



January 2020

*"Equipping students for life through quality  
Christian Education that inspires commitment  
to Jesus Christ, and excellence in academics,  
moral character and service to others."*

*ibelieve...ibelong...ibecome*

Dear Families,

We hope you had a restful holiday break and a great start of 2020!

Thank you to all of you who filled out the surveys. We are compiling all the answers together and will provide you with the results next month or earlier. Stay tuned!

Based on the interest, we will continue to include Community Education Service in our monthly newsletter. All the workshops are **free**:



This session will outline and discuss the main concepts of mindfulness and how understanding the brain functions can improve self-regulation. Using a hands-on approach, skills related to these concepts will be taught along with a discussion of how the brain influences thinking, emotions, self-regulation and behaviour. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

Thursday, January 16, 2020 at 6:00 PM - 8:00 PM

[Cochrane Public Library - Board Room](#)

Create an account and register, please follow this link  
<http://community.hmhc.ca/login/>

#### Donations

Dear Families,

We are collecting items for "Fashion show" week that could include old jewelry, unwanted purses, clothes items, especially traditional items that you no longer need will be greatly appreciated. Any other items or toys that could be used in the out-of-school care are also greatly appreciated.

#### Online sessions

##### Nutrition and Mental Health –

##### An overview of what the science says

The key to understanding the importance of nutrition for our mental health is having some basic knowledge about what exactly it is that nutrients do in our brains. This workshop will provide an overview of nutrition in brain health, as well as a summary of some of the clinical studies showing how dietary education and supplementation are being used to improve mental health. The talk will end with practical ideas for fostering better eating habits, even in our pickiest eaters such as those on the autism spectrum.

##### Understanding Autism & ADHD to Promote Long-Term Success

This workshop will provide an overview of the complex nature of Autism and ADHD, as well as the associated strengths and challenges. Executive functions are discussed, along with practical intervention techniques to promote long-term success in all areas of functioning. Valuable information regarding common medications often prescribed will also be reviewed.

##### Obsessive-Compulsive Disorder (OCD) in Children & Adolescents

OCD occurs in 1 to 2% of the population and symptoms most often emerge in childhood or adolescence. OCD can cause considerable dysfunction at home and at school, yet is frequently under-diagnosed and under-treated. At Alberta Children's Hospital we have developed a multi-disciplinary program which provides evidence-based and family-centred care.

In this presentation you will learn about:

- ° How to recognize symptoms of OCD and distinguish it from other common childhood disorders
- ° Evidence-based treatments including cognitive-behavioural therapy and medication, and
- ° New research into better understanding causes and treatments of OCD.

##### Register for any workshop:

<http://community.hmhc.ca/sessions/?p=online>

**Sessions available until: March 31, 2020**

*See that you do not despise  
one of these little ones...  
Matthew 18:10*

**Did you know that there is a Suggestion Box on Hawks Kids website?**



Please use this box to anonymously suggest your ideas about Hawks Kids website, programming, policies or anything else. You are also welcome to share programs strengths/weaknesses or use it to simply submit your testimonial.



**January programming**

### **January 6 – 10**

**Art:** New purse, new dress, new toy, new friends

**Manipulatives:**

- Mini-curling game (new)
- Playmobil catwalk set (new)
- Soo-kah game (Asian)

**Dramatic play:** My home, my family

**Literacy:** Keeping scoresheets with new games

**Sensory:** Snow box

**Science:** Avocado sprout

**Special visitor:** City of Calgary – Fire Department

### **January 13 – 17**

**Art:** Blowing colours

**Manipulatives:** Wire bubble wands with beads

**Dramatic play:** My home, my family (continue)

**Literacy:** My feelings game (new)

**Gross motor:** Rock, paper, scissors, beanbag balance

**Science:** Blowing bubbles in freezing weather

**Sensory:** Slime making

### **January 20 - 24**

**Art:** Ball catcher

**Manipulatives:** Braiding boards

**Dramatic play:** Fashion show

**Literacy:** Books about braiding and/or sports

**Gross motor:**

- Table dodge ball
- Shoot that ball

**Science:** Goop

### **January 28 - 31**

**Art:** Volcano

**Manipulatives:** Decompression fidget toy

**Dramatic play:** Fashion show (continue)

**Literacy:** Pie game (new) and headbands (new)

**Gross motor:** Hot potato

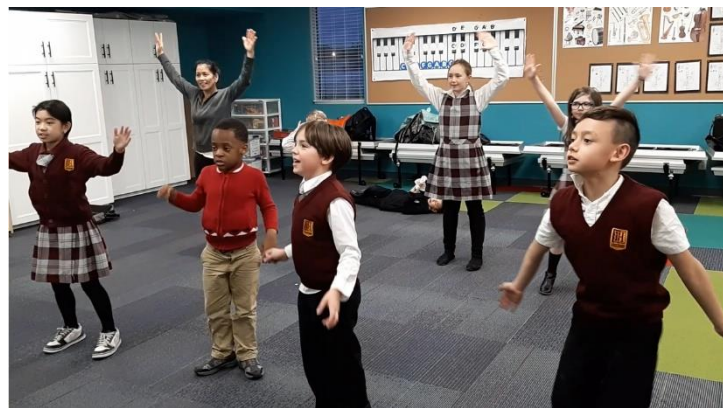
**Sensory/science:** Hot and cold

## **CALGARY FEE ASSISTANCE PROGRAM**

**Did you know you may qualify for a recreation fee assistance?** [Find out more here.](#)

## **REMINDER**

**January 27 – school and Hawks Kids are closed**



**Sincerely, Viktoriya and Lerma.**

## January community events

### Deer Park United Church Family Movie Night:

Join Deer Park United Church for a **FREE** Family Movie Night on January 18, 2020. They will be screening *Abominable* (2019). [Register on Eventbrite](#) and your free ticket will include a small beverage and popcorn. Kids under 2 do not need to be registered. (There will be additional popcorn and pop and some premium treats available for purchase at a nominal fee.)

**When:** January 18, 2020

**Time:** Doors open at 6 pm; Movie starts at 6:30 pm

**Where:** Deer Park United Church

**Address:** 77 Deerpoint Rd SE, Calgary, AB

**Facebook:** [www.facebook.com](http://www.facebook.com)

### Lake Louise Ice Magic Festival:

Lake Louise's [Ice Magic Festival](#) offers you the sublime experience of walking through a winter wonderland and witnessing the making of some amazing ice and snow art. The first 3 days feature the International Ice Carving Competition and the second weekend offers more fun, and of course, the chance to see the completed sculptures. Tickets are required on Saturdays and Sundays from 10 am to 5:30 pm, which are peak viewing times, for the purpose of crowd control and providing an excellent viewing environment. Carving viewing slots last 1.5 hours each – plenty of time to admire the spectacular sculptures and marvel at the talented carvers. Parking is limited and shuttle buses will run every 20 minutes from the Samson Mall in Lake Louise to the Chateau Lake Louise both weekends.

If you don't make it to Lake Louise in time for the festival, you might like to know that the sculptures stay and can be viewed for **free** from January 26, 2020, until they melt!

**When:** January 15 – 26, 2020; most activities are on the weekends, but **FREE** viewing of ice sculptures is available weekdays

**Where:** Chateau Lake Louise, Samson Mall, and Lake Louise Village, Lake Louise AB

**Website:** [www.banfflakelouise.com](http://www.banfflakelouise.com)





## The Bert Church Live Theatre in Airdrie:

**Indigo Circus: January 19, 2020, at 2:30 pm**

"A circus spectacle for all ages brought to you by an award-winning team of performers with over a decade of experience in the entertainment industry. With elements of comedy, class, danger and more, Indigo Circus is sure to delight audiences of all ages! "

**Where:** The Bert Church Live Theatre

**Address:** 1000 E Lake Blvd SE, Airdrie, AB

**Phone:** 403-948-8824

**Website:** [www.thebertchurchtheatre.com](http://www.thebertchurchtheatre.com)

## Cineplex Family Favourites:

**Watch a Cineplex Family Favourite Flick on the Big Screen for Just \$2.99 Each!**

January 18 – The Addams Family

January 25 – Nanny McPhee

**When:** Saturdays

**Time:** 11 am

**Where:** Click [here](#) for a list of participating theatres.

**Website:** [www.cineplex.com](http://www.cineplex.com)

## Sunday Funday Calgary Hitmen:

Join the Calgary Hitmen for their Sunday Fundays, whenever they have a Sunday home game! Adult tickets are \$15.99 and kids' tickets are \$9.99! Come early and check out the Family Fun Zone with games, face painting, interactive inflatables, and more. Plus, don't miss the post-game family skate on the Scotiabank Saddledome ice!

Sunday, January 26, 2 pm vs Red Deer Rebels

Sunday, February 9, 4 pm vs Lethbridge Hurricanes

**When:** Sunday Calgary Hitmen Home Games

**Where:** Scotiabank Saddledome

**Address:** 555 Saddledome Rise SE, Calgary, AB

**Website:** [www.hitmenhockey.com](http://www.hitmenhockey.com)

## Black History Month Celebration at Marlborough Mall (FREE):

Experience an African-inspired showcase in celebration of Black History Month at Marlborough Mall in partnership with 10 at 10 Calgary. 10 at 10 is an event and media platform dedicated to showcasing artists, cultivating culture, and promoting Calgary's hip-hop community to the world. Join in the festivities and celebrate with live music, a fashion show, and traditional dance on February 1, 2020. This **FREE** event takes place from 12 to 4 pm by the Food Court.

**When:** Saturday, February 1, 2020

**Time:** 12 – 4 pm

**Where:** Marlborough Mall – Upper Food Court

**Address:** 433 Marlborough Way NE, Calgary, AB

**Phone:** 403-272-9233

**Website:** [www.marlboroughmall.com](http://www.marlboroughmall.com)