## **Welcome to November 2018 …**

Centre Peel continues to be a very busy place to be and has many people working together to make it the very special place that it is! Our CP Sports Council continues to provide intramurals for our students to participate in during the Nutrition Breaks – volleyball begins very soon! Congratulations to our Cross Country Running Team for their excellent effort and results at the North Wellington Cross Country Meet that took place earlier this month – well done, TEAM!! The Terry Fox Foundation presented our school with a 15 Years Terry Fox Run banner at an assembly in October. Our 5 Year, 10 Year, and 15 Year“ Terry Fox Lives Here” banners are hanging in our gym. Please check them out the next time you visit our school.

Thanks to our families who supported our Chocolate Bar Fundraiser and a special thank you to our ‘Hot School Lunches’ committee who have worked hard to plan, organize and prepare for the start of this new fundraiser for our school! All of our fundraising money goes to support student learning at Centre Peel.

Our Grades 4 – 6 classes have started to prepare for our Christmas Concert. Our students have auditioned and are practicing their parts for this year’s play – “The Greatest Christmas Card in the Whole Wide World”. Our “Christmas Choir” will begin rehearsals shortly and will be singing at our school’s Christmas Concert evening in December.

Please feel free to contact me should you have questions, comments or concerns.

Rhonda Gingrich

Principal



We are thrilled to partner with Laurie Frey from Living Books and Usborne Books again this year. She will not be at the school during interviews with a book fair set up but she has graciously offered to support Centre Peel’s library through her open house. Laurie is holding an open house in Drayton from Tuesday Nov. 13 – Thursday Nov. 15 from 2-9 PM each day. If you go to her open house and purchase books, **mention that you are supporting Centre Peel**, and our library will get credit from Laurie to purchase books from her collection. Our students love reading these books and I would love to add some new titles for them to enjoy.

As cold wet weather has arrived, please help your children to carry their library books safely to school. This may mean finding a plastic bag or a Ziploc bag that you use for books to keep them dry and clean. Thanks for your help in this way.

Makerspace is an exciting way that students are learning about language, math, and science while visiting the Learning Commons. Please ask your students about the exciting things that they are learning and doing and we look forward to showing you more in the months ahead.

## 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. 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.

## Hot Lunch Program

Thank you all for your support of our new Hot Lunch Program. Each month an order form will be sent home with students with options for a hot lunch every Thursday of the month except for December. Our regular pizza order forms will still be sent out as well. Pizza Days for November will be Nov.14 and 28th.

## Salad Day

Salad Day for November is on November 13th. Please remember to send a plate/bowl as well as cutlery with your son/daughter as the school no longer has these items available. Thank you for your cooperation.

## Report Cards

 Report Cards will be sent home with students on November 19th, 2018. Please sign and return the bottom portion of the report as soon as possible. Parent/ Teacher Interviews will be held on November 29th, 2018.

## Picture Retake Day

Picture retakes will be in the afternoon of November 5th, 2018. Please send your child to the office for a form if you are having retakes done.

## Vaccination Clinic

The vaccination clinic for our grade 7 students is on Friday November 9th, 2018 in the afternoon.

## C:\Users\AFergusmoore\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UMX6463Q\180px-Remembrance_day[1].gifRemembrance Day Assembly

Our Remembrance Day Assembly will be on Friday November 9th, 2018 at 9:45 am. All are welcome to attend.

## Dental Fluoride Treatment

The Dental team from Public Health will be here on November 26th, 2018 to give the dental fluoride treatment. Permission forms will be coming home shortly, please return as quickly as possible.

## Upcoming Events :

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

November 1- Pita Pit Lunch-pre ordered

November 2- PD Day

November 5- Picture Retake Day

November 5-9 Treaties Recognition Week

November 8- Chicken Nuggets Lunch

November 9- Vaccination Clinic in the Library-PM

November 9- Remembrance Day Assembly

November 13- Salad Day

November 14- Pizza/Chocolate Milk

November 15- Grilled Cheese Lunch

November 19-23- Bullying Prevention Week/ Progress Reports home

November 22- Chicken Burger Lunch

November 23- Buy Nothing Day

November 26- Dental Fluoride Day

November 28- Pizza/ Chocolate Milk

November 29- Hot Dog Lunch and Parent/Teacher Interviews

November 30- PD Day

December 3- 14th- Centre Peel Food Drive

December 5- Pizza/Chocolate Milk Day

December 6- Pita Pit lunch- pre ordered

December 10- Grade 5 Elder Visit

December 11- Christmas Concert and Bake Sale

December 12- Christmas Luncheon

December 19- Pizza/Chocolate Milk

December 21st- Last Day before Christmas Break

## Winter Use of Playgrounds

As of November 1, 2018 our creative playground will be closed for the winter season. It is the position of the Upper Grand District School Board that all playground equipment cannot be safely operated during winter conditions.

## Weather Reminders

Fall 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 and our field is very open to the wind.

**Monthly environmental activities to help celebrate our planet**

**Friday November 23rd is BUY NOTHING Day!**

Don’t buy, give. “No one has ever become poor by giving”, Anne Frank

**Celebrate Buy Nothing Day on November 23rd!**

**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>

Image from [https://www.permaculture.co.uk](https://www.permaculture.co.uk/articles/buy-nothing-day-2012-approaching-could-you-stop-spending-one-day)

“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](http://www.telegraph.co.uk/black-friday/2016/11/24/forget-black-friday-celebrate-buy-nothing-day-instead/)

**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>

## Talking about Mental Health

**Talking About Mental Health November 2018 – Nature and Mental Health**

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives. 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.

**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.

**Try this:**

Go for a walk

Head for the woods – make a scavenger hunt

Go birdwatching – make it a game to find the names of all birds you see

Go on a bug hunt

Watch the clouds float by

Make a game of identifying all the sounds you hear outside

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/>

<https://www.uoguelph.ca/arboretum/>

*Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board*

*Follow me on Instagram #upper\_grand\_mental\_health*

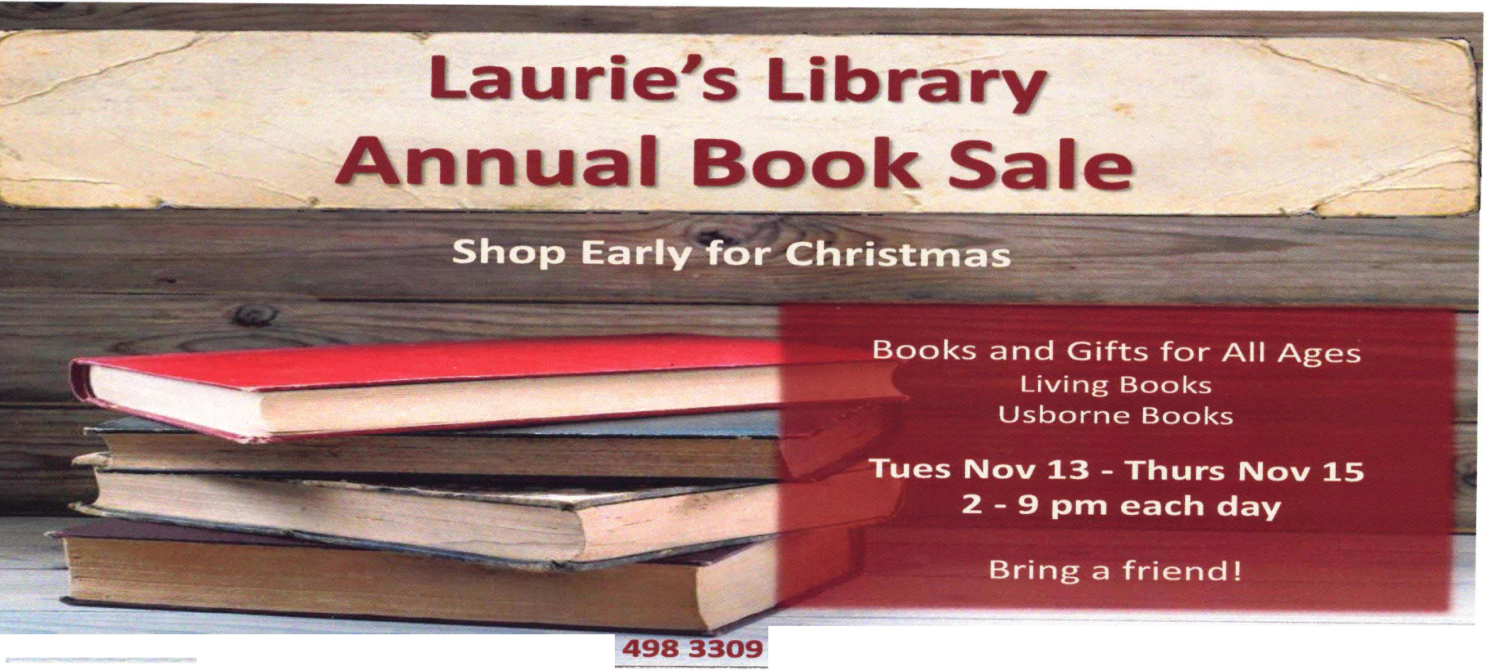
**School Council 2018-2019**

Dennis Diefenbacher (Chair) Wayne Frey Dennis Frey

Brian Gingrich Darren Gingrich Gerald Martin

Ken Martin Melvin Martin Isaac Thiessen

Paul Weber Jacob Zacharias



65 John St. Drayton-519-498-3309 [-laurieslibrary@netscape.net](mailto:-laurieslibrary@netscape.net)