

The New Heights Times

Read all about it ...

The Principal's Message

Katie Blasetti

Along with the toque and mitten weather, the cold and flu season has come to New Heights. Thank you to all who have made the effort to keep our school healthy. This is much appreciated by staff, students, and all families at New Heights.

In the classrooms we are stressing the importance of handwashing and healthy eating—both of which are encouraged and practiced daily. To help at home, encourage rest and proper nutrition, and drink plenty of fluids. And, as always, if cold and flu symptoms do turn up, please keep your children home to rest and recover. We all learn better when we are feeling healthy and strong.

Thank you again New Heights, for your continued efforts this cold and flu season.

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November 2009

*** IMPORTANT DATES:**

- November 28 - Basket Assembly Day (1pm)
- November 30 - Report Cards go home (School age)
- December 04 - School Photo Day
- December 04 - Auction Prep Night (7pm)
- December 05 - Fall Fundraiser & Silent Auction!

The newsletter is
available online!
www.newheightscalgary.com

Update from the PAC:

Becki Mravunac

We are nearing the final countdown to our **3rd Annual Fall Fundraiser & Silent Auction!** This PAC event will be held on **Saturday, December 5th from 10am to 4pm** and there will be something for everyone - bake sale, silent auction, Kids' Only shopping, 50/50 draw & MORE!

We are **still looking for donations** for our silent auction so we'd appreciate any items that you're able to collect. Some of the donated items we've received include gift certificates for restaurants & miscellaneous services, various gift baskets, spa/cosmetic items, books, board games & tools. Please drop off any donations to the school by **Friday, November 28th**. Our volunteer team will be assembling any baskets & organizing all donations that same evening!

For the **Bake Sale** portion, please send in any baked goods the day before (Dec. 4th) or the morning of (Dec. 5th). The bake sale is always a huge hit - the more, the merrier!

VOLUNTEERS are still needed and your help would be greatly appreciated. We'll be sending home a sign-up sheet for volunteer tasks so please watch for that and send it back in to the school ASAP. The big day is just around the corner and we'd appreciate all the help we can get! **Please contact Becki at 403-274-9378 for information about volunteering!**

The next PAC meeting is **Tuesday, December 15th** at 7pm. We hope you'll join us!



Miss Reenie's Preschool Classes:

This month, we are reading "*The Little Engine that Could*". We're learning to say "I think I can, I think I can..." when we have a hard job to do, just like the little engine did. We're learning how to be friends with each other, and learning how to play with more toys and games and in different ways. We use our Fine Motor skills (like coloring, cutting, writing, drawing, gluing) on every day's craft. Every day, we also use our Gross Motor skills (big muscle activities like running, jumping, climbing, throwing, catching).

This month, and for the first week of December, we'll also be reading and learning about other vehicles. In the second week of December, we'll start our Christmas unit. I look forward to seeing you at the next Family-Oriented Programming Session (FOPS) on Tuesday, November 24.

Funnies for you!

What did the butter say to the popcorn?

"You make me melt."

Where do cows like to go on their first date?

To the MOOVies

What did the spider order at McDonalds?

A burger and flies!

What do you find in a clean nose?

Fingerprints

What goes up and never goes down?

Your age!

Why is 6 afraid of 7?

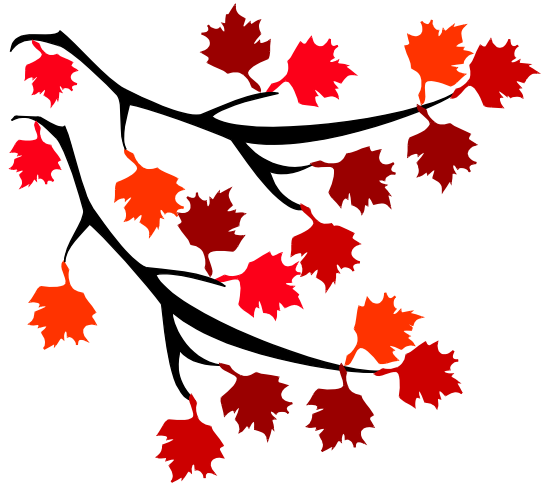
Because 7 8 9.

What did the mayonnaise say to the fridge?

Close the door ... I'm dressing!

What did one eye say to the other eye?

Between you and me, something smells.



Miss Jewel's Preschool Class:

Good Fall to you all!

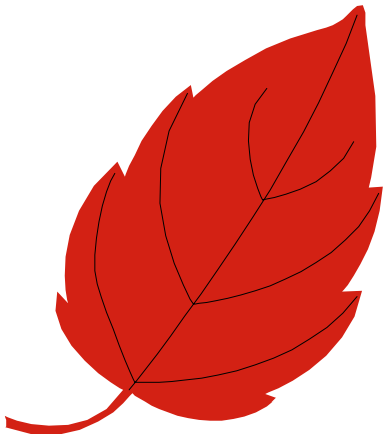
November's theme in our preschool class has been Nursery Rhymes.

We have been colouring, gluing, cutting and making nursery rhyme characters. Some of the stories we have enjoyed are The Itsy Bitsy Spider, Hey Diddle, Diddle, The Cat and The Fiddle and Humpty Dumpty.

In gym class we have been moving around with music.

Happy November!

Jewel and Becki



Intermediate Class:

It's all Greek to me!

If you see some strangely dressed intermediate class students in a couple of weeks, it's not because we woke up late and had to run out the door in our bedsheets... It will be our Ancient Greece celebration day! We will be wearing togas and participating in the New Heights Olympics—completely researched and arranged by the students.

The Intermediate Class have been up to our laurel head wreaths researching and reporting on the Ancient Greek culture...and finding how different it is from our own, and how much we have learned and taken from it.

"Olive"-us are excited to see who is the Apollo of the class, and who will be the Achille's Heel (my guess is Angie...). The results will be heralded from Mount Olympus on November 26th. Stay tuned...



GUESS WHO? Game:

Can you match the CLUE with the correct New Heights staff member?

Katie Blasetti	I once spent 3 1/2 months walking across Europe.
Anna Spencer	My brother and I recently got matching tattoos!
Jane Wilde	My job as a dancer was to make others get up and "boogie"!
Jewel Irving	I broke my ribs while mountain climbing! OUCH!
Becki M.	I ran alongside Rick Hansen during his "Man in Motion Tour".
Alison Black	I accidently caused a giant tree to catch on fire! OOPS!
Carrie Anderson	I share a birthday with my father, sister & the family dog!
Kiely Sarsfield	I performed as a talented trapeze artist in shows!
Angie B.	I LOVE chocolate!

Answer correctly and you could win!

The answers to each fun fact clue will be published in the December issue of our monthly newsletter! Submit your answers and stay tuned ...

TORNADOS

By David Benjamin - Sr Class

Every year there are approximately 1100 tornadoes that touch down in North America. In fact, one third of tornadoes are severe in North America that causes billions of damage each year. How do you know when tornadoes are about to touch down? There are down pours of rain and hail [the size of dimes]. The biggest size ever recorded is the size of a baseball, which causes thousands of dollars in damages just from the hail. During a tornado, there is very intense lightning and thunder. Cumulonimbus clouds form most tornadoes. Tornadoes are formed from a cold and a warm front colliding. It has to be moist as well at ground level, then a funnel develops and it starts to descend to the earth. As soon as it comes in contact with something, it is then that they say a tornado has touched down. Before any of that happens, the sky becomes very quiet (too quiet) then all breaks loose.

In an interview we did with someone, she said the ground started to rumble and she couldn't see two feet out of the window, she didn't know what was going on until she saw trees flying right through her door. Luckily, she ran down stairs to safety. This tornado was the first f5 tornado to hit Canada. It killed 2 people and injured 2 as well.

If your not familiar what the f5, f2, f3 [ect] the f's stand for fujita scale. The fujita scale also measures hurricanes. F0 has winds up to 40-72 mph, which is strong enough to strip branches off a tree and break windows. A f1 tornado has winds up to 73-112mph, these winds have enough force to rip shingles off of roofs and rip trees loose. F2 winds are 113-157mph, these winds can flatten barns and trailers. An f3 wind 158-206mph can take walls right off of houses. And an F4 causes farmhouses to be leveled. An F5 wind 261-318mph destroys everything in its path. The most disastrous is the f6 wind [318 mph]. If you have this tornado in your city, it is almost certain that you are going to die.

Most tornados happen in the spring. As for Tornado Alley, they undergo thousands of tornados throughout the year. They deal with disasters [tornados] regularly [F0-F6].

