



# TCS TIGER TIMES

*School Motto: Team that Cares and Shares*

**Volume 8**

**HOPPING RIGHT ALONG ISSUE**

**APRIL 2007**

## **MR. McNABB'S TIDBITS**

I hope everyone had a good spring break holiday, feels rejuvenated and ready for the final three months of school. We are looking forward to our annual Foster Child Fundraising Spirit Week taking place April 11th, 12th, and 13th. We will be holding our annual pancake breakfast on Thursday, April 12th and would welcome our sponsors and volunteers to the school that day to thank them for their assistance. We would like to thank the Minnedosa Credit Union, The Heritage Co-op, Burgess Quality Foods, Agricore United, Manitoba Dairy Farmers, Manitoba Pork Producers, and our local Lions Club for your support.

On Friday, April 13th, starting at 2:15 p.m. we will be holding a talent show and would like to welcome any parents, grandparents, and community members to come and join us. We will be showcasing talents from various members of our student body at this show and are sure to be entertained with some quality performances.

This month all of the staff at T.C.S. will be trained in the art of restitution, which is a way of dealing with discipline from a self-discipline versus extrinsic motivation and coercion. Once trained, our hope is to implement the art of restitution across all grade levels at Tanner's Crossing School. We are also hopeful that we can offer workshops on restitution for parents through our Parent Advisory Council in the future. More information about restitution can be found at [www.realrestitution.com](http://www.realrestitution.com).

Let's hope for warmer weather and that's all until next month.

**T.C.S. Principal  
Mr. G. McNabb**



## What's All that Raquet?!



We are now into the home stretch! April brings racquet sports to all aspects of the physical education program. Classes are working on striking skills using either a hand paddle, small goodminton racquet or a badminton racquet. Intramural badminton is so popular this year that we had to shorten the time for the games and add another section of games each noon hour. Our grade 7 & 8 students are also practicing after school in preparation for the divisional tournament that will be held on Saturday, April 28. You may notice that your child is talking about a different scoring system than the one you are used to. Badminton scoring has become rally point, like volleyball. That means that each time a serve is made, the player that does not make an error gets a point and the serve.

Congratulations to all the participants in the NUTRITION BINGO that was held March 19-23. We had 166 BINGO sheets turned in. Of these, 65 players had a full house! Great eating, everyone! We were able to award canteen certificates as prizes. Cards were put into the following groups –full house, four lines and two lines. Twelve people had their full house card drawn for a \$10.00 food cards: Cassandra Cardy, Melissa Pearson, Caroline Sims, Sarah Stemmer, IanWoodcock, Kamryn Hayward, Talise Merke, Catherine Boyd, Drew Cardy, India Nelstrop, John Gray and Amber Robinson. Four people won \$5.00 food cards for four lines: Ryan McLenahan, Jordan Randall, Colin Robinson and Matthew Michalchuk. Five people received \$2.00 food cards for two lines: Josh Woychshyn, Paige Crooks, Emily Reid, Carissa Merke and Alyssa Dmyterko.

## HEELYS PROHIBITED AT T.C.S. IT'S A SAFETY ISSUE

What are Heelys you ask? They are trendy running shoes that have a detachable wheel in each heel. Heelys convert into skate shoes when you shift your weight onto the heels. Once the wheels are removed, they convert into stylish shoes again.

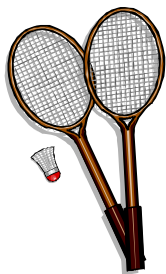
These shoes have become a fad and have children zooming through public places, along sidewalks, and "hotdogging" in school yards. Most of the time, children do not wear protective gear.

Concern from the Canada Safety Council is growing regarding the possible danger these shoes have posed to the users, as well as bystanders.

The Council (CSC) has put forth a recommendation to ban "heeling" in public buildings, shopping malls, school hallways and playgrounds. The Canadian Recreational Facilities Council has sent an alert to its members (who operate 2,500 community arenas across Canada) supporting Canada Safety Council's position.

The Korea Consumer Protection Board issued an alert about the injuries caused from falls related to Heelys. These fractures included arm, leg, and head injuries. In addition, they also stated that no safety standards were applied to this product.

T.C.S., along with other schools and boards, prohibit Heelys on school property. We want to promote **SAFETY FIRST**.



### JUNIOR HIGH DIVISIONAL BADMINTON TOURNAMENT

**Saturday, April 28th  
Held in Minnedosa  
and Forrest**

**GO TIGERS GO!!**

## Grade 6 News

This week we are going to be having a **math test** on patterns, rules and graphing. After the test our student teacher Ms. Cullen will be taking over the math and she will be doing a unit on the different types of graphs. This unit will include reading graphs as well as creating different types of graphs such as stem and leaf, histograms, line plots and bar graphs.

Our next **TUSC** meeting is on Tuesday, April 10<sup>th</sup>. We were not doing regular spelling units before the break and this will continue after the break. Our **spelling** will be integrated into the next novel we will be studying. Please watch the day planners for spelling test dates.

Congratulations to all the students who did a great job of their poems at the **festival**, a reminder to those who have not sent in their dollar to help cover the entry fee please do so as soon as possible.

In **Science** Ms. Cullen, who is a pilot, has started the unit on *Flight*. We put our Diversity of Living Things on hold while she is here and will finish it after the Flight unit.

We finished off our unit on *Explorers, New France and British North America* with an ABC book; this book was the final project in the unit and was due right after spring break. The next unit in Social Studies starts with the Fur Trade; Ms. Cullen will be starting this unit shortly.

Thank you to the following parent drivers for driving us to the lake for ice fishing: Melissa Marchischuk, Gaylene Johnson, Dean Whittington, Troy Verboom, Lee McMillan, and Rhona Gibbons. Also thank you to Bob and Kathy Currah who provided us with live minnows and to Mr. Rapsky for drilling us the holes. We did have a good afternoon of fun on the lake, and we even caught a fish!



# STRIKE UP THE BAND



The **Beginner Band** has been working hard on expanding their range of notes, playing in parts, and tone quality. They are working towards a performance in the Brandon band festival on April 30. They have playing assignments in their book and a new music piece that they have been assigned for home practise. A note will be sent home about the Brandon festival with more details. We will be looking for some parent chaperones as well as a driver with a truck/van to take some of the larger instruments.

The **Grade 7/8 Band** has been rehearsing together on day 2 at noon for their upcoming performances. They have playing assignments and new pieces which they have been assigned to work on at home. They will be performing in the Brandon band festival on April 30 as well as participating in Music Monday on Monday, May 7 at 12:00 noon. Applications for International Music Camp scholarships will be out at the end of the month as well. Watch for a note about these coming home soon. We will be looking for a few parent volunteers to help out with the Brandon festival.

## UPCOMING BAND DATES Mark your calendars!!

Monday, April 30th - Brandon Band Festival  
GRADE 6 & 7/8 BANDS

April – applications for International Music Camp scholarships (Grade 7 & up)

Monday, May 7th noon hour concert  
GRADE 7/8 Band and Senior Band

Thursday, May 24th  
Final Band Concert - All band students



Congratulations to all students who participated in the Rolling River Festival of the Arts. Your hard work and practice paid off!! Well done!

# WHAT'S COMING UP?

## ANNUAL COINS FOR KIDS CAMPAIGN

We will be collecting coins to support our Foster Children for the week of

**APRIL 9th - APRIL 13th**

Students may bring coins to their homeroom classrooms in this team effort.

## ***FOSTER CHILD FUNDRAISER WITH SPIRIT!!!***

**Wednesday, April 11th  
INSIDE OUT & BACKWARDS DAY**

Clothes may be worn inside out and/or backwards!



**Thursday, April 12th  
PANCAKE BREAKFAST  
& PAJAMA DAY**

Pajamas (appropriate) and slippers may be worn!

**Friday, April 13th  
TALENT DAY**

[Talent Show in the afternoon]

Students may wear clothing to reflect their talents. (Examples: sports jerseys, dance costumes, hats, etc.)



## P.A.C. MEETING

April 10, 2007 at 7:00 p.m.

in the T.C.S. Art Room



Free babysitting



Everyone is welcome!!!

Questions??

Contact Melanie Henry at 867.5621

# LOSE THE LUNCHABLES™

Families are busy these days and often save time by using pre-packaged lunches (eg. Lunchables™) for kids. They may be a quick and easy timesaver... but are they a healthy choice for your child?

Although pre-packaged lunches are convenient and there are lots to choose from, many contain higher fat and salt items like processed meat, processed cheese dips, deep fried chips and higher fat crackers. In addition, the cost is almost double that of buying individual items and making the alternative... your own pre-packaged lunch.

## Lunchables™ alternative: Do it yourself lunch packs

### You will need:

- a thermal reusable lunch bag
- an ice pack
- Reusable, dishwasher-safe plastic containers such as Gladware or Tupperware

### What to do™

Take note of what your child enjoys in a pre-packaged lunch

Purchase similar healthy "whole foods". eg:

- assorted bread, buns and crackers (*preferably whole grain*)
- unprocessed sliced meat (*from deli or use leftovers*), hard boil eggs if your child likes to eat them
- unprocessed cheese (*purchase shredded or cut from a block of cheese*)
- precut vegetables (*or precut your own, store in ice water in the fridge for a few days*)
- salsa for dipping
- fresh fruit or small containers of canned fruit
- small containers of white, chocolate, or flavoured milk (*not necessary if your child's school has a milk program*)
- Pack foods in reusable containers, in amounts your child will eat. Ask your child to help prepare/pack their lunch... it increases the likelihood that they will eat it!
- Keep meat, cheese and milk cold - place them beside the re-usable ice pack in your child's lunch bag
- Ask you child to bring home all the containers - as well as uneaten food (*ask why those foods weren't eaten and modify with their input*)

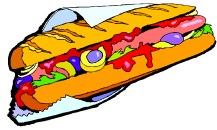


## Homemade Lunch-ables:

- contain healthier food choices
- taste better
- cost way less than commercial lunchables™ (about 1/2 as much)
- are environmentally friendly... there is less garbage with reusable plastic containers

Brought to you by Registered Dietitians  
at Dairy Farmers of Manitoba.

# T.C.S. Canteen Menu



## NEW SELECTIONS



### DAILY SPECIALS

**\$2.25**

**Monday - Perogies**

**Tuesday - Taco Salad Supreme**

**Wednesday - Homemade Mac & Cheese**

**Thursday - Chicken Caesar Salad**

**Friday - Cheese Burger Wrap - \$2.50**

<b>SOUP</b>	<b>\$1.25</b>	<b>FRUIT</b>	<b>50¢</b>
<b>YOGURT</b>	<b>75¢</b>	<b>VEGGIE PACKS</b>	<b>25¢</b>
<b>SALAD</b>	<b>\$2.00</b>	<b>Whole Wheat Muffins</b>	<b>50¢</b>
<b>SANDWICHES</b>	<b>\$1.75</b>	<b>GRANOLA BARS</b>	<b>50¢</b>

### SANDWICH CHOICES:

**TUNA, HAM & CHEESE, ROAST BEEF, ROAST TURKEY or CHICKEN**

### GOT MILK?? OR JUICE??

<b>Small</b>	<b>75¢</b>	<b>LARGE</b>	<b>\$1.25</b>
<b>Juice</b>	<b>50¢</b>		



**\* PRICES ARE SUBJECT TO CHANGE \***



**ASSINIBOINE NORTH PARENT CHILD COALITION**  
**ANNUAL EVENT: Tuesday, May 15, 2007**  
**Celebrating International Day of the Family**  
**Conference Hall, Minnedosa**

**10:00 – 12:00 “ SPANKING: SHOULD I OR SHOULDN’T I? “**  
Supportive Information for Parents and Service Providers”

Most parents dislike using physical punishment and want to find more constructive ways of teaching their children. But they often have many questions about this issue and wonder if they are making the right decision. This presentation will provide the information that parents need to make their decision. The presentation will be informative for parents who are struggling with this issue, and for professionals who are helping parents to build their competence.

**Joan Durrant is an Associate Professor of Family Studies at the University of Manitoba and a child clinical psychologist who has worked with many families. She has conducted research on parenting and discipline in Canada and has lived in Sweden to learn how parents there raise their children without spanking.**

**12:00: LAUNCH OF THE FAMILY FRIENDLY AWARD**

**1:00 – 3:30 TRIPLE P – POSITIVE PARENTING PROGRAM:**  
Supportive information for Service Providers

Find out more about this world renowned parenting program in Manitoba from Dr. Steven Feldgaier, PhD, C. Psych, Provincial Manager. Over the next several years, the Healthy Child Manitoba Office will be engaging community agencies, regional health authorities, child care providers, family resource centres, school divisions, friendship centres, physicians, mental health professionals and other organizations to partner on this new approach to supporting parents with children under 6 across Manitoba. [www.gov.mb.ca/healthychild/triplep](http://www.gov.mb.ca/healthychild/triplep)

**Research** shows that positive parenting is the single most important factor in building a strong foundation for a child’s life. The Triple P approach strengthens parent’s knowledge, skills and confidence to better meet the needs of their children, increases the parent’s sense of competence in their parenting ability and reduces parenting stress. The program has been implemented successfully in a dozen countries around the world..

**Fee payable at the door: \$10.00 with lunch for one workshop;  
\$20.00 with lunch for both workshops; students free**

**PRE-REGISTRATION REQUIRED by**

**TELEPHONE 328-7541**

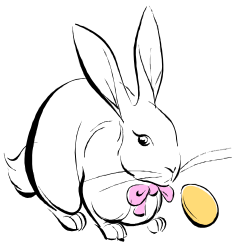
Or on our

**WEBSITE:** type Assiniboine North Parent Child Coalition into your search engine and follow the prompts.

**DEADLINE: April 19, 2007**

The Assiniboine North Parent Child Coalition is a group of individuals and organizations interested in working with parents, caregivers and service providers to ensure children are healthy and happy





# April 2007



*Make every moment count ~ Keep a positive attitude!!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Day 6  Back to Class  5 & 6	<b>3</b> Day 1  7 & 8	<b>4</b> Day 2 Band Rehearsal  5 & 6	<b>5</b> Day 3  1 & 2	<b>6</b> NO SCHOOL  Good Friday	<b>7</b>
<b>8</b> Happy Easter 	<b>9</b> Day 4 <b>Foster Child Fundraiser</b> <b>COINS FOR KIDS THIS WEEK EVERY COIN COUNTS!!</b> 3 & 4	<b>10</b> Day 5 <b>Foster Child Fundraiser</b> 7 & 8	<b>11</b> Day 6 Inside Out & Backwards Day 5 & 6	<b>12</b> Day 1 Pancake Breakfast & Pajama Day 7 & 8	<b>13</b> Day 2 Talent Day & Talent Show in p.m. Band Rehearsal 5 & 6	<b>14</b>
<b>15</b>	<b>16</b> Day 3  5-8 Track Practice	<b>17</b> Day 4  3 & 4	<b>18</b> Day 5  7 & 8	<b>19</b> Day 6  5 & 6	<b>20</b> NO SCHOOL  IN SCHOOL INSERVICE FOR ALL T.C.S. STAFF	<b>21</b>
<b>22</b>	<b>23</b> Day 1  7 & 8	<b>24</b> Day 2 Band Rehearsal  5 & 6	<b>25</b> Day 3  5-8 Track Practice	<b>26</b> Day 4  3 & 4	<b>27</b> Day 5 Hat & Jeans Day 7 & 8	<b>28</b>  <b>J.H. Badminton Minnedosa/Forrest</b>
<b>29</b>	<b>30</b> Day 6 Brandon Band Festival Grade 6, 7 & 8  5 & 6	<p align="center"><b>REMINDERS:</b></p> <p>April 6 - Good Friday - NO SCHOOL            April 9 - 13 - Foster Child Fundraiser &amp; Coins for Kids            April 13 - Talent Show in the afternoon            April 20 - Elementary Inservice - NO SCHOOL            April 28 - Junior High Badminton (Minnedosa / Forrest)            April 30 - Grade 6, 7 &amp; 8 Bands to Brandon Band Festival</p>				