

Calgary Quest School Newsletter

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Volume 2, Issue 1



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Upcoming Events

- ◆ October 5, 2011
Picture Day
- ◆ October 6/7,
2011 Parent
Conferences
- ◆ October 12, 2011
Flu shots

Administration

Hello and welcome to a brand new school year!

For those of you who are new to Calgary Quest School, it is with great pleasure that we welcome you and your children to the 2011-2012 school year. We hope that everyone had an enjoyable, safe and relaxing summer.

It is nice to have the classrooms filled with the smiling faces of our students. The first few weeks of school have passed and we are off to an excellent start! Thanks to you for getting your children ready, and thanks to the teachers for having everything prepared and waiting for their arrival.

This year there are some new faces here at Calgary Quest School. Please welcome Angela Quinney, Chinook Room teacher, Anita Murkl, Orange Room teacher, Serena Stetski,

Board of Directors

Welcome back to the new school year! We look forward to working with you this New Year, which is full of possibilities. It is going to be a busy year as we continue in our quest to make Quest the best. Below you will find updates from our Facility Committee Chairperson and the latest on the Interim Facility Solution Research. Please do not hesitate to contact me if you have any queries or comments.

*Regards,
Janet Ridsdale
President
Calgary Quest Board of Directors*

Principal Angela Rooke
Vice-Principal Anita Skrzypczynski

Instructional Assistant in the Rainbow Room, Jennifer Stephens, Instructional Assistant in the Orange Room, Jesse Kallmeyer, Instructional Assistant in the Blue Room and Marnie Walliser, SLP, who joined our therapy team.

Please continue to work collaboratively with your child's teachers. This is one way to impact student success. Partnership between home and school fosters students' success in both their learning and social development.

Any questions or concerns can be directed to the individual classroom phone extensions.

IT'S CASINO TIME AGAIN

The Calgary Quest Casino dates have arrived. They are Jan 13th and 14th, 2012 at Calgary Casino. We are looking for volunteers to do dayshifts and evening shifts on both of those dates and the shifts are 8 hours long.

There will be sign-up sheets sent out by the middle of October. Remember this is the biggest fund raiser for Quest and all help will be greatly appreciated

If you have any questions please call me at 403-236-7408 or email me at agritten@shaw.ca.

Thanks

Arleen Gritten
Casino Chairperson/Treasurer

Board of Directors.....

Update from Facility Committee Calgary Quest School Sept 21st, 2011

As our building ages and the student population at Calgary Quest continues to evolve, the Facility Committee at Calgary Quest has been working to determine the costs/requirements of a new facility. At this stage it has not been determined if we are looking at building new or moving into an existing facility. The Committee is currently working with NORR Architects Planners to determine cost and size requirements. We are on track to have numbers finalized by the end of November.

Trish Hart
Chairperson of the 2011-2012 Facility Committee

Calgary Quest School Interim Facility Solution Research

The Board of Directors advised at the AGM that we were looking into the possibility of having an interim Facility Solution, as a temporary measure, while the decision is being made about Quest's long term facility solution. After thorough research and investigation it has been determined that an Interim Solution is not practical at this time.



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Purple Room News

For the past little while the Purple Room has been using a program called "TACPAC". It is a program for helping students with sensory or neurological impairments, developmental delay, profound and multiple learning difficulties, tactile defensiveness, and limited pre-verbal communication. Familiar objects are used for sensory purposes with students. These experiences are paired with music which has been specifically chosen to match the texture, character, and emotion of each object.

Before the activity begins, the activity and the object are announced so that students can hear what they will see and feel on their skin. This enables the student to begin to anticipate the sensory experience. Students who are tactile defensive prepare themselves for the touch experience. At first they may display displeasure at the activity however, with continued exposure and consistency; the students begin

to recognize the music, anticipate the next touch and then tolerate the experience for longer periods of time.

Movements are done in time to the music. The mood of the music (excited or relaxed) should be considered as well. Some movements are jerky, some are smooth; continuous or interrupted. These movements should also be in relation to the music. It is very important to follow the beat of the music.

While we were being trained with this program, we had a variety of students participate. It was amazing to watch how the students responded to the activity. Some of our more active students calmed right down and savoured the experience. Our more calm and non-verbal students began vocalizing and became more aware and responsive to their environment. Each session ends with a relaxing piece of music.

Purple Room.....

Our goal is to build awareness to the stimulus whether it is music or touch. From here we hope to progress to variety (beginning to differentiate between types of touch. Thirdly, we hope the students recognize the patterns and begin to anticipate the activity and the last goal is to have the students begin to associate the stimuli with each other; with the one triggering the anticipation of the other.

In the Purple Room we are beginning to witness anticipation with some of the students. The best is when we have some students recognizing the plastic tub and getting excited before the music or session even begins. The students are becoming more vocal, alert, and responsive to the stimuli.

We are in the process of training other staff as to the implementation of this activity within their classroom.

Horizon Room News

Dear parents,

Another school year has started and many of you probably feel like "Wake me up when September ends." However; as scary as it looks, this is the most exciting part of the year for the children. They meet their new teachers, make new friends and are excited about learning new things.

Horizon room staff has prepared exhilarating and challenging programs for the students.

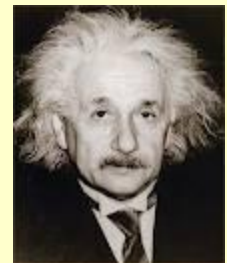
We have been planning several exciting activities -

We will be attending Vertigo Live Theatre performances, sharing book

reports and doing science experiments. The students will be independently shopping for and following recipes for our cooking program.

Our room also focuses on obtaining appropriate social skills with children, adolescents, and adults in a variety of settings.

We hope to have all students graduate from the Horizon Room with strong self- esteem, independency and with skills that support their transition into adult life.



Albert Einstein

*There are two ways to live:
you can live as if nothing is a miracle; you can live as if everything is a miracle.*

Albert Einstein

Lunchbox Love Notes



Putting a note in your child's lunch box is a wonderful thing to do.

- Apples are sweet and cherries are tart, when we're not together, you're still in my heart. xoxo
- Roses are red. Violets are blue. Don't trade this sandwich, I made it for you! xoxo

I miss my honey! See you at _____.



Recipes

All You See Is Part of Me

*Know what is best!
Expect the Best!
Accept the Best!*

Mushroom Barley Pilaf

- 2 tbsp olive oil
- 1 small onion diced
- 4 1/2 cups mixed mushrooms
- 1 cup pearl barley
- 2 cups vegetable broth
- 1 1/4 tsp salt
- 1/4 cups dried cranberries
- 1/4 cup chopped parsley

Cinnamon Quinoa with Dates

- 1 cup red quinoa
- 540 mL can chickpeas
- 1/2 cup chopped dates
- 1/4 cup chopped parsley
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 1/2 tsp cinnamon
- 1/4 tsp salt

[Recepies from Chateleine 30 Days of Lunches](#)

Influenza Vaccination at Calgary Quest

Dear Parents,

Just a reminder that influenza vaccinations will be offered at Calgary Quest on Wednesday, Oct. 12 from 09:00 - 11:00. Consents have gone out to all students age 7 and older. If you want your child to be vaccinated and have not yet returned the consent, please do so as soon as possible.

The influenza vaccination is also available for immediate family members, at the school, during this time. If you are planning on coming that morning would you please let me know so I am aware of numbers. My contact information is heather.perdue@albertahealthservices.ca

If you are not able to attend that morning, and want influenza vaccination, the mass venue influenza sites are another option. Information on locations and times are available through Calgary Health Link - 943-LINK (5465) or www.albertahealthservices.ca

Gr. 5 and 9 students will also be receiving their vaccinations on the same day. Consents were sent home separately for this grade specific vaccination program.

Sincerely,

Heather Perdue - R.N.B.N.