



# Warner School



Warner.horizon.ab.ca  
October News

Horizon School Division  
Principal: Bryan Pritchard

Hello everyone!

October is always an active and rewarding month. Our high school boys and our junior high girls continue their volleyball seasons that began in September, our grade 3-4-5 students have the opportunity to participate in the mini soccer league, and, behind the scenes, we register our seniors for their annual diploma exams. We also have the graduation supper and awards night, which we will put on the website calendar <https://warner.horizon.ab.ca/calendar#/month/2022/10> once we get the date finalized.

**FUNDRAISING** - stand by for upcoming news on this front. While we are in the early stages of planning a school-wide fundraiser, I am pleased to let you know that the tools and supplies that we acquired last June are nearly ready to go to auction. At this time, I believe that we will use Facebook to create an auction page. We have a variety of items/lots on offer, ranging from vintage carpentry tools and picture framing equipment, to a loom and even some barnwood. We even have a massive radial arm saw. Proceeds go directly to Warner PAC for school trips and other student-centered activities.

**PROFESSIONAL LEARNING** - our staff has been learning some FNMI games and cultural ways, and we are learning that we have a lot to learn. We have also taken lessons on how to use our new View Boards to their full capacity.

**THANK YOU** - to our PAC executive for their years of leadership and service to our students. We welcome Denise Graham as our new PAC chair, Nola Nagy as Vice Chair, Tracy Jones as secretary, and Nicole Miller as Treasurer. Thank you to Natasha and Denise for your dedication, and we look forward to your continued guidance and input. The next PAC is October 18th.

**PARENT LUNCH MONDAYS**—please contact Alisha Herget if you can help out with Monday lunch program. This will be run by our Warner Parent Advisory Committee.

## Upcoming Events

**Awards 2021-2022/Grad Supper:** Warner School will be having our Awards night and Grad fundraiser supper on Thursday, October 20, 2022. Grad Supper will start at 5:00pm with Awards starting at approximately at 6:30pm.

**Halloween:** Monday October 31st. The Leadership Council has begun planning our Halloween event. We look forward to hosting another Halloween costume parade and pumpkin carving contest! Keep an eye out for our student made posters outlining our categories and prizes!

**No School**— There is no school for students and staff on Monday October 10th, (Happy Thanksgiving)  
**No school** for students on October 21st.

## School News

The School hosted a Meet the Teacher BBQ on September 13, 2022. There was a great turnout and it was extremely nice to see everyone and be able to visit in person. We look forward to many other gatherings throughout the year as things resume with fewer restrictions.

# Around Our School

**School Picture Day** is Tuesday October 18, 2022. Pictures will start at 8:25am. Information from the photographer will be sent home this week.



**Hot Lunch:** Happy October everybody! The start of Hot Lunch is here! On the menu this month: Subway, Pita Pit and Booster Juice! Please make sure to have your order in by October 4th. Thanks

**Volleyball:** The grade 5-9 girls had a great tournament in Vulcan, as they played very well, visited a petting zoo, and nearly took a set off the round robin champions. Check the website calendar for upcoming games and tournaments.

**Senior Boys Volleyball** has started and the boys are excited! We've got some tournaments scheduled and exhibition matches being planned. The team is sharpening their skills and representing Warner School well!

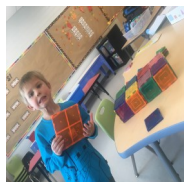
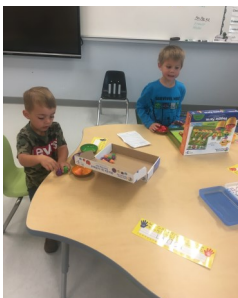
**Running Club:** "Over the past few weeks, members of the running club have been participating in weekly practices after school on Wednesdays. Elementary and junior high students have been learning various skills, such as running, stretching, and warm up/ cool down exercises. These skills will not only help students during our group runs but will help them maintain a healthy lifestyle. We encourage any new students who are interested in running to join us after school on Wednesdays".

**Art Club:** Our school is now running an Art Club! This club meets after school on Thursdays from 3:30-4:30 and is a great opportunity for students to extend their creativity beyond the classroom. For high school students, this extracurricular option can be counted for 3-5 credits as well. Students will get to explore a variety of genres of art, mediums, and techniques to expound on their talents and develop a deeper love for imagination and creativity! We are so excited to bring more fine arts to Warner School!

**School Fees:** School Fees are now due. Students K-12 will have a Technology fee of \$35. Students in Grades K-5 have a Agenda fee \$7.00. All student fees can be paid online @ School Cash Online or payment can be made at the office. Invoices will be sent home in the next couple of weeks. Thank you.

**Pen Pals:** Grades 4/ 5 and 6/ 7 are excited to be writing to senior pen pals. Thanks to the Warner Adult Learning and Literacy Group, each student has been matched up with a senior citizen and will be corresponding together for the next six weeks. The goal of this letter writing project is literacy, encouragement & connection between the generations.

**Early Learning:** We had a great first day of Early Learning on September 19,2022. The students met the teachers and their classmates. We had a really good day, we played music, played outside, shared stories, and played games. Looking forward to a fun and wonderful year with the kids.



# Around Our School

**Terry Fox Run:** The Terry Fox Run was held on September 16, 2022. We had great enthusiasm from our students and parents that joined in for the run. We were able to raise \$ 250.00 to donate to the fundraiser for Cancer Research. Such a worthy cause and always so wonderful to see the student involvement. Thank you for your participation.



**Nutrition Program:** We are fortunate enough to have the nutritional program again for the 2022-23 school year. Please find below some additional information about the program.

## Warner School Nutrition Program 2022 – 2023

The School Nutrition Program helps approximately 40,000 students, across Alberta. They allocate \$17 million dollars to feed the kids across the province. The program follows the Alberta Nutrition Guidelines for Children & Youth, so we base our serving sizes on those charts. If you break down our allocation, each student's portion cost is limited to 0.386 cents per day. This translates to our "One Snack Per Day."

The Nutrition Program runs Tuesday, Wednesday and Thursday. We strive to offer the students a healthy, one serving size, food option. This DOES NOT always happen in the morning, as it is not a breakfast program.

Some Mondays will be open to parents and a parent lead menu. This runs separately to the Nutrition Program, and will be optional for students and will have a fee involved.

Alberta Health and Wellness – Healthy Eating and Active Living For Your 1 to 4 Year Old  
**Food Guide Serving Sizes for 1 to 4 Years**

Number of Servings Each Day			Food Group	What One Food Guide Serving Looks Like		
Girls & Boys 1-2 years*	Girls & Boys 2-3 years*	Girls & Boys 4-5 years				
up to 4 servings	4 servings	5 servings	<b>Vegetables and Fruit</b> • Eat at least one dark green & one orange vegetable per day. • Fresh, frozen or canned are all good choices. • Choose vegetables & fruit prepared with little or no added fat, sugar or salt. • Serve no more than 125 ml (½ cup) of full strength juice a day.	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball 
				1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	100% unsweetened juice 125 mL (½ cup) = 1 hockey puck 
up to 3 servings	3 servings	4 servings	<b>Grain Products</b> • choose whole grains at least half of the time • choose grains that are lower in fat, sugar or salt.	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck 
				Roll, hamburger, mixed grain = 1 puck 	Hot cereal 175 mL (¾ cup) = 1 tennis ball 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball 
2 servings	2 servings	2 servings	<b>Milk and Alternatives</b> • Provide 2 servings of dairy, 1% or 2% milk (or fortified soy beverages) every day to help meet vitamin D needs. • Children under 2 years of age should be fed only whole/homogenized (2.25% fat) milk.	Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½ oz) = 2 wafers 	Yogurt 175 g (¾ cup) = 1 tennis ball 

\* Eating Well with Canada's Food Guide recommends serving sizes and amounts for ages 2 to 5+\*. For ages 1 to 3, servings can be divided into smaller amounts and served throughout the day. For example, one half of a vegetable or fruit serving may be served at two different snacks to add up to one full vegetable or fruit serving.

## Food Guide Serving Sizes for 13 to 18 Years

NUMBER OF SERVINGS EACH DAY	FOOD GROUP	WHAT ONE FOOD GUIDE SERVING LOOKS LIKE		
		Female 13-18 years	Male 13-18 years	
6 to 7 servings	Vegetables and Fruit	Cooked vegetables 125 mL (½ c) = 1 small computer mouse 	Fresh vegetable slices 125 mL (½ c) = 1 small computer mouse 	Leafy salad vegetables 250 mL (1 c) = 1 baseball 
		1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ c) = 1 small computer mouse 	Juice 125 mL (½ c) = ½ c fluid measuring cup 
6 servings	Grain Products	Bread 1 slice (35 g) 	Rice or pasta 125 mL (½ c) = 1 small computer mouse 	Bannock (2.5" x 2.5" x 2.5") = 1 hockey puck 
		Pita or tortilla wrap 1/2 small = 1 CD 	Bagel 1/2 (45g) Large = 1 hockey puck 	Cold flaked cereal 250 mL (1 c) = 1 baseball 
3 to 4 servings	Milk and Alternatives	Milk 250 mL (1 c) = 1 c fluid measuring cup 	Cheese 50 g (1 1/2oz) = 4 AA batteries 	Yogurt 175 g (¾ c) = 1 tennis ball 

Are you very active? You may need more servings from all food groups.





Lifetouch.

# PICTURE DAY IS COMING!

Tuesday, October 18, 2022

Warner School



## What to Expect:



Students are  
photographed on  
Picture Day



Pictures are  
sent home with  
your child















Review pictures  
& purchase on  
[mylifetouch.ca](https://mylifetouch.ca)

All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a group picture if requested by the school.

Questions? Contact our Help Center at [lifetouch.com/support-ca](https://lifetouch.com/support-ca).  
Select K-12 School Photography for assistance.



# 2022 October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01	02
				NO SCHOOL Student/Staff	Boys Volleyball Warner	
03	04	05	06	07	08	09
		 Jr Girls volleyball Barnwell @ Warner				
10 No School 	11  Hot Lunch Pita Pit	12  Jr girls volleyball warner @ Vauxhall	13  Boys Volleyball Tournament Nobleford	14 Jr Girls Volleyball Foremost Boys Volleyball Tournament Nobleford	15 Jr Girls Volleyball Foremost Boys Volleyball Tournament Nobleford	16
17	18 Life Touch School Pictures  Hot Lunch Booster Juice	19  Jr Girls Volleyball TCS @ Warner	20 Grad Supper Fundraiser / Awards Night 5:00pm	21  No School Students	22  Jr Girls Volleyball Warner	23
24	25  Hot Lunch Subway	26  Jr Girls Volleyball DAF @ Warner	27	28  Jr Girls Volleyball Divisionals	29	30
31  Halloween	01	Notes:				



# In the Community

The Old Church B&B and Event Center are having a Grand Opening Dinner on Friday October 7, 2022 at 6:00pm. (Rome Meisser Hockey Residence) Tickets are \$10.00 and includes a sit down dinner, dessert & live entertainment! Call Pam @ 587-220-5003 to get your tickets.

The flyer is a vertical rectangular graphic with a dark blue background. At the top, a close-up photo shows a fork lifting a piece of golden-brown, cheesy pasta. Below this, three circular inset photos show a roasted chicken with vegetables, a bowl of fresh salad with tomatoes and olives, and a stack of pancakes with a scoop of vanilla ice cream. The right side of the flyer contains white and yellow text. At the bottom, there is a photo of the event center building and contact information.

**The Old Church B&B and Event Center**  
*Grand Opening Dinner*  
October 7, 2022 at 6pm  
**\$10/ticket** A \$25 VALUE!  
Includes: Sit-down dinner & dessert & Live Entertainment!  
Call Pam @ **587-220-5003**  
Get your tickets now!

The Old Church B&B theoldchurchbb@gmail.com





**CREEPY HALLOW IS PROUD TO  
ANNOUNCE IT'S GRAND OPENING**

**OCTOBER 7TH, 2022**

**AN ALL NEW EXPERIENCE TO BE HAD!**

**COME FOR THE SCARE IF YOU DARE!**

**WE WILL BE OPEN 6PM-10PM DAILY**

**ALL THROUGH OCTOBER!**

**CHILDREN & SENIORS \$15 PP**

**ADULTS \$20 PP**

**GROUP RATES AVAILABLE**

**RATHER SCARE THEN BE SCARED?**

**VOLUNTEER OPPORTUNITIES FOR ALL**

**AGES ARE AVAILABLE**

**FOR INFO CALL 1.403.331.9335**