



# Crestomere Cougar News

## May 2018

Crestomere School

Principal: Mrs. P. Mueller

### Grade 9 Farewell

All parents and community members are invited to the **Grade Nine Farewell Program** to be held in the Crestomere School gymnasium on **Thursday, May 17 starting at 7:00 p.m.**

**Congratulations and best wishes to all of the grade nine students:**

Breese, Colter  
Busat, Kyden  
Carlson, Halle  
Dyrland, Shane  
Frandsen, Kyle  
Gibbs, Morgan

Gross, Lane  
Habinski, Jady  
MacLeod, Connor  
McTaggart, Aiden  
Okeynan, Willow  
Rust, Joshua  
Shaw, Dylan

Following the program, cake and light refreshments will be served. Thanks to everyone who supported the farewell this year. It was much appreciated.



### Kindergarten 2018-2019

We are now taking **ONLINE** kindergarten registrations for attendance this fall.

*Students must be five years of age before December 31, 2018.* If you know of any parents in our area who do not have children presently attending Crestomere that would require registration, please have them contact the school.



- June 5: Eco Team Ellis Bird Farm Trip
- 7: Assembly @ 2pm
- 8: PD Day—No Students
- 21: Year End Potluck/ Recognition
- 22: Last day of classes



### GRADE 9 FAREWELL FUNDRAISER

### ICE CREAM CONE SALE

Tuesday, May 15  
\$2.00/cone



### Volunteers Needed

### Crestomere Elementary Track Meet Friday, May 25, 2018

We're looking for concession volunteers for set up, sales, BBQ'ng, and clean up at the bi-annual track meet.

If you're interested in helping out, please call or text Mellisa at 403-505-8613.



Crestomere Playschool is now accepting registrations for 2018-2019! We operate two days a week from 9:00 - 11:30 a.m. Children must be toilet trained and 3 to 5 years old as of Sept. 1. **Open House and Registration night will take place on Tuesday, June 5, 2018 at 7 p.m. in the Crestomere School kindergarten classroom.**

Please contact Mellisa for further information at 403-505-8613 or [stephenandmellisa@hotmail.com](mailto:stephenandmellisa@hotmail.com).



**Provincial Achievement Test Dates 2018**

- May 8 Grade 6 LA Part A
- 9 Grade 9 LA Part A
- June 12 Grade 6 LA Part B
- 13 Grade 9 LA Part B
- 14 Grade 6 Social Studies
- 15 Grade 9 Social Studies
- 18 Grade 6 Science
- 18 Grade 9 Science
- 19 Grade 6 Math
- 20 Grade 9 Math

**School Council Meeting**

May 7th @ 6:30pm

**Friends of Crestomere Meeting**

May 14th @ 7:30pm

**Location:** Crestomere School



**ANNUAL  
ECO - TEAM  
PLANT SALE**

**Wednesday, May 16  
1 - 7 pm**

**Please help support our Eco Team! Bedding plants, tomatoes, vegetables, herbs and hanging baskets available for purchase.**



We still have a few jars of our Bee Buddies Honey available for purchase

**TO ORDER PLEASE  
SEE OUR WEBSITE OR  
STOP BY THE  
OFFICE.**

\$7.00/500g



**Crestomere  
Cougars  
2017-2018  
Badminton  
Team**

**According to our School Handbook: Students must dress appropriately for school and will be asked to 'cover' up if clothing is considered to be too revealing or inappropriate for a school setting. Shorts (including spandex) must be at a length that reaches no shorter than the student's arm length (when extended down the side of their leg). Shoulder straps must be a minimum of 5 cm in width with no bra straps showing.**

## Eco News

Our Eco Team is off and running! There are 13 team members excited to learn and explore our environment.

We were very fortunate to take a field trip to a local potato farm. Sunny Crest Seed Farms is located 18 km south of Crestomere School on Lincoln Road. Sunnycrest Seed Potatoes Inc. was started in 2000, by John and Marlene Ekkel. Three out of four children help them on the farm bringing a different set of skills to help manage the business. They started small with 2 varieties of potatoes but now incorporate greenhouses and raise 27 varieties to accommodate different requirements. They are also grain farmers growing canola, barley etc.

Our tour started in their greenhouses where they showed us the little fingerling potato starters that grow in a sugar medium. They grow in the greenhouses until July and then the very small potatoes are harvested and stored in a climate controlled room sorted by varieties. A simple timeline of the potatoes in the bag of chips or the french fries from a fast food restaurant to the bag of potatoes you buy is:

Year 1 - plant fingerlings, harvest and store

Year 2 - Plant small potatoes ( cost \$1.00/potato) harvest and store

Year 3 - Plant year 2 potatoes, harvest and store

Year 4 - Ship off to different parts of Canada and USA. Plant potatoes on farms, harvest and store.

Year 5 - Ship to grocery stores, and processing plants such as McCains, Old dutch etc.

Isn't that amazing! The potato in that bag of chips you are eating is 5 years old!

We saw big equipment that is not very common in this area. Very unique and interesting!

We were able to see potatoes being sorted and loaded onto a truck bound for Idaho. Kids were able to climb a potato mountain! So much fun!

Such a valuable learning experience! Thank you Jeff Ekkel for showing us around and sharing your passion for farming! We loved the treat too!

We have been learning about all the things that go into the landfill, plastics, metals, electronics, chemicals, etc. To further our understanding we are planning a trip to the Ponoka County Landfill on May 3, 2018 with the grade  $\frac{3}{4}$  class. A trip to the landfill! Yikes! But I think the kids will find it interesting how we have become a throwaway society. Together we can change society's attitudes and start to preserve our earth by re-using instead of throwing it away.

We are gearing up to plant outside now that the white fluffy snow has left. Clean up day is on May 3 in the morning. Staff and students will be outside picking up garbage, raking leaves, and preparing raised beds for planting. Please send gloves with your child as we will NOT be supplying any.

"There are no gardening mistakes, only experiments." Janet Phillips

Looking forward to another year of growing!

Mrs. Bogath and the Eco Team





# 2018-2019 Kindergarten Open House

When: Wednesday, May 16<sup>th</sup>

Time: 6-8pm

Room: Mr. Singh's Kindergarten Classroom

Please bring your child along to see the classroom, meet me, and  
**PLAY!**

Representatives from Wolf Creek Public Schools  
will be here to answer any questions you  
may have regarding transportation  
and early learning.

Have questions? Contact  
Mr. Singh at the school  
(403) 783-2141  
[Justin.singh@wolfcreekab.ca](mailto:Justin.singh@wolfcreekab.ca)





# 50 POSITIVE PHRASES

to build resilience in **Kids!**

1. *I love you*
2. You are loved.
3. I believe in you.
4. You are important.
5. I love watching you play.
6. I love being your \_\_\_\_\_.
7. *You make me smile.*
8. I'm grateful for you.
9. You are on the right track!
10. You worked really hard.
11. You are helpful.
12. You can do hard things!
13. You kept trying.
14. Your choices matter.
15. You are a good friend.
16. You can make a difference.
17. Good thinking.
18. *You are learning!*
19. You are confident!
20. Your ideas matter.
21. I am listening to you.
22. That was a good choice.
23. What you did was brave.
24. *You are enough.*
25. You're really improving.
26. I trust you.
27. You solved the problem.
28. *You figured it out!*
29. I knew you could do it.
30. I love hanging out with you.
31. Follow your dreams.
32. I appreciate you.
33. You are unique.
34. I love you for who you are!
35. You inspire me.
36. *I am here for you.*
37. You make my heart full.
38. It's OK. We all make mistakes.
39. That's your best effort yet!
40. I know I can count on you when \_\_\_\_\_.
41. You must have been practicing.
42. You mean so much to me.
43. You're so much fun to be around.
44. You can try again tomorrow.
45. Your efforts are paying off.
46. *Follow your heart.*
47. I see you enjoy trying new things!
48. You can learn from your mistakes.
49. That was a great accomplishment!
50. Your thoughts are unique & valuable.



Ponoka Community Health Centre  
5900 Hwy 2A  
Ponoka, AB  
T4J 1P5  
Phone: 403.783.4491  
Fax: 403.783.3825



## Getting Ready for Kindergarten/Grade One

### *Are your Child's Immunizations Up to Date?*

If your child is going into kindergarten or Grade One and has not received their preschool immunization they are due now.

The 4 – 6 year old booster is routinely given at this time. This may consist of updating

- Diphtheria, Tetanus Pertussis, and Polio (dtaP-IPV)
- Measles, Mumps, Rubella and Varicella (MMR/VZ) (chicken pox immunization) if your child has not had the disease.

Please contact your local Community Health Centre to make an appointment 403-783-4491.

For more information please refer to [www.immunizealberta.ca](http://www.immunizealberta.ca)

*Christine Gustafson*

Christine Gustafson RN BScN  
Public Health Nurse

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Ponoka Community Health Services  
5900, Hwy 2A Ponoka, AB T4J 1P5  
Phone: (403) 783-4491 Fax: (403) 783-3825  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)





I'm just  
less driven

*Join the 2<sup>nd</sup> Annual*

## Walk 'n' Roll "I'm Just Less Driven" Challenge!

*Here's how it works:*

- From May 1 to August 31, walk or bike to your destination – **leave your car at home!**
- Register your 'trips' each week at [www.ponoka.ca](http://www.ponoka.ca)
- A 'trip' must involve reaching a destination by walking, biking, or other non-motorized means – not just walking or biking for recreation or exercise.
- Each 'to' and 'from' counts as a separate trip; the length of the trip is not important.
- **The Town that records the most 'trips' wins!** The Challenge is a friendly competition between Ponoka, Stettler & Wainwright.
- Participants can win **monthly draws for prize packages!**

*Walk 'n' Roll this summer! It's great for  
you and our planet!*

*For more information, contact: 403-783-0118 or email [wes.amendt@ponoka.ca](mailto:wes.amendt@ponoka.ca)*






**Crestomere School**  
 RR #3, Lacombe AB T4L 2N3  
 Phone: 403-783-2141  
 Fax: 403-785-0740  
 Website: www.wolfersak.ab.ca/cr  
 E-Mail: 4202@wolfersak.ab.ca



# May 2018

Sun Mon Tue Wed Thu Fri Sat

6	7 School Council Meeting @ 6:30pm	8 Gr. 6 LA Part A PAT	9 Gr. 9 LA Part A PAT	10 PTI 3-8:30 pm Free Spaghetti Lunch	11 PD Day No Students	12
13	14 Friends of Crestomere Meeting @ 7:30pm	15 FAREWELL ICE CREAM CONE FUNDRAISER	16 Kindergarten Orientation 6-8 pm. 2018-2019 PLANT SALE	17 Grade 9 Farewell	18 In Lieu Day No School	19
20	21 Victoria Day No School	22	23 Safety City Field Trip Gr. 1	24	25 Elementary Track Meet Crestomere 	26
27	28	29	30	31		
1	2	3 Eco Team/ Gr. 3/4 Field 	4	5		

MENTAL HEALTH WEEK