



Arthur Public School

155 Conestoga Street North

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Principal: Marni Barrow Vice Principal: Alan Gouk

Principal's Message

It is amazing to watch and observe how our students have once again adjusted to following the COVID style expectations. It is clear that our students understand the importance of what needs to be done to keep themselves and others safe during these challenging times. On behalf of the staff at Arthur PS we would like to thank all our parents and guardians for supporting the children with understanding and following the many safety procedures. What a TEAM! At Arthur PS we strive to include others, be respectful, be safe and have fun! Keep up the great work Patriots!

The month of November provides us with the opportunity to reflect. The idea of reflection links to a variety of events at school and in the world around us. On November 11, we are asked to remember those who have fought and continue to fight for our freedom. Taking time to reflect on the term "freedom" helps us to remember how fortunate we are at Arthur P.S.. We sometimes forget the important things and people in our lives as our days become busy. At times we take our freedom, our community, our friends and much more for granted. We will take time on Thursday, November 11 to reflect and show thanks for the opportunity to live and grow in a safe and inclusive community. With our Arthur Character Education focus, we work hard to consistently promote and recognize the importance of showing kindness and being thankful.

At Arthur P.S., we also take time in November to review and reflect on student progress. When you receive your child's progress report card on November 18, please take time to discuss your child's strengths, next steps and goals for term one. After these reports go home, there will be an opportunity for parent/teacher interviews on the evening of November 25 and all day November 26. This is your chance to find out early in the school year how your child is progressing, what the school will do to help and what you can do at home to support your child's learning. The instructions and timelines for booking an interview will be communicated with families soon. Booking an interview is time sensitive so please make sure you follow the instructions provided.

Ms. Barrow
Principal

Mr. Gouk
Vice-Principal

Allergy Reminder:

We have children in the school with extreme allergies. Several students in our school suffer from allergic reactions to nuts and eggs. The allergy for some of these children is so severe that it could be life threatening. These students are aware of their allergies and are beginning to know to avoid certain products. All of our staff have been made aware of this situation and have been instructed in the correct procedures regarding anaphylactic shock. We are working to educate the children in every classroom about allergies. However, prevention is the best approach, please be advised that we can never guarantee a completely safe environment.

Thank you in advance, for helping us to make our school a safe environment for all students and staff. We sincerely appreciate your assistance in being aware of life threatening allergies in our school.

Lost and Found:

Remember to clearly label your child's belongings so that we can return any lost items to the respective owner. This is important because we do not have a lost and found area during COVID times.

Remembrance Day, Poppy Donations:

Donations to support The Arthur Branch 226 Royal Canadian Legion Poppy Fund can be made online at <https://schoolcashionline.com/> Please support their efforts. On Remembrance Day poppies will be handed out to any student that does not have one, please support by making a donation.



Electronic Equipment:

Thank you for ensuring that electronic equipment (Ipods, gameboys, cell phones, etc.) are not brought to school. We recognize that electronics can be used as an excellent learning tool and will be incorporated into learning programs. When technology is being used for classroom learning outcomes, teachers will provide the students with specific instructions and guidelines for their use at school. Technology is not to be used at nutrition breaks, in the halls, washrooms or outside at recess. The reason for this rule is to ensure student safety and to encourage physical activity at recess time and imaginary and organized play with friends and classmates. Thank you for your continued support.

Weather:

With the unpredictability of our weather, it is strongly recommended that students come prepared with extra clothes. As the colder weather will soon be upon us students are reminded to wear a warm coat, boots, hats and mitts for outdoor recess times.

Inclement Weather/Bus Cancellations:



During inclement weather, please note the following: Your child rides a "Wellington North" school bus. Our area is also referred to as "Division III" or the "Pink Card". When you hear the radio announcement reference any of the above, your child's transportation has been cancelled for the day. Parents can also check www.stwdsts.ca for bus cancellations. Information will be posted daily on the website by 6:30 a.m.

Students who are "walkers" to our school are expected to attend school even when buses are cancelled! If you choose to keep your child at home on these days, please call in to the school to report their absence and indicate it is due to inclement weather.

APS New Procedures Covid Style for the Winter Morning/Recess Entry Procedures:

We will continue to have our Greeters in the morning to help with our lines, entry and hand sanitizing. With the colder weather upon us we will be sanitizing upon entering the classroom once students have taken off their coats, hats and mitts. The coat hooks will be used to store winter clothing during the day when not outside. We ask that parents label all their child's belongings as we do not have a lost and found area. There should not be anything left on the hooks at the end of the day.

Community News

The Arthur Food Bank

The Arthur Food Bank is open for families within our community that may require support during these difficult times. We are open on Tuesdays from 10am to noon for families to pick up food. We are located at 146 George St in Arthur. Please contact us by email at arthurfoodbank@gmail.com to set up an appointment to pick up food or to Register if you are a new client. Thank you ,The Arthur Food Bank Committee 519-848-3272

Arthur Santa Parade & Food Drive

The Arthur Opti-Mrs Santa Parade will be on Saturday November 27th starting at 7pm. Watch from your yard as the parade will wander through most streets in Arthur. Bring a non-perishable food donation for the Arthur Food Bank, watch for the Arthur Food Bank Signs and drop donations off to the volunteers in the parade.



ARTHUR YOUTH CURLING

Sunday Nights from 6:30 – 8 pm

November 7 to mid March

Open to kids ages 10 to 18

\$75 for the season

Clean running shoes required

**To sign up contact Mollie at
mollie@loughranelectric.ca**

Or call 519-848-2026

**Or message Arthur Area Curling Club on
Facebook**

From the Club COVID Procedures:

9.) Junior Curling Program

- Youth under 18 years of age actively participating in an organized sport, including training, practices, games, and competitions are exempted from being fully vaccinated to participate in the Junior Curling Program or Leagues through the week.
- Masks – Junior curlers age 18 and under must wear a mask while participating on the ice.
- Spectators (this includes the parents/guardians) of the Junior Curlers **MUST** be fully vaccinated and will need to show proof upon their arrival. A Parent/Guardian must remain in the building during the program time frame.
- Brooms and Sliders will be available

Talking About Mental Health: November 2021

This month our Wellness Works theme is KINDNESS.

Did you know that there are scientifically proven benefits of being kind? That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of "calm"
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

Go out and notice kindness, receive kindness and give kindness this month.

Monthly environmental activities to help celebrate our planet



Friday November 26th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank
Celebrate Buy Nothing Day on November 26th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>



"We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption."

Dr Kirsten Brodde of Greenpeace Germany- <https://www.telegraph.co.uk>

Repair, reduce, re-use, recycle – 4 R's are best!

It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new model. <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about!

<https://www.daysoftheyear.com/days/buy-nothing-day>