



# Mac's Tracks - May 2016

## Looking ahead.... May

- ★ May 2, 3, & 4th - teachers involved in lesson studies with Dr. Schnellert & Carole Fullerton
- ★ May 6th - SIP - no school
- ★ May 10th - Staff meeting
- ★ May 11-15th - Mini Soccer Tournament
- ★ May 13th - Pizza Lunch
- ★ May 14th - Gumboot Rally
- ★ May 7th & 8th Trade Show
- ★ May 16th - all Stanton Foundation fundraising due
- ★ May 19th - Spring Show!
- ★ May 20th - PAC Subway lunch
- ★ May 20th - Stanton Foundation Event! 2:30
- ★ May 23rd - Victoria Day no school
- ★ May 27th - PAC pasta lunch



Happy May everyone!

May is Spring Show time! Our Spring Show will take place Thursday, May 19th at 7:00. Mr. Purchase has been busy preparing, as have the students! Thank you so much to everyone for ensuring practices and rehearsals are attended. May weather and activities can cause scheduling challenges for sure! As a follow up to April's Regional Learning Fair, we wish to acknowledge all of the students who worked very hard on their projects, especially the students who went on to represent NJ at the Regional Fair on April 8th!

### Regional Fair Representatives:

- \*\*Riley Oldford - Why do I need oxygen when I fly?
- Madison Mobach - Do Right Handed People Have Quicker Reflexes?
- Trent Newcombe - Fungus Amongus
- Vincent Lumacad - How Plasma Helps the World
- Sofia Barichello - Best Detergent
- Grady Stabel - Video Games; Are they Exercise?
- Jordan Chambers - Shampoo Comparison
- \*\*Ian Gau - The Beginning of Canarctic Graphics
- Morgan Stabel - Schmirler the Curler
- Amna Idris - Doctors Who Serve Brave Soldiers in World War I
- Hawke Williams Ellis-Dene Hand Games
- Shawn Dragon - Canada's Coat of Arms
- Kali Skauge - The One, The Only Female Prime Minister, Kim Campbell
- Chelsea Rowsell - Robert Bateman
- Mason Kelsey - Alexander Graham Bell
- \*\*Riley and Ian will move on to the Territorial Fair being held in May, here in Yellowknife.

### Medal Winners at NJ's Learning Fair:

Grade 4:

Heritage: Bronze: Kali Skauge: The One, The Only Female Prime Minister Kim Campbell

Silver: Hawke Williams Ellis: Dene Hand Games

Gold: Ian Gau: The Beginning of Canarctic Graphics

Grade 5:

Science: Bronze: Riley Oldford: Why Do I Need Oxygen When I fly?

Silver: Jordan Chambers: Shampoo Comparison

Gold: Madison Mobach: Do Right Handed People Have Quicker Reflexes?

Congratulations to all of our participants, thank you to all of our parents and judges and thank you to our teachers for all of the hard work!

May brings the beginning of many outdoor activities and events, please check our calendar to stay up to date with all that is happening.

*Shirley Zouboules*

## Stanton Foundation

Permission forms went home and were due back April 25th for any students wishing to participate in the Stanton Fundraising.



Funds raised are due May 16th and our Pie Throwing will take place Friday, May 20th

## NJ Long Term Service Award Recipients



### Celebrating 25 years in YK1

Natalie Kelln, Sandra Bowden & MF LeDoze  
Congratulations to all of our honorees

## Sound clutter

### Where's the Noise? Everywhere (and it's getting louder).

Many kids are exposed to too much noise. Over time, exposure to excessive noise can cause hearing loss. Hearing loss from too much noise—called noise-induced hearing loss (NIHL)—may be hardly noticeable at first. Once lost, however, hearing cannot be restored.



As the world gets louder, noises compete with each other. For example, think of a common scene in a home kitchen. If the dishwasher is running, you might increase the volume on the kitchen TV to hear it better. Add a blender and garbage disposal, and your spouse might turn the TV volume up even more. If the phone rings, you have to turn up the headset volume to be heard over the TV. Then your son and daughter turn up their headsets to hear their music or video games over the noise around them. Noise, noise, NOISE!

The design of today's restaurants is making them far noisier than they once were. Hard surfaces like glass, metal, concrete, and polished wood reflect sound and amplify noise. Some restaurant owners use these materials because it makes the place sound lively. Others use them because they encourage people to eat faster, allowing more parties to be seated at the same table during the dining period.

Whether you prefer classical, jazz, rock, pop, hip hop, or even bagpipe music, concerts are also sources of potentially damaging noise. A symphony orchestra playing at peak volume can easily reach 100 decibels, and certain brass and percussion instruments have registered 130 to 140 decibels at close range. The music at a pop concert typically maintains a fairly constant level of 110 decibels. If the fans are screaming, as tweens might do at some concerts, the noise can register at 115 to 120 decibels! That's roughly as loud as an ambulance siren!

Consider other common sources of noise: Leaf blowers. Boom cars. Stereo headsets. Home entertainment systems. Movie theaters. Traffic. Stadiums. Not all exposure to loud noise can be prevented, but when the noise is too loud for too long a time, a little effort to protect your hearing and your children's hearing can go a long way.



### PAC Lunch Time Recess Supervision

It's spring and a great time to volunteer for lunch supervision.

Parents are asked to volunteer to help with lunch supervision from 11:30-12. Please check the school calendar for the time assigned to your child's class or just drop by when you can.

This is a great opportunity to see you child and friends in their school environment.

Each time you volunteer you will be entered to win a \$50 Independent Grocer gift card. Draw will be made June 22.

## Become a host family - Live an unforgettable intercultural experience!

"Hello! My name is Saki, I'm a 16 years old girl from Japan. I study hard and am a leader in my school. I've studied **English for the past 13 years. My passion is music** and I play the saxophone in our school band that practices daily. I have heard so many great things about the country and on my exchange I hope to broaden my view of the world. Although I haven't decided what to do when I'm older, I dearly wish to make the world a more peaceful one. I can't wait to meet you! Saki "



Saki is looking for a host family in Yellowknife. Be part of the **AFS family**, Contact **Kate** at: 867 873-3821 or [kate.powless@afs.org](mailto:kate.powless@afs.org)



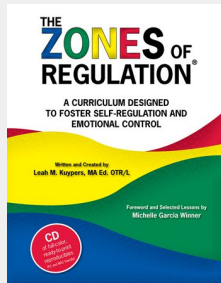
[WWW.AFSCANADA.ORG](http://WWW.AFSCANADA.ORG)



### What are the Zones of Regulation?

Your child may have come home talking about being in the 'green zone' or the 'red zone'. Here is a bit of information to help you understand the zones.

"The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills."



RESPECT □ RESPONSIBILITY □ RELATIONSHIPS

