



Lady Evelyn Alternative School Council

Newsletter #2-November 2003

Co-chairs

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November Council Meeting -Playground/Yard Improvements

Thursday, November 13, 2003 7:00 pm

(Childcare will NOT be provided for this meeting)

Council Meetings 2003/2004

Tuesday, January 20, 2004
Wednesday, February 11, 2004
Tuesday, April 27, 2004
Thursday, June 3, 2004

Upcoming Events

November 11, 2003	Remembrance Day (Juniors to Cenotaph/Primary Assembly)
November 27, 2003	Winter Play
December 4, 2003	Winter Play - evening performance
December 5, 2003	P.D. Day
December 18, 2003	Family Breakfast 7:00am
December 18, 2003	Multi-graded crafts and Aunt Evelyn's Corner

Playground/Yard Improvements:

The yard "revitalization" was kicked off a year ago by Valerie, who was concerned about some safety aspects along the front fence of the school, particularly with regards to exposed tree roots, erosion under the climber base pads and emergency exits from the yard in case of fire. The OCDSB hired a consultant to come and look at Lady Evelyn's yard and draw up some plans. The consultant came to visit the yard in all three seasons to get a feel for how the kids were using the yard. The council approved of the plans in the spring and hoped the work would be completed over the summer.

Due to some community concerns over the changes, the yard was not revitalized over the summer.

We will be inviting neighbours from the community to join us at this meeting to discuss the plans and any concerns associated with the changes.

Social:

Our annual pot luck dinner was a great success. Hats off to the Social Committee for all of their hard work and wonderful seasonal decorations. Thank you to everyone who made this event a success from concept to clean up!

A great big Lady Evelyn thank you to Bert Pereboom from Pereboom Solutions, and also a Lady Evelyn parent for the donation of the table rentals.

Our next social event will be a Family Breakfast to be held December 18th 2003 at 7:00 am. Please mark this on your calendar!

Fundraising:

The holiday season always seems to come more quickly than we expect. Get a head start on your shopping while also supporting your school.

Early next week your children will be receiving a Canadian Community Reading Plan catalogue in their backpacks. The CCRP program helps schools raise funds through selling renewal, new and gift magazine subscription orders. When you order through this program 40% of the subscription price stays with the school. Lowest prices in Canada and delivery service is guaranteed 100% by CCRP.

You can renew all your current magazine now as renewal orders will begin when your current order expires. You can purchase new magazines of interest or even send someone a gift!

Please help us make this our most successfully and biggest fund raising event of the year. More details to follow with the catalogue.

Finances:

The Lady Evelyn Parent Council has currently earmarked the following:

Athletic Equipment: \$500 : Joe Huniu approached the council last year to let us know that we were lacking in proper athletic equipment to follow the curriculum. At that time the Council did provide money for athletic equipment. We also approved a yearly amount of \$500 for the purpose of purchasing required athletic equipment.

Winter Play: \$100 : The Parent Council approved a request of funds from Valerie Caimie for the rental of sound and light equipment for the Winter Play scheduled for the beginning of December.

Alternative Awareness:

Currently Richard is working on an article for submission to community papers on Alternative Schools and multi-age groupings. Once complete, the article will also be posted to the Lady Evelyn Council web site (<http://www.ladyevelyn.ca>). If anyone has ideas for other articles on Lady Evelyn and/or Alternative Education, please contact Richard at rdeadman@deadman.ca

Education:

Due to the inclement weather of Tuesday, November 4, the first 2003/2004 Education Committee meeting was postponed. There are a couple of proposed reschedule dates and they are as follows:

Tuesday, Nov. 11 (7:00 - 8:30)

Tuesday, Nov. 18 (7:00 - 8:30)

Thursday, Nov. 20 (7:00 - 8:30)

All those interested, please let Cathy Robinson (crobin@cyberus.ca) know which of the dates and times suit you best and the Education Committee will reschedule the meeting..

Health:

What is the flu:

Influenza, commonly called "the flu," is caused by the influenza virus, which infects the respiratory tract (nose, throat, lungs). The flu usually spreads from person to person when an infected person coughs, sneezes, or talks and the virus is sent into the air.

Influenza is a respiratory illness. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea, but these symptoms are uncommon in adults. Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza. Source: Centre for Disease Control (CDC)

Ways to protect yourself:

By far, the single best way to prevent the flu is for individuals, especially persons at high risk for serious complications from the flu, to get a flu shot each fall. (CDC)

Getting your flu shot is easy. The City of Ottawa is holding flu shot clinics around the city and the flu shot is free for all Ontario residents over 6 months of age. No appointments are necessary and all locations are wheelchair accessible. To find out locations and dates of the flu shot clinics check out the City of Ottawa web site at www.ottawa.ca or call 580-2400.

As an Alternative, Arcanum Wholistic Clinic located at 240 Catherine Street Suite 108 is offering a homeopathic flu prevention treatment. Painless with no side effects. They can be reached at 234-4604 or via email at amquinn@arcanum.ca. This is a community service provided by the clinic so is free of charge.

Lady Evelyn Parent Council has provided the above health section for your information only. If you have any questions or concerns about your health or the choices listed above please speak to a qualified physician.

Library Renovation:

The school council is considering the viability of expanding the size of our current library. This would provide classes with the ability to use the library in ways not currently available due to its small size. An update on the current work will be presented at the next council meeting. If you want to get involved, contact Richard Deadman at rdeadman@deadman.ca

Web Sites:

The Lady Evelyn school council maintains a web site at <http://www.ladyevelyn.ca> where news, information and council activities are posted. As well as an archive of past newsletters, the site is a handy place to view a calendar of upcoming events, check on the date of the next council meeting, listen to the choir or see pictures of past events. Ideas or submission are always welcome and should be sent to rdeadman@deadman.ca.

Co-chair s message:

As one of my favourite authors Neil Postman died last month, I thought we would quote from his book. Amusing Ourselves to Death written in 1985.

What Orwell feared were those who would ban books. What Huxley feared was that there would be no one who wanted to read one. Orwell feared those who would deprive us of information. Huxley feared those who would give us so much that we would be reduced to passivity and egoism. Orwell feared that the truth would be concealed from us. Huxley feared the truth would be drowned in a sea of irrelevance. Orwell feared we would become a captive culture. Huxley feared we would become a trivial culture, preoccupied with some equivalent of the feelies, the orgy porgy, and the centrifugal bumblepuppy. As Huxley remarked in Brave New World Revisited, the civil libertarians and rationalists who are ever on the alert to oppose tyranny failed to take into account man's almost infinite appetite for distractions. In 1984, Huxley added, people are controlled by inflicting pain. In Brave New World, they are controlled by inflicting pleasure. In short, Orwell feared that what we hate will ruin us. Huxley feared that what we love will ruin us.

This book is about the possibility that Huxley, not Orwell, was right.

Arlene

ASAC:

The Alternative Schools Advisory Committee held its first meeting on October 16th. The goal of ASAC is to increase the awareness of the Alternative Programme in Ottawa and help strengthen the Alternative Programmes within schools. As part of this, ASAC will be asking each school council to work with staff to prepare an Alternative Practices Improvement Plan that outlines how the school intends to improve its Alternative Practices in the coming year. As well, ASAC will be making Alternative information available and will be once again embarking on a public awareness campaign. If you want any more information on ASAC, you can contact our ASAC rep. Richard Deadman (rdeadman@deadman.ca) or visit the ASAC web site at <http://www.igs.net/~asac>

Something on which to reflect:

Percentage change since 2000 in the number of U.S. surgeries performed each year to treat morbid obesity. **+178%**

Number of Florida high school students who take physical education courses online: **1,204**

Harpers Index September 2003.

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If you have any questions on the council or how you can get involved, do not hesitate to get in touch with us. We hope you and your children have a great year.

Karen

Arlene
