

Montague Intermediate School

Volume 11, Issue 2

Parent Newsletter

September 20, 2011

Important Dates

| | | |
|-----------|--|------------------------------|
| September | | |
| 22 | | Home & School Meeting |
| October | | |
| 10 | | Thanksgiving |
| 19 | | School Photo Re-Takes |
| 20-21 | | PEITF Annual Convention |
| 27-28 | | Parent-Teacher Interviews |
| November | | |
| 02 | | Take Our Kids To Work Day |
| 10 | | Professional Development Day |

No School

There are no classes for students on the following dates:

| | |
|---------------|------------------------------|
| October 10 | Thanksgiving |
| October 20-21 | PEITF Annual Convention |
| October 28 | Parent-Teacher Interviews |
| November 10 | Professional Development Day |

Home & School

The first scheduled Home and School meeting is Thursday, September 22 at 6:30 in the school library.

Student Photos/Re-Takes

The school photos have arrived. The deadline for proofs or portrait payment due back to the school is Thursday, September 29. The photographer will be here Wednesday, October 19 to do re-takes for those students absent on school photo day.

Magazine Campaign Update

Our QSP Magazine Campaign continues this week. The final collection dates are: Wednesday, September 21; Friday, September 23; and Monday, September 26. Students need to work hard to reach their goal and to see Mr. Stonefield dye his hair, eyebrows and moustache.

Students Achieve

This week, parents will receive an email regarding their Students Achieve account information. There will be a link in this email that parents can visit and access their password. If you do not receive an email, but want to be able to view your child's information on-line, please contact Luanne Inman at ldinman@edu.pe.ca or at 838-0860. Many teachers will be going on-line with their marks later this week.

MIS Storm Athletics

Good luck to soccer, field hockey, volleyball and cross country athletes as they kick-off their season. This year's coaches are:
Girls' soccer – Megan Morrison, Bobbi VanDyke
Boys' soccer – Kevin Stonefield, Mark Gaudet
Field Hockey – Alexis Clements
Girls' Volleyball – Brian Power, Pam Clements, Jackie Walker
Boys' Volleyball – John MacAdam
Cross Country – Alexis Clements
Golf – Joan Murchison

Field Hockey – Congratulations to all players in the Tip-Off tournament this past weekend in Cornwall. The girls play on Tuesday, September 20 at Cornwall. If you have any questions or concerns, please contact Alexis Clements – ajclements@edu.pe.ca

Cross Country – Practices for cross country are three times a week and run from 3:10 to approximately 3:45. The Zone Meet will be held at Southern Kings Cons. on Tuesday, October 11 with the weather date Wednesday, October 12. Provincials are being held in Mill River on Saturday, October 15. More details to follow. If you have any questions or concerns, please contact Alexis Clements – ajclements@edu.pe.ca

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Take Our Kids To Work

Wednesday, November 2 is Take our Kids to Work Day.

All grade 9 students have the opportunity to shadow a workplace of a parent, relative or family friend. In preparation for this day, grade 9 classes will have sessions on workplace safety and the 9 essential skills employers look for when hiring new staff. This day is a great experience for our students as they begin to realize how education plays a part in their future employment options. Please take some time to discuss career options with your child and start to think about who she/he could connect with for this day.

Library News

1. **Library Upgrades** – The Library is hoping, with your help, to add a couple of comfortable pieces of furniture to the Library. The aim is to provide a comfortable, quiet place for students or staff to sit and read while in our library. So, if you are looking at upgrading your own furniture or have something you no longer need, you might be willing to donate it to the MIS Library. We are looking at couches or chairs that are in good condition and would be suitable for placing in our Library. Please call Mark Quinn, our new teacher-librarian, at 838-0860 if you have something appropriate.

2. **Scholastic Book Orders** – If your son/daughter would like to order a book through Scholastic this month, he/she can collect a book order from the Library and return it filled out with correct money to Mr. Quinn by Friday, September 30.

Community Notices

1. **Power Skating Conditioning Camp** – Edge Sports Training is holding a power skating/conditioning camp and Eastern Youth Hockey League at The Cavendish Wellness Centre in Montague September 13-18:

Novice/1st Year Atom – 6:00-7:00 pm - September 13, 16, 17, & 18
2nd Year Atom/Peewee – 7:15-8:15 pm – September 13, 16, 17, & 18

To register or for more information, please email info@theedgesports or call 940-1826.

2. **Home & School Leadership Training Session** – Learn how to run a Home & School meeting, build an agenda, do a financial statement, record a set of minutes, write a resolution and stay current with educational issues, understand how to start a blog or website. This session is free and will be held on Wednesday, September 21 from 6:30-8:30 at West Royalty Elementary School. Handouts and refreshments will be provided. To register, please call Shirley at 620-3186 /1-800-916-0664 or email peihsf@edu.pe.ca

3. **Gymnastics** – Once again, the Island Gymnastics Academy will be offering after-school gymnastics classes commencing Tuesday, September 20 at Montague Consolidated. Class times are as follows: 4:30-5:30 – 6-8 yr; 5:30-6:30 – 9+ yrs; 6:30-7:30 – TBA. The cost is \$102 for 10 weeks. Please call Nancy at 566-3935 to reserve your child's place. Registration can be paid by cash or cheque on the first night.

4. **Canadian Red Cross** – Do you want to be part of an international organization that will help you to make a meaningful and rewarding difference within your local community? The Canadian Red Cross office in Charlottetown is now recruiting volunteers for their various programs: Service Center, HELP, Disaster Management. For more information, please contact the Red Cross office at 626-6262.

5. **Sport Nutrition For Parents** – Sport participation poses a double challenge to feeding your kids well: 1. They require more food and more nutritious food than a less-active child and 2. They are rarely at home for mealtimes. The rule of thumb is to make nutritious food handy for your busy young athlete. Some successful ideas developed by parents of young athletes include:

Invest in sturdy and appropriate equipment that enables portability of a wide variety of food: knapsacks, mini-coolers, thermos flasks, freezer packs, plastic food and beverage containers, small can openers, etc.

Pack enough food for your athlete's day ahead- Include morning snacks, lunch, after-school snacks, and after-sport fluids.

Deconstruct the meal your child is missing and be creative about ways to get some of that food into them:

Breakfast on the way to morning practices can be a tube fruit yogurt and a bag of breakfast cereal eaten by hand.

Prepare your regular supper and let your athlete eat half before an evening practice/game and half after it: potatoes, pasta, rice, bread, raw vegetables and dip, salad, milk

Rely on one-pot meals that can be eaten by anyone in the family at any time: pasta salads or hot pasta/meat/vegetable mixes that can be easily warmed up in the microwave; "make your own" sub sandwiches or wraps; chilis; stews; and other slow-cooker meals. Always have cut-up vegetables in the fridge and a bowl of fresh fruit on the counter.

Meal items can be replaced by "en route" snacks such as: nuts, popcorn, fruit yogurt, dried fruit and fruit bars, cheese strings or cubes, plain or chocolate milk, fruit and vegetables juices, bagels, low-fat crackers, bread sticks and pretzels, baby carrots, bags of breakfast cereal, etc. For the more adventuresome, your athlete can snack on a cold baked or boiled potato, a container of drained canned niblet corn, or drained canned fruit in a zip-lock bag.

Carry a case each of fruit bars and juice boxes in the car. Make sure to rotate to avoid spoilage.

Assemble a week's (or more) worth of fruit smoothie ingredients in single-serving, re-usable plastic containers and store in the freezer. Your young athlete can retrieve a pack any time and easily prepare by tossing the mix in a blender or food processor: 1 cup plain or fruit yogurt, ½ banana, 29 fresh/frozen blueberries, 10 fresh/frozen strawberries, ½ cup orange juice, ¼ cup wheat germ. Be creative!

Make our own sport drink ahead of time and freeze extra in 1 or 2 liter water bottles so they can be grabbed quickly on the way to games/practices: 500 ml juice/fruit beverage of choice, 500 ml water, ¼ tsp. salt.

Being active in recreational and competitive sports helps children and teens develop lifelong healthy habits. Good nutrition not only supports physical activity, but it also enhances health and sport performance.

