

The Council Chronicle: Winter Edition

On behalf of Olympic Heights School Council and Parents Association we'd like to wish all OHS families the absolute best over the holiday season. We hope the school break offers time for recuperation, connection and celebration with loved ones.

As we prepare for the start of a new year we'd like to reflect on highlights of our school year together so far. Our winter newsletter offers updates on recent activities and a glimpse into things to look forward to.

Thank you to our entire parent community, to our steadfast volunteers, and to the incredible teachers and staff of OHS for your contributions to making this a great year for our children.

Enjoy the holidays!

OHS School Council & Parents Association

About School Council and Parents Association

Recognizing the valuable role parents play in education, School Council is a collective of parents, community members, school leadership and teachers who collaborate to play an advisory role supporting school planning and improvement. All parents are welcome to join, listen in, and contribute to discussion at School Council meetings.

The Parents Association is the fundraising body for the school and is made up of school council members. It plays a critical role supporting the school. Historically, fundraising efforts have raised significant funds for the school. Contributions go toward classroom inquiry funds, technology, school and playground equipment, field trips, teacher appreciation, special events, and so much more!

To get involved or learn more reach out to chair@ohsparent.com or check out the [School Council](#) and [Parent Society](#) pages on the OHS website. Previous meeting minutes, upcoming meeting information, and a list of parents serving in volunteer roles can be found here. <https://olympicheights.cbe.ab.ca/school-council>.

Fun Lunch Program: A Treat for Students and a Community Builder

The **Fun Lunch Program** is one of our school's most loved initiatives—and a key fundraiser! After our casino nights, this program is OHS Parent Association's second-largest

fundraiser, helping support school activities and projects throughout the year. So far this year, Fun Lunch has raised approximately \$3,000 for the school.

What's it all about?

The Fun Lunch Program is designed to be a special treat for your child every two weeks. It's a great opportunity for students to enjoy a break from packed lunches with their classmates, while parents can enjoy a well-deserved pause from lunch prep! All orders are placed through Healthy Hunger, the platform we use for order placement and payment.

Building Community

We believe in fostering an inclusive community, and that's why the Parents Association covers the cost for students who may not be able to participate otherwise. This ensures all students have the chance to enjoy the Fun Lunches, promoting a sense of togetherness and belonging.

A Parent-Run Initiative

The program is organized and run by a dedicated committee of volunteer parents. We are always eager to hear feedback and new ideas—if there's something you'd like to see, let us know! Ideas and feedback are also gathered by Mr. Barkley, Mr. Tailor, and the Student Voice.

“Fun lunches is both amazingly delicious but also help our school because it raises money! These special days make kids feel happy because everything tastes good! My personal favorite fun lunch is Panago Pizza. There are also fun snacks, like Booster juice and Tim Hortons that everyone looks forward to. We're lucky to have so many options you can choose from, including gluten free and vegetarian portions too! To sum it up, Healthy Hunger is definitely worth buying and we're pumped to have it at OHS!” - Gr 6. Students

Pause During Special Observances

In recognition of various cultural and religious celebrations, we temporarily pause the Fun Lunch program during certain times of the year. This ensures we are respectful of all families and their traditions.

How are the funds raised used?

Historically, the funds raised through school fundraising have made a significant impact on our school. With input from our teachers and administration, your contributions help bridge public funding gaps. Last year, the funds raised through our fundraising program helped purchase 2 smartboards, 25 iPads, a new sound system for the gym, new library books, classroom Ozobot kits, special events, and so much more!

Looking Ahead

The Fun Lunches for the rest of the year are already booked, but we always welcome input from our parent community. If you have suggestions or would like to get involved in this program, feel free to reach out to the School Council at funlunch@ohsparent.com.

Thank you for supporting the Fun Lunch Program and helping us make this a special experience for all our students!

Fresh Ideas for Healthy School Lunches

With the arrival of winter break, many of us are running out of healthy lunch ideas for our kids and finding ourselves in conversations about why they didn't eat their packed lunch. If you're looking for new ideas and ways to make lunchtime a little painful in the new year, we've got you covered!

Kai Williamson from Ever Active Schools shared some fantastic tips on building a positive relationship with food during a session hosted by the School Council in early October. We wanted to share a few key takeaways:

- **No Pressure:** Avoid putting pressure on children to eat certain foods or finish everything on their plate.
- **Mindful Eating:** Encourage mindful eating by talking about how food smells, tastes, sounds, and feels when enjoying a meal together.
- **Positive Language:** Skip the "good" or "bad" labels—just name the food!
- **Fun with Shapes:** Make meals more fun by cutting fruits and veggies into shapes or serving them on a kabob!

Here are some great resources that were also shared by Kai to help support you in making school lunches more enjoyable and less stressful for both parents and their kids. Check them out below:

Alberta Health Services: [Healthy Relationships with Food](#)

University of Calgary: [Weight Neutral Well-Being](#)

PHE Canada Article: [Beyond the Mirror: Reshaping Body Image Among Youth](#)

Alberta Health Services: [Ways Educators can Promote a Healthy Relationship with Food](#)

Alberta Health Services: [Food Literacy](#)

Harvard: [Packing School Lunches](#)

ODPH: [10 Tips To help your child have a positive relationship with food and their body.](#)

Ever Active Schools: [Podclass Episode](#)

Additionally, the School Council has put together a collection of healthy recipes used by families in our school. You can explore these easy-to-make, nutritious ideas by clicking [here](#).

Kiss & Drop

Our School Council is proud to offer this volunteer service that supports the daily drop-off and pick-up of students. A big thank you goes out to our volunteers this fall for making morning drop-offs and afternoon pick-ups smoother for parents and caregivers, safer for children, and helping maintain the flow of traffic outside the school.

Here are some friendly reminders about the Kiss & Drop Protocol:

- Kiss & Drop is available to all families with students in Grades 1-6 who do not need to be walked to their designated entrance.
- Always remain in your vehicle when using Kiss & Drop.
- Please do not park in the Calgary Transit Bus Zone.
- Pull up as far as you can into the Kiss & Drop Zone before allowing your child to exit or enter your vehicle.
- Children must exit and enter your vehicle from the passenger side only.
- If there is a line-up:
 - Please remain patient when in line and do not double park.
 - Consider parking and walking from elsewhere in the community or follow the “2 Minute Loop” by taking a right just after the Strathcona Community Centre to loop around the block and get in line when space is available.
- After you’ve dropped off or picked up your child:
 - Please do not U-turn at either of our intersections.
 - We ask you not to turn left after dropping off or picking up your child as this causes traffic to back up. Instead, please follow the “2 Minute Loop” or exit onto Bow Trail South via Strathcona Hill.

Another Spooktacular Halloween Dance

The Halloween Dance was a highlight of the fall for our students! It was a fun-filled event for the whole family, with music, creative costumes, snacks, and lots of excitement. We want to extend a huge thank you to all our volunteers—this event wouldn't have been possible without your hard work and dedication. A special shout-out goes to Krista Leonty, who took the lead in organizing this memorable night out!

OHS Apparel Store

Show your school spirit in style! Our [OHS school apparel](#) store offers a wide variety of comfortable and casual branded clothing perfect for students, parents, and teachers. From cozy hoodies to classic tees, there's something for everyone. Plus, every purchase helps support school fundraising efforts. Check out the store online by clicking [here](#).

Apple Fundraiser a Smashing Success

Back by popular demand, the Parents Association's apple fundraiser with Sun-Oka Fruit Farms was a huge hit! Our goal was to raise \$1,000, but with your amazing support, we surpassed it and raised nearly \$1,500!

A big thank you to Jane Radiff and Shaelyn Woods for coordinating this successful initiative. It was a win-win – tasty apples for our families and funds for the school. We truly appreciate your support!

Casino Fundraiser Coming Fall 2025!

Exciting news! We've locked in another Casino Fundraiser for Fall (October, November or December) 2025! This opportunity typically arises every 2 years and plays a key role in supporting our school community. Stay tuned for more details—we'll be looking for volunteers to help make it a success!

For more news and reminders, join our Facebook Community!

Upcoming Dates

January 16: OHS Family Movie Night - Save the Date! More Details to Come

January 23: Next School Council Meeting