

JANUARY 2012 NEWSLETTER

J Alfred Laird Elementary
1202 -13th Ave
Invermere, BC V0A 1K4

MESSAGE FROM THE PRINCIPAL

Welcome back and happy new year! We are excited to welcome Mrs. Kim Turgeon, our new secretary, and look forward to getting to know her. Please stop in and say hello if you have the opportunity.

On behalf of the staff and students, I would like to extend a special thank you to Nicole Pawluk, PAC, and all of our parent volunteers for an absolutely delicious turkey lunch in December. We cannot thank you enough (or often enough) for all that you do. We would also like to thank Sobeys for their generous food donations.

Thank you also to Mr. Childs for coordinating and inspiring us with our December fine arts musical celebration. It is powerful when we are able to transform ideas into action, and we are grateful to Mr. Childs for helping us create a performance which we were so proud to share with you. What a wonderful way for our students to communicate their desire to positively change the world through action and attitude.

One more special thanks to Krista Cleland for organizing December donations to the food bank. Krista set up a name the frogs contest (one food item = one name in the jar), and staff agreed (I believe this was thanks to Mr. Sharp!!) to colour their hair – one day for every 100 pounds of food donated. We had gorgeous colourful hair for two days! Students (and their families) are thanked for the generous donations to the food bank.

In February, we will again be administering provincial Foundations Skills Assessments to our grade 4 and 7 students. This is a provincially mandated assessment that runs each year at this time. If you have any questions or concerns regarding this process, please call me at 342-6232 extension 4518.

Please continue to keep lines of communication open. Any questions or concerns you have are important to us. I appreciate those of you who have called, emailed or stopped in to talk. Keep doing it!! Your feedback is crucial in helping us create a school for which we are all proud.

Wishing you all the best in 2012!!

Jill Jensen

ALAN TURING YEAR



HAPPY NEW YEAR

2012 has been designated Alan Turing Year, commemorating the centenary of his birth on June 23, 1912. Turing was a mathematician, a computer pioneer, and made important contributions to code-breaker during the Second World War.

A NEW FACE IN THE OFFICE

Greeting from the office! If you have called or dropped into the school lately, you will have noticed that there is a new face in the office. That's me—Kim Turgeon.

As of the New Year, I replaced the wonderful Lee Barker as your school secretary. With my maternity leave over, I am excited to be back at work and am looking forward to getting to know everyone here. I ask for your patience in advance as there will be many things I do not yet know. But, learning is what we are all about so I will do my best to find out all the answers to your questions.

**Please remember
J.A Laird is a
nut/popcorn free
school.**

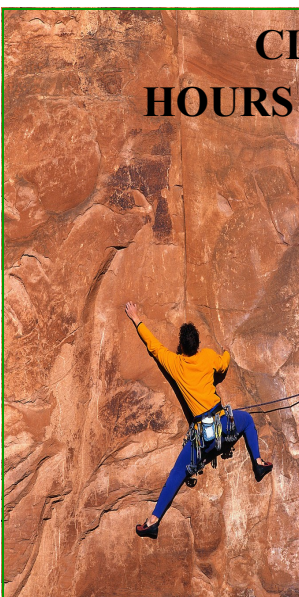
Winter Reminders

As the beginning of January has brought unusually warm weather, we would like to remind everyone to be careful of icy areas around the school.



Our Ski Program at Panorama begins this month. Everyone will be hitting the slopes on Thursday, January 12th. A reminder that the program runs every Thursday for five weeks, wrapping up on February 9th. Thanks to everyone for completing the necessary forms and a huge THANK YOU to our PAC's Rhiannon Oliver for organizing the forms and payment information. Detailed below are the bus departure times for each class:

<u>Class</u>	<u>Depart Laird</u>	<u>Depart Panorama</u>
Decosse/Gauthier	8:55am	2:15pm
Milligen/Sherk/Childs	9:05am	2:15pm
Sharp/Weller	9:15am	4:30pm



CLIMBING WALL HOURS OF OPERATION

**Friday, Saturday & Sunday
5:00-8:00pm**

If you wish to use the climbing wall any other days please contact Mr. Weller @ 250-342-9413(h) or 250- 688-5228(c)

Invermere Public LIBRARY

Adventure Club at the Invermere Library

Who: For students in Gr. 5-7

What: Join us this month for "Wacky Words". Games, puzzles, and snacks plus time to catch up on school work.

Where: Invermere Public Library

When: Wed., Jan. 25th 3:30 to 5:00 pm

Please call 250-342-6416 to register and for more information.

HOOPS BASKETBALL REGISTRATION



Hoops Basketball is back!

Registration will be held at J.A.Laird on Wednesday, January 11th from 6:30—8:00pm. Fee will be \$55.00 at time of registration and \$65.00 after registration night. This is a great program available for kids in Grades K -7, that want to have fun and get some exercise.

BC School Fruit & Vegetable Nutritional Program (BC SFVNP)



The apples are coming! We will receive another order of fruit from BC SFVNP on Wednesday, January 25th.

Basic Facts

- Apples are pome fruits and a member of the rose family

Did You Know?

- An apple contains 80-85% of water, approximately 5% of protein, 10-15% of carbonaceous matter, and 1-1.5% of acids and salt.
- If you want to prevent sliced apples from going brown, dip them in lemon juice.
- It takes the energy from 50 leaves to produce one apple

Rink Side Recipes

Submitted by Ms. Decosse



It was just after 11:00am last Friday when the tantalizing aroma of something cooking started to waft into my office. It was not yet lunch time for either the staff or students, so who was teasing my appetite this way? It was only moments later that I saw Ms. Decosse, pushing a cart loaded with a giant crock pot, emerge from the lunch room.

Apparently, every Friday, Ms. Decosse chooses a deliciously healthy recipe to prepare with the students in the hockey program. As it turns out, I am one of the lucky few who is 'selected' to sample these recipes. It would be selfish to keep these great dishes to myself so let me share with you one or two recipes a month. Enjoy!

"Tortilla Soup"

Black Bean Corn Tomato Soup

Ingredients:

- 1 can black beans rinsed*
- 1 can corn*
- 1 large can diced tomato*
- 1 box chicken/vegetable stock*
- 1 diced onion*
- 3 tablespoons chili powder*

1.) Fry diced onion in some olive oil with the chili powder over medium heat until soft. Add all other ingredients. Simmer for several minutes.

2.) Prepare and dice avocado, Monterey jack cheese, cilantro, lime wedges, tortilla chips, etc. Ladle soup into bowls and add toppings as desired.





Frequently Asked Questions About Ski/Snowboard Helmets

From SafeKids Canada

Are skiers and snowboarders at risk of head injury?

An international review, which included Canada, concluded that head injuries are the most common cause of death among skiers and snowboarders. Traumatic brain injuries account for 50-88 per cent of the fatalities at ski resorts¹ and 67 per cent of skier deaths in children.² Head injuries comprise 3 -15 per cent of all injuries suffered by skiers and snowboarders.¹

Novice skiers and snowboarders are most susceptible to injury; however novice snowboarders, in particular, are more likely to suffer severe head injuries.¹ Children and adolescents experience more head and neck injuries than adults, which may be due to a number of factors unique to children. Children have immature muscles and bones that could result in more falls. They tire more quickly from physical activity. In addition, they often wear ill-fitting ski equipment due to their continued growth from one ski season to the next.³

What kind of head injuries can occur?

Overall, head and spinal cord injuries are increasing.¹ The majority of head injuries (83 per cent) are concussions. Concussions represent 9.6 per cent of injuries in skiers, 14.7 per cent of injuries in snowboarders and 5.7 per cent of injuries in snowbladers. For both skiers and snowboarders, traumatic brain injury is the leading cause of death.⁷ It is estimated that between 50 and 88 per cent of deaths can be related to traumatic brain injury.¹

Does wearing a helmet effectively protect a skier or snowboarder?

Several studies have demonstrated that ski and snow board helmets are effective at preventing head injuries.¹ It is estimated that for every 10 people who wear a helmet, up to five may avoid head injuries.⁴ Studies also show that even at a speed of 19km/h, a ski helmet can minimize brain damage.¹ Evidence also demonstrates that ski and snowboards helmet use did not increase the risk of neck injury.⁵

Do helmets make skiers take more risks?

There is mixed evidence about the relationship between reported risk taking and helmet use. Some studies have shown no evidence between risk taking and helmet use. Other studies have shown that skiers who wear a helmet are more cautious.^{6,8} Similar studies concerning cyclists and hockey players indicate that using a helmet or safety equipment does not lead to increased risk taking.^{9,10}

Is helmet fit important?

In order for helmets to protect adults and children properly, they must be correctly fitted and secured. Ski and snowboard helmets should rest two fingers width above the eyebrow and the helmet should be snug and comfortable, with only one finger width under the chinstrap. The helmet pads should touch the cheeks and the forehead, and the helmet back should not touch the nape of the neck. If wearing goggles, there should be little or no gap between the top of the goggles and the helmet. Most helmets come with fitting instructions.

When should a ski or snowboard helmet be replaced?

If a helmet has been dropped or the wearer has been in a fall or collision while wearing the helmet, a new one should be purchased, even if it appears undamaged.



Is it safe to use a second-hand helmet?

Using a second-hand helmet is not recommended. The accident history and the age of the helmet cannot be assured if the helmet had been previously used. A helmet that has been in a crash, or is over five years of age, should be replaced. Helmet plastics do not retain their integrity over time, and lose the ability to protect properly, even if they appear intact. In addition, older helmets may not meet current safety standards, or they may have missing or broken parts.

What current helmets standards are available in Canada?

Helmets for sale in Canada should have certification from CE, Snell or ASTM. These are designed as single-impact helmets. In 2008, the Canadian Standards Association (CSA) released a new standard for a multi-impact ski and snowboard helmet. However, there are no helmets available with the CSA seal because no helmet currently meets the CSA standard.

Would mandatory helmet use for alpine sports discourage participation in these activities?

Individuals who are motivated to participate in a particular activity do not appear to be deterred because of safety equipment requirements. Canadian research regarding mandatory bike helmet legislation demonstrates that children have not reduced their cycling activities as a result of helmet laws.¹¹ Recreational hockey also requires helmet use and continues to be a popular Canadian winter sport.

Why does Safe Kids Canada support legislation for mandatory helmet use?

Head injury is the leading cause of death for skiers and snowboarders, and it has been clearly demonstrated that legislation requiring cyclists to wear helmets has been effective in reducing head injuries.¹²

Would it be difficult to enforce mandatory helmet wear on alpine hills?

Developing mandatory helmet legislation, involves a collaborative approach between ski hill operators and the government. A number of strategies could be developed. For example, chair lift use on alpine hills could become contingent on helmet use. Ski hill operators across Canada could implement a "no helmet; no lift ticket" policy. This could encourage wearing helmets on the hill to become standard practice.



Upcoming Events

Jan 10—Healthy Hot Lunch

Jan 11—Hoops Basketball Registration

Jan 12—First day of skiing at Panorama

Jan 13— Zumba class with Colleen Wagner begins

Jan 19—Skiing at Panorama

Jan 24—Healthy Hot Lunch

Jan 26—Skiing at Panorama

