

Coronation School

September/October

I would like to wish everyone a huge welcome back for another great year at Coronation School. We started the year with HOJO – an acapella group, the very first morning of school. It was a ton of fun. They even got Mr. Lawson on stage dancing and singing, while Mrs. Schedlosky was serenaded by their lead singer...very entertaining. We are excited to work with our Grade 12 leaders for their last year with us, and look forward to a wonderful time with them. We are very fortunate to welcome new teachers this year; Mrs. Tellier is in Kindergarten for Mrs. Plehnert's maternity leave, Ms. Evans is our new English teacher and Mr. Aarts is our new Phys. Ed. teacher. So please be sure to stop in and introduce yourself to them the next time you are here. Please stop in to say hello, and have a coffee when you get a chance.

Cam Brown, Principal

Hello All! Hope you all had an enjoyable and restful summer filled with many memories. As the school year starts up, I wanted to remind all families of some of the services provided by my department at the school:

1. Tutoring program – please call the school if you would like a tutor for your child.
2. Academic concerns – please talk to your child's teacher and/or me if you have any concerns regarding your child's progress and/or leaning styles.
3. Speech and/or occupational therapy concerns – please call the school if you have any concerns regarding your child's speech acquisition and/or fine or gross motor development.
4. Ideas – please talk to your child's teacher and me if you have specific tricks/strategies to make your child's day at school more successful and rewarding.

Mrs. Pasolli, Student Services Coordinator
(403)578-3661

Important Dates

Sept. 27 – Terry Fox Run 9:30
Sept. 30 – Sr. High Awards 1:00
Oct. 5 – No school - PD day
Oct. 8 – No School – Thanksgiving Holiday
Oct. 15 – Picture Day
Oct. 31 – Halloween costume parade 12:30

School Fees

ECS fundraising fee \$35.00

Grade 2-5 \$8.00 for agenda

Grade 7-9 \$20.00 each for foods and industrial arts.

Dual Credit fee \$50.00 if taking through Lakeland College

Volleyball fees for Jr. High \$75.00

High School \$125.00

High School Shop or Home Ec. \$40.00

Welcome Back

I hope you and your family had a fun and relaxing summer vacation! It is my hope that this school year will be full of successful experiences for all students. Please feel free to contact me if you have any concerns about your child. Since I'm not at Coronation School full time, email is a great way to get ahold of me:

tkelts@clearview.ab.ca

You can also reach me by telephone:
(403)578-3661 ext.131.

Please note that voicemail is returned within a week. You may contact the office in case of an emergency.

Mrs. Kelts, Family School Liaison

Applications for many post-secondary institutions are now open. Please check the ELAA web-site for open houses and application dates for programs for all post-secondary institutions in Alberta. <http://elaa.ab.ca>

mYPASS – is an Alberta Education self-service website for students to:

- order high school transcripts in English or French
- view diploma exam marks
- register to write or rewrite diploma exams with online payment
- view and print detailed academic reports
- view progress towards a credential diploma or certificate
- order additional copies of an awarded credential in English or French
- receive notifications for important messages

Sign up Information

To sign up, you must have:

- an education account
- student's Alberta Student Number
- student's date of birth and current personal e-mail address (not school's)

Students are encouraged to sign up in grade 10.

Fueling for Sports Nutrition

Planning For Tournaments, Competition and Travel

Plan, Prepare and Pack

- Plan meals, snacks and drinks ahead of time.
- Use a cooler or insulated lunch kit and ice pack to keep foods from spoiling.
- Pack extra refillable water bottles, napkins and cutlery.



Plan Ahead with Packable Food

On the Go Meal and Snack Ideas

<ul style="list-style-type: none">• Leftovers• Sub sandwiches, wraps or pitas• Bread, buns or bagels• Nut/seed butters• Lower fat cheese• Sliced lean cooked meats• Canned tuna or salmon in water• Instant plain oatmeal (thermos)• Pre-cut and portioned fruit and vegetables	 <ul style="list-style-type: none">• Ready made at home smoothies• Mixed dried fruit• Granola bars• Dry cereal• Yogurt parfaits• Boiled eggs• Hummus• Trail mix
---	---



Trial Ahead of Time

- New foods may cause stomach upset.
- It is best to try out new foods during practices rather than during games, competitions or events.
- Check out the food options at the tournament before you leave—then you will know what to pack!

Best to Avoid

- Cheeseburgers
- French fries, chips, deep fried foods
- Ice cream, chocolate, and candies
- High fat meats and cheese
- Sugar sweetened drinks (iced tea, pop)