



## OYE! OYE!

All Meadows Residents!

You are cordially invited to the Meadows Community's **Annual General Meeting** on Monday, April 26, 2010 at 7:00 p.m. at the Velma E. Baker School

## Students enjoy book club at Father Michael Troy Junior High School

Here at Father Michael Troy, bookclub is a weekly event in which students come together to discuss several books at different levels. The grade seven books include titles such as *Son of the Mob* and *Double Identity*. As students get older, pieces get more challenging and the ideas of the book focus more on social awareness and historical events. Some examples are *The Book Thief* and *Sketches* from the ninth grade selection. Novels that we have enjoyed over the years include, *Twilight*, *The City of Bones*, *Uglies*, *Flipped*, *Al Capone Does My Shirts*, and *Code Orange*.

By splitting up into small groups, each person tells about what they enjoyed about their book, what they disliked and their connections and predictions on the events of the story. By the end of the month, each group has finished the book they have chosen and have worked on a final project to depict what the novel was about and its most important events. Past projects include posters portraying main characters, soundtracks that fit into the events of the book and explanations on how the characters have changed throughout the story. In summary, FMT bookclub gives students a chance to discover their passion for reading through the various genres and messages; whether it be an amusing, stereotypical graphic novel such as *American Born Chinese* or a fast paced fantasy like *Magyk*.

Reading is alive at FMT!

Kaycee Sepnio,  
Xania Gabi  
Students,  
Father Michael Troy School



## FREE SWIM

Sunday, April 18

&

Sunday, May 15

4:00 to 5:30 p.m.

At the Mill Woods Rec Centre

Bring your valid Community League membership card for free admission



## Health Corner

### What is a healthy body weight?

By Scott Forrester (BSc Kin, CEP)

People come in all different shapes and sizes. We all have an idea what we would prefer our physical appearance to look like. However, not all of us know what a healthy individual weight is or how to screen for it. There are a few steps that may be taken in order to determine this.

#### Body Mass Index

The first step is to calculate your body mass index or BMI. This calculation requires you to first determine your weight in kilograms (2.2 lb are in 1 kg). We then take this number and divide it by your height in meters, squared. The equation looks like this:  
 $BMI = (\text{weight}) / (\text{height}^2)$

For a 100 kg person at a height of 2.00 m;  
 $BMI = (100) / (2.00 \times 2.00) = 100 / 4 = 25.0$

A healthy BMI is considered 18.0-25.0. Lower than this is considered underweight, 25.0-29.9 is considered overweight, and 30.0 or greater is considered to be obese. For the above person, they are considered to be a normal weight. If a person is below or above the normal BMI range, this can be associated with health risks. A value at either end of this range indicates the need for further investigation to better confirm one's health status.

#### Further Investigations

If your BMI is outside the normal ranges, a consultation with an exercise professional may be appropriate. An exercise professional will be able to estimate your percentage of body fat and use this information to classify how healthy your body weight is. There are numerous methods to achieve this, but the most common and practical one is usually taking thickness of skinfold sites. A consultation with one's doctor may also reveal some further information on your health status. Remember, it may be important to you that your body looks good, but having a healthy weight should always be the first priority.

Email Scott at [sforrester@cbi.ca](mailto:sforrester@cbi.ca) with your questions and feedback. You can reach the CBI-Burmewood Physical Therapy Clinic at 780-463-5757.

## Maintain Community Sign

The Meadows Community League requires a volunteer to maintain a community signboard.

If you'd like to do this and help out in your community, please contact Brenda at 780-463-6530.

### The Meadows Community League

P.O. Box 92068  
Edmonton, AB, T6T 1N1

**Next Board Meeting:**  
Monday, April 12 @ 7:00 p.m.  
Velma E. Baker School

**\*\*VISITORS WELCOME\*\***

# The Meadows Community League Directors and Community Reps

President	Harman Grewal	466-7399
Vice-President	JoAnne Teasdale	466-6170
Secretary	Crystal Dentman	462-7034
Treasurer	Brenda Beier	463-6530
— Bingo Rep	Kora Thomson	468-7080
— Casino Rep	Dana Richard	469-9985
Membership Director	Harp Dhaliwal	466-6569
Program Director	Vacant	
— Children's Programs	Vacant	
— Adult Programs	Vacant	
Sports Director	Serge Tremblay	633-6575
— Basketball	Bik Grewal	463-8068
— Hockey	Harp Dhaliwal	466-6569
— Soccer	Wendy Mitchell-Kuban	463-5252
— Softball	Vacant	
Facilities Director	Vacant	
— Rinks	Miles Maldaner	440-0219
Civics Director	Kendra Black	466-7149
— Public School Rep	Vacant	
— Catholic School Rep	Vacant	
— Velma E. Baker Playground	Brenda Beier	463-6530
— Canada Day Rep	Aafaq Ullah	695-8178
Neighbourhood Watch	Sandy Marsh	450-0872
— Block Parent	Vacant	
Communications Director	Michel Proulx	468-2272
— Newsletter	Michel Proulx	468-2272
— Website	Michel Proulx	468-2272
Girl Guides Contact	Joanne Swensrude	440-2522
Community Rec Coordinator	Julie Cournoyer	496-1474

## Daytime bingo shifts available

Earn vouchers for programs

Contact Kora at 780-468-7080

or at [themeadowsbingo@shaw.ca](mailto:themeadowsbingo@shaw.ca)



A. BLAIR  
McPHERSON  
SCHOOL

### A Community School for 21st Century Learners

A. Blair McPherson School (K-9) will open in The Meadows in September 2010. Be a part of this exciting endeavor right from the start by helping us to create a new and unique school community.

#### OPEN HOUSE Wednesday, April 14

6:30 to 8 p.m.  
at J. Percy Page  
(2707 Mill Woods Road)

Please join us to learn more about A. Blair McPherson School. The Open House will feature:

- a virtual tour of the school;
- a chance to meet the administration and teachers;
- information about programming, technology, athletics, and transportation; and
- instructions for registration.

**Principal:** Kathy Goudreau **Phone:** 780-434-7914



A. Blair McPherson School | 430 Tamarack Green NW | Edmonton, AB T6T 0J4

EDMONTON PUBLIC SCHOOLS  
Superb Results *from all students*

Velma E. Baker School  
2845 43A Avenue  
Edmonton, AB T6T 1J9  
Phone: 440-4088 Fax: 440-1275



### VELMA E. BAKER NEW STUDENT REGISTRATION FOR 2010 - 2011

For new Kindergarten to grade 6 students, our boundaries are open to an optimal enrolment of 340 students. Registrants living outside our attendance area may submit a registration form now. You will be contacted promptly after April 30<sup>th</sup> whether enrolment can be accommodated.

Welcome to the month of April. Thank you to all the parents who attended our Evidence of Learning and the Three-Way Student-Led Conferences on March 24 and 25. This was an excellent opportunity for your child to be the teacher and share their learning with you. We hope you had an opportunity to have a look around the school to see the wonderful displays of student work and the Grade 4 to 6 students' Science Fair exhibits in the gym. Thank you for your continued support of your child's learning and the school.

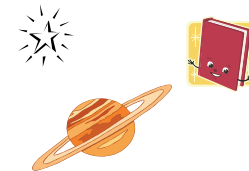
At Velma E. Baker we are preparing for the Highest Level of Achievement (HLAT) tests beginning the week of April 19. Our March and April newsletters have a schedule of all the testing that will be taking place during the months of April, May and June. At our April 14<sup>th</sup> School Council meeting we will be working with our parents on the 2010-2011 School Plan. Our staff will have a Professional Learning Day (PD Day) on Friday, April 30<sup>th</sup>. Along with four other schools our teachers will be marking the writing HLAT in the morning; in the afternoon the Velma Baker staff will work together on technology learning. A reminder: there will be no school for our students on Friday, April 30<sup>th</sup>.

Our third and last Literacy Logs were sent home on March 26<sup>th</sup>. Our students continue to shine! Each day we have draws for students who read on a daily basis and have their lit log signed. This school year we will give out over 340 books. We look forward to sharing the gift of reading with every one of our students. Scholastic Book Fair will be coming to Velma Baker School from April 12<sup>th</sup> to 15<sup>th</sup>. We welcome you to come and browse through the variety of books.

Our boundaries are now open for 2010 – 2011 to an optimal enrolment of 340 students and we welcome registrations for all students in kindergarten to grade 6. As part of the registration process, we require that parents provide the child's birth certificate and residence-related proof of address. Don't miss your opportunity to join our wonderful school. Pre-registrations for Kindergarten are now being accepted. To be eligible for Kindergarten children must be 5 years of age on or before March 1, 2011. **A Kindergarten Parent Information Night will be held on Tuesday, May 4 at 6:30 p.m.** A special invitation to this meeting will be sent to those who have already registered, however, registrations will continue to be accepted that evening. Please contact the school at 780-440-4088 for further information.

Until next month . . . remember there is simply a Galaxy of Books to enjoy!

Maureen MacDonald, Principal



## Looking for Girl Guide Cookies?

Give us a call!!

780-440-2522

\$4/box or \$48/case

These are the sandwich cookies with each box containing chocolate and vanilla cookies



Girl Guides  
of Canada  
Guides  
du Canada