

**December  
2017**



# **Manachaban Messenger**

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Principal  
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## **UPCOMING DATES**

**Friday, December 1<sup>st</sup>**

B Volleyball

**Tuesday, December 5<sup>th</sup>**

WILD – Ski or Snowshoe

**Wednesday, December 6<sup>th</sup>**

Class Photos

**Friday, December 8<sup>th</sup>**

1<sup>st</sup> Term Report Cards go home!

**Monday December 11 – Thursday**

**December 14<sup>th</sup>**

Grade 8 Gymnastics

**Wednesday, December 13<sup>th</sup>**

Band Concert at 7 pm

**Thursday, December 14<sup>th</sup>**

Junior A Basketball Tournament #1

**Monday, December 18<sup>th</sup>**

WILD – Ski or Snowshoe

**Saturday, December 23<sup>rd</sup> to Sunday,  
January 7<sup>th</sup> (inclusive) – Christmas  
Break**

**Monday, January 1<sup>st</sup>**

Happy New Year!!



**Tuesday, January 9<sup>th</sup>**

Grade 6 Snowshoe Field Trip (6-2)

**Thursday, January 11<sup>th</sup>**

Junior A Basketball Tournament #2

**Monday, January 15<sup>th</sup>**

WILD – U of C – Cell Workshop

**Thursday, January 18<sup>th</sup>**

Grade 6 Snowshoe Field Trip (6-1 & 6-3)

**Friday, January 19<sup>th</sup>**

Junior A Basketball Tournament #3

**Tuesday, January 23<sup>rd</sup>**

Grade 6 Snowshoe Field Trip (6-4 & 6-5)

**Wednesday, January 24<sup>th</sup>**

WILD class to Foothills (8-4)

**Thursday, January 25<sup>th</sup>**

Active Living Day

**Wednesday, January 24<sup>th</sup>**

Junior A Boys Basketball Divisionals

**Thursday, January 2<sup>th</sup>**

Junior A Girls Basketball Divisionals

## **Message from the Administration**

Dear École Manachaban School Community;

Please take time to review the entire School Annual Results Report (SARR) posted on our website. This report describes the school's progress to improve the goals outlined in the School Education Plan (SEP). The goals and strategies of the SEP are aligned with the three pillars of the Rocky View Schools 4-Year Plan and seven measures of the Alberta Education APORI report.

École Manachaban is dedicated to providing a safe and caring learning environment that supports and engages all students to be successful. We excel in making students and parents feel welcome in our school. Parental involvement is an integral part of the positive school environment that we have here at École Manachaban. Our school is a great place to learn because of the contributions of all of our stakeholders both in and outside of the classrooms. One hundred percent of staff acknowledge the fact that of our students are treated fairly, feel safe, and are cared for. This reality is fundamental for our students to have successful school experiences.

Through the analysis of the data provided to us and the development of our SARR we have learned that our stakeholders support École Manachaban's focus on literacy, social emotional supports, and the creation of educational spaces where students have an opportunity to explore their own interests. The data supports and informs us that École Manachaban Middle School is a good school and a great place to learn. Students expressed that they enjoyed learning in our school. Students, parents, and staff recognize that our building is a welcoming, safe, and caring environment where all stakeholders have opportunities to be involved in school decision- making.

Teachers prepare learning activities that are relevant and designed to provide real-life meaningful experiences. These experiential lessons provide students with the opportunity to develop the skills and knowledge to become lifelong learners and contributing members of society. As our MakerSpace comes to life this school year, students will be able to make their thinking and learning visible. Students will be challenged to look closely, explore complexity, and find opportunities. This maker-centered mindset will empower our students to shape their world. Our successful WILD program has already proven the powerful effects of hands-on and investigative learning.

## **UPCOMING DATES con't:**

### **DECEMBER & JANUARY HOT LUNCH SCHEDULE**

**Wednesday, December 6<sup>th</sup>**

Subway

**Wednesday, December 13<sup>th</sup>**

Potatoes & Cheddar Perogies,  
Sausages and Dessert Treat

**Wednesday, December 20<sup>th</sup>**

Pizza (Little Caesars)

**Wednesday, January 10<sup>th</sup>**

Pasta (Boston Pizza)

**Wednesday, January 17<sup>th</sup>**

Chicken Strips with Veggies & Dip and  
Dessert Treat

**Wednesday, January 24<sup>th</sup>**

Pizza (Panago)

**Wednesday, January 31<sup>st</sup>**

Subway



## **SCHOOL CASH ONLINE**

On Tuesday December 5th between 6pm and 9pm KEV Group is performing infrastructure upgrades to School Cash Online. We expect the planned outage will take no longer than 30 minutes during that period. School Cash Online will be unavailable during the upgrade and a banner will be displayed on the SCO site during the time period to notify parents. We thank-you for your patience.

We look forward to seeing the results of introducing the Award-winning CHAT program into our building. This is the first time a program like this has been run in a Middle School. The educational benefits of using the healing arts for learning empowers students to develop self- esteem, confidence, advocacy, resiliency, efficacy, peer relationships and mental wellness. Developing these skills within the CHAT Room's safe and caring environment allows students to improve their coping skills, enabling them to deal with personal issues and academic stressors more effectively.

Staff, students, and parents continue to work hard to make École Manachaban an amazing place to learn. Students positive citizenship attributes are recognized through our WARRIOR of the WEEK character identification celebration. Students in École Manachaban are supported, engaged, and successful. Our goal is to continue to grow in all areas and provide an environment for our students that will inspire their love of learning.

**GO WARRIORS!!!**

Sincerely:

Anne Kromm  
Principal

Gerry Gaudet  
Assistant Principal

## ***Navigating the Public Portal K-6 – Rocky View Schools***

If you have not already done so please take a moment to create your PowerSchool Portal Account. This online portal allows you to have instant access and up-to-date information on student academic performance and attendance. Consistent with RVS' communication of student learning, all teachers will now be using our PowerSchool system to record and share assessment information. You'll be able to see all of your students in one place, regardless of if they are at multiple schools. You can also access most information from your mobile device by logging into the **PowerSchool App** which syncs with the Parent and Student portals.

Staying informed and engaged using the PowerSchool Parent Portal allows you to celebrate milestones and successes together. It also provides the opportunity to identify any issues that might require early intervention such as chronic absences or a sudden drop in grades. This is a quick "how-to" document with screenshots to demonstrate how to navigate the Public Portal.

<http://www.rockyview.ab.ca/powerschool/navigating-the-public-portal-k-6-parents/view>



# CHRISTMAS CHAOS DECEMBER

**Friday, December 1st**

Hot Chocolate Day

**Monday, December 4th**

Festival Hat/Sock Day & Candy Cane Sale

**Tuesday, December 5th**

Flannel Day

**Wednesday, December 6th**

Ugly Christmas Sweater Day

**Thursday, December 7th**

Bake Sale

**Friday, December 8th**

Candy Cane Giving & Reindeer Day

**Monday, December 11th**

Door Decorating

**Tuesday, December 12th**

Christmas Dress Up Competition

**Wednesday, December 13th**

Ugly Christmas Sweater Day

**Thursday, December 14th**

Christmas Carnival

**Friday, December 15th**

PJ Day – Minute to win it with the High School

**Monday, December 18th**

Stuff a Stocking

**Tuesday, December 19th**

Crazy Hair Day

**Wednesday, December 20th**

Ugly Christmas Sweater Day

**Thursday, December 21st**

Floor Game

**Friday, December 22nd**

Movie in the Gym



**December 7th - Grade 7 & 8**

Students will be attending Cochrane High School Matinee: Shakespeare "A Comedy of Errors" (modern adaptation).

## Overview of Achievements

École Manachaban has many successes to celebrate in our pursuit to deliver an excellent, well- rounded education for our students.

### Goal One – Learners are successful.

All three of the Rocky View Schools (RVS) Accountability Pillar Outcomes for this goal are above the RVS average results. Students are successful in both Literacy and Numeracy. We continue to be above the provincial acceptable standards in our PAT results. Data from the English Language Arts Achievement Test show our students to be above the provincial average in both the acceptable and excellence standards. Looking at the data more closely, in the Reading sub-test of the PAT, 91.2 % of our students achieved the Acceptable Standard, with 47.1% achieving the Standard of Excellence. Students are also demonstrating above acceptable standards in mathematics compared to the province, exhibiting strong skills in addition, subtraction, multiplication and division. Students feel strongly that they take responsibility for their own learning and feel confident that they can succeed in school. Additionally, students, parents and staff report that learners are building skills and knowledge in the 21st Century competencies.

### Goal Two – Learners are engaged.

Again, all three of the RVS Accountability Pillar Outcomes for this goal are above the RVS average results. There is a consistent approach to develop real-world, hands-on learning experiences which engage students. Our opportunities for alternative programs, such as French Immersion or the WILD outdoor inquiry program, coupled with extensive field experiences in all grades, allow this to happen. Staff continues to make learning experiences as connected to the real world and as innovative as possible.

École Manachaban students have access to quality technology to support their learning and feel that this technology helps them to do better school work. Technology can improve engagement in the learning process therefore closing achievement gaps and improve ways to present learning materials. Through the use of technology students can grasp complex concepts and improve on skills such as critical thinking, creativity, innovation, and problem solving.

### Goal Three – Learners are supported.

In the third goal for the RVS four-year plan, our school community reports results above the RVS average in two of the three outcomes. Similarly, our APORI results show that we score Very High in the Safe and Caring Schools category. Clearly, our learners feel well, safe, valued and respected. Students report that they feel welcome at school and that teachers provide them with the help that they need. Decisions made in the school are student centered resulting in enriched achievement for our learners.

## ***Future Education Plans***



### **Breakfast Program at Manachaban**

The breakfast program at Manachaban has been going wonderfully. We are averaging 65 to 85 students per day. They visit the breakfast program for many reasons. They got up late, they needed to shower, they ate and are hungry again, they cannot eat first thing in the morning or they just want to visit with their friends. Our program is funded by The Breakfast Club of Canada, President's Choice breakfast program and by donations from our generous community. Thank you to The Lions Club, The Guild and to the Cochrane Activettes!!

*Thank  
you*

#### **Goal One – Learners are successful.**

Staff at École Manachaban understand the importance of ensuring that our students' grow in Literacy and Numeracy. Parents have indicated that they feel their children are demonstrating appropriate reading, writing, and numeracy skills. Teachers are continuing to improve support and instructional design to constantly improve these skills. Staff has taken the time to become familiar with the jurisdiction's Literacy and Numeracy Framework. We are working together in subject and grade specific groups to discuss PAT results and to determine and share best teaching practices. Based on this work students will receive the supports they require to ensure student success.

Teachers have identified key areas and are developing strategies to focus on, based on their collaborative work. These strategies include using graphic organizers to support functional writing, collecting exemplars in each grade and to frontload vocabulary to improve reading comprehension. Staff has understood the importance of keeping student learning front and center.

Parents and Students have identified that there is room for citizenship development and school staff could help further with developing these skills. Students will be challenged to develop character traits that will improve their citizenship. This will be done with a focus on developing a school culture based on the WARRIOR character traits – worker, attitude, respectful, resilient, integrity, one hundred percent, reliable. Strong character is important for success in life. It helps in goal achievement, healthy relationships, and improved work ethic.

#### **Goal Two – Learners are engaged.**

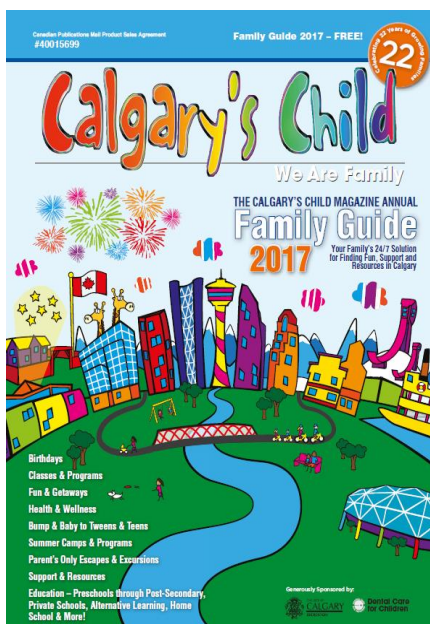
École Manachaban supports the MakerSpace mindset to improve instructional design to make learning more engaging and interesting with a focus on developing skills in creativity and innovation. Innovative and effective practices will enrich the learning environment for all learners. Cultivating curiosity and allowing students to explore their personal interests and to wonder about the world around them is key to engagement. Students will develop problem-solving skills, high standard for quality with a deeper purpose and passion. Community members will be invited in to share their skills, guidance, coaching and knowledge.

The Learning Commons will be a place where students will have access to and encouragement to discover a world of content in both books and digital tools. This exploration will be supported by experts who will teach students how to apply this information and ideas to their learning resulting in a mastery of these transferable skills.

#### **Goal Three – Learners are supported.**

École Manachaban will continue to build a safe and caring environment where students are supported academically in both languages (French and English) in the Learning Hub and Social/Emotionally in the CHAT room. Learning in the building





## Calgary's Child Magazine

Calgary's Child Magazine is the trusted source for news and information about issues, classes, activities and support for families. It is available free of charge on ...

[www.calgaryschild.com](http://www.calgaryschild.com)

## WILD Program

Here are a few upcoming WILD days:

**December 5** – Ski Moraine Lake Road – Lake Louise

**December 18** – Fat biking/cross country ski at Canmore Nordic Centre

**January 15** – “The Cell workshop – Foothills campus – with “Lets Talk Science” and rock climbing in the afternoon at U of C wall

**January 24** – ESIM tourn at Foothills campus – racquetball in the afternoon at U of C wall

**February 12** - Avalanche Awareness snowshoe day with Fortress Mountain avalanche forecaster and Kananaskis Country Search and Rescue

**Febuary 28** – Cross Country skiing at Mount Shark

will be individualized, accessible and challenging for all students based on their personal needs.

In the area of achievement of goals in children’s IPP, both teachers and parents are unified in seeing this as a priority area for focus. This year, students are being supported by learning support teachers in both languages (French and English). These specialists provided training and support for teachers to make sure that students are meeting their goals outlined in their Individual Program Plan (IPP). Staff will develop a further understanding of the needs of our students and use this information to drive academic and learner decision making. This will ensure that students will have access to the instruction that will meet their needs resulting in student-centered decision making that will propel achievement.

## Band & Music News

Thanks to all of the families who participated in our QSP and Christmas plant fundraisers. The proceeds from these will go towards Band activities after Christmas, such as festival fees, busing, band camp clinicians, clinician workshops and reward parties for band classes. We really appreciate the help given by the following parents: Lisa Harbinson for sorting the QSP orders; Tara Courte for sorting the Christmas plant orders; Bogi Gyorfei, Kim Paradoski, Trish Rognvaldson and Sarah Tas for organizing plant orders at Anything Grows on December 7th.

The **Grade 7/8 Band Camp** first letter will be sent home next week. The permission forms and deposit are due **by December 12<sup>th</sup>**. The second package of forms will be sent home in January. In the near future, I will be organizing and contacting parents who have expressed interest in helping as chaperones. **The camp takes place from March 7 to 9, 2018.**

Thanks to all of the students who sang in the choir for the past 2 months. You sang beautifully in the assembly and we really appreciate your commitment in attending all of the morning and recess rehearsals. Thanks also to the Grade 7 and 8 Band students who performed. You sounded like professionals!

**ALL BANDS:** All of the Band students should be practising regularly at home or during recess in order to feel confident in performing their playing test assignments, and their concert songs/pieces. The amount of time needed is personal to each student. The goal is for them to practise enough to be ready for their performances.

All of the Band students as well as the Choir will perform in the **Winter Concert**, which will take place on **December 13<sup>th</sup> at 7:00 pm** in the gym. Please mark this date on your calendar as all of the students are expected to participate in the Concert.

**GRADE 7/8 JAZZ BAND:** The Jazz Band, which has 14 members, meets regularly on Wednesday mornings. They will be performing in the Winter Concert as well.

Thanks so much for your continued support of these very worthwhile programs!

Catherine Maetche  
Music Teacher

## ***Sports at Manachaban***

**ROCKYVIEW SPORTS ASSOCIATION (RVSA):** Did you know that you can check tournament dates, schedules and locations online for all RVS sports? Check out the RVSA website at <http://rvsa.rockyview.ab.ca> then simply click on Middle School Sports. Use the navigation guide on the left to pick your sport.



### **SCHOOL BUS RIDE-ALONG**



Parents requesting a Ride-Along must send an e-mail to the following address:

[ridealong@southland.ca](mailto:ridealong@southland.ca)

#### **Basketball Junior A Girls**

Th, Jan 11	3:00 pm	<a href="#">Tournament #2</a>	Airdrie - Muriel Clayton West - Bears paw East - Prince of Peace
Fr, Jan 19	3:00 pm	<a href="#">Tournament #3</a>	Airdrie - Meadowbrook West - Mitford East - Chestermere Lake
Th, Jan 25	10:00 am	Divisional Championships	SAIT Campus Centre

#### **Basketball Junior A Boys**

Th, Dec 14	3:00 pm	<a href="#">Tournament #1</a>	Airdrie - Meadowbrook West - Bears paw
Fr, Dec 15	3:00 pm	<a href="#">Tournament #1</a>	East - Beiseker Airdrie - Heloise Lorimer
Th, Jan 11	3:00 pm	<a href="#">Tournament #2</a>	West - Mitford East - Chestermere Lake Airdrie - CW Perry
Fr, Jan 19	3:00 pm	<a href="#">Tournament #3</a>	West - Bears paw East - Langdon
We, Jan 24	10:00 am	Divisional Championships	SAIT Campus Centre

## ***Christmas is Caring - Citizenship***

Student Council has organized a collection of donations for the Cochrane Food Bank and the Cochrane Humane Society. Donations are due by **Thursday, December 7<sup>th</sup>**.

We Need:

- New pajamas (boys & girls)
- New toques/mittens/gloves/scarves
- New family games/books
- **FOOD:** Flour, SPAM, sugar, non perishable items

Humane Society:

- Dog food
- Cat food
- Treats
- Leashes
- New toys

## ***Cochrane High Presents: Shakespeare's Comedy of Errors***



Cochrane High School performing arts will be presenting Shakespeare's *Comedy of Errors*. It is his most farcical comedies, with a major part of the humour coming from slapstick and mistaken identity.

It is 1930 during the great depression in New York. Antipholus of Syracuse and his servant, Dromio of Syracuse, arrive in New York, which turns out to be the home of their twin brothers, Antipholus of New York and his servant, Dromio of New York. When the Syracusans encounter the friends and families of their twins, a series of wild mishaps based on mistaken identities lead to wrongful beatings, a near-seduction, the arrest of Antipholus of Ephesus, and false accusations of infidelity, theft, madness, and demonic possession.

The students have been working extremely hard to produce an exciting well-polished show! The show is family friendly and has humour suitable for all ages.

**RESERVE YOUR SEATS TODAY by calling: 403-932-2542 Ext 4401**

### **Dates:**

Thursday, December 7<sup>th</sup>, Friday, December 8<sup>th</sup>, and Saturday, December 9<sup>th</sup>

**Times:** 7:00 pm

**Venue:** Cochrane High School Theatre

**Tickets:** \$15 – Adults & \$10 – Students



A special thank you to **Cochrane Home Treasures** for donating a beautiful Christmas tree to our office!





# HEALTHY SLEEP FOR STUDENTS

## Healthy sleep improves:

- ➔ Problem solving, learning and memory
- ➔ Control of emotional ups and downs
- ➔ Focus and decision making

## How much sleep is needed?



**9-11 hours a night**  
(5-13 year olds)



**8-10 hours a night**  
(14-17 year olds)

## Sleep Checklist:

- Increase daytime physical activity
- Keep the bedroom tech-free at night
- Maintain a regular sleep-and-wake schedule
- Keep the bedroom cool and dark
- Avoid large meals or caffeine before bed
- Relax for 30-60 minutes before lights out

## Too little sleep can lead to:

- ➔ Getting sick more often