



# November Newsletter

Principal: Mr. S. Gallagher

Vice Principal: Mrs. P. Mather

3401 57 Avenue, Lloydminster, Alberta Phone: 780-875-7278

Fax: 780-875-7281

rendellpark.lpsd.ca

## Principal's Message

October was a great month here at Rendell Park. We had an excellent turnout for the student, parent, teacher interviews. We used a new on-line booking system for interviews which allowed parents to choose their own spot. If you have any feedback on that process, we would love to hear it. Please send me an email or just stop by sometime and let me know how your experience was with the new system.

Our SCC had another productive meeting and brought some exciting new initiatives forward. Our hot lunch program continues to run strong thanks to the hard work of our SCC and parent volunteers. We will be asking for parents to help out with hot lunches once a year, based on the grade level of your child. If you have any time to lend a hand, it would be greatly appreciated!

The grade four group had a great time swimming the last couple of weeks and showed excellent behavior while at the pool. The pool mentioned what a respectful group our Rendell Park kids were while at the pool. I think that is an awesome compliment for our students!

Other exciting events this month include the formation of our triple ball teams, a grade six field trip to Barr Colony Center, November Moustache Day, and the start-up of our guitar club!

I wish all of you a nifty November and another great month at Rendell Park. Go Roadrunners!

Mr. S. Gallagher  
Principal

## Early Dismissal

The second Wednesday of every month is an "Early Dismissal". Early Dismissal this month is **Wednesday, November 12 @ 2:05.**

## Follow us on Twitter!

@RProadridders

## Check out our Website!

[www.rendellpark.lpsd.ca](http://www.rendellpark.lpsd.ca)



## Upcoming Dates to Remember

November 7	Formal Friday and Remembrance Day Service (11:00)
November 10-11	No School
November 11	Remembrance Day
November 12	Early Dismissal
November 13	Terrific Kids Assembly (11:00) and November Moustache Day
November 18	SCC Meeting @ 12:00
November 21	Report Cards Sent Home

## Parents as Partners

Parents as Partners would like to invite you to their next meeting and encourage you share your time, talents and gifts.

Some new initiatives we are working on include:

- a food drive for Rendell Park breakfast program and Salvation Army food bank.
- playground fundraising.
- pop can tab collections.

Watch for a newsletter from our SCC Parents as Partners group containing information regarding these and other exciting events!

Our next SCC meeting is November 18th. Join us for a Quizno's lunch!

## Allergy Alert

Rendell Park is a nut-free school. Please check labels carefully to ensure the safety of our students with life-threatening allergies.





# Healthy Snacks For Active Kids

*Good nutrition will help provide kids with the energy they need to have fun and perform well during sports and other physical activities. Regular, nutritious meals and snacks will provide enough energy for kids active for 60 minutes or less. \*Sports drinks or snacks are not needed for recreational physical activity.*

There are three times to think about nutrition: before, during and after activity:

## Before:

Include foods from all four food groups at regular meals and snacks for the best before game nutrition. The best way to fuel muscles is with carbohydrates one to two hours before an athletic event or practice.

## During

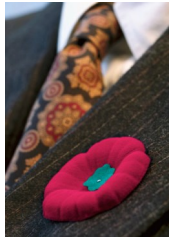
During a game, the most important thing is to stay hydrated. Water is the best choice to stay hydrated. Children do not usually need a half time snack. If children are hungry or have been very active, offer fruit as a healthy, hydrating snack.

## After

In most cases, water and healthy snacks or regular meals are all kids need to get back the nutrients and fluid they lost during physical activity. Milk is another great option for after game hydration.

## Formal Friday

**Out of respect for Remembrance Day (and to look really awesome), wear your best clothing on Friday November 7th!**



## Rendell Park is on Twitter!

Follow Rendell Park on Twitter to keep informed! We will be posting information about upcoming events as well as sharing interesting photos. We are also looking at creating a school Facebook page in the future.

## Terrific Kid Assembly

Our next Terrific Kid Assembly is **Thursday, November 13th at 11:00am**. See you there!

## LPSD Soccer Tournament

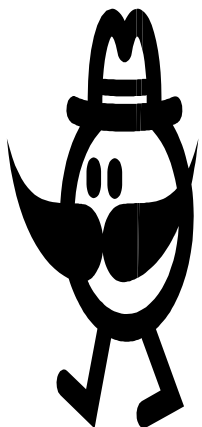
LPSD Elementary Schools are participating in inter-school athletics. As a culminating event for our LPSD soccer season, the top teams from each elementary school will be entered in a tournament hosted by Rendell Park.

Games start on October 9th at 1:15. A snack of water, granola bars and oranges will be supplied to each team. The winning school receives a plaque and the first and second place teams will receive medals!

Join us for some exciting soccer action!



## November Moustache Day



On Thursday, November 13th have the Spirit Team draw a moustache on you for only 50¢

**OR make and wear your own!**

*All proceeds go to support prostate cancer.*

## Moving? Changed phone numbers?

Please ensure you have informed the office if any of your contact information has changed. We securely keep phone numbers, address and email accounts for parents/guardians and emergency contacts.



**R-E-S-P-E-C-T...**  
That is how we roll!

