

WHAT'S HAPPENING @ TRINITY CHRISTIAN SCHOOL

Christian Curriculum Corner

This year our school theme is "I am..."

"I praise you, for I am fearfully and wonderfully made."
Psalm 139:14a

Our January Focus is "Salt and Light". Please click [here](#) to read this month's newsletter.

Cold and Flu Season

See below for "Tips and Tricks for the Cold and Flu Season",
from our Public Health Nurse

- ◇ This is a great time of year to review [healthy handwashing](#) habits with all students.
- ◇ Remind friends/family/students about "[Respiratory Etiquette](#)" and cover your mouth when you sneeze or cough. This reduces the risk of the spread of droplets/airborne illnesses and reduces the risk of colds and flus.
- ◇ Exercise does the body good! [The Canadian Physical Activity Guidelines](#) recommends 60 minutes daily moderate exercise a day. Staying active can help you feel your best during this illness season.
- ◇ It is important to ensure that you are [getting enough sleep](#) to meet the demands of your daily activities.



Look Who Got Caught Reading ...with an animal friend or a stuffy!!

Send in a photo of your child reading with a pet or stuffy. One name will be drawn from the participants to win a Chapters gift card. This is open to ALL students, one entry per theme. Photos can be submitted in person or emailed to:

deborah.heerema@pallisersd.ab.ca

Note: photos will not be returned

Draw will be held on Friday, February 28th.

Our last winner was Clayton in 1K. Congratulations Clayton!!

School Goals

Please [click here](#) to view our School Goals for the 2019-20 School Year.

A Note from Admissions Re-enrollment

February is re-enrollment time at TCS. If you have been around for any length of time, you know about our online re-enrollment documents. They will be sent to you the first week in February. This will be the last year for these documents. We will be initiating a new program beginning with the 2021-22 school year. We will take the next 12 months to roll out the new program so that all our families will have plenty of time to become familiar before it goes live in February 2021. Please stay tuned to the monthly Messenger for further details.

TCS Open House

Mark your Calendars! Our Annual Open House will take place on **Tuesday, February 11, 2020**. The school will be open to the public for tours from 1:30-3:00 and 6:30-8:00 p.m.

Please encourage your family and friends to come see the beauty and strength in community, strong academics, and a Biblical worldview. We are so proud of our school and want to showcase it well. Please spread the word!

We are looking for tour guides for our OPEN HOUSE. If you want to help share your experiences with potential families please contact Audra Chase to sign up.

audra.chase@pallisersd.ab.ca

Thank you to our elementary students and staff for making this year's Christmas concert the huge success that it was. Staff and students worked tirelessly for the months leading up to the performances that we were able to share with families and friends. Please [click here](#) to view some of the awesome photos.

City Lights News publication has featured TCS in their Education Spotlight and included an article about Canadian Carol. [Click here](#) to read the articles and feel free to share them with family and friends to let them know about our wonderful school.



Attendance

As we begin the new year, we would like to remind parents of some important attendance information.

- ◆ If your child will be absent or late, please email the teacher as well as the front office at tcs@pallisersd.ab.ca
- ◆ Morning start time is 8:25 and we do ask that students are in their classrooms by 8:20 to ensure they are ready to begin class on time.
- ◆ A reminder that we have supervision available in the playground beginning each day at 8 a.m. and students are to enter the school promptly at 8:15 a.m.

Yearbook Cover Contest

Due Date Wednesday, January 15, 2020

All students are welcome to participate in the contest. Some teachers may be incorporating this into their class time, but students are also welcome to submit on their own.

Guidelines:

- * Use regular computer paper (8.5 x 11), in portrait orientation only.
- * Draw a picture about our theme: I Am...
- * Include Psalm 139:14a (reference or verse)
- * Include Trinity Christian School 2019-20
- * The colouring should be in pencil crayon with some highlights/outlines done in marker, if you wish.
- * Student's first name and grade only should be evident. (at the bottom of the picture)

Artwork will not be returned

Alberta Health Services

Free Seminars for Parents

Please [click here](#) for the link

Some examples of topics that will be covered are:

Understanding Autism and ADHD, Nutrition and Mental Health, Sleep 101 for Teens and Parents, and many more.

Please note that we are sharing this information as part of our commitment to partner with parents and provide resources and connections to equip them in supporting their child. These seminars are not offered through T.C.S. so please use your discretion when selecting sessions.



A Message from Speech and Occupational Therapy

Encouraging writing at home

Writing can be a challenging activity for children of all ages. Encouraging writing at home can give your child much needed practice in a less stressful way.

Consider these activities to get more writing into your child's day.

Create a family scrapbook

A family scrapbook is a great way to save memories and jump-start your child's writing. Use an inexpensive photo album to keep souvenirs of things you do together. This can include photos, ticket stubs, and found objects, like pretty leaves.

- Your child can begin by writing the date and a line about where you were and what you did.
- Then, you can work together to write a more detailed summary.
- Don't forget to include funny or even annoying moments!

Create a story book together

Writing a book together can be a lot of fun.

- Have your child draw pictures to create a story.
- Support them to write a sentence or two under each picture they have drawn.
- Staple the book together and create a title page - don't forget the author's name!
- Read the book together over and over.

Write a "Convince Me!" letter

Writing isn't just about telling stories or reporting on books. There are many ways your child can use words, including trying to convince others to agree with her. You can help her practice this type of writing by letting her argue with you - in writing!

- Choose a topic you don't agree on, such as allowance or bedtime.
- Have your child write you a letter trying to convince you to change your mind.
- The catch? She has to use facts, quotes and logic to back up her argument.

