# Principal’s Message

Welcome to January

I would like to take this time to thank all of our families for joining us for our annual Christmas Concert and Bake Sale. Our students appreciated having grandparents, relatives and friends to perform for both the morning and evening events.

During this most special and festive season, we would like to express a very sincere thank you to:

Our Centre Peel Bake Sale Committee for their organization in providing refreshments, snacks and baking during the fellowship time that followed the concert.

Our Centre Peel Hot Lunch Committee for serving up a very delicious Christmas Lunch to our students and staff.

Our Centre Peel families for their generosity in sending in food donations that made their way to the Drayton Food Bank

And; to our many Centre Peel volunteers who support our students in so many ways throughout the school year.

It is this continued support and spirit of giving that makes Centre Peel Public School a wonderful place to be!

On behalf of all of us here at Centre Peel, we wish you a very Merry Christmas and a Happy New Year!

Most Sincerely,

Rhonda Gingrich

Principal

## C:\Users\AFergusmoore\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UMX6463Q\animated-merry-christmas-clip-art-6[1].gifMerry Christmas and Happy New Year!

***From all of the Staff at Centre Peel Public School we wish you and your families a very Merry Christmas and a Happy New Year. Have a safe and enjoyable holiday. School returns on January 7th, 2019.***

## Christmas Food Drive

Thank you to all of our families for donating to the Christmas Food Drive. Centre Peel P.S. managed to send 15 boxes of food to the Drayton Food Bank to support families in our community this Christmas.

## Kindergarten Registration

Kindergarten Registration for September of 2019 will take place from January 8th-18th, 2019. Please contact the school to make an appointment to register your son/daughter as soon as possible. If your child is born in 2014 or 2015 they are eligible to attend school. Parents are reminded that your child who was born in 2013 or 2014 are eligible for school now, January registrations will be accepted at this time also.

## Inclement Weather Days

A reminder to parents that on inclement weather days you will receive a phone call from our automated telephone system. Beginning in January we will be migrating to a new system for call outs. This call will notify you if buses are cancelled and that our school is closed to students. Information can also be found on the school board’s website or on the School Messenger App on your phone.

Please make sure we have your most up to date contact information so we are able to contact you.

## Pizza/Milk Days

Our pizza days for January will be on January 16th and 30th. Order forms are coming home on Friday December 21st-please return by January 11, 2018. Late orders will no longer be accepted.

## Hot Lunch Program

Hot Lunch order forms are coming home on Friday December 21st. We will have a total of 3 hot lunches in January. Thursday January 17th will be Grilled Cheese, January 24th will be Chicken Burgers and January 31st will be hot dogs. Please return your order forms no later than January 11, 2019. Late orders will no longer be accepted.

## Remember to Label Clothing

It is important to label your children’s clothing, back packs, shoes and lunch boxes. A lot of students have the same shoes or back packs and it makes it easier to identify ownership if items are labelled.

## School Cash-Online Banking and our New School App

Thanks to the many families who have signed up and are using online banking to pay for their children’s lunches. We are very excited about this easy to use option being available to our families. Using School Cash-Online banking considerably reduces the amount of time it takes to count and roll money for our bank deposits.  If you would like assistance with signing up for and using School Cash-Online Banking, please contact Amanda Moore in our office - she would be more than happy to assist with this!

In the September newsletter, we shared information with families about how to subscribe to our new UGDSB School App that is available now for download in your App store.  If you search Upper Grand District School Board you will find the new App. Once downloaded to your phone you just need to select Centre Peel PS. You will have immediate access to and be notified of updates, announcements, newsletters, calendars, and bus transportation notifications. The Links and instructions for this app can be found on our home page.

## Upcoming Events:

****Please check our website for up to date information and any changes that are taking place in the events for the month.

January 7 - First Day Back after Christmas Break

January 8 - 18- Kindergarten Registration for next year

January 11 - Pizza and Hot Lunch Forms due at the office

January 16 - Pizza/Milk day

January 17 - Grilled Cheese Day

January 22 - Salad Day

January 24 - Chicken Burgers

January 24 - Grade 8 Grad Photos

January 30 - Pizza/Milk

January 31 - Hot Dog Day

February 1 - PD Day

February 6 - Winter Walk Day

February 7 - National Sweater Day

February 7 - Pita Pit Lunch (preordered)

February 7 - Scientist is the School for grades 2 and 3.

February 12 - Salad Day

February 13 - Pizza/Milk

February 14 - Valentine’s Day and Chicken Nugget Lunch

## Weather Reminders

Winter weather has arrived at Centre Peel! With the weather being very unpredictable, it is important to remind the children that it is necessary to dress appropriately for all weather conditions that may occur during the day. Please remember our students are outside in all types of weather. Please remind your child to bring hats, mittens or gloves, snow pants and boots for the yard. It may be a good idea to have an extra pair of mittens, socks and pants in their backpacks. Thank you for ensuring that your child in dressed for winter weather.

## Talking About Mental Health January 2019 – Getting Outdoors

Did you know that taking a 20 minute walk can boost your memory and brain power? Getting outside reduces stress, improves sleep and creates feelings of liveliness and energy. Even in the cold weather it is important to find time to get outdoors - even if just for brief amounts of time.

If you want your family:

To be less stressed

To be happier

To be more resilient

To feel better about themselves

To have increased attention

To have a better ability to learn

Then GO OUTSIDE! Take your kids outside! Enjoy and be part of nature.

One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

Go for a walk or a ski or a skate or a run. Head for the woods. Go birdwatching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent>=

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>



Monthly environmental activities to help celebrate our planet

# JANUARY is the time to carry out your Eco Resolutions!

*“*There will be more waste plastic in the sea than fish by 2050” Dame Ellen MacArthur

# It’s a brand new year and the perfect time for positive change. For example, let’s end plastic pollution.

Based on the daily news, it’s never been more critical to increase your environmental efforts. The *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage ‘islands’ are appearing in seas and oceans all over the world.



www.wuft.org

<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>

# Tips on how to reduce single-use plastics:

* Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too.
* Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink wrapped on a Styrofoam tray?
* Let the restaurants you frequent know that you would them to join the growing movement to ban the use of straws. Many have implemented a 'serve-straws-upon-request' policy.
* Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary greenhouse gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
* Lug a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
* Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups or coffee pods, etc.

## School Council 2018-2019

Dennis Diefenbacher (Chair) Wayne Frey Dennis Frey

Brian Gingrich Darren Gingrich Gerald Martin

Ken Martin Melvin Martin Isaac Thiessen

Paul Weber Jacob Zacharias

  