



Island Lake Public School

September 2014 Newsletter



Welcome Back

We would like to welcome back all students and parents for the 2014-2015 school year. We would also like to welcome all new students and their families to the Island Lake Community. It promises to be an exciting year as we have many new initiatives planned. We have had several staff changes over the summer. Beginning in September 2014 our staff will be:

| | |
|------------------------|---|
| Principal | Ms. C. Egan |
| Vice Principal | Ms. J. Dampier |
| Office Coordinator | Mrs. K. Dickson, Mrs. J. Dean (0.2) |
| Kindergarten | Mrs. A. Brown & Miss M. Haines (ECE) Mrs. P. Palmer & Ms. A. Foster & Mrs. E. Mallon (ECE) Mrs. Vickery & Mrs. J. Glac (ECE) Ms. Birken |
| Gr. 1 | Ms. M. Chaubal |
| Gr. 1 | Mrs. K. Lindsey |
| Gr. 2 | Ms. A. Sanders |
| Gr. 2/3 | Mrs. T. Gear |
| Gr. 3 | Ms. S. Lukins (.8)/ Ms. L. Turk (0.2) |
| Gr. 3/4 | Ms. K. Andrews |
| Gr. 4 | Mrs. L. May |
| Gr. 4/5 | Mr. J. Broderick |
| Gr. 5 | Ms. J. Bailey |
| Gr. 6 | Mrs. B. Martin |
| Gr. 6 | Mrs. A. Pesic |
| Gr. 7 | Mr. D. Beazley |
| Gr. 7/8 | Mr. W. Peeters |
| Gr. 8 | Mrs. A. Clark |
| Special Needs Class | Ms. S. Fletcher |
| Library | Mrs. K. Wray |
| French | Mlle. T. Maggio Mlle. R. Jamieson (0.5) |
| Resource | Mrs. S. Brock Ms. L. Balogh |
| Planning | Mrs. J. Bice Ms. R. Jamieson Open (0.1) |
| Educational Assistants | Mrs. J. Arcuri, Mrs. L. Green Mrs. H. Regimbal, Ms. M. Horsley Ms. N. Payne |

Possible Class Reorganization

Each spring we submit our number of students to the District Staffing Committee. They inform us of our class organization for the upcoming school year. This information is based on class size as determined by the *Ministry of Education*:

- 90% of the Board's Primary Classes with 20 or fewer students
- 10% of the Board's Primary Classes up to a max of 23 students
- Grade 3/4 classes with a cap of 23 students
- Jr/Int class size average is 25.4 students to 1 teacher

We then re-submit our number of students in September, after we find out who has moved away and who is new to the school. Often this will result in a reorganization of classes. We should know by the end of the first week if we need to reorganize. We will keep you posted of any changes.



Educating a child is a partnership between home and school. Please do not hesitate to contact us at any time if you have a question or concern.

Ice Bucket Challenge Assembly

On Friday, September 5th, we will be having a “Welcome Back” assembly beginning at 9:00 am. At the assembly we will welcome all of our new students and staff and share some of the plans for the upcoming school year.

At the end of the assembly, Ms. Egan will be taking the Ice Bucket Challenge for ALS. It would be great if all students could bring in a loonie to support this worthy cause. Teachers will be talking to their students about ALS to raise awareness. Parents are always welcome at our assemblies.

Absence from School

If your child is going to be absent, please call the office and leave a message. This can be done the night before, or the morning of. If we don't receive a message, we will be calling to ensure your child is safe. **School number: 519-941-3292**

Terry Fox Run

Island Lake will be holding our annual Walk/Run for Cancer Research on **Thursday, September 25th**. We will be starting our event at 9:40 am and all parents are invited to join us. The primary classes will be walking with staff and the Grades 4 to 8 students will choose to either walk or run. There will be two routes through the Purple Hill Subdivision. Our grade 8 students will be helping our younger students along the route.



All students are asked to bring a “TWOONIE FOR TERRY” as we fundraise for cancer research. We ask that students take some responsibility to raise this money at home, perhaps by doing an extra job around the house. In this way they will take more ownership in contributing to this worthy cause. The rain date for the event will be Friday, September 26th, 2014.

Meet The Teacher

Our Meet The Teacher evening will be held on Wednesday, September 17th from 6:30–8:00 pm. We look forward to seeing you there. More information will be coming home.

First School Council Meeting

Come join us for our first School Council Meeting on **Tuesday, September 23rd** at 7:00 pm in the library. There are several positions available if you are interested. Please let Mrs. Dickson know if you require babysitting.

Monthly Newsletters

Each month our newsletter and calendar are posted electronically on our website. A reminder will be sent out by **e-mail**, usually on the first day of the month. **We do not send home paper copies except at the beginning of September.** If you are not receiving our e-mail notices, it means that we do not have your current e-mail address. Please let Mrs. Dickson know if you have a **new e-mail address**, so that you don't miss out on all of the exciting events happening at Island Lake. You can also check the website on a regular basis for other interesting information.

www.ugdsb.on.ca/islandlake

There is more information in the September newsletter that is posted on-line.



Our board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more.

When students are at home they can go to this URL:

<https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/ password they will enter the site and they can then click on any of the resources and be taken directly to the individual resource without the need for any additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid them in their education, and may make your life easier when it comes to homework and projects. We are excited that students will be able to access information from anywhere and at anytime in this information age!

Nut Allergies



We have a number of students in our school who react severely to peanuts and some other types of nuts. If peanut butter or even the tiniest amount of peanut or any type of nut enters the body through the eyes, nose, mouth or skin, anaphylactic shock will result almost immediately. The symptoms of anaphylactic shock include difficulty breathing, swelling of the tongue and throat and unconsciousness. Although these children carry epi-pens, they must be transported immediately to the hospital as they could die within minutes.

The Upper Grand Board of Education requires each school to create a safe environment for children who are prone to anaphylactic shock. This means that each child in our school is asked to refrain from bringing snacks or lunches that contain peanuts or nut products. It is important to read labels of all products before packing them into snacks or lunches where peanuts or other nuts might be a "hidden" ingredient.

We realize this request can pose quite a challenge for you when packing your child's lunch and snacks and apologize for this inconvenience. Thank you for reading this information carefully. Your support and understanding is appreciated.



BUS PLANNER WEB - www.findmybus.ca

Bus planner web is a web-based Student Transportation portal which provides school administration, parents and bus operators easy access to updated bus route information.

Parents have the ability to access their children's transportation using a secure portal. When logging in for information, student OEN numbers are **required** (these can be found on the upper right corner of any of the previous student report cards).

This will provide information on bus delays & cancellations or just a reminder of the bus stop and bus number.

Transportation Website www.stwdsts.ca

Walking or Riding

For students entitled to ride the bus to and from school, we have two transportation lists for our younger students – walkers or bus students. We expect all students from JK to Gr. 6 to be either a bus student or a walker. This will be the situation for them all the time – unless otherwise informed by note or by phone from the parents. If a student is on the walker's list, they will not be allowed to take the bus unless a note is brought from home. Please do not change this until you wish your child to ride the bus every day (usually when the weather gets colder). If students are on the bus list, they will not be allowed to walk. This is very important for us to know in order to be sure of the attendance on our buses and to ensure the safety of our students. **Only students entitled to bussing will be permitted to travel on a bus. At no time can other students ride the bus for reasons such as playdates, birthday parties etc.** For safety reasons, students must travel on their assigned bus. For bussing with our Grade 7 & 8 students, we will allow them to choose on a daily basis, whether or not they are going on a bus or walking. Parents need to sign a blanket permission form for the year.

All students are expected to remain on school property for the first nutrition break (10:25 – 11:10). For those students who have permission to go home for the second break (12:50 – 1:35) we will need a note from parents. A list will be kept by the homeroom teacher and the office. Grade 7 & 8 students will have the opportunity to make choice from day to day, provided parents have signed a blanket permission form giving them permission to leave.

Please keep in mind that student safety is our number one priority.



STUDENT ACCIDENT INSURANCE

Parents or guardians are responsible for expenses related to student injuries on school premises during school activities. Accidents can and do happen and the costs involved might not be fully covered by Provincial Health Care or employer group insurance plans. The Upper Grand District School Board is empowered under the Education Act to offer Accident and Life Insurance for students.

Information will **be sent home beginning on September 8** with respect to Student Accident Insurance offered by the Reliable Life Insurance Company. You should receive the Director's letter, an Acknowledgment to be signed by parents (and returned to school) and a Student Accident Insurance application form (to be mailed directly to Reliable Life). Reliable Life Insurance Company offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents or guardian.

Subscription is directly through Reliable Life by mail or on line. Questions should be directed to Reliable Life at 1-800-463-5437 or www.insuremykids.com

For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable. **You can find additional information on the Board's website at www.ugdsb.on.ca.**

U.G.D.S.B Parent Involvement Committee

The Board's Parent Involvement Committee is always looking for new participants. The term of office for members is one or two years. You don't need to be on a school council to be selected, just fill in an application form from the Board's website: www.ugdsb.on.ca. Then bring it to the first PIC meeting – open to all parents, not just if you want to apply for a position – Monday, September 29th at 7:00 p.m. at the Guelph Board office. Join PIC for dessert and the first meeting of the school year and find out how you can make a difference in education at the Board level!

School Safety

Our school day begins at 8:45 am. A staff member is on duty beginning at 8:30 am. Therefore we would ask that you not send your child or drop your child off at school prior to 8:30 as there is no supervision.

Just a reminder that our entrance to the parking lot will be blocked off from 8:25 to 8:45 in order to ensure safety in the parking lot. If you are dropping off your child, please do so at the sidewalk. They will then proceed to their appropriate yard. No students should be entering the front doors of the school in the morning, unless they have prearranged permission.

At the end of the day, the driveway will once again be blocked off from 3:05 to 3:30 to ensure safety. Bus students will leave the school through the front doors when their bus is called. All students who are walking home or being picked up will leave through the side doors. Parents may meet their child at these doors.

If you are driving your children to school and wish to park and walk across Oak Ridge Drive, please be considerate of the people who live on neighbouring streets and do not block their driveways. These neighbours are often on their way to work and need to get out.

Thank you for your consideration.



Help your children navigate a media dominated world.

In today's busy world, the media * is constantly sending subtle messages to our children that are impacting their mental health and behaviours. Join us for a fast-paced 90 min presentation that will inform parents on the implications these messages have on their kid's self-esteem and social interactions with peers, family and others. Learn parenting tips and tools to help your children navigate today's media-dominated world.

Location: Orangeville Public Library – Mill Street branch

Date: October 8th, 2014 7:00—8:30 PM

Register: Online – visit www.familytransitionplace.ca or call 519-942-4122, ext. 245

Cost: \$10/family (youth 14 and older) – if the cost of registration is a restriction, please email kelly@familytransitionplace.ca

NO REFUNDS – LIMITED SPOTS AVAILABLE

*television, video games, movies, advertisements and the Internet

Learning? Thinking? Or Learning to Think?

Everyone sends their child to school to learn. Or do we? Do we send our children to school to become programmed robots who simply regurgitate facts and formulas, or do we send them to school to learn to think?

Learning is not about committing ideas to memory. Learning is about exploring ideas and building on our understanding of the world. Remember your two year old child who never stopped asking “why”? They were learning to make sense of the world around them. Learning is about problem solving, generating ideas, analyzing facts, critically evaluating decisions and asking questions to make sense of things. David Perkins in Smart Schools (1992) says that “learning is a consequence of thinking”. Scores on a test (depending on the test) are not evidence of learning.

I know as a parent, I often said to my children; “think about it”, “think for yourself, or “what do you think?” For those of you with pre-teens and teens, I’m sure, like me, there were plenty of times you wished you knew what they were thinking (well, maybe not all the time)!

As parents we need to model thinking and learning for our children. Instead of saying “I don’t know” or “because I said so”, we need to share our perspectives, insights, ideas and misunderstandings with our children. We need to share how we plan, organize, make a decision and seek clarity at home or at work. We need to share our thinking with our children so they can develop their own ideas and learn how to think.

When our children offer a differing opinion, we need to value what they have to say, instead of allowing it to become a “because I said so” power struggle. We need to ask our children this simple question; “what makes you say that?”, and listen – really listen. We need to have them explain and share their thinking with us. Even when their ideas are very different from ours, we need to give them their voice, and then offer ours with an explanation as to why we think that way.

Tonight when your children come home from school don’t ask them what they learned today or what they did. **Instead, ask them what made them think today.** When they look at you as if you have two heads and have completely lost it, ask them more questions. Push them to think. Together, we need to encourage them to question what they see and read on the internet, we need to model for them how to make informed decisions, and we need to prepare them for jobs not yet created.

Excited, interested energy is learning, because that’s when thinking occurs; that’s when children own their learning, and that’s what going to school is all about.

Cheryl Van Ooteghem
Principal of Program

Back to School

"It's the most wonderful time of the year"

Getting kids ready for school begins with a healthy breakfast. It can become quite overwhelming to come up with enough ideas to offer variety as well a balanced diet to ensure they remain healthy and focused throughout the day.

Breakfast – Starting the day off right with a full belly will go a long way in setting your child up for success! Breakfast can be tricky for us all as the morning is often rushed, here are some great ideas:

- Crockpot oatmeal topped with peanut butter
- Homemade healthy muffins & fruit
- Eggs & toast, sliced tomato & avocado slices
- Pancakes – make a batch on the weekend and then pop them in the toaster, top with peanut butter & bananas

Then come the dreaded school lunches, it's always a struggle to make a healthy lunch that your kids will eat. Here's a novel concept – get them to make their own! Of course they will need your guidance and support though. If kids at least help make their lunch, they are more likely to eat and like it and not trade or toss it.

Start by sitting down with your kids and make a list of nutritious food items that they like to eat. Make sure that this list includes foods from all the food groups including fruits and vegetables, the average child should be aiming for 2.5 cups of vegetables daily and 1.5 cups of fruit.

When packing a healthy lunch and snack consider the following:

- Minimize dairy products as they are mucous-forming and inflammatory to the body. Less dairy means stronger immune systems. It is also one of the most highly offending foods to the body which can affect a child's focus while at school.
- Minimize sugar as it has been shown that the immune system decreases in function for an entire 6 hours after eating it. We also know that sugar can affect insulin levels in the blood and can be the cause of hyperactivity and an inability to focus. Be cautious of juiceboxes and the sugar content. Water is always the best drink of choice!
- Try to fill your child's lunch box with a rainbow of colours. Pick red and yellow peppers, broccoli, blueberries, and raspberries. This ensures a good dose of vitamin C, a strong antioxidant and immune system supporter.
- When it comes to vitamins, instead of giving a multi every day, just ensure they are eating a variety of fruit, vegetables, and concentrated proteins (fish, chicken, etc.). More important supplements would be Vitamin D3 and probiotics for good immune function and fish oil/omega 3 for proper brain function.

Lunch & Snack Ideas:

- Cheese cubes & grape skewers
- Salsa with blue corn chips
- Apple butter on rice cakes
- Hummus & veggies
- Whole grain muffins
- Pita pizzas made with pasta sauce, green olives and green peppers
- Homemade granola bars
- Homemade nut free trail mix: popcorn, pretzels, sunflower seeds & raisins

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- Homemade soup made on the weekend and frozen into small mason jars, thaw & heat as needed and send in an insulated container
- Leftover spaghetti and tomato or meat sauce warmed in the morning and sent in a thermos.
- Smoothie (recipes below) Chill your thermos with ice water before you add the smoothie to keep it cold until lunch time. Make sure you tell your child to give it a gentle shake before they drink it up just in case it separated.

Dr Danielle Marchildon ND is a Naturopathic Doctor and a Mom to 4 young children. She focuses her family practice on clinical nutrition (dietary modifications, supplements), lifestyle counselling, acupuncture (including facial rejuvenation), herbal medicine, and homeopathy. She specializes in pediatrics, fertility issues, digestive disorders, chronic pain management, detox, and mental health issues.

Melanie Grime is a Registered Holistic Nutritionist (RHN), WOW! Weight Loss Practitioner and a Mom to 2 young boys. She specializes in weight loss, pre and post-natal and children's nutrition.

For more information, you can contact either practitioner at the Better Health Clinic (519-415-2266) or at www.betterhealthclinic.ca