### Crestomere Cougar News

**February 2019**

**2018-19 Girls Basketball Season**

The Crestomere Girls Basketball B Team have enjoyed a few exhibition games, three intense league games and plenty of practice. Throughout all of this they have shown excellent sportsmanship, a dedicated work ethic and an awesome sense of fun! Recently the coach of Ponoka Junior High Girls’ Basketball came to our school with a number of players from the team to mentor our girls! We appreciate the skills, generosity and enthusiasm that they shared with us!

Thanks to Alyssa Barker, our community coach, for all the time and energy she is putting into our team! The girls have grown in skills and confidence!

We are very proud of these young ladies and look forward to seeing what they accomplish in the rest of the season: Macy, Summer, Tucker, Teresa, Kaylyn, Jessy, Isabella, Ellissa, Averi, Megan, and Shaylee.

We will keep you posted Assistant Coach, Deb Howell

The junior high boys B team consists of nine amazing boys from grades six-eight. We have played three away games so far, winning two out of three. The boys have been working hard learning key shooting, dribbling and gameplay strategies. I am thankful for Mr. Steeves who assists me on the bench on game nights.

We have home games the next three Mondays so come on out and cheer our Cougars on!

Coach~ Mrs. Eadie

**Do You Want To Be Part of an Amazing Club?**

Come to an informational night about the Eco Team!

**Wednesday, March 6, 2019 @ 6:30 p.m.**

Crestomere School

Goal: Pick a project for this year and continue with past projects. Calendar will be handed out as well.

Junior Team - Grade 1 to 4
( Need a Leader for this team)
Senior Team - Grade 5 to 9

What would the Family Day season be without FAMILY FUN NIGHT??!

Bring the whole family to the Crestomere gym on Wednesday, February 20th from 6:30-8:30.

We will be playing "Wilsonball," badminton, dodge ball, card games, board games and more! Please email Mr. Heppell if you have any questions. See you then!

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Screen savvy parents: How much screen time is best for kids?

Have you ever been shocked and perhaps a little bit proud when your five-year-old uploaded his first video to the internet? Or texted grandma all on his own?

How about when your two-year-old figured out how to swipe through the photo gallery on your phone or launch her favourite app?

Children seem to have a knack for technology and watching them use it can be entertaining and even awe-inspiring. Maybe that five-year-old will be the founder of the next big tech company or that two-year-old, a famous photographer!

It’s important to remember that while technology is an important part of the 21st century, children’s brains are programmed to learn best in the real world. In fact, kids have trouble applying what they see on a screen to real world situations.

For babies up to 18 months

It turns out babies’ brains grow so fast that punctuating learning time with screen time (which includes TV, video games, smartphone/tablet or computer use) before about 18 months actually interrupts learning. Yes, even having screen time in the background can impact learning!

But what about educational apps and programs that are aimed at babies?

Companies who claim that their apps or digital products are “educational” for babies are simply trying to sell their product. Don’t fall prey to the hype—there’s no research to back it up. For example, reading traditional books is always the way to go instead of interactive e-books.
For toddlers and preschoolers up to age 6

Toddlers and preschoolers, on the other hand, can understand more of what’s going on on-screen, as evidenced by singing and dancing along to videos, taking selfies and manipulating apps. At this age, high-quality programming you view with and talk about with your child may have some educational benefit. But it’s dependent on your helping them interpret and apply what they see. At the end of the day, kids learn best from interacting directly with their parents and other caregivers.

But what’s the harm?

So direct interaction with children is the best way for them to learn but is there harm associated with screen time? Research tells us that too much screen time for children can:

- Have lasting effects on language development and reading skills
- Affect social and emotional development
- Affect short-term memory
- Interfere with sleep

With screens everywhere, screen time is everywhere. It really adds up! You may be thinking “Hey, I watched TV when I was a kid and I turned out okay”. Even if you grew up watching a lot of TV yourself, chances are you didn’t watch it while in a car, getting your groceries, eating at restaurants or waiting at the doctor’s office.

We need to think carefully about our children’s use of screens. Canada’s screen time guidelines can be a great place to start.

Screen time guidelines:

- Children under the age of 2 should have ZERO screen time. Yes, you read that correctly. Even if baby loves to stare at the colours and shapes. Even if they enjoy it.
- Children ages 2-4 should have LESS THAN 1 HOUR of screen time per day.
- Children and youth ages 5-17 should have NO MORE THAN 2 HOURS of recreational screen time per day; that is any screen time outside of school.

Oh boy.

So how does a busy parent or caregiver get anything done around the house? Relax in the evening without answering “Why?” repeatedly until bedtime? Or even survive a plane ride with a preschooler?
We hear you! It can be hard. We hope you’ll try some of our favourite tips for slowly stepping away from the screens as a family; unplugging and reconnecting with the three-dimensional space:

- Talk to your kids about screen time and involve kids in setting daily screen time limits.
- Create and follow household media limits. Then set a good example for your kids. For example, if they aren’t allowed to use their tablet at the dinner table, you should avoid checking your smartphone.
- Make activity part of your after-dinner routine. Play music, make a craft or take a family walk together instead of defaulting to screen time.
- Enjoy a quiet activity before bedtime such as reading a book together. Avoid using screens for at least 1 hour before bedtime and keep all screens out of your child’s bedroom. This will help improve your child’s sleep.
- Provide 5-minute warnings when transitioning to a non-screen time activity. You will be more successful when you give kids a heads-up and tell them what activity is next.
- Have non-screen time activities on hand to occupy your kids when on the go. Make up a few special kits when on the road or even try some verbal games like “I Spy”. Kids may enjoy the following in a grab-and-go kit:
  - Colouring books with crayons
  - Reading books
  - Stickers
  - Finger puppets
  - Cheerios and string
  - Card games

Remember kids need active playtime!

- Infants under a year should be active on the floor several times a day.
- Toddlers and preschoolers ages 1-4 should be active at least 180 minutes—that’s 3 hours or more a day! It doesn’t have to be all at once and it can be at any intensity (e.g., mixture of free play, sports activities).
- By the time your child turns 5, they should be spending an hour or more playing energetically per day.

We’ve provided a lot of information about screen time for your little ones. In summary, remember these three tips:

1. Meet the screen time guidelines
2. Put away screens during mealtimes and at least one hour before bed
3. Enjoy other activities!
PLAYSCHOOL FUNDRAISER

Bobtail Nursery Mother’s Day fundraiser
Orders due by March 27

Friends of Crestomere Meeting
Feb 25, 2019
7:30 pm
Crestomere School

Junior High Curling Team
Any grade 7, 8 and 9 students wanting to participate in the junior high curling teams in preparation for the Wolf Creek Junior High School Bonspiel, please contact Mrs. Harink. Practices will most likely be on Fridays after school to accommodate basketball game and practice days. We will be taking up to 10 curlers from Crestomere to the Wolf Creek Bonspiel on Thursday, March 7 at the Lacombe Curling Club.

"Rock" on!

Mrs. Harink
Rosemary

Another favourite herb is rosemary! Rosemary is a powerful herb and a little goes a long way. Rosemary can be difficult to grow from seed, so buying a couple of plants from your local nursery is probably the easiest. You can propagate from cuttings. If you are going to start from seed, you need to plant by February.

Rosemary is best planted in sun. I grow mine in big barrels and it does well every year, can be planted in containers as well.

Rosemary likes well drained dry soil. Space plants 45 to 60 cm apart. Once it is established Rosemary is very easy to grow. You can bring in the container in the fall and continue to grow the plant inside during the winter. However, you need to use the leaves sparingly. Harvest leaves just before the flowers bloom. Rosemary leaves are preserved by drying. You will have to replant rosemary every year as it is not hardy for our zone.

Some of my favourite recipes using rosemary are:

Roast Turkey/Chicken

Using rosemary to flavour a roast turkey or roast chicken. I take soft margarine or butter and mix in rosemary. Then I lift the skin and insert the rosemary butter under the skin. The flavour cooks right into the meat of the bird and it is so delicious! Give it a try!

Herb Focaccia

A loaf of focaccia bread
½ tsp Chopped fresh rosemary
½ tsp. Chopped fresh basil
½ tsp. Chopped fresh thyme
½ tsp. Chopped fresh oregano
3 tbsp olive oil

Coat a baking sheet with non stick spray. You can cut the loaf in half and sprinkle with herbs or you can make your own focaccia bread and mix the herbs right into the dough. Both ways are delicious! Don’t be scared to experiment and use herbs in a variety of ways!

Until next time, happy cooking with herbs!

Kathy Bogath

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MARCH

5 Dr. Seuss Day
7 Assembly @ 9:30
8 No School/PD Day
10 Daylight Savings Time Starts
12 Beach Day
14 - 15 Teacher Convention
17 St. Patrick’s Day

Spring Break
March 18 - March 22
Classes resume on March 25

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RURAL SCHOOL BUS STUDENTS

All rural kindergarten students must be registered to ride the bus.

Your full legal land description AND complete blue sign (911 address) are required to register.

REGISTRY ONLINE AT:
https://www.wolfcreek.ab.ca/services/transportation
Registration Opens April 1, 2019
Deadline for registering is June 15, 2019

For more information please contact Wolf Creek Public Schools Transportation Services
E-mail: transportation@wolfcreek.ab.ca
Phone - 403-785-0726 (Direct) or 403-341-4153 (Red Deer) or 403-782-8726 (Lacombe) ext. 1335
Website: https://www.wolfcreek.ab.ca

Thank’s Tina from Bobtail Nursery for the donation of seed packets! We will use them in our towers and outside planting in the spring. Very much appreciated!

Skating Schedule - Subject to Weather

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