

EICS Slowpitch and BBQ

Get in the game! EICS' Social Committee is organizing a slow-pitch tournament and barbeque for Saturday, October 3, 2009 at Colchester Hall.

Register with your Social Committee Representative as a team, individual or couple. Tickets are only \$20 so bring your spouse or significant other.

Slow-pitch: 3 p.m.

BBQ: 7 p.m.

Register by: September 23, 2009

EICS Employment Opportunities

www.eics.ab.ca/htm/main.cfm?content=1278

Casual Bus Drivers – Sherwood Park, Ardrossan, South Cooking Lake
Closing date: October 16, 2009

Casual Educational Assistants – Fort Saskatchewan, Sherwood Park, Camrose, Vegreville
Closing date: October 16, 2009

Casual Caretakers – Fort Saskatchewan, Sherwood Park, Camrose, Vegreville
Closing date: October 16, 2009

What's New on the EICS Website

Pandemic Preparedness -
(new designated page under Division)

EICS New Catholic High School in Sherwood Park -
(new designated page under Schools)

Emerging Technologies -
(new Interactive Resource List under Staff Tools)



**ELK ISLAND
CATHOLIC SCHOOLS**
Seeing Christ in Everyone

Division PD Day

October 13, 2009 – Festival Place, Sherwood Park

Marilee Sprenger - Brain-based Teaching Strategies, Assessment and Differentiation



8:30 – 9:00 a.m.

Variety of beverages and muffins

9:00 a.m. – 11:00 a.m.

Welcome/Keynote

11:15 a.m. – 12:45 p.m.

Staff Lunch with Colleagues (Own Cost)

11:15 a.m. – 12:15 p.m.

Leadership Lunch (Provided at Festival Place)

12:15 p.m. – 12:45 p.m.

Leadership Address with Marilee Sprenger

1:00 p.m. – 2:30 p.m.

Keynote

2:30 p.m. – 3:00 p.m.

Question/Answer

*"The brain desires a safe environment in which to seek new information and experiences."
(Marilee Sprenger, 1999)*

Websites Worth Checking Out

Submitted by Jeannine Bobrowsky,
EICS Emerging Technologies Consultant

ChalkTalk - <http://www.4edu.ca/tors/chalk.asp>

This is a weekly e-newsletter available at no charge by subscription. It contains many timely articles and information on free, quality, curriculum-based teaching resources.

The Teacher List - <http://www.theteacherlist.ca>

A reminder to those who have not subscribed yet to this mailing list. It provides teachers, administrators, parents and support staff with one free website per day to use in educational settings.

New DVDs teach health and safety to Alberta students

Job Safety Skills Society provides access to DVD library

High school students and schools now have access to a comprehensive library of health and safety DVDs that support the new Career and Technology Studies (CTS) program. The DVDs are being made available through a partnership of the Government of Alberta and the Job Safety Skills Society (JSSS). The library collection titled Montie, consists of more than 70 safety training DVD programs, including French language DVDs, and provides educators free, immediate access to a wealth of resources.

The library collection covers a range of health and safety topics from the office to the welding shop. Titles include Job Safety Analysis, Hand Tools, Workplace Hazardous Materials Information System and Ergonomics. The DVD collection will be made available to educators and students via LearnAlberta.ca. "We are pleased to be able to provide this collection to Alberta Education through the support of our sponsors," said JSSS executive director Michael Alpern. "It provides students the job safety knowledge they need to function confidently in a workplace environment."

"Employers can also take advantage of this library," added Minister of Employment and Immigration Hector Goudreau. "The time to teach workers how to work safely is at the start of their working career, before they learn bad habits." Employers can find contact information on the JSSS website www.job-safetyskills.com.

Alberta Education is now implementing two sections under the new CTS program, which was revised to engage students in learning opportunities that will help them discover their interests in practical and purposeful ways. The two sections are: Business, Administration, Finance and Information Technology, and Trades, Manufacturing and Transportation. In fall 2010, Health, Recreation and Human Services, Natural Resources, and Media, Design and Communication Arts will come on stream. CTS information is online at: www.education.alberta.ca/teachers/program/cts/course.aspx

JSSS is a registered not-for-profit organization with a mission to train youth in job safety. The Montie DVD collection is part of their JobSafe program, recognized by Alberta Employment and Immigration.

New Red Deer resource centre will benefit teachers and students

One-stop shop for revised Career and Technology Studies program

Red Deer. . . Alberta's students and teachers will benefit from a new coordinated Learning and Teaching Resource Review Centre set up to support the implementation of Alberta Education's revised high school Career and Technology Studies (CTS) program.

A new CTS program, to be introduced this fall, will engage students in learning opportunities that will allow them to discover their interests in practical and purposeful ways.

The centre will house a collection of print, digital and on-line resources for the CTS program and serve as an access point to professional learning opportunities. Educators will be able to view resources and engage in professional dialogue, including face-to-face sessions, webinars, videoconferencing, and discussion boards. Alberta Education will ensure all standards are met prior to authorization of the resources reviewed and selected for implementation.

EICS declares Read-In Week 2009

Board of Trustees Chair, Mr. Tony Sykora declared October 5-9, 2009 as Read-In Week at Elk Island Catholic Schools.

Whereas Read-In recognizes that reading is important for the development of the intellectual, emotional, and social facets of the individual;

Whereas reading opens doors to discovery and provides unlimited opportunities for adventure, enjoyment and learning for people of all ages;

Whereas literacy is crucial for community development and economic progress;

Whereas the Elk Island Catholic School Board is proud to celebrate learning and life-long education;

Therefore be it resolved that the Elk Island Catholic School Board supports Read-In week, October 5-9, 2009 and encourages related activities with the schools.

A Message from our Archdiocese

As you know, a private member's bill that seeks to legalize euthanasia and assisted suicide in Canada is scheduled for its first hour of debate in the House of Commons on September 29. We believe it's important that even a short public debate includes the voices of those who believe the intentional taking of human life is morally unacceptable and has no place in Canadian law.

In his recent pastoral letter, Archbishop Richard Smith encourages people of the Archdiocese to contact their MPs to make sure their voices are heard. For more information on what you can do, please call Gloria at 780-469-1010.

A Letter from Our Archbishop

Dear Brothers and Sisters in Christ, July 2009

I am writing to you on a matter of grave urgency that affects all of us.

A private member's bill has been introduced in the federal House of Commons by MP Francine Lalonde of the Bloc Québécois. Labeled Bill C-384, it seeks to amend the Criminal Code of Canada so that euthanasia and assisted suicide would become legal in this country. It is scheduled for debate in Parliament on September 29th of this year. As Roman Catholics we have a serious responsibility to speak out in defense of the precious gift of human life whenever it is threatened. Therefore, I am asking that you become informed on this issue and to contact your Member of Parliament. Let him or her know that such a law would be morally unacceptable and unworthy of our country.

By euthanasia is meant the deliberate killing of a person by action (e.g. lethal injection) or omission (e.g. withholding medically indicated treatment), with the purpose of eliminating suffering. As a direct and intended termination of human life, it is immoral and not permissible.

Euthanasia is very different from respecting one's request not to have treatment or to withdraw treatment when the burdens it brings outweigh any benefits. These decisions are acceptable from a moral viewpoint. It is also to be distinguished from those situations where medication is administered to relieve pain and suffering, even when it is foreseen that this might shorten the patient's life. Provided that this medication is given with the sole intent of relieving pain, and not with the intention of ending life, it is morally permissible.

Assisted suicide is assistance given by a third party to a person to kill himself or herself (e.g. by providing pills). As such it is cooperation in an action which is objectively wrong, and is therefore itself an immoral act.

Many today will try to argue that either euthanasia or assisted suicide is a "compassionate" response to suffering. We must not allow such misuse of language to blind us to the fact that the indisputable issue at the heart of these practices is the killing of another human being.

True compassion calls us to stand with our suffering brothers and sisters and affirm that they are always a gift and never a burden; that their lives are at every moment worthwhile and never without meaning. As life nears its natural end, the compassionate response to any pain and hardship is good palliative care, not the killing of the patient.

The common good of any society depends upon the commitment of all citizens to uphold the dignity of every human life at each moment and circumstance. The legalization of euthanasia and assisted suicide in Canada would be a major social failure.

I encourage you to contact your local Member of Parliament and insist that euthanasia and assisted suicide not be legalized in Canada.

Yours sincerely in Christ,
Richard W. Smith
Archbishop of Edmonton

What's Going On with IT?

Submitted by Eric Boudreau, Director of Technology

The following is a quick update on activities in EICS' Information Technology Department.

We're Moving!

EICS' Information Technology department is moving to a new location by the end of October! IT's new office will have a larger storage area for receiving equipment – not to mention a training room with smart board technology.

DocuShare

DocuShare is being updated and revised to make it a one-stop shop for all information related to EICS. What does this mean? It means that you'll only need to go to one place to get what you want - instead of looking in multiple locations like staff tools or shared drives. More information will be coming soon!

Did you know?

The IT department has deployed 476 workstations in six schools (OLMP, HS, STMY, JP2, OLA, OLPH): 92 teacher laptops and 384 student workstations.

The IT department is working on bringing all schools' student-computer ratio standard down to 5:1 in the future.

That 76 smartboards and 169 projectors have been installed throughout EICS schools.

Student Owned Devices

EICS has the technology to implement a separate student wireless network; however, a great deal of discussion and planning must be done before activating the student system.

More information on all the new initiatives and projects coming out of IT will be included in the next edition of Info and Invites.

Pandemic Preparedness Plans

EICS has a new page dedicated to Pandemic Preparedness on its website at www.eics.ab.ca under Division – Pandemic Preparedness. The webpage contains helpful information for parents and schools, as well as resources and important health websites. This page will be continually updated as new information and resources are available.

Protect Yourself and Others

Prevention is key to protect you and your family against flu.

Wash your hands often and thoroughly in warm, soapy water or use hand sanitizer.

Cough and sneeze in your arm, not your hand.

Keep common surfaces and items clean and disinfected.

Stay home if you're sick, unless directed to seek medical care.

www.albertahealthservices.ca/files/ns-2009-05-21-flu-self-care.pdf

<http://www.phac-aspc.gc.ca/alert-alerte/h1n1/index-eng.php>



Say No to Talking, Texting and Dialing ... While Driving

Motorists are reminded that starting September 1, 2009, they are not permitted to use hand-held cellphones when driving on roads under Strathcona County's jurisdiction. This restriction applies to all roads in Sherwood Park and most roads in rural areas.

Strathcona County is introducing the Cellular Phone Bylaw (Bylaw 27-2009) with the goal of improving road safety. The bylaw will be enforced by the RCMP, with fines of \$100 for the first offence and \$200 for each subsequent offence.

Information/inquiries

To review the bylaw and for more detail, please visit www.strathcona.ab.ca/cellphonebylaw. Any questions can be directed to info@strathcona.ab.ca or Enforcement Services at 780-449-0170.

Bring Great Ideas into Your Classroom

Enter A&E Canadian Classroom's 2009 "Lives that make a difference" Essay Contest

Deadline December 15, 2009

Students in grades 5-12 are invited to enter A&E's 'LIVES THAT MAKE A DIFFERENCE' ESSAY CONTEST [formerly the 'BIOGRAPHY® OF THE YEAR ESSAY CONTEST'] by writing and submitting an original essay in 300 words or less on who they think made the greatest impact on Canadian society in 2009.

Each entry must include the student's name, complete address, postal code, telephone number, age, grade, name of teacher, school, school address, and local cable system (if known).

Send entries to: LIVES THAT MAKE A DIFFERENCE ESSAY CONTEST, c/o Temple Scott Associates, 250 The Esplanade, Suite 301, Toronto, Ontario M5A 1J2. Contest ends December 15, 2009.

Two winners from each grade level - 5th-8th grade and 9th-12th grade - will be selected.

Grades 5 to 8 Prizes

GRAND PRIZE (1):

Student: \$3,000 Cash Prize

Department/Classroom of Teacher: \$1,000 Cash (Cdn.) for use in the classroom.

FIRST PRIZE (1):

Student: \$2,000 Cash Prize

Department/Classroom of Teacher: \$1,000 Cash (Cdn.) for use in the classroom.

Grades 9 to 12 Prizes

GRAND PRIZE (1):

Student: \$3,000 Cash Prize

Department/Classroom of Teacher: \$1,000 Cash (Cdn.) for use in the classroom.

FIRST PRIZE (1):

Student: \$2,000 Cash Prize

Department/Classroom of Teacher: \$1000 Cash (Cdn) for use in the classroom.

For more information about A&E Canadian Classroom resources, please visit <http://www.biography.com/classroom/canadianclassroom.jsp>.

Live Puppet Theatre - The Kids on the Block

The Kids on the Block is a live puppet theatre performance given by highly-trained volunteers using the ancient Japanese Art of Bunraku Puppetry. The Kids on the Block is an internationally recognized program that uses a troupe of artistic puppets to teach children about epilepsy and seizures. The colourful, child-sized puppets model relationships between people, both with and without disabilities, and effectively engage the audience with frank and often humorous dialogue of facts and feelings.

Each performance consists of professionally researched scripts and songs followed by an interactive question and answer period with the puppets. Each presentation takes approximately 30-45 minutes, and up to two performances can be scheduled for the same day.

Contact The Kids on the Block to arrange a visit to your school. There is no charge for the performance, although donations are appreciated.

T: 780-488-9600 / TF: 1-866-EPILEPSY / Email: info@edmontonepilepsy.org.

Teacher Appreciation Event

October 4th and 5th, 2009 are Teacher Appreciation Days at local Chapters, Indigo or Coles bookstores. When you present your teacher identification you will receive a 20 per cent discount on all regularly priced, in-stock books and bargain books.

It's back-to-school time

The following is taken from the Alberta Government Newsletter - Your Alberta

Back-to-school tips for parents

Parents and guardians looking for information on preparing their kids for back to school have access to a variety of online resources, including study tips, managing homework and safe Internet use. Other valuable online information for parents and students includes learning resources, tips on time management and being a successful student, and curriculum handbooks and summaries, which provide both in-depth and at-a-glance information on what students are expected to learn at each grade level. For more information, visit www.education.alberta.ca/resources/backtoschool.aspx.

Inspiring Education: A Dialogue with Albertans

Inspiring Education continues to engage Albertans from across the province in shaping the future of education in the province. Share your thoughts and ideas by posting comments to the blogs or sign up for the online discussion forums leading up to the provincial conversation in Edmonton on October 18-20. Through this unique process, participants are changing relationships and improving how we work together. Share your comments and get more information at www.inspiringeducation.alberta.ca.

Vancouver 2010 Olympic and Paralympic Winter Games

The Vancouver 2010 Winter Games is approaching fast and schools across the country can be involved. The Vancouver 2010 Olympic Education Program has developed excellent teacher resources to help our children live the Olympic values. To share in the spirit of the 2010 Olympics and see details of the many educational resources available, visit www.education.alberta.ca/teachers/events/olympics.aspx.

Resources and curriculum handbooks for parents

Parents play an important role in the education of their children. Their involvement and encouragement can help a child excel. Alberta Education encourages parents to take an active role in the education of their children and provides resources to support their involvement. Please visit www.education.alberta.ca/parents/role.aspx to access a number of informational brochures. Parents can also tap into what their child is learning in the classroom through the Curriculum Handbooks for Parents series, which offers in-depth information about what students are expected to learn at each grade level of the curriculum. To view the curriculum support documents, visit www.education.alberta.ca/parents/resources/handbook.aspx.

Career and Technology Studies (CTS)

Students exploring opportunities and discovering their passions is the focus of the revised CTS program of studies, which begins implementation this fall. Courses contained in the new program align with industry and post-secondary institutions to provide meaningful career pathways. Additional information about the revisions to the CTS curriculum, implementation schedule, and implementation supports are available on the Alberta Education website at www.education.alberta.ca/cts.

New and improved Alberta Education Français website

The French section of the Alberta Education website now offers a What's New section (Quoi de neuf?) with news of the latest events and/or resources of interest to various stakeholders. Visit www.education.alberta.ca/francais.aspx.

K-12 Wellness programs of study revised

Revisions to the wellness programs of study will begin this school year, with a focus on senior high school programming. Learning outcomes in wellness education will focus on five dimensions of wellness: physical, social, emotional, spiritual and intellectual. More information is available at www.education.alberta.ca/teachers/program/health.aspx.

2009-2010 ESO Education Programs

Information on the 2009-2010 Education Programs is now posted on www.discoverESO.com. You will be able to register for education programs online beginning Wednesday, September 9, 2009.

2009-2010 Education Programs

The Edmonton Symphony Orchestra's Education Programs offer unique, varied and interactive learning opportunities about music for students of all ages.

Kindergarten – Grade 3

Hear the Colors, See the Beat!

We celebrate the newly renovated Art Gallery of Alberta by exploring the use of patterns in both visual art and music, featuring projected images and music by Piazzolla, Tchaikovsky, Bernstein and John Estacio. May 4 -10, 2010 - \$7/student

Grades 4 – 6

Pictures at an Exhibition

Discover the concurrent trends in art and music from the Renaissance to the 21st century. Orchestral highlights include Mussorgsky's Pictures at an Exhibition, Harry Somers' Picasso Suite, plus works by Vivaldi, Mozart, Beethoven and Debussy. February 9 -22, 2010 - \$7/student

Grades 7 – 12

ESO Open Dress Rehearsals with Bill Eddins

As your students mature, we provide opportunities to experience the orchestra in a format that more closely resembles ESO subscription concerts. Package includes a pre-concert classroom orientation the week prior with ESO Resident Conductor Lucas Waldin, and Q&A with Bill Eddins and guest soloists at the dress rehearsal. Seating is limited to 75 students. Wed, Feb 24, 2010 at 2pm

A Tribute to the Games with Sarah Ho, piano

Fri, Mar 5, 2010 at 10am

Mozart Treasures with Bill Eddins, piano

Fri, Mar 26, 2010 at 10 am

Vivaldi and Stravinsky with Manuel Barrueco, guitar

Wed, May 26, 2010 at 10am

Baroque Echoes with Jeremy Spurgeon, organ

\$8/student

Upbeat!

If your school's budget doesn't allow your elementary or junior high class to attend the ESO's Education Concerts, consider applying to Upbeat! for a grant. The ESO, aided by a generous anonymous sponsor, may be able to provide assistance with complimentary tickets to our concerts and open dress rehearsals. Call the ESO's Education Manager Susan Ekholm at 401-2531 or write to education@winspearcentre.com for information about eligibility and application.

ESO Adopt-A-Player

Give your Grade 4, 5, or 6 class an opportunity to create and perform their own musical work when they "adopt" an ESO musician. There is no cost to participate in the program. Ten schools are selected each year. Deadline to apply: November 6, 2009.

Gr 10 – 12

TELUS Young Composers Project

Encourage aspiring young composers in grades 10 to 12 to apply to for this exciting opportunity. One student will receive \$1000, be mentored by an established local composer, compose a new work, and have it premiered by the ESO. win a mentorship opportunity to study with composer John Estacio to write a new work for orchestra and receive a \$1000 scholarship. Application deadline: November 20, 2009.

Pulse 8 Club

Special limited-time offer! Until October 31, 2009, high school students can join the Pulse8 Club and enjoy discounts on tickets to the ESO's 2009-2010 concert season. View www.pulse8club.com

Register online beginning Wednesday, September 9, 2009 at www.discoverESO.com.

The Ever Popular Flip-Flop Sandals – Good, Bad, or Ugly?

Submitted by Arjen DeVries, Occupational Health and Safety Coordinator

From ancient Egyptian times down through the centuries, footwear has been designed to meet mankind's real and perceived needs – protection, support, comfort, sturdiness, and stylishness.

Feet endure tremendous pressures in daily living. An average day of walking brings a force equal to several hundred tons to our tender tootsies. They are subject to more injury than any other part of the body, underscoring the need to protect them with proper footwear.

Proper footwear – what is it? From a safety perspective, when we think of "safety footwear" we think of those "clunky" boots or shoes that have steel toes and other protection; the boots or shoes that are part of the PPE suite.

However, day to day foot wear can also be considered as "safety footwear", when we consider daily need for protection, support and sturdiness: elements that keep our feet, ankles, knees and back safe from the wear and tear of walking and other daily exposures – think slippery floors and broken glass, just to name a few.

We've long been aware of the health and safety issues surrounding stylishness, especially issues surrounding high-heeled shoes; shoes that range from stilettos to platform, or even the "sensible" high heel. These issues have been well documented both within literature as health issues (back and ankle health) and safety statistics (trips, slips, and fall).

But what about flat heeled shoes, especially the latest fashion trend that has left the beaches and become entrenched as work wear, play wear, and everything wear? I'm talking about the "flip-flop" sandal.

Flip-flops are a very basic type of footwear – essentially a thin rubber sole with two simple straps running in a Y from the sides of the foot to the join between the big toe and next toe. Popular use of flip-flops as simple warm climate beach or outdoor wear has spread through much of the world.

Flip-Flops Fun but Beware of Foot Pain

"Experts give flip-flops thumbs up for the poolside, thumbs down for foot pain."

By Katherine Kam, WebMD Feature, Reviewed by Louise Chang, MD.

Hazards, though, are listed to include:

Foot pain through lack of arch support, heel cushioning, or shock absorption, because they weren't designed for the extensive walking we now use them for. Sprained ankles could be a likely outcome in a trip, or even stepping off a curb or stepping awkwardly; the ankle bends, but the flip flop neither holds on to nor supports it.

Broken toes or torn nail bed from direct blunt trauma to the exposed toes. Sprained ankles, fractures, and severe ligament injuries that required surgery, from running, jumping and other sports or activities (playing backyard football). Doing yard work in flip-flops can easily lead to minor or severe foot and toe injuries, from lawnmowers, weed eaters, shovels, and aerators. Flip-flops can impair a driver's control if they come off the foot and lodge under the brake or gas pedal, according to advice from Bill Van Tassel, PhD, the American Automobile Association's manager of driver training operations. "Whatever you wear on your feet, make sure it's not so loose that it pops off and interferes with the pedals," he says.

Sun exposure – If you flip-flop your way through lazy summer days, don't forget: your exposed feet need sunscreen, too.

As recommended by ACFAS spokesperson Marybeth Crane, DPM, FACFAS, a Dallas-area foot and ankle surgeon, if you have to wear a sandal, wear sandals with reasonably strong sole and arch support. They may not be considered stylish, but if you want to wear sandals most of the time, a sturdier and perhaps less fashionable style may help at least avoid some types of foot pain.

Safety Digest - Edition 4/2009



Elk Island Catholic Schools' Slowpitch and BBQ!



Get in the Game!

Bring your spouse or significant other.
Register with your Social Committee Representative
as a team, individual or couple.

Saturday, October 3, 2009

Colchester Hall

Tickets \$20

Slowpitch: 3 p.m.

BBQ: 7 p.m.

Register by: September 23



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