# Together, Making A Difference…One Student At A Time November Newsletter

## From The Principal’s Desk

November is a very important month for parents/guardians and teachers to connect. At this point in the year, teachers are becoming quite familiar with your child’s social and academic progress. By meeting with your child’s teacher, you will not only become familiar with your child’s progress, but you will also deepen the teacher’s understanding of your child’s development through your conversation. Parent/Teacher interviews will be held on the evening of November 29th and during the P.A. day on November 30th. (Teachers may also have additional times and dates so please check teacher’s newsletters/communication home). Your participation in these interviews is an important part of your child’s success at school. If you cannot attend at these times, alternate times or means of communicating are available. We look forward to chatting with you soon!

Things have been busy around the school with a variety of activities. We had our Cross Country Meet in mid October and Pottery to Go is happening the first week of November. Thank you for your support of the Farm Credit Canada Food Drive. We were able to collect just under 200 pounds of food!!

We had lots of fun last Thursday night at the School Council Family Halloween Dance and look forward to our Valentine’s Dance in February.

Have a wonderful remainder of the fall!

Sincerely, Mr. Creighton

## Pizza Orders

Pizza orders for December will be due to your child’s teacher by **Monday, November 26th**. Please remember that we cannot accept late orders. You may pay by cash, cheque or on line but you **MUST SEND AN ORDER FORM WITH YOUR CHILD** no matter how you pay! If you wish to pay by cheque, please make payable to: James McQueen PS. You may also include more than one child on your cheque but you MUST send an order form for each child TO THEIR TEACHER!!

## Lost and Found

We have a lost and found box that can be found outside the gym. Please feel free to drop by to check it out if your child is missing something. We have already accumulated many items if you care to have a look!

## Please Keep Checking! C:\Users\lhopf\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1C2PA2RL\Cartoon_Insect[1].png

Please remember that it is very important to check your child regularly for head lice and report it to the school office if found.

## School Council Corner…

Our next School Council meeting will be Wednesday, November 7th at 6:30 p.m. in the library! Everyone is welcome to attend!!

## No Parking

Please note that there is no longer available parking in the lot across from the school. This property was the old St. Joseph Church and Parish Hall (St. George & Maiden Lane) but has been purchased and is now private property. The new owners appreciate your understanding. **Also, we need to remind parents that there is absolutely no parking on Maiden Lane.**

**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*

**A HUGE Thank You!!**

****Thank you to everyone who contributed to the Terry Fox Foundation. With your help we were able to raise over $1800.00 from James McQueen!! It was another great day for a walk and we are so appreciative of all those of you who took time to walk with us and send in a donation!!!

**Fundraising Thank You!**

Thank you to everyone who ordered magazines and cookie dough! We don’t have a final amount as of yet with on line orders but at this point it looks like we will receive a profit of over $4,000.00!! This money will go toward student resources and equipment. Thank you so much!!

**If you did order cookie dough it will be delivered on Tuesday, November 6th AND MUST BE PICKED UP BETWEEN 3:30 AND 6:00 P.M.** We do not have anywhere to store frozen product. This information did go home with the original order information so we are hopeful that this will not be an issue for anyone.

**Food Drive Thank You!!**

Thank you to everyone who donated to our recent Thanksgiving Food Drive. We will have another food drive for Christmas so please send along one or two items by December 19th if you are able!! Also, if you wish to send along hats and mittens, that would be wonderful!!

**The Book Fair is Coming!**

The James McQueen fall Scholastic Book Fair will take place in November. The Book Fair will run for sales from November 14th to 20th. The hours of the book fair will be each day at the nutrition breaks as well as Friday, November 16th from 3:30 to 7:00 p.m.

If you are able to volunteer to help out with the Book Fair at any time, please call the school office at 519-843-1700 and Mrs. Hopf will give the message to Mr. Ogilvie.

**Welcome Author Renna Bruce!**

The Author of the Jazlyn J. books, Renna Bruce, will visit James McQueen on Tuesday, November 6th at 2:00 for grades 1-3.