



GIRLS' TALK

Calgary
Girls' School

Volume 7 Issue 9

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Is it possible that there is only one month of school left? Where has this year gone?

In this final month of the year we'd like to acknowledge the commitment and time of all of the parent volunteers who provide the manpower, expertise and know-how in ways that give CGS the extra "sparkle" we need.

Your assistance ranges from field trip supervision, assistance with our programs, providing fun events for the girls to making sure the staff is fed during Parent Teacher Conferences. You are the glue that helps our community stick together. Thank you from the bottom of our hearts for all that you give.

A special thank you is offered to the members of the School Council. You provide good advice and work together for the good of all students at CGS. We appreciate each and every one of you.

In honor of the work done by all of the volunteers at the school, we are funding two sewing machines through our Me to We project. It's because we appreciate you "sew" much!

Graduation

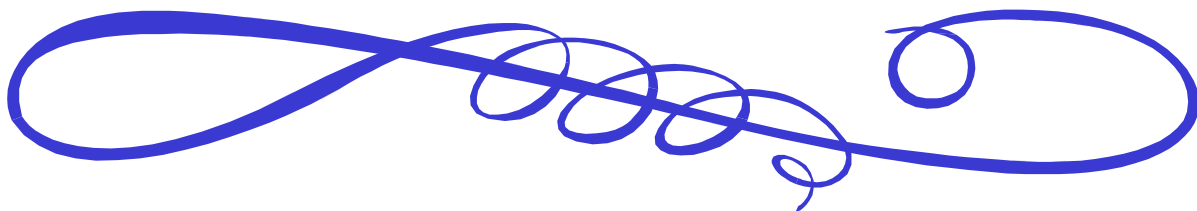
On June 4th, we will be gathering at the Bethany Chapel to honor the grade 9 girls at Calgary Girls' School. Information about the day and transportation details will be coming through backpack and electronic notices. CGS is proud of our Grade 9's and we wish each girl well as she prepares to enter high school. Please know that you will always be a CGS girl!

Provincial Achievement Tests

We're sure that parents and girls in grades 6 and 9 are well aware of the Provincial Achievement Test schedule. Girls at the school are well prepared for these exams and we encourage them to maximize their potential for success by ensuring that they have a healthy breakfast on exam mornings as well as a good night's sleep.

Brianne's Run

In May, Patti Zobot presented to girls at both campuses. We were able to Skype with the family who will benefit from funds raised by this year's run. If you are available on the afternoon of June 18th, please join us at the Lakeview campus as we participate in a 3 or 5K run/walk. Girls from both campuses will be participating.



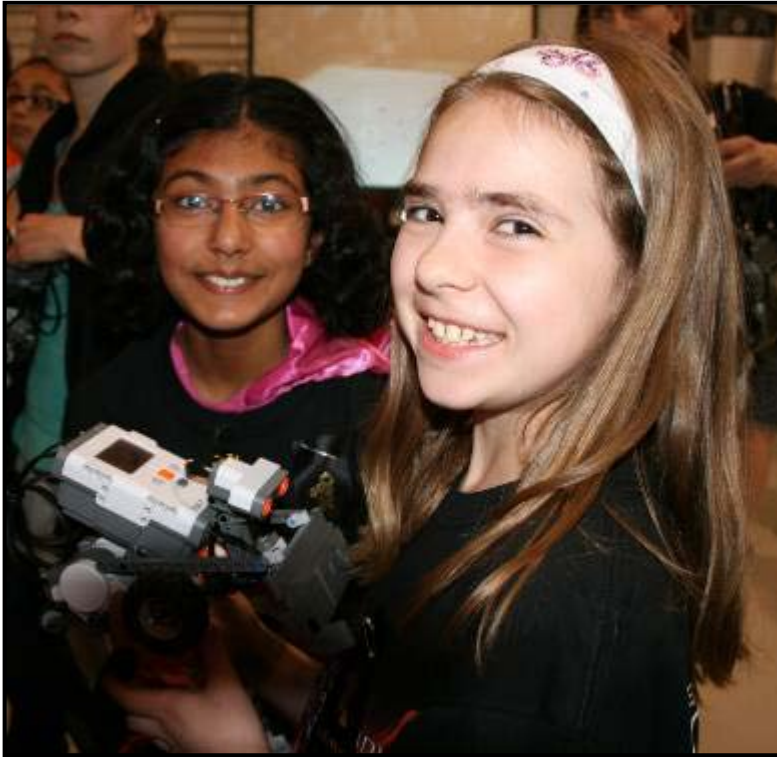
Calgary Girls' School "Cleans Up" at Robotics Competition

The University of Calgary came to Calgary Girls' School, over a period of several months, to assist grade six and eight girls in the creation of Lego Mindstorm robots.

These robots were programmed to navigate and clear debris from a predetermined course. The problem solving that was being done culminated in a robotics competition held at the Calgary Aerospace Museum. Prior to this challenge, students responded to several survey questions aimed at uncovering the attitudes of girls towards careers in Science, Technology, Engineering, and Mathematics (STEM).

On May 15, at the 2010 Western Canadian Robot Games, our grade six and eight girls placed first, second and third in the "Treasure Hunt" competition. The robots' task was to clear a debris field while staying within a set perimeter and not straying off the course. Points were awarded for the number of pieces of Lego cleared off the course within five minutes. Congratulations to all the participants and to the teamwork demonstrated by all.





Jenna and Aroona



Brook S., Elene O. and Rachel G.

P.O.O.S.C.A.

We are still doing registration for September in our Before and After School Care Program. We are a non-profit organization and are licensed by the province. We are open from 7:00am- 6:00pm and are open on all Professional Days and School holidays (Christmas and Spring Break) if there enough girls to make it worthwhile. On Professional Days and School Breaks, we are usually out and about for fun activities around the City (swimming, skiing, movies, bowling etc.). We have drop care on these days for families who only require care for full days. Although we are located at Bel Aire, girls from Lakeview can take the bus to and from that campus. If you are interested please call Dianne at 403-999-4616 or email us (see email address below) for more information, or drop by and meet the staff located in the music room at Bel Aire. You can also download a registration form from the CGS website.

Our Lunch Program will remain the same for the fall with girls eating in their classrooms. P.O.O.S.C.A. will provide supervision in the classroom and on the playground. We will still supply hot water for soup and microwaves in all classrooms. We are unable to have more than one microwave per classroom because of the electrical system in the school so we ask that girls not bring something that requires a long heating time. If anyone has suggestions that would make lunch time better, please feel free to e-mail us at poozca@calgarygirlsschool.com with your ideas.

Have a Super Summer and we will see everyone in the fall!!

Dianne Pelland
Program Co-ordinator

Active Living

Active Living is a way of life in which physical activity is valued and integrated into daily life. Those that have led an inactive lifestyle in the past have the most to gain from becoming active.

The advantages of physical activity are endless. It can help you reduce stress, increase your energy, improve your endurance and flexibility and strengthen your bones. Physical activity improves health (decreases risk of cardiovascular disease, hypertension, osteoporosis, colon cancer, and diabetes)!

To start:

1. Make physical activity a priority (30 minutes of activity most days of the week).
2. Choose an activity that you enjoy, ask some friends to join you.
3. Start today – you can break your daily dose into three sessions of 10 minutes each.



Sun Safety

Everyone is exposed to UV (ultraviolet) radiation from the sun and many are exposed to artificial sources in industry and recreation. Small amounts of UV radiation won't harm people, but in large amounts it can cause skin cancer. Exposure to the hot sun can also cause dehydration and heat stroke.

Protect yourself from the harmful effects of the sun's rays while still enjoying the outdoors.

What can I do to protect myself from the sun?

- Limit exposure between 10 a.m.-4 p.m., when the sun's rays are the strongest.
- Remember the shadow rule "no shadow, seek shade".
- Avoid tanning beds and sunlamps.
- Drink plenty of fluids.
- Wear a wide brimmed hat, and tightly woven, loose fitting clothes.
- Choose sunglasses that provide 99 to 100 percent UVA and UVB protection.



What can I do for a sunburn?

- The first tingling or redness is a sign to get out of the sun right away.
- Apply cold tap water compresses, lotions or ointments (without anesthetics or perfumes) to the hot areas.
- If you are having pain, take a pain reliever (do not give Aspirin or products containing aspirin to children).
- Stay out of the sun until your sunburn is gone.