



Brookwood Banner

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Principal's Message June



June has arrived and we now have only four weeks left before another school year finishes.



There is an excitement in the air that is contagious as the weather finally begins to feel like summer! The end of each year provides us with time to reflect upon the many achievements and accolades of our students in their academics, artistic endeavors, social responsibility and relationships, and goals which have been

set along the way and achieved. It is truly amazing! As this school year comes to an end, I would like to sincerely thank our students, parents, and staff for making this past year productive and successful. I hope everyone will take some time this summer to relax, rejuvenate, and reflect on our many achievements.

We truly appreciate our extremely dedicated and committed staff who make Brookwood all that it is. I am thankful for having the privilege to work with an excellent team of teachers and support staff. Their dedication and commitment to achieve our school goals ensure positive school results. Continuous growth in all areas continues at Brookwood. As well, the partnership between school, parent, and student is paramount. I would like to

take this opportunity to personally thank each and every one of our parents for allowing us the privilege of working with your children and for your ongoing commitment and support of Brookwood.

On behalf of the staff and students I would like to extend our gratitude to the members of our School Council and Association groups. The time and energy they dedicate in support of our students is much appreciated. We are thankful for the funds that they have directed toward the purchase of two programs for the 2019-2020 school year that enhance and enrich both Math and Literacy. Your children inspire us as educators each and every day. The memories created in elementary school are ones that will last a lifetime!

For those students and families moving on to other adventures, we will miss you. You have made a difference during your time with us, and please know that Brookwood will always be a place that you can call home. Please keep in touch with us. For families that are registered to return for the next school year, we look forward to continuing to be a part of your child's educational journey and will see you in September. We congratulate all our students on the successful completion of their school year, but most especially our Grade 4 students who will be moving on to middle school. We wish you best of luck as you venture forth into this new phase of your life.

At the end of June, school may be over until next September but each of us,

young and old, continue to learn on a daily basis. I wish you and your children time together to be creative and have fun. On behalf of all of us at Brookwood, enjoy a very happy and safe summer holiday.

-Mrs. Terry Caouette

Book Fair

Our recent Book Fair was a huge success. There was \$8461.53 in sales.

Our heartfelt thanks to Amelia Jones and Ashley Southworth for coordinating the Book Fair. A huge thank you goes to the great team of volunteers that helped at the Fair.

Guessing Game Winners

The grand prize winner was Cassie in 4C. She won Dino gummies and \$15.00 to spend at the Book Fair. The other winners received \$10.00 to spend at the Book Fair. They were:

Matthew 4R
Lucas 3C
Charli 2S
Olivia 1J
Jaxon KB-T

The winner of the family draw was Easton in 2V. He received \$25 to spend at the Book Fair and \$25 for Mrs. Vasileff to spend. Thank you to our Brookwood families for their outstanding support!

Wilhawk Fundraiser

Thank you for supporting the Wilhawk Fundraiser. Pick up of orders is at Wilhawk and you have to take your whole

order and deliver to the people you have ordered for. The dates and times are the following.

Friday June 14 @ 12pm-6pm
Saturday June 15 @ 10am-5pm

Please ensure you pick up your orders on the dates and times above, as they will not be held at Wilhauk. Thank you for your support.

- Brookwood School Association

School Council Election Results

Brookwood School Council elections were held on May 27th for the 2019-2020 school year. Elections were also held for Brookwood School Fundraising Association.

These positions were left unfilled.

Committee Coordinators:

Hot Lunch Coordinator - Not yet filled
By-Law Committee - not yet filled

All Brookwood parents are members of School Council. **If you are interested in holding any of the unfilled positions, please let us know by calling 962-3942.** Thank you to this past year's School Council Executive and Brookwood School Association and Committee Coordinators for their excellent service to our school. They did an awesome job!

-Brookwood School Council and Association

5th Annual Try-Me Try-Athlon

Parkland School Division is proud to launch registration for the 5th Annual Try-Me Try-Athlon. Parkland School Division students ages 5-18 who love swimming, bicycling and running, and are willing to try something new - this is for you. Don't delay signing up as this event fills up fast!

For further details and to register, please visit our [Try-Me Try-Athlon](#) page.

Date: **Friday, June 7th**
Time: **9:30am**

Location: [TransAlta Tri Leisure Centre](#), 221 Jennifer Heil Way, Spruce Grove, AB

The [Try-Me Try-Athlon](#) is a Kids of Steel (KOS) triathlon, which will be held on **Friday, June 7** at the **Tri-Leisure Centre** in Spruce Grove. KOS Triathlons are designed to offer youth the opportunity to experience the sport of triathlon in a positive environment. The distances are much shorter than those in adult triathlons and change as participants mature.

This event is a district-wide celebration of physical literacy and movement in 2019 using these three skills: swimming, bicycling and running All this for a small registration fee.

Moving Over the Summer

If you plan on moving over the summer, please call us at 962-3942 to let us know. This knowledge will help us establish

proper class sizes and staffing for the 2019-2020 school year.

Kindergarten in September 2019, children must be five (5) years of age by the last day of February 2020.

Kindergarten Registration

You bring them. We'll love them!

Online registration for Kindergarten began on February 1. Only online registrations will be accepted. To attend

BE A SLEEP STAR!

This month, students are learning the importance of sleep through a monthly campaign called Be a Sleep Star! Here is a summary of the learnings, and how you can support your child's health.

Let's Get the Facts Straight

1. Well-rested children are **more likely to be physically active, eat healthier foods, and have less screen time.**³
2. Children aged 5-12 need about **10-11 hours of sleep every night.** A good sleep is the best way to get enough energy to work and play at school.²
3. Changes to a child's sleep routine or lack of sleep can affect his or her mood, memory, and ability to pay attention.²
4. A regular bedtime routine can **help children fall asleep sooner.**²

Media in the bedroom impacts a child's sleep. A bedtime routine that sets guidelines for when all screens need to be turned off **improves how much sleep a child gets.**¹ **71% of all 8 to 18-year-olds** have a TV, 50% have a video game player, and 36% have a computer in their bedroom¹

Stress plays a role in a child's ability to sleep. Good thing that 60 minutes of physical activity a day keeps the stress away!

Healthy Bedtime Snacks

Plan a bedtime snack 45-60 minutes before bedtime. Keep the snack small & only prepare if the child is hungry.



Try one of these:

- 100% whole-grain crackers and cheese
- Peanut butter & fruit sandwich (bananas or strawberries)

