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# Eagle Butte



h i g h s c h o o l



"Giving Our Students Roots and Wings"

Website: <http://eaglebutte.ca>



School Phone: 403-528-1996

Attendance Line: 403-528-1996 ext. 8

NEWSLETTER

OCTOBER 2011

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We are into month two of school and things are moving at a fast pace. Students will notice that teachers are starting to put some pressure on them with regards to school work, etc. I even had one student comment to me that the teachers are getting MEAN now that the first few weeks are over! I thought - NEVER! Teachers... MEAN? Maybe we are? OK - sure we are MEAN at times! I think it even states in our contract to be MEAN. I felt the need to check into this - so I went around the school and I started to notice that Teachers are MEAN! Below is what I saw the MEAN teachers doing:

- A MEAN teacher insists that each student do the best they are capable of doing.
- A MEAN teacher insists that students hand in their assignments on time and takes off points for late assignments.
- A MEAN teacher does not accept incomplete assignments.
- A MEAN teacher requires each student to think carefully and to make her/his own decisions.
- A MEAN teacher holds each student responsible for her/his own behavior.
- A MEAN teacher makes students keep the classroom, themselves and their belongings neat and clean.
- A MEAN teacher does not allow free time in class until all class-work is done.
- A MEAN teacher gives homework regularly, sometimes even on weekends.
- A MEAN teacher calls on students who do not raise their hands to answer questions.
- A MEAN teacher requires all students to treat each other with respect.
- A MEAN teacher makes life miserable for students by insisting that they always tell the truth.
- A MEAN teacher produces students who are respectful, responsible and successful.

**THE WORLD NEEDS MORE \*MEAN\* TEACHERS!**

\*(MEAN) = Making Excellence A Necessity

We have some wonderful MEAN staff at Eagle Butte whom are very skilled in what they do and this complements all that we offer at Eagle Butte. Below are some things that are on the go already:

**The Cross-Country team** training for Zones and Provincials. Events will be out at Echo Dale and Elkwater. Volunteers are needed -please contact Mr. Smith at the school if you can help.

**Students and Staff** are raising money for Cancer research during our Terry Fox campaign. A lot of the credit must go to Mr. Smith for motivating our students and leading by example.

**Student Council** putting on SPIRIT days and pep rallies. Come and support the teams for the pep rallies, games and all competitions!

Four **Volleyball** teams competing in league and all four of them getting off to a great start.

Our **Golf team's** season has wrapped up after our Zone competition in September - well done!

Our **English** and **Drama** departments are planning a trip to Theatre Calgary.

**Football** players competing with McCoy in league and exhibition games throughout Alberta.

In closing, I would like to thank all of the staff, students and parents of Eagle Butte for helping make this school so wonderful. If any questions or concerns arise, please feel free to contact Mr. Koch, Mr. Heinrichs, myself or any staff member in person or by phone.

Mr. Rozdeba  
Vice-Principal, EBHS





## Library Lingo



We are well into our "Eagle Butte Favorites" and a number of students are busy reading their way to an i-pad. Should there be a tie for the student who reads the most Eagle Butte Favorites, the names will be placed in a hat and a name drawn as the winner of the i-pad. This month's books feature: "Waiting for Johnny Miracle" (Mrs. Krause), "Where the Wild Things Are" (Mr. Wadman), "Fellowship of the Ring" (Mr. Payeur), and "Stranger to the Ground" (Mr. Rozdeba). Come in and sign out one of these great books and see if it becomes your favorite, too. All students who read any of the "favorite" books will be eligible to vote in June for the book that they felt was the best to determine which teacher "favorite" is the overall "favorite".

On Friday, November 4, we will be hosting Matt Jackson in the library. A graduate of Wilfrid Laurier's Business Administration program, Matt Jackson was lured away from the corporate world by the thrill of adventure journalism shortly after he spent a year skiing and climbing in the Canadian Rockies. He is now a magazine writer, photojournalist and professional speaker specializing in travel, adventure, science, conservation, and human interest stories.

The library is open Monday to Friday, 9:00 a.m. until 3:30 p.m. inclusive of lunch so if you are looking for a nice place to eat your lunch and do homework, read or simply veg... come on in. We have new upholstered chairs at the tables and computers as well as a new soft seat area for reading and relaxing, or simply watching the gophers frolic.

Ms. Sherry Anton



## EAGLE BUTTE HIGH SCHOOL MEMO



To: Eagle Butte High School Students and Parents

A reminder that **Report Cards** will be issued Thursday, November 3rd.

**Parent-Teacher Interviews:** Tuesday, November 8th from 6:00 - 8:00 p.m.; Wednesday, November 9th, from 6:00 - 8:00 p.m. We hope you will be able to take advantage of this opportunity to meet with your child's teachers in order to discuss his/her needs and progress.



## Remembrance Day

Eagle Butte High School would like to survey all family members of Eagle Butte High School students who have participated in military action/duties (i.e. World War I, World War II, Korean War, Kuwait, Afghanistan, Peace Keeping). We would like to recognize these individuals at our **Remembrance Day Ceremony on Thursday, November 10th, 2011 at 10:25 a.m.**

If this applies to your family and you would like to participate, please fill out the following and return to Eagle Butte High School by Tuesday, November 1st. Information can also be e-mailed to [myrna.mcgarry@prrd.ab.ca](mailto:myrna.mcgarry@prrd.ab.ca). Should you have any questions, please do not hesitate to contact us at 403-528-1996.

Student Name: \_\_\_\_\_

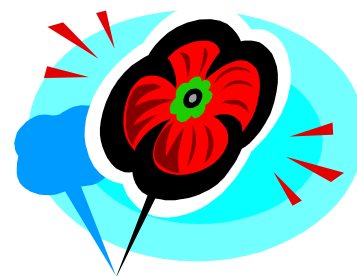
Name of family member who served in the Military: \_\_\_\_\_

Served in (i.e. World War II, Afghanistan): \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Will attend ceremony on November 10, 2010:  yes  no

Would like name included in program:  yes  no



### **STUDENTS!!!**

Are you a cadet? Are you a member of the Reserves?

Students who answer **YES** to either of these questions are needed to help with our Remembrance Day Program. Please see Mrs. Krause in Room 160 or e-mail [joyce.krause@prrd.ab.ca](mailto:joyce.krause@prrd.ab.ca).

Thank you!



MEDICINE HAT COLLEGE

# Basic High School Drop-in

for junior and senior high school students



## Cosmetology

This month the Cosmetology class is featuring new hair accessories such as feathers and bling! If you are interested in getting something new and exciting in your hair, we have many different colors. These colors include: White, Purple, Blue, Brown, Yellow, Pink, and Orange! Make an appointment for your feathers or awesome bling! Come on down to the Cos room and for a price as low as \$5.00 and one of the Cos students will be more than happy to hook you up! Come on down and try something new! Please call 403-528-1998 ext 2026 for all your hair needs.



## ***Educational trip to Washington, D.C.!***

We are planning a Social Studies trip to Washington D.C. and area that will take place during the Easter break of 2012. Though an official itinerary has not yet been set, this trip will be modeled very closely after the 2005 Washington D.C. trip which was very successful. Our 2005 itinerary included visits to the:

- Korean and Vietnam War Memorials
- Holocaust Museum
- Smithsonian Museums
- Washington Zoo
- National Archives
- National Aquarium (Baltimore, Maryland)
- Arlington National Cemetery (Virginia)
- Washington Monument, White House, Capitol Hill, Jefferson and Lincoln Memorials
- Naval Academy in Annapolis (Maryland)
- battlefields at Gettysburg
- Canadian Embassy
- Pentagon

We also participated in a variety of activities such as:

- plays at Ford's Theatre and at the Kennedy Center
- sleeping overnight on a civil war ship
- taking a boat cruise on the Chesapeake Bay
- attending an NBA game

This is just a snapshot of all the places we hope to visit and all the activities we intend to participate in this year. It is a priceless opportunity, one which focuses on better understanding our southern neighbor but also provides opportunities for fun at the same time. The trip's main focus is toward enhancing understanding of many of the concepts students learn in grades 10-12 Social Studies - concepts such as globalization, nationalism and ideologies. The Alberta Social Studies curriculum frequently includes discussion of US government, economics, history and culture.

As of today, we are estimating the cost for this 10-day trip to be around \$2200-\$2400 CDN which will include flights, transportation and accommodations. Exact costs will be determined once students numbers are established and flights and hotel rooms are booked.

There are a few spots left. If you think you may be *interested* in having your son or daughter participate in this educational opportunity, please fill out the form below and return it to Mrs. Andjelic or Mrs. Kannekens as soon as possible, preferably before the 12 of October. Returning the sheet does not constitute a commitment at this point but merely a strong expression of interest. A parent and student information meeting will be held mid-October to further the trip planning process.

In the meantime, please feel free to contact Mrs. Colleen Andjelic or Mrs. Cammie Kannekens if you have any questions.

Colleen Andjelic  
403-528-1996 ext 2040

Cammie Kannekens  
403-528-1996 ext 2024

**Detach and return the form below to Mrs. Andjelic or Mrs. Kannekens by Oct. 12.**

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We are *interested* in the possibility of having our son/daughter participate in the Washington D.C. trip during Easter break 2012.

\_\_\_\_\_  
Student name

\_\_\_\_\_  
Parent signature(s)



# First Grad Meeting



The Fall Grad Meeting will be held in the cafeteria area of Eagle Butte High School from 6:15 to 7:00p.m. on Thursday, October 20th.

## **POST-SECONDARY INFORMATION EVENING**

**Thursday, October 20th, 2011**

**EAGLE BUTTE HIGH SCHOOL 7:00 to 8:30 p.m.**

Eagle Butte High School is hosting a Post-Secondary Information Evening on Thursday, October 20th for all interested students and parents. Most of the post-secondary institutions in Alberta and some from Saskatchewan, British Columbia and Nova Scotia will have display booths set up in the EBHS gymnasium and representatives will be available to answer questions.

**Institutions who have confirmed their attendance to date include:**

Medicine Hat College

Lethbridge College

Olds College

Red Deer College

Mount Royal University

Prairie Bible Institute

College of the Rockies

Lakeland College

SAIT Polytechnic

Trinity Western University

MC College

Canadian Forces

Co-op Apprenticeship and Trades

University of Alberta

University of Calgary

University of Lethbridge

University of Regina

University of Saskatchewan

St. Mary's University College

King's University College

Concordia University College

Ambrose University College

Academy of Learning

Dalhousie University

**Please take this OPPORTUNITY to gather information about  
POST - SECONDARY PROGRAMS.**

**\*\*We would ask all Grade 10 and 11 students and parents who wish to attend the Post-Secondary Information Evening to enter the school through the west doors.\*\***



# Curling



## Calling all interested Curlers!

The Medicine Hat Curling Club runs an 'open' Junior League on Tuesday evenings from 4:15 pm to approximately 6pm. Interested students can sign up starting October 4<sup>th</sup>, but late registrations (for example, after volleyball season) will be accepted. Individual students are welcome - you do not need a full team to join. The Junior Program offers a mix of instruction and game time and runs to the end of February. Sign up on October 4<sup>th</sup>, or see Mrs. Kannekens (Room 124, phone extension 2024) if you need more information.

If you are unable to curl weekly in the Junior Program, but are interested in representing Eagle Butte at High School Zone Playdowns in 2012 (Girls, Mixed, or Boys) please let Mrs. Kannekens that you are interested as soon as possible.

## What's Cookin' in October?

<b>Monday Oct 3</b> Lasagna Garden Salads	<b>Tuesday Oct 4</b> Soup du Jour Roast Beef Sandwiches Turkey Sandwiches	<b>Wednesday Oct 5</b> Pizza Wraps Chicken Caesar Salads	<b>Thursday Oct 6</b> Chicken Pot Pie	<b>Friday Oct 7</b> Panago Pizza
<b>Monday Oct 10</b> Thanksgiving Holiday	<b>Tuesday Oct 11</b> Taco Salads Egg Salad Sandwiches Roast Beef Sandwiches	<b>Wednesday Oct 12</b> Chili and a Bun	<b>Thursday Oct 13</b> Chicken Pot Pie	<b>Friday Oct 14</b> Panago Pizza
<b>Monday Oct 17</b> Beef Stew and a Bun Chicken Caesar Salads	<b>Tuesday Oct 18</b> Soup du Jour Turkey Wraps	<b>Wednesday Oct 19</b> Chicken Pot Pie	<b>Thursday Oct 20</b> Panago Pizza	<b>Friday Oct 21</b> Parent Council Taco in a Bag
<b>Monday Oct 24</b> School Improvement Day - no School for Students.	<b>Tuesday Oct 25</b> Chicken Caesar Salads Roast Beef Sandwiches Turkey Wraps	<b>Wednesday Oct 26</b> Soup du Jour Chicken Caesar Wraps	<b>Thursday Oct 27</b> Chicken Pot Pie	<b>Friday, Oct 28</b> Panago Pizza
<b>Monday Oct 31</b> Soup du Jour Turkey Wraps				

Always on the menu - fresh fruit and veggies



# Team Result for 8<sup>th</sup> Annual Talons Cross Country Invitational - 2011

On September 24, the 8<sup>th</sup> Annual Talons Cross Country Invitational took place. There were teams from all over Alberta, as far away as Fort McMurray and Calgary. Some of the best runners in the province were in attendance at the race. Below are their results of our athletes in their category. Eagle Butte High School also won the team title for the 7<sup>th</sup> time in 8 years. We had the largest group of runners ever attend our race with 180 runners participating in our event. **The Coaching staff and athletes would like to thank the parents who volunteered and the following individuals:**

Mark Heinrichs	Joyce Krause	Mr. Nixdorf	Mrs. Smith	Mr. Werner
Bill and Rosemary Page	Derek Hood	Mrs. Laturnas	Hannah Powley	Dr. Glas
Shauna Tudor	Mr. Sederberg	Mr. Duchscherer	Mr. and Mrs. Tkach	

Junior Girls			Junior Boys		
Name	Time	Place	Name	Time	Place
Anika Dirk	13.23	1	Stran Dyck	15.52	1
Nicona Brost	13.27	2	Grayson Kleckner	16.51	5
Leisha Clark	16.20	8	Jason Tkach	17.28	8
Jacquelyn Smyth	16.36	9	Kyle Grimm	17.40	9
Shelby Quinn	16.56	11	Brayden Gill	17.41	10
Kayla Schlenker	17.10	12	Adam McNeil	18.35	12
Makayla Chambers	19.15	15	Bastian Goebbels	18.36	13
Rayla Eremenko	20.13	16	Logan Kerkhoff	19.41	15
Savanah Cummins	20.37	17	Aidan Duchscherer	19.44	16
Grace Pahl	20.55	18	Alex Keenan	20.47	19
Kenzie Robinson	22.25	19	Brandon Asham	21.21	21
			Ashby Martel	28.43	23

Intermediate Girls			Intermediate Boys		
Name	Time	Place	Name	Time	Place
Kira Wiese	24.13	9	Jack Plante	22.27	3
Anna Ehret	29.00	10	Cory Grant	23.47	5
			Donovan Friebus	24.30	7
			Brad Green	28.19	11
			Robert Dennis	29.50	12
			Branden Vandermolen	36.44	13

Senior Girls			Senior Boys		
Name	Time	Place	Name	Time	Place
Ariana Dirk	16.52	2	Dustyn Ross	25.19	6
Emily Stuart	19.04	4	Cody Nicoll	27.48	7
Stephanie Hayes	22.10	8	Jackson Pahl	34.13	12
Lauren Bourassa	22.57	9	Dustin Rath	35.27	13
Cj Jans	25.37	12			

## BIRS RUN 2011 - Echo Dale Regional Park

Here are the results from the BIRS Run on September 10th, 2011. Again our athletes did fantastic, showing our teamwork and desire to be successful.

Girls 5 km			Boys 5km		
Name	Time	Place	Name	Time	Place
Ariana Dirk	22.14	1 <sup>st</sup>	Jack Plante	20.54	4 <sup>th</sup>
Anika Dirk	22.15	2 <sup>nd</sup>	Cory Grant	20:54	5 <sup>th</sup>
Nicona Brost	23.25	4 <sup>th</sup>	Grayson Kleckner	22.13	6 <sup>th</sup>
Emily Stuart	24.57	8 <sup>th</sup>	Brayden Gill	22.15	7 <sup>th</sup>
Hayley Lanz	28.38	20 <sup>th</sup>	Robert Dennis	24.00	10 <sup>th</sup>
Lauren Bourassa	29.34	2 <sup>1st</sup>	Donovan Friebus	24.01	11 <sup>th</sup>
Stephanie Hayes	29.56	22 <sup>nd</sup>	Bradley Green	24.55	12 <sup>th</sup>
Jacquelyn Smyth	30.13	23 <sup>rd</sup>	Kyle Grimm	25.38	15 <sup>th</sup>
Morgan Roose Halvorson	33.44	27 <sup>th</sup>	Blake Sept	25.53	16 <sup>th</sup>
Cj Jans	34.32	29 <sup>th</sup>	Bastian Goebbels	25.59	17 <sup>th</sup>
Savanah Cummins	34.45	30 <sup>th</sup>	Jackson Pahl	26.07	18 <sup>th</sup>
Courtney Deering	35.04	31 <sup>st</sup>	Christian Widmer	26.30	19 <sup>th</sup>
Anna Ehret	35.04	31 <sup>st</sup>	Aidan Duchscherer	27.02	22 <sup>nd</sup>
Grace Pahl	37.36	32 <sup>nd</sup>	Alex Keenan	27.35	24 <sup>th</sup>
			Logan Kerkhoff	28.11	28 <sup>th</sup>

## TALONS HOSTING CROSS COUNTRY ZONES AND PROVINCIALS

The EBHS Cross Country Running Team is looking for individuals who are willing to donate their time to assist in the ASAA Provincials Cross Country on October 15th. If you have the time, we have a job for you. Please can contact Mr. Smith, Mr. Montoya or Mrs. Nixdorf through the school website.

The Eagle Butte Cross Country Team would to extend a warm thank you to those Sponsors who have donated to help with Eagle Butte Talons Cross Country Team's hosting the ASAA Zone Cross Country Championships on October 5th and the ASAA Provincial Cross Country Championships at Elkwater, Alberta (tentatively...location may change) on October 15th. The following businesses have donated money, time or product to Eagle Butte High School Cross Country Team in support of the upcoming championships. The athletes and coaches are extremely appreciative for their support.

Medicine Hat Co-op



LMT Enterprises LTD.



Sterling Trailers Sales



Davis Pontiac, Medicine Hat



New Holland



Cypress Communications



Sanatec Environmental



Simply Water, Medicine Hat



# DREAMS

Hello from the DREAMS team. We are happy to be back at I.F. Cox, Margaret Wooding and Parkside. We are excited to now be working at Eagle Butte as well and are looking forward to all our plans for this year.

If you are unfamiliar with the DREAMS project we are part of the provincial Mental Health Capacity Building Project. We have been active in Redcliff for the past three years and for this next three years of funding we have added Eagle Butte to our responsibility. The mission of DREAMS is to empower the children, families and community to build positive relationships and engage in meaningful activities and to maximize the services available and provide the tools and knowledge to make healthier choices within the community. This Mental Health Capacity Building Initiative is co-led by Alberta Health Services and Alberta Education and is funded by Alberta Health and Wellness.

The services that DREAMS offers:

- individual and/or family consultations with the Family School Liaison Worker or Family Wellness Coach
- Individual and/or group mentoring with the Success Coach
- Learning opportunities for members of the community
- Supports to the school community

Our DREAMS program consists of a strong partnership with the Family School Liaison Workers and our three DREAMS team members:

- Britni Chambers - Success Coach
- Allison Frey - Family Wellness Worker
- Courtney Scott-Donaldson - Program coordinator

## **Britni Chambers, McMan Success Coach, with the DREAMS Project in Redcliff**

**Education:** Child and Youth Care Counselling Diploma, Medicine Hat College, 2008

### **Work Experience:**

- April 2008 to October 2008 - Relief Youth Worker - McMan Youth, Family and Community Services Association
- October 2008 to August 2010 - Youth Worker - McMan Youth, Family and Community Services Association
- August 2010 to current date - Success Coach - McMan Youth, Family and Community Services Association

### **Training and Certification:**

- Success Coach Workshop
- First Aid/CPR
- ASIST - Suicide Intervention
- CPI - Non Violent Crisis Intervention
- Mental Health First Aid
- Foundations in Play Therapy

**Con't...**

**Success Story:** A grade 4 student, struggling with anxiety and a learning disability, was referred at the beginning of the school year. The anxiety made it difficult for this student to focus on schoolwork, make positive friendships, and her anxiety would turn into anger which she took out on her family when she came home from school. This student worked on anxiety during individual sessions and also completed the Friends for Life Program. Her file was closed in the spring when mom reported that her daughter had made a significant improvement and both her anxiety and anger had diminished greatly. This student learned about and put into practice deep breathing /relaxation techniques, positive thinking and coping skills.

**Tidbits:** I love sewing, knitting and collecting vintage items from second hand stores and garage sales. I have a wonderful husband and a new (and spoiled) little puppy named Zero.

**Goal for the year:** I would like to expand and improve the Friends for Life and Roots of Empathy programs in the Redcliff Schools as it is an excellent way of connecting with school staff and students and gives kids tools to be successful in life.

### **Allison Frey, Alberta Health Services Family Wellness Worker for DREAMS**

Hi! My name is Allison Frey and I am the Family Wellness Coach with the DREAMS Project in all 3 schools in Redcliff and at Eagle Butte High School in Dunmore. I have a Diploma in Social Work, a Bachelor of Social Work and I am a Registered Social Worker too. I've been working in different capacities with families, children and youth for the last 10 years. I love my job and the best part about it is being in the schools and the community everyday working with kids. I spend most of my free time with friends and family. I especially love spending time with my nephew who just turned one year old! The warm weather months are my favorite because I love to be outside hiking, camping and being in the water. I look forward to the year ahead and I'm excited to do everything DREAMS has planned for the schools and community!

### **Courtney Scott-Donaldson, Program Coordinator**

I am very excited to be part of the DREAMS program and am looking forward to seeing where it has evolved from in the past three years and further developing it into the next three years of the project. I grew up in Nova Scotia and completed my education at the University of Waterloo. I have been working in a variety of settings supporting mental health wellness in children, youth and at-risk adults for the past 11 years since moving to Alberta. Always looking for ways to improve and increase my knowledge I thoroughly enjoy any kind of professional development and have completed many courses in the area of Mental Health, addictions, Fetal Alcohol Spectrum Disorder and mediation. I love spending time with my husband, 3 kids and our dog, whether it's taking walks in the coulees, playing board games or travelling. In my spare time I try my best to take an active part in our community.

**If you have any questions or would like to make a referral to the DREAMS program please call Courtney at 403-502-1878 or email [courtney.scott-donaldson@prrd.ab.ca](mailto:courtney.scott-donaldson@prrd.ab.ca)**

<b>MEDICINE HAT</b>		
<b>CYPRESS CENTRE AUDITORIUM:</b> (Stampede Grounds) 2055 – 21 Ave SE		
<ul style="list-style-type: none"> <li>● <b>ADULT RESOURCE FAIR</b></li> </ul>	Monday, October 17	9 am – 3 pm
<ul style="list-style-type: none"> <li>● Public Influenza Clinic</li> </ul>	Tuesday, October 18	9 am – 3 pm
<ul style="list-style-type: none"> <li>● Public Influenza Clinic</li> </ul>	Wednesday, October 19	1 pm – 7 pm
<ul style="list-style-type: none"> <li>● <b>FLU – LA PALOOZA</b> <i>(Resource Fair for families with young children)</i></li> </ul>	Saturday, October 22	11 am – 4 pm
<b>HIGDON HALL</b> (Stampede Grounds) 2055 – 21 Ave SE	Monday, October 24	1 pm – 7 pm
	Tuesday, October 25	1 pm – 7 pm
	Wednesday, October 26	1 pm – 7 pm
	Friday, October 28	9 am – 3 pm
	Thursday, November 3	1 pm – 7 pm
	Saturday, November 5	9 am – 1 pm
	Thursday, November 10	1 pm – 7 pm
	Thursday, November 17	1 pm – 7 pm
	Thursday, November 24	2 pm – 6 pm
	Thursday, December 1	2 pm – 6 pm
Saturday, December 17	9 am – 1 pm	
<b>RALSTON VILLAGE</b> CHURCH, Prairie Rose Room	Wednesday, November 9	3 pm – 7 pm
<b>REDCLIFF</b> SENIOR'S DROP-IN CENTRE Corner Main Street & 1st Ave	Monday, November 7	1 pm – 7 pm





## October 2011

OCTOBER 2011						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### Events

- International Walk to School Month [saferoutestoschool.ca/](http://saferoutestoschool.ca/)
- 2-8 Mental Illness Awareness Week [miaaw.ca/](http://miaaw.ca/)
- 5 World Teacher's Day [timeanddate.com/holidays/un/world-teachers-day](http://timeanddate.com/holidays/un/world-teachers-day)
- 3-7 International Walk to School Week [shapeab.com](http://shapeab.com)
- 11 World Mental Health Day [wfmh.org](http://wfmh.org)
- 16 World Food Day [fao.org/aetinvolved/worldfoodday/en/](http://fao.org/aetinvolved/worldfoodday/en/)
- 17 International Day for the Eradication of Poverty  
[social.un.org/index/Poverty/InternationalDayfortheEradicationofPoverty.aspx](http://social.un.org/index/Poverty/InternationalDayfortheEradicationofPoverty.aspx)
- 27 Healthy Active School Symposium [everactive.org/healthy-active-school-symposia](http://everactive.org/healthy-active-school-symposia) 🍎

### Funding Dates

- 1 Canadian Sport for Life  
[asrpf.ca/grant-funding-programs/canadian-sport-for-life.aspx](http://asrpf.ca/grant-funding-programs/canadian-sport-for-life.aspx)
- 1 Development Initiatives  
[asrpf.ca/grant-funding-programs/development-initiatives-proaram.aspx](http://asrpf.ca/grant-funding-programs/development-initiatives-proaram.aspx)

### Educator Tip

#### Healthy Classroom Party Ideas

There are many opportunities for classroom parties, including Halloween, Christmas, Valentine's Day and Easter. It is important to balance healthy food choices and typical party foods. Make your classroom party successful with the help of parents and these healthy snack ideas:

- Kabobs: Use a variety of fruit (fresh or canned fruit, lower fat cheese and vegetables)
- Veggie sticks with low fat dip
- Crackers and cheese: Look for whole grain crackers and lower fat cheese (less than 20% milk fat)
- Fruit Cone: Fill an ice cream cone with fruit and top with yogurt
- Water, milk (white or flavoured), 100% juice

### Take Home Tip

#### Fall into Fitness

Make the most of mild fall weather by encouraging children to walk and bike to school. Pick up some friends along the way to create a walking/biking school bus. Check out [www.shape.com](http://www.shape.com) for tips on active transport.



The

# Nutrition

Times

PREPARED MONTHLY BY LOCAL DIETITIANS FROM  
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

## Healthy Eating for Healthy Bones

It is never too early or too late to start thinking about bone health. Bone is a living tissue. Old bone is always being replaced with new bone through a process called remodelling.

Bone building begins at a very young and continues into teen years and early adulthood. By late teens, the body has built up about 90% of its lifetime bone mass. During these years, physical activity and a bone-healthy diet are crucial to ensure that young bodies build the best bones possible.

No matter what your age, you can always make choices that will help build or maintain healthy bones, and reduce your risk of osteoporosis later in life.

### What is Osteoporosis?

Osteoporosis is a condition that develops when bone tissue and key bone minerals are lost faster than they are replaced. Bone mass is lost, and as a result bones become weak and porous, meaning that they become easier to break. Osteoporosis develops over time without any symptoms. Many people do not realize they have osteoporosis until a bone breaks.



Common sites of bone fractures include:  
hip, spine, wrist, pelvis and ribs

### Risk Factors

- 65 years or older - Bones naturally get thinner as we grow older.
- Underweight - Weighing less than 60 kg puts you at an increased risk for osteoporosis.
- Family history of a fracture - Genetics play a large role in determining bone mass.
- Early menopause - Menopause before the age of 45 makes women lose bone mass faster.
- Low calcium intake - Calcium is the most important nutrient for reaching peak bone mass, stopping bone loss and treating osteoporosis.
- Medical conditions - Conditions such as Celiac disease or Crohn's disease can affect how your body absorbs key bone-building nutrients.

Con't...

## Decreasing your risk of osteoporosis

When it comes to bone health, a balanced diet rich in calcium, vitamin D and enough protein is essential to building and strengthening bones and reducing your risk of osteoporosis. By eating foods that contain calcium and vitamin D, you will help your body get the bone building elements it needs.

Milk and Alternatives such as low fat milk, yogurt, cheese and fortified soy beverage are your best sources of calcium. Other sources include canned salmon and sardines with bones, almonds, and dark green vegetables such as spinach, broccoli and kale.

Milk is also the best daily source of vitamin D. Some yogurts and plant based beverages available are fortified with vitamin D. Check nutrition labels to see if the product contains vitamin D. Other foods that naturally have vitamin D are fatty fish such as salmon, tuna, and halibut, as well as eggs. Health Canada recommends that all adults over the age of 50 take a daily vitamin D supplement of 400 IU.

Protein and calcium work together to build bone, and an adequate amount of both is needed to keep bones healthy. With age, protein continues to be important to maintain bone mass and help fractures heal. Protein is found in Meat and Alternatives such as beef, chicken, fish, legumes and eggs, as well as in milk products.

Along with a calcium-rich diet, our bones need a lifetime of regular physical activity to maintain their strength. Weight-bearing exercises are best. Find activities you enjoy and make active living a priority in your everyday life. Smoking and too much alcohol, salt or caffeine can have a negative impact on bone health when accompanied by a low calcium intake.

## Easy Berry Banana Smoothie

½ banana	½ cup (125 mL) low fat milk
1 cup (250 mL) fresh or frozen berries	1 cup (250 mL) ice

Blend ingredients in blender until smooth. Drink right away or freeze for an easy grab-and-go breakfast in the morning. Serve with a small whole grain muffin. Makes 1 serving.

Be creative! Try other fruit combinations such as: mango and pineapple, strawberry and kiwi, or blueberry, banana and raspberry.



### Sources:

*Dairy Farmers of Canada, Body and Bones – Up Close and Personal, April 2011*

*Alberta Health Services, Wake Up to Breakfast Everyday, 2010*

*Alberta Health Services, Eating Well to Prevent or Treat Osteoporosis, August 2011*

*Eat Right Ontario, Strong Bones for Life, 2011*



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Healthy Living ... Healthy Body, Healthy Mind ... Healthy U



**GOOD  
TO GO**  
Weight Management Program

Next session:

November 2<sup>nd</sup>, 2011  
to  
December 7<sup>th</sup>, 2011



**Cost:** \$100.00

**Day/Time:** Wednesday Evenings  
6:30-8:30pm

**Location:** River Heights  
Professional Centre  
88 Valleyview Dr SW  
Medicine Hat

For more information or to  
register please call 403-528-5628







**Alberta Health  
Services**

Eagle Butte High School  
 Phone: 403-528-1996  
 Fax: 403-528-1997  
 Attendance Line: 403-528-1996 ext.8

# October 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 Awards Ceremony 2:00pm 	8
9	10 Thanksgiving Holiday No School 	11	12	13	14	15
16	17	18	19	20 Grad Meeting 6:15pm Post Secondary Information Fair 7:00pm - 8:30pm	21 	22
23	24 SI Day - No School	25 Richardson's Jewelry at EBHS at noon.	26 Richardson's Jewelry at EBHS at noon.	27		29
30	31 Happy  Halloween					

Eagle Butte High School  
 Phone: 403-528-1996  
 Fax: 403-528-1997  
 Attendance Line: 403-528-1996 ext.8

# November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Midterm Report Cards	4	5
6 	7	8 Parent Teacher Interviews 6:00 - 8:00 p.m.	9 Parent Teacher Interviews 6:00 - 8:00 p.m.	10 Remembrance Day Assembly	11 Remembrance Day No School 	12
13	14 SI Day - No School	15	16	17	18	19
20	21 Parent Council Mtg. 7:00pm	22	23	24	25	26
27	28	29	30			