



Horace Allen School Newsletter



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Bus Safety

We are grateful for the dedicated bus drivers that deliver our students safely to and from school each day. Thank you for the important role you play. We have had a number of incidents of unsafe behaviour on the buses and would like to remind families about the expectations of our students while riding the bus.

Please discuss with your child(ren) that riding the bus is a privilege that can be revoked if the rules are not followed. Children are expected to sit in their assigned seat, remain seated with their 'bottom to the bottom' and 'back to the back of the seat' at all times. Expectations also include students keeping their hands to themselves and using a quiet voice when visiting with those sitting with them. Belongings stay with the children and are not used as objects to throw at friends. **The bus is considered an extension of the school and students are expected to respect and acknowledge the bus driver requests just as they would any school staff member.**

Bus drivers report behaviour that interferes with the safety of the bus to HAS administrators in addition to calling parents. Mrs. Garner or Mrs. Kulak will follow up on the report, call parents to share information and provide a written copy of the report to the family. The privilege of riding the bus will be revoked for the following:

- ***If a student receives 3 bus reports, they will be suspended from the bus for a week.***
- ***Once they return to riding the bus and another infraction occurs, the student will be suspended for a month.***
- ***A third additional infraction will result in suspension for the remainder of the school year.***
- ***An immediate suspension can occur if the behaviour is such that other students and the driver are put at risk.***

Please remind your children to make choices that support a safe bus ride to and from school each day. **Video cameras are installed on all buses and the video feed is available for review by administration.**



Student Council News

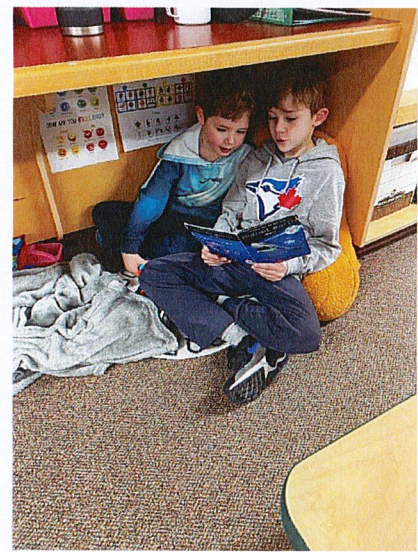
Exciting news from HAS's Student Council! Asher and Mrs. Nelson, who meets with our student council reps every two weeks, applied for a Lethbridge Community Foundation grant to help with the purchase of a Gaga Ball pit for the school. A \$600 grant was awarded to the school. Thank you Asher for taking on this leadership role for the school. With a donation from the School Council, and proceeds from Mom's Pantry, Asher's goal is coming to fruition!!

Please visit Horace Allen School's website regularly for current information: <https://www.horaceallenschool.ca/>
If we receive information about an upcoming event within our community, we post this information on our website – please check for upcoming community events: <https://www.horaceallenschool.ca/about/community-events>



Kindergarten and Grade 3 Weekly Book Buddies

The kindergarten and grade 3 students have been getting together weekly to read and listen to one another. This provides an opportunity to foster and grow leadership skills in the grade 3s as well as providing multiple literacy enrichment opportunities for the kindergartens. 3C/K3, K1/3A, 3B/K2, have enjoyed getting together to build these crossgrade relationships and look forward to continuing this program until the end of the year. This has also allowed siblings to pair up and work together in a setting away from home. Book Buddies has been a wonderful experience for all!



Jump Rope for Heart

Students are learning to skip in gym class and are learning about keeping their hearts healthy with Mr. Lach, as part of our involvement with the Jump Rope for Heart program. Students have set goals and are keeping a tally of their own skipping. Prizes will be awarded on April 25. **The school would like to make a donation to Jump Rope for Heart and are asking that students bring in a toonie in support of Heart and Stroke. Toonies will be gratefully accepted until April 25/24.**

Donations can also be made online: <https://jumpropeforheart.crowdchange.ca/52068>
Thank you for your support.

Dates to Remember:

Monday April 22 - Earth Day ! Walkathon Fundraiser for the outdoor classroom 11:30 am followed by hotdog lunch

Tuesday April 23 - Tri-Council meeting hosted by CCHS 6:15 pm @ CCHS

Friday April 26 - NO SCHOOL for students (staff planning day)

Tuesday April 30 - School Council meeting 2 pm Room 210 HAS

Monday May 6 - Music Monday in gym 11:30 am



Celebration of Learning!

Thank you to all families who came out the night of March 27th to help students celebrate all of their hard work and new learning from Term 2. It was wonderful to see so many families in attendance. We appreciated families taking the time to complete the Measurable Results Assessment (MRA) survey in the Learning Commons. 86 families completed the survey and entered the draw. Results from the survey will help guide the development of HAS's 2024-25 school plan and will be shared in the school's AERR (Annual Education Results Report) in the fall.

The lucky draw winners were:

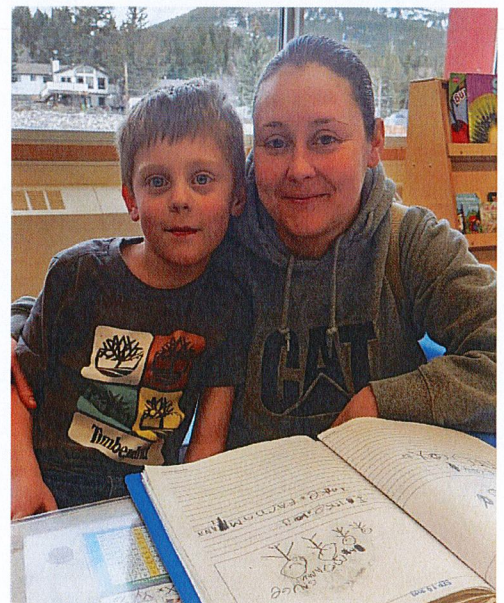
\$50 IGA Gift Card - Remi Zetea - 2A

\$100 IGA Gift Card - Finn Graham - 2A

Tablet - Lily Phye - K3



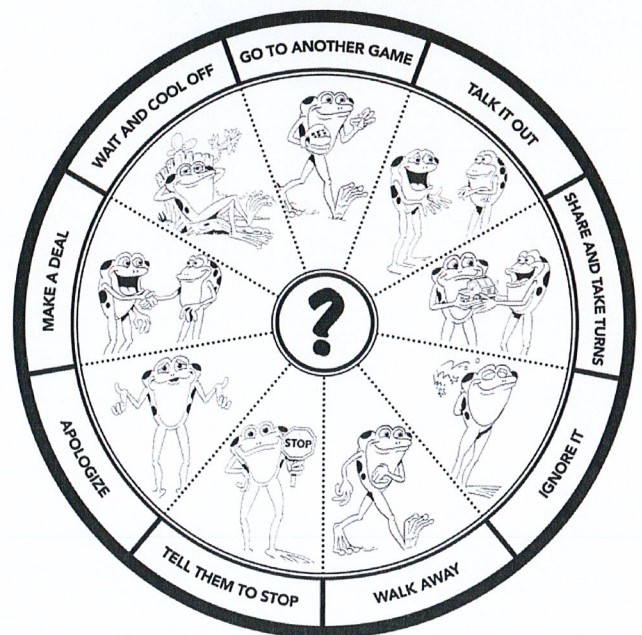
Students have set new goals for Term 3. We will watch Kelso move up lily pads on the front bulletin board as students achieve these newly set goals.



Kelso's Choices

Kelso's Choices is used daily at HAS. Kelso the frog teaches students how to solve "small" problems on their own. "Small" problems include conflicts that cause "small" feelings of annoyance, embarrassment, boredom, hurt feelings etc. "BIG problems" always need to be taken to an adult. These are situations that are scary, dangerous, illegal, or involve students being hurt, either physically or with inappropriate words.

Students at HAS are encouraged to try two choices from the wheel to try and solve a small problem independently. Throughout the year, students are recognized and celebrated with a Kelso Superstar Certificate for using Kelso's Choices and demonstrating responsible, caring, honest, respectful and fair behaviour. Ask your child about the Kelso wheel and which choices they use on a regular basis!



Help us build our HORACE ALLEN SCHOOL **OUTDOOR LEARNING ENVIRONMENT**

Sponsor A Student on our 5th ANNUAL HIKE-A-THON Fundraiser!

Monday, April 22, 2024, to celebrate Earth Day!

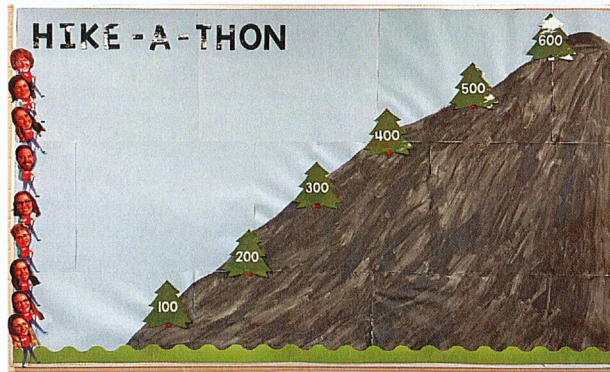


We will walk in our classes via 74 Ave. through the McGillvery area to loop and return to the school in approximately 45 mins-1 hour.

We will leave the school at 11:30 am. Families are invited to join us for the hike and a FREE BBQ lunch afterward!

Collected funds will help to finish our amphitheater landscaping, and continue planting native trees for shelter, plants and shrubs for our pollinator garden, and possibly an archaeological dig site as we develop the replica ecosystems in our

"Peaks to Prairies Outdoor Learning Environment"!



**The class that fundraises the most money will win a
PIZZA PARTY!**

Charitable Tax Receipts can be issued for donations of \$20 or more.
(cash, or cheques made out to Livingstone Range)

Thank you for your support! For more information please contact HAS
@ 403-563-3998.

Community Connections: In conjunction with Earth Month activities we can support our local SPCA Animal Shelter by:



Horace Allen will be holding a REUSE DRIVE April 15 - 25 In need of "USED":

- towels (all sizes)
- smaller size blankets
- bathmats
- gently used metal pet dishes (we are trying to get away from plastics)
- face cloths for cleaning
- hand towels
- gently used cat & dog toys

Anything along those lines would be purr-fect!!

Please drop off donations in the bin at the front of the school!

***Reminder - you can also drop off cell phones/electronics and markers/pens anytime for recycling!

Family Activities to Celebrate EARTH DAY at Home



1. Sew Be It

Collect old & tattered clothing to create something new such as a blanket, bag or scarf.

2. Clash With Trash

Make a list of the most common items found in your trash can and brainstorm ways to reduce them (ex: Use reusable containers instead of plastic bags).

3. Lawn Be Gone

Add native & pollinator friendly plants to your yards to minimize grass and maximize wildlife friendly alternatives.

4. Garden Goodies

Grow salad greens & fresh herbs on your balcony, porch or windowsill as a carbon friendly alternative to imported produce.

5. You've Got the Power

Check all of the outlets in your home for unnecessary electronics that can be unplugged to save electricity and money.

6. What's Cooking?

Try making meals that are healthier & reduce your carbon footprint by using less meat.

7. Bibbity Boppity New

Use your imagination to turn a waste item into something useful (Ex: Use yogurt, ice cream & coffee can lids as coasters for potted plants)

8. Raise the Roof

Build a birdhouse, butterfly house, bat house or bug house out of left-over wood.

9. Dress to Use Less

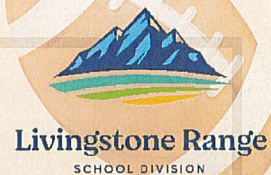
Pick out wardrobes that help you keep cool in the heat and warm in the cold to limit the need for air conditioning and heating.

10. Electronic Boogaloo

Search for all of the old electronics, cell phones & batteries in your home. Pack them in a box and deliver for recycling to a local electronics store when safe.

APRIL SAFETY TOPICS

★ SPORTS SAFETY & CONCUSSION ★



Playing sports is great for children and adults. It has both physical and psychological benefits. Sports can increase physical coordination, fitness, and self-esteem. They also teach important lessons about teamwork and self-discipline. Sports injuries are likely to occur in children. That's because their bodies are still growing and their coordination is still developing. And they are still learning about the correct form and technique of a certain sport. Children are enthusiastic about physical activities. This can result in them not taking enough rest breaks, which makes them more likely to get injuries. Following sports rule can help prevent injuries, too.

★ SAFETY PRECAUTIONS TO PREVENT SPORTS INJURIES: ★

Wear protective gear *Protective gear is anything you wear that helps keep you from getting hurt.*

Helmets are the most common protective gear. They protect your all-important head while you're playing football, hockey, baseball, softball, biking, skateboarding, and inline skating, just to name a few. Make sure you're wearing the right helmet for your sport.

Other sports require eye protection, mouthguards, pads, wrist, elbow and knee guards, and a protective cup (for boys). And don't forget your feet. Cleats are worn in football, baseball, softball, and soccer. These shoes have special rubber or plastic points on the soles to help your feet grip the ground when you run around.

Warm Up

It's not a good idea to just bolt on to the field and start playing. You shouldn't even start stretching until you're a little warmed up. So do some warm-up exercises or take a light jog to get loosened up and ready to play.

Know the rules of the game

When players know the rules of the game, fewer injuries happen. You and the other players know what to expect from each other. With sports that use plays, it helps to understand the plays and what your role is in each one. Being where you're suppose to be can help you stay out of harm's way, too.

Watch out for others

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people and being nice. One way you can watch out for others is to communicate on the field. Listening to your coach during a game also can help keep you safe. It's also good to just be courteous, like telling someone their shoes untied.

Don't play when you're injured

This is a really important one. If you love sports, it's tempting to get right back in the game, even after an injury. But playing when you're hurt - or before an injury has had a chance to fully heal - is a bad idea. It can lead to an even worse injury, one that might sideline you for a long time. Be honest with parents and coaches if you've been hurt. See a doctor for your injuries, when necessary, and follow their advice about how and when to return to practice and play.

When is my child ready to participate in sports?



Children can start playing team sports when they express strong interest and you feel they can handle it. Also consider their ability to understand the concept of rules and teamwork. Keep in mind that no two children are alike, and some may not be ready physically or psychologically to take part in a team sport until they are older. Base your decision on whether to allow the child to take part in a particular sport based on the following:

- age
- weight
- build
- physical development
- emotional development
- child's interest in the sport

Most sport injuries occur due to the following;

- Lack of education and awareness about safety precautions and possible injury
- Inappropriate equipment or no equipment
- Poorly conditioned players





CONCUSSION

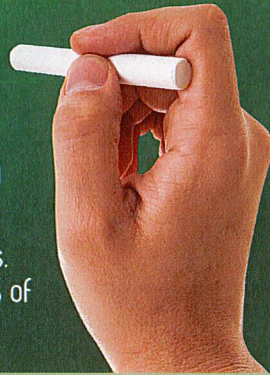
A concussion is a brain injury that can affect how the brain works. Concussions may happen because of a hit to the head, face, neck or somewhere else on the body. When the hit takes place, the brain moves or jiggles inside the skull. If it moves hard enough, the brain can become injured. This can make the brain and body work and feel different, and can affect how a person performs in all areas of life including at school.

DID YOU KNOW?

You do not need to lose consciousness to have a concussion. You can experience different types of signs and symptoms after a concussion:

- physical (e.g. headaches, nausea, dizziness)
- cognitive (e.g. difficulty concentrating or remembering, fogginess, slowed thinking)
- emotional/behavioral (e.g. anxiety, sadness, irritability)
- sleep (sleeping more or less than usual, difficulty falling and staying asleep)

These symptoms can impact how a student performs at schools. Most concussions in youth resolve within 1 month, however 30% of youth will take longer to recover



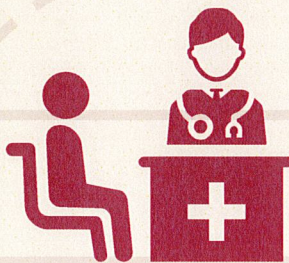
QR Code will take you to a youtube video of Dr. Mike Evans about Concussion Management and Return-to-Learn.

It is harder for infants, toddlers, and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

Get medical help immediately if your child has any "red flag" symptoms such as

- neck pain
- repeated vomiting
- growing confusion
- seizures
- weakness or tingling in their arms or legs

These may be signs of a more serious injury.



Your child should not return to sports until cleared by a doctor.

Returning too soon before full recovery from concussion puts your child at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.



Resources: PARACHUTE CONCUSSION SERIES: CONCUSSION GUIDE FOR PARENTS AND CAREGIVERS
SCHOOL FIRST CONCUSSION - BUILD YOUR KNOWLEDGE
DR. MIKE EVANS - CONCUSSION MANAGEMENT AND RETURN TO LEARN

