

Message from Administration

January 2020



Spitzee Elementary

Happy New Year! According to numerology, the number 20 can refer to someone who has infinite potential when it comes to relationships or diplomacy. It helps bring projects to completion and speaks to learning patience so that appropriate actions can be properly carried out. All of these things come to mind when we look at the upcoming 2020 year! The coming decade can be viewed with happiness and optimism. When we look at our social-emotional wellness (Goal 2 of our Education Plan) we know that success comes with building better relationships, knowing that when we work together, anything is possible.

Over the last 4 months at school, we have really celebrated the growth of our students. We see kind and caring individuals who are eager to learn. They learn information that is new to them and they learn from their mistakes. We want to thank the staff at the school for all of their hard work with students, thus far. If you were able to attend the Christmas Concerts in December, you may or may not have been able to see the celebrations in each and every student. Some students were able to shine by having a speaking part or a solo in the concert while other successes may have been less noticeable such as just being in front of an audience or being able to stand by others in a group for a period of time. Thanks to our parents, families, friends and community for their involvement in our school and the lives of our students.

So what should we look forward to in 2020? Jr. Kindergarten registration begins January 6, 2020, meanwhile current Jr. Kindergarten parents can attend the Open House on January 30th from 6 – 7 p.m. to register their children for Kindergarten. For more information, please contact the office.

Our playground committee has restarted the playground enhancement plan! First and foremost, we need to replace the playground equipment which is old, sat in the flood waters of 2013 and has seen many seasons of weather and plenty of feet and hands pounding, holding and swinging on it. How can you help? We are presently collecting funds to get matching grants for this project. If you or someone you know could help support us in this first step, please contact Mr. Holmes or the School Council.

Speaking of fundraising, the subcommittee of the School Council is looking for some new and different ideas for generating funds in the school. Instead of the same old committee approach to this group, current members are hoping to create something that is fun and social, that people can be part of. If you have an idea or would like to be part of this group, contact Kristin Ellis through School Council. Many hands make light work. School Council, you say? Why the next meeting is just around the corner on Wednesday January 8th @ 6:30 p.m. Superintendent of Schools, Mr. Chris Fuzessy, will be on hand to speak about issues that affect our school and school community.

The online order window for Spitzee Spirit Wear will open again on January 6, 2020. We have had great reaction to the Spirit Wear thus far and hope that we start to see more and more SWAG around the school. There will be more styles of logos coming out in the new year, as well. If you have questions, please contact Mr. Holmes.

2020 will also see a program or contest to come up with the logo and motto for the Spitzee Eagles. You can start to think about what that will look like but we would like to open it up to the school community to design our new look. Details will come out in the new year.

On behalf of the Spitzee School Staff and Administration, have a Safe and Happy Christmas break and a Happy New Year, “After all, time is just a collection of minutes, hours, days, weeks, months, and years. It’s what you do with that time that matters – not some arbitrary date on a calendar.” <https://bmcnews.org/story/thoughts-on-a-new-decade>

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Holiday—NO SCHOOL						
5	6 Back to School Junior Kindergarten Registration begins	7	8 School Council Meeting 6:30pm	9	10	11
12	13	14	15	16 Basketball game VS Senator Riley at Recreation Center High River	17	18
19	20	21 Basketball game at Ecole Joe Clark	22	23	24 Non Attendance Day for Students	25
26	27	28	29	30	31	
Literacy Week						
			Basketball Game at Recreation Center High River VS Heritage Heights	Kindergarten Registration/ open house 6:30pm		

Junior Kindergarten Registration

Junior Kindergarten registration for the 2020-2021 year will start on **Monday, January 6, 2020**. Junior Kindergarten students need to be four by the end of DECEMBER 2020 to be eligible to attend. Spitzee School offers high quality learning opportunities that allow each learner to explore, develop and celebrate his/her unique gifts and abilities. Registration forms can be picked up at the school office anytime from January 6 on. Please see Mrs. LeRoux or Mrs. *Perceval* at the office for a package or for additional information.

Kindergarten Registration/Open House

Parents of prospective Kindergarten students are invited to register their child now for the 2020-2021 school year. A registration/open house evening will be held on **Thursday January 30th from 6:30pm** at Spitzee School in the gathering area. Our school division offers high quality learning opportunities that allow each learner to explore, develop and celebrate his/her unique gifts and abilities. Kindergarten students need to be five by the end of **DECEMBER 2020** to be eligible to attend. For more information or to register, please call 652-2376 or stop in at the school office anytime and see Mrs. Perceval or Mrs. LeRoux for a package.

Grade 5 Basketball Schedule

Thursday January 16—Senator Riley VS Spitzee School(game to be at Bob Snodgrass Recreation Center)

Tuesday January 21—Spitzee at Ecole Joe Clark

Wednesday January 29—Heritage Heights VS Spitzee(game to be at Bob Snodgrass Recreation Center)

Tuesday February 5— Spitzee at Longview

Thursday February 13FUN-ament Wrap 12-5 at the Aldersyde Field House



February Hot Lunch Information

Hot Lunch for February will open on January 1st and close on January 27th. All orders must be received AND paid for by the cut-off date or they will be canceled. Thank you for your continued support!



School Council News:

WOW !!! What a very entertaining last few weeks we had at Spitzee. Another fabulous season of Christmas concerts. I would like to say THANK-YOU to all of those who purchased 50-50 tickets & helped raise over \$1000 for our playground. Big congratulations to the winners! Thanks to Kristen Ellis for organizing this & to all those parents who helped sell tickets. We are so grateful for your involvement & commitment.

School council will resume our activities right after the Christmas break. Our **1st meeting of the new year is on JAN 8th at 6:30.** We have a few special guests attending this meeting. Our superintendent , Mr. Fuzessy will be there to update us on division news & we are having a presentation from the Minds Matter team. They are coming to talk about the new PATHS curriculum our kids will be learning. It is designed to help our kids become well rounded learners & citizens. It teaches them skills on how to build healthy relationships, problem solve creatively, become self motivated & enthusiastic learners. Just to name a few of the program highlights. You won't want to miss this !

Our school council & school staff have partnered up with Joe Clark, Senator Riley & Highwood High for the One community- One book program. This is such a neat idea & we are happy to be apart of it. We will be kicking it off in Jan. So stay tuned for that. If you would like to help with this please email us.

Our executive is looking for a new treasurer. If you are interested in being on our executive & part of a great team then please contact us.

This year we are trying to build a fundraising team. Fundraising is a big job & too much work for 1 person. If you want to help out but can't commit to too much then this is for you. Many hands make light work. New ideas are always welcomed. Please contact council or come on out to our Jan meeting.

Council email is: spitzeecouncil@gmail.com

Council would like to wish everyone a very *Merry Christmas & Happy New Year!* May you all enjoy the festivities of the season & see you back next year.



KEEP IN TOUCH

Like to create? Are you a fan of science and technology? Ever wanted to try Dungeons and Dragons?

At the High River Library, programs cover a huge range of different subject areas for all ages. Find the program that's right for you!

Please note that many of our programs require registration beforehand, and some programs may fill up quickly. If you see a program that you like, then make sure to register as soon as possible!



@HighRiverLib



@highriverlibrary



High River Library



WINTER 2020 PROGRAMS FOR FAMILIES & CHILDREN

909 1 St SW
High River, AB T1V 1A5

web: highriverlibrary.ca
phone: 403-652-2917
email: library@highriverlibrary.ca

SPECIAL EVENTS

- **Friends Book Sale** - Jan 16-18 - Buy used books and support your library.
- **Feeding your baby** - Jan 21 - Learn how to make healthy, affordable food for your baby.
- **Board Game Cafe** - Jan 24 - Bring your family and friends and check out our board games.
- **Read for 15 on Family Literacy Day** - Jan 27 - Celebrate Literacy and Read with your Family
- **Harry Potter Book Night - Triwizard Tournament** - Feb 6 - Get out your wands and get ready to compete.
- **Paper Bag Princess Day** - Mar 7 - Celebrate Canada's unofficial princess
- **Peeps Diorama Contest** - Mar 9 to Apr 9 - Create and share your Peeps world!!
- **Space Tomatoes** - Mar 13 - Plant tomato seeds from space, and watch them grow over the spring.
- **Board Game Cafe** - Mar 28 - Try new games from our board game library.
- **The Game Plan** - Mar 28 - For Teens. Play video games, eat pizza, visit with friends, and share your ideas.

PROGRAMS INFANT & PRESCHOOL

- **Cosmic Yoga** - 1st Thursday of Every Month - Move your body and practice yoga positions.
- **Duplo & Magnatiles** - Every Saturday
- **Baby Bounce Story Time** - 1st Tuesday of Every Month - Dance, listen and read together
- **Storytime with Cheryl** - Every Wednesday - Enjoy stories, songs and crafts.
- **Mindfulness Meditation** - 2nd Friday of Every Month - Learn how to be still and quiet your mind.
- **Sensory Saturdays** - Every 2nd Saturday - Storytime perfect for all kids, but especially those with sensory challenges.
- **Story Time with People Around Town** - 3rd Thursday of Every Month - Stories read by local celebrities.
- **Mother Goose on the Loose** - 4th Friday of Every Month - Learn nursery rhymes and poems through song, dance

PROGRAMS CONT'D SCHOOL AGED

- **Lego & K'Nex** - Every Saturday
- **S.T.R.E.A.M.** - Every Tuesday - Science, Technology, Reading, Engineering, Art, and Mathematics. New Themes Weekly.
- **Outdoor Adventures** - 3rd Thursday of Every Month - Learn hands-on outdoor skills.
- **Art Explorers** - 4th Thursday of Every Month - Create, get messy, have fun!!!

TEENS

- **Arduino & 3D Printing Club** - 4th Thursday of Every Month - Delve into the world of robotics, electronics, and 3D printing.
- **Roll/Play** - 1st Thursday of Every Month - Dungeons & Dragons Role Playing adventures.
- **Outside the Lines** - 2nd Wednesday of Every Month - LGBTQ+ supportive art group.

FOR ADDITIONAL PROGRAM INFORMATION, GO TO
WWW.HIGHRIVERLIBRARY.CA/EVENTS

Wild Rose Food Connections



"Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."
~ World Food Summit, 1996

Program Description: Wild Rose Food Connections is a food security initiative created by Wild Rose Community Connections. This initiative is meant to identify all the food related existing programs in the community and build on those capacities to aim for a coordinated approach. Wild Rose Food Connections has four goals:

- Reduction in food insecurity
- Education and awareness of food related issues
- Social connectivity surrounding food
- To develop a consciousness around food waste and our environmental impact

Current Programs (like us on Facebook to stay informed!):

Food Rescue: To date, volunteers have rescued 77,157 lbs of food from 34 local grocery stores/businesses/restaurants/events that otherwise would have been thrown out due to damage, excess or imminent best before dates. The food is then distributed through "Markets" held at The Commons (55 8th Ave. SE). There have been 132 Markets since the program started in October 2018 in which 5355 people have accessed free milk, yogurt, fresh produce, meat, etc. Anyone can help support us in keeping good food from entering the landfill by coming to the Market to get one free bag of groceries of their choice (the program can be accessed up to four times per month). No identifying information is required. ONE BAG PER HOUSEHOLD. More information can be found on our Facebook Page: **High River Food Rescue**.

Food Asset Maps: A resource guide updated monthly of all food related resources located in High River that is provided to local agencies and community groups. Offered in Spanish and Tagalog.

Lunch in a Crunch: During school breaks students can anonymously text/call 403-813-9819 to be directed to where they can pick up a free nutritious lunch. Funded through the United Way/High River Partnership. In December 2019 Lunch in A Crunch will be available Dec. 21-Jan. 5th, 2020. Program not available on Dec. 25 and Jan. 1.

Food Alliance Meetings: A monthly meeting of all local food related agencies, businesses and interested individuals intended to assist in sharing resources, ideas and programs with the goal of reducing food insecurity in High River. Next meeting is Jan. 22, 3-5 pm at the Commons (55 8th Ave. SE). Anyone is welcome.

Bread Days at the Library: To date, we have provided 45 free bread days. The bread is delivered to the High River Library around 10:30 am and will be available Dec. 11, 18, and 27th. Each person is welcome to take 2 loaves.

Snack Shacks: There are two Snack Shacks located inside of the Book Bungalows (one located at the Skate Park and the other by Colossi's, 4th Ave. downtown) that are filled year-round. There will also be Snack Shacks (fridge and pantry filled with snacks) available **OVER THE CHRISTMAS BREAK** (Dec. 21st-Jan. 5th) at the High River Library and Bob Snodgrass Recreation Center. Proudly funded through the United Way/High River Partnership.

Soup for the Soul: This program links isolated seniors/individuals with a volunteer wanting to share a hot meal and some good company. Volunteers can set up their own visitation schedule. The soup is proudly provided by Medicine Tree Manor, Whistle Stop Café, Knee Deep, Foothills Catering and Highwood Golf and Country Club. Volunteer/referral/ intake forms are available upon request.

Food Connections Speaker Series: Classes have included Maximizing Your Garden Output, 75 ways to Save and others. Our next class is Alberta Health Services Food Safety Basics Certification course held at the Commons from 1-3 pm on Dec. 6. Please contact highriverfoodrescue@gmail.com to RSVP.

Toiletry Collection: In partnership with businesses, sports teams and service clubs we collect toiletry items (shampoo, toilet paper, shaving kits, feminine hygiene products, etc.) to give to agencies that work with families and individuals in need. We have also partnered with the Foothills Children's Wellness Network-Youth Branch to collect items to build Youth Care Kits for youth that have been strategically identified as in need of basic hygiene items. If you are interested in donating, please contact us at highriverfoodrescue@gmail.com.

Grow a Row Campaign: Social media and awareness campaign requesting gardeners to grow an extra row of garden items to harvest and donate to the Food Rescue/Food Bank. The Shepard Family Park Society has graciously donated cold storage so we can be putting out fresh produce throughout the year! If every local gardener grows one extra row of produce this can have a huge impact on our ability to give out produce through our programs. Ideas of what to grow include beets, carrots, potatoes, kohlrabi, parsnips, etc. You can drop off your fresh produce at Wild Rose Community Connections (127 3rd Ave. SW downtown) Monday to Thursday 10 am-4 pm.

Harvest High River: In partnership with the Town of High River, the locations of trees, shrubs, plants and planters containing edible items will be shared on their website (<https://highriver.ca>) so that the public can harvest items like zucchini, apples, plums, mint, saskatoon berries, etc. As well, edible trees will be offered in the species lineup in the Memorial Tree program.

Wild Rose Food Connections provides these programs through the power of volunteers. If you would like to help or have questions about our programs, please contact highriverfoodrescue@gmail.com or call Sarah at 403-601-0979 or Brianne at 403-498-5255.



Wild Rose Food Connections and High River Food Rescue





FOOD RESOURCES IN HIGH RIVER DECEMBER 2019



NAME OF SERVICE	WHAT IT IS?	HOW CAN I ACCESS THE SERVICE?
COOKING CIRCLE (Currently full)	A group of women interested in making low cost, healthy meals for themselves and their families. It is a place for moms who need extra support due to life's circumstances. One week will be spent planning recipes as a group. The next week will be spent preparing the food. Moms will take home the meals the group prepared. Cost: \$2:50/meal. Money is collected on planning day. Food containers are provided as well as recipe binders. * Child Care is provided as is a healthy snack.	Phone: 403-652-2985 Address: High River Baptist Church 514160 121 Street East. The last Wednesday and the first Wednesday of each month 9am- 12pm
HOME PRODUCE DELIVERY/ ARK LTD	This program offers fresh, local produce to your door, Broxburn vegetables and ARK a local greenhouse are working together. Boxes can be purchased in <i>\$23.00/box min requirement of purchasing 2 boxes.</i> Boxes contain an assortment of items.	Phone: 403-649-4422 Email: danc@arkltd.net Facebook: Arge Resilience Kit Ltd. ARK Website: www.arkltd.net
HIGH RIVER UNITED CHURCH - SIMPLE SUPPERS	Supper served at 5:30pm free of charge (donations accepted). Everyone is welcome! September through June on the third Wednesday of the month (second Wednesday in December).	Phone: 403-652-3168 Email: hruc@telus.net Address: 123 Macleod Trail, SW Website: www.highriverunitedchurch.org
HIGH RIVER FOOD RESCUE	Volunteers rescue and redistribute edible food from merchants that would otherwise head to the landfill. Hours are open Tuesday and Thursdays 12-1:30 (or until the food runs out) The 2 nd Thursday of the month the hours are 5-6:30pm only.	Hours: Tuesdays and Thursday 12-1:30pm unless food runs out (Except the second Thursday of each month 5-6:30pm) Email: highriverfoodrescue@gmail.com Facebook: High River Food Rescue & High River Food Connections Address: The Commons 55- 8 th Ave SE (aka Veteran's Way)
HIGH RIVER FOOD FOR THOUGHT	Free healthy lunches provided in all schools for children for whatever reason do not bring a lunch to school. (Lunches not provided over the summer break)	Phone: 403-422-0475 Email: hrfoodforthought@gmail.com <i>You can also contact each school for more information</i>
THE SALVATION ARMY FAMILY SERVICES AND YOUTH MINISTRIES	Families can access a food hamper once every 30 days through the Food Bank. Walk in and help yourself bread and pantry is available during operational hours. Play Café: Wednesdays 9:30-11:30 ages newborn to age 5 is a parent and tot program offering snacks and games at The Salvation Army Church. Ready to Serve: Tuesdays 5pm-7pm ages 7-12 is a children's program offering dinner and games at The Salvation Army Church.	Phone: 403-652-2195 Ext 2 Office Address: 119 Centre St. SE Church Address: 117 2ND Ave SE Facebook: The Salvation Army Foothills Family Services Office All Services by Appointment
OUR HIGH RIVER	Community events put on by Our High River to increase community engagement.	Community Café- December 11th 5-7pm Community Capacity Grant Reporting to the Community. *Always the 2 nd Wednesday Café* Facebook: Our High River
HIGH RIVER COMMUNITY GARDENS	With a total of 75 allotment plots between two gardens (one located in the SW community of McLaughlin Meadows, the other in the NW on Riverside Drive). Plots are fully subscribed currently but there is a wait list in which individuals can add their name.	Website: www.highrivergardens.org Email: highrivergardensociety@gmail.com
LUNCH IN A CRUNCH	This program will be available for students to pick up lunch during the Christmas break from Dec 21 st - Jan 5th Mon- Fri. This program is completely anonymous, students will only be asked what grade they are in. This initiative is proudly supported by the High River United way partnership.	Text (or call) : 403-813-9819 Students will be informed where to pick up their lunch. Email: highriverfoodrescue@gmail.com for more information.
MEALS ON WHEELS	Meals provided for seniors and homebound individuals. Meals are delivered directly to client's home.	Phone: 403-652-2200
HEART TO HOME MEALS	Service that delivers fresh, frozen and nutritious meals directly to your home. They can accommodate special dietary needs. Meals range in cost from \$4.95-\$9.95 per meal. Meals	Phone: 1-844-431-2800 Email: calgary@hearttohomemeals.ca Website: www.hearttohomemeals.ca

	delivered in High River on alternating Wednesdays.	
SNACK SHACKS	<p>All year round two book bungalows will be filled with weather appropriate snacks. (Skate park and Downtown on 4th Ave.)</p> <p>During the Christmas break, the High River library and the Bob Snodgrass Recreation Centre will have snacks from Dec 21st to Jan 5th, 2020. (Excluding holiday building closures)</p>	<p>July 1st through August 30th 2019</p> <p>Locations: Bob Snodgrass Recreation Centre & The High River Library</p> <p>Book Bungalow Locations:</p> <p>Skate Park (1204 10th Street S.E)</p> <p>4th Avenue SW</p> <p>Email: highrverfoodrescue@gmail.com for more information</p>



LUNCH IN A CRUNCH

(403) 813-9819
TEXT (OR CALL)

WILD ROSE FOOD CONNECTIONS

PROGRAM RUNS- DEC. 21, 2019- JAN. 5, 2020 (EXCLUDING DEC 25 AND JAN 1)

MONDAY TO FRIDAY

STUDENTS IN NEED WHO LIVE IN HIGH RIVER CAN TEXT "LUNCH" OR CALL TO PICK UP A FREE ANONYMOUS LUNCH OVER THE CHRISTMAS BREAK

