



Wallaceburg Christian School

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Newsline 36



Greetings WCS,

Have you heard of a concept called, "Balanced School Day?" Over the next few Newsline articles I will be explaining some advantages and disadvantages for this new idea.

The balanced school day consists of two nutritional/activity breaks in which children have time to eat and time to play.

Benefits

Students receive many benefits from the balanced school day schedule including:

1. **Academic Performance**
– Studies on brain compatibility support a balance of learning, physical activity, and nutrition throughout a school day.
2. **Balanced Nutrition** – Health authorities indicate that children need frequent food breaks each day. Students who are nutritionally satisfied can

concentrate better and learn more effectively.

3. **Physical Activity**

–Currently, much of the 20-minute morning recess is taken up with washroom breaks, eating snacks, and dressing, particularly during the winter months. Children often have little or no time to play. The quality exercise time energizes students, helps them to concentrate better on schoolwork, and promotes a healthy lifestyle.

4. **More Time for Learning**

– To maximize learning for children, the balanced school day provides a significant block of intensive teaching / learning time without interruption. Under our system, each of the breaks during the school day results in at least 10 minutes of dressing / undressing.

Our Current system runs like this:

- 8:50-10:30 (100 minutes of class time)
- 10:30-10:50 (20 minutes break)
- 10:50-12:15 (85 minutes of class time)
- 12:15-12:55 (40 minutes break)
- 12:55-3:20 (145 minutes of class time)

Therefore, we have 330 minutes (5.5 hours) of class time and 60 minutes (1 hour) of break time. As you may see, our system is anything but balanced.

The question I have is do we need to make any changes, or are we all satisfied with our current time table? In my next article, I will explain what changes might look like and how they may be seen as a disadvantage to our parents. I encourage all of you to do a little research on the topic of Balanced School Day, so that you are informed when I present more information.

Only when we are informed are we able to make logical choices when thinking about new ideas.

May God bless each of you as we celebrate that fact that we are always free to look for improvements to better our children's learning environment.

Shalom,
Mr. Andy J. Alblas

SCHOOL NEWS ITEMS

District Track and Field

Friday, June 8th (rain date Monday, June 11th) is District Track and Field at Essex High School. The first event of the day begins at 9:20 a.m. sharp. Please see attached schedule for event times for your child(ren). **Please contact the school if you plan on driving your child(ren) separately**, so we can know how many students will be on the bus. Attached is a map with directions. The bus will be **leaving WCS at 7:50 a.m.** – please be on time! It is important that students wear proper footwear and are dressed appropriately for their events, as well as the weather that day. Pack snacks to provide energy and lots of water for hydration. A hat and sunscreen are also necessary. Students will be given a school jersey and name tag listing their event(s) to take home on June 7th, so they can wear it to the meet.

Please note: School will be cancelled for all those not participating in the District Field Day.

**** BUS CHANGES ****

The Dresden bus will not be running in **the afternoon this Friday, June 1**. Please arrange car pools for picking up children in Kindergarten through Grade 6.

2007-08 Registration Forms

These registration forms went home on May 17th and are **due back this week**. This has given you two weeks to complete them; to date, only 4 have been received. Please return them promptly; call Laurie if you have any questions. These completed forms are essential in planning for next year; if they are

not handed back to the school in a timely manner, enrollment may be an issue. Thank you for your attention to this matter.

Scholastics Orders

If you would like to buy an item from the current Scholastics flyers, please send in the order form and a cheque (payable to Scholastic Canada Ltd) by Friday, June 1st.

Attention Milk Drinkers!

Please save all outer milk bags. They can be cut into strips, looped together and crocheted into mats for mission fields. The children sleep on these mats, who otherwise would sleep on the bare floor. They love to receive these mats; they don't attract bugs, are washable, last a long time, and we keep them out of the landfill.

Please send them to Ruth Loxton, who collects them for First Baptist Church

Happy Birthday to:

Pierce Gellner – June 2

UPCOMING EVENTS:

Monday, May 28

7:15 p.m.

Gr 1-4 Class Trip

Grade 7 & 8 Parents Graduation Meeting

Thursday, May 31

1:15 p.m.

Weekly Prayer Meeting – all welcome

June 1-3

Grade 7 & 8 Class Trip

Friday, June 8

CDCS Field Day – rain date June 11

(No school for non-participants)

Friday, June 15

WCS Annual Year-End BBQ

Monday, June 18

Grade 1-6 Class Trip

Friday, June 22

Last day of school

Graduation

Reminder from the Cleaning Committee:

If you are having someone clean for you, please send your money in on the Friday (cost is \$30).

If you are writing a cheque, please leave the name blank, as there are 3 different people who clean.

Contact Nicolina at 627-4739 or Carrie at 628-5891 for more information.

June 1

HOOYER, W & M

KRAAYENBRINK, A & J

KRAAYENBRINK, B & K

KRAAYENBRINK, J & L

LUBBERS, J & E

June 8

LUTH, G & W

LUTH, G & A

MALOTT

MCCAUGHRIN

METAYER

June 15

MEYER

PARTRIDGE

PIETENS

POIRIER

POWERS

CLASSROOM NEWS ITEMS:

Joy School AND Kindergarten:

On May 29, we will be going to Glen Mickle Park for a Teddy Bear Picnic. We will leave the school at 11:00 and return by 12:00. So make sure the children bring their "special friend" to school.

Friday, May 31 is the last day for Joy School. We will have a short program at 11:00 and some refreshments. Could someone volunteer to make a few baked goodies for this? Please let me know if you are able to do so.

Kindergarten:

There will be no Kindergarten on Friday, June 8th because there will be no buses. The older students will be going to district field day. We will have Kindergarten on Friday, June 1st.

I'm planning a class trip to Greenview Aviaries. I would like to take vans, but each child must be in a booster seat. Parents, will you please let me know if you are willing to come on this trip; tentative date is Thursday, June 14th.

Grade 1 and 2:

Memory Verse: (Luke 12:27) *Consider how the lilies grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.*

Due June 1, 2007

Spelling Words:

Grade One: timid, peanut, going, ladybug, family, families

Grade Two: duck, mud, rust, luck, rug, us, must, hug, much, shut

Grade 3 and 4:

Memory Work: Jeremiah 30:20-21. Due Wednesday, June 6

Spelling: Week 35 Test on Friday. Words went home in FROG books today.

Bible Quiz: On Old Testament Books. There is a worksheet that we have completed that can be used to study. The students will have to match the remaining Old Testament books to the summary of that book. **Quiz this Friday.**

Grade 5 and 6:

Memory work for next Thursday is the first half of the Apostles' Creed:

"I believe in God the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his holy Son, our Lord, who was conceived by the Holy Spirit, and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried; he descended to hell;

The third day he rose again from the dead."

There will be a short social studies quiz on government on Thursday.

French vocabulary test is on Friday; words will be sent home. We are working with them in class.

Spelling dictation is this Friday. Words are:

1. monsoon
2. entrails
3. savage
4. keepsake
5. crisis
6. attribute
7. memorable
8. provincial
9. federal
10. municipal
11. equality
12. rights
13. pattern

14. growing
15. they're
16. another
17. could
18. one
19. won
20. taunted
21. treasure
22. beneath
23. subsided
24. revive
25. sequence
26. distended *
27. frustration *
28. hysterically *
29. poignant **
30. jurisdiction **

Grade 7-8 – Term Three Week Twelve

** We will be leaving shortly after 9 a.m. on Friday for our Toronto Trip. Please **pack a bag lunch** for the first day. **Feel free to bring extra snacks** along for our trip. Avoid bringing expensive items, because I would hate to see things lost or broken. Having extra money is an option for those who want to buy souvenirs; however, the students will need to carry their own money on them at all times.

We hope to be back in Wallaceburg by 5 p.m. on Sunday. As we draw near, I will start a phone chain. I will call Anderson and E. Hooyer, then they will call the next on the list and so on. **If you can't reach someone, please go to the next name on the list!** Those in the Dresden area will be dropped off at the home of W. Hooyer (around 4:45). Those with a star by their names are our chaperones. If you have any other questions, please ask!

Wallaceburg Area

1. **Anderson** – 627-7586
2. **Bulsink** – 627-5662
3. **Foster** – 627-8997
4. **Hill** – 864-1048
5. **B. Kraayenbrink** – 677-5316
6. **J. Lubbers** – 627-5421
7. **McLaughlin** – 627-8504
8. **Partridge** – 627-5988
9. **Southgate** – 627-5601

10. **Vandendool** – 677-4032
11. ****Vander Vaart** – 627-0618
12. ****Poirier** – 627-6742

Dresden Area

1. **E. Hooyer** – 683-6303
2. **W. Hooyer** – 683-6068
3. **** Smith** – 683-2160
4. **** VanderSpek** – 692-3391

Monday (Next Week)

- Signed Student booklet and full page journal. Please write neatly and fill every line. Feel free to type your work and glue in on to the page.
- This week's topic is: **Write a reflection on how our Toronto Trip went!**

Wednesday

- Science "Quest"

Thursday

- Memory Verse
- Grade 8 Math Test

Friday

- French vocabulary test; words will be sent home. We are working with them in class.

Memory Section

13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Colossians 3:13

18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:18

History/Geography: We are starting our new history unit covering Canadian history from 1815 - 1838. Please get your geography tests signed.