctr</p> <p>12 - 1 pm Toddler Swim @ AC</p> <p>7 - 8 pm Public Swim @ AC</p> <p>Please Note: Nov. 2, 16, & 30 1 - 2:30 pm Parent Link's Free Play Wednesday</p> <p>Nov. 9 & 23 1 - 2 pm @ RSC Every Body Fit</p> <p>Nov. 9 & 23 9:30 - 11 am @ RSC Coffee Talk</p> 	<p>9:30 - 11:30 am Parent Link's Playgroup @ St. Mary School</p> <p>10:30 am Read With Me @ L</p> <p>12 - 1 pm Toddler Swim @ AC</p> <p>6 - 7 pm **NEW Mother Goose @ Continuing Care Ctr</p> <p>6:30 - 8:00 pm Public Swim @ AC</p> 	<p>12 - 1 pm Toddler Swim @ AC</p> <p>4:00 - 8:30 pm Public Swim @ AC</p> <p>Please Note: Nov. 11 4:00 - 8:30 pm @ AC McDonald's Free Swim 2nd Friday of the month</p> <p>Nov. 18 Christmas Light-Up Parade</p> 	<p>1 - 5 pm Public Swim @ AC</p> <p>Please Note: November 12, 1 pm Family Flick @ L "Alice Through the Looking Glass" (PG)</p> <p>November 5 & 19 1 - 5 pm Royal Canadian Legion & Elks Club sponsored FREE SWIM (12 and under)</p> <p>November 5 & 19 10 - 11:30 am Saturday Playgroup @ RSC Kall's Corner</p>

For more information, call

- RSC Westlock Rotary Spirit Centre - (780) 349-6654
- AC Westlock Aquatic Centre (780) 349-6677
- PLC Parent Link Centre - (780) 307-2444 ext 1
- L Westlock Municipal Library - (780) 349-3060
- EDTO Each One Teach One (780) 349-0742
- FCSS Westlock & District FCSS - (780) 349-5900

Find this calendar online at  [Town Post.ca](http://TownPost.ca)
Classifieds, Events, Jobs, Garage Sales & Community