



James McQueen PS

Together, Making A Difference...One Student At A Time
November 2019

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 28th from 3:30 till 7:00 PM and during the P.A. day on November 29th (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 our school with a variety of activities. We had our Cross Country Meet in mid-October, Pottery to Go is happening and our Book Fair starts November 13th. Thank you for your support of the Thanksgiving Food Drive. We were able to collect several boxes of food.

We had lots of fun 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

Term 2 Pizza

(January 6th-March 30th)

Term 2 pizza orders will open on Schoolcashonline on November 29th and be available to purchase until December 15th. Please remember that we cannot accept late orders.

Students will have the choice to receive a pizza lunch 1 or 2 days per week; either Mondays or Thursdays or both. If you have missed the closing date you will be required to wait until the following term.

In the event of a bus cancellation day; pizza days will continue as usual due to the typically high number of students in attendance. In the event of a school closure; pizza days will be rescheduled to the next school day.

***Please note -as with Term 1, order forms will not be sent home with your child.** In order to reduce paper waste, and discourage the practice of sending children to school with money, we are encouraging parents to complete their orders online (Please see attached "Welcome to School Cash Online" flyer for more details). If you are unable to do so, or require assistance please contact Ms. MacKenzie in the office.

Milk Orders

December milk orders will be available to purchase on Schoolcashonline from November 8th until November 24th. You will have the option of white or chocolate on a daily basis for the entire month.

Parent/Teacher Interviews

This year Parent/Teacher interviews will be booked online. Instruction sheets will come

home in your child's backpack in the coming weeks.

Toonie Tuesday

Tuesday Nov. 5th is a Board wide "Freedom to Achieve Toonie Tuesday" day. Please consider bringing in a toonie to support students in our school system have access to programs and support and have "Freedom to Achieve" anything.

Cross Country

Thank you to all of our cross country runners and our supporters who attended the area meet on October 22nd. We had a lot of top finishes and everyone did an amazing job. Merci!

Halloween Dance Thank You!

Our School Council would like to thank everyone who baked, supervised, attended, donated and volunteered at our Halloween dance. We had a fantastic evening-it was absolutely SPOOKTACULAR!!! We are so very fortunate to have such a wonderful school community. Thanks again!

Magazine Fundraiser

Back by popular demand! Please check your child's backpack for information regarding our James McQueen magazine sales fundraiser.

School Council Corner

Our next School Council meeting will be held on Tuesday, November 5th from 6-7:30 PM in the library. Everyone is welcome to attend.



Library News

Dear Parents and Families:

Reading for pleasure unlocks the power of information and

imagination and helps children discover who they are. Our Scholastic Book Fair is a reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and

affordable books for every reading level. Please make plans to visit our Fall Book Fair and help shape your child's reading habits.

Our James McQueen Fall Book Fair will run from Wednesday, November 13th through until Tuesday, November 19th with a Family Night happening on Friday, November 15th where the Book Fair will be open until 7pm.

We look forward to seeing you and your family at our Book Fair. Remember, all purchases benefit our school.

Volunteer Opportunity

During the school year and especially during the Scholastic Book Fairs, there is always an opportunity to assist our school by volunteering in the James McQueen school library. This time commitment can be specific to the Book Fair events and is a great way to help our school staff with an enjoyable and important fundraising activity. Parents and caregivers are always welcome to entertain the idea of helping out in the library throughout the school year. Even just one hour a week would be extremely helpful to ensuring a tidy and organized environment for books and learning.

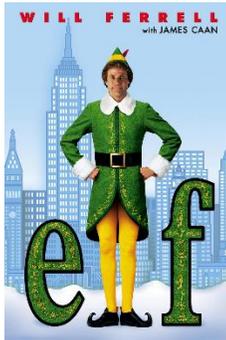


Dates to Remember...

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|-----------------------|--|
| Fri, Nov 1 | -PA Day |
| Tues, Nov 5 | -School Council Meeting
6-7:30 PM
-Toonie Tuesday |
| Mon, Nov 11 | -Remembrance Day |
| Wed, Nov 13-19 | -Book Fair in the library |
| Thurs, Nov 21 | -SC Movie Night
6-7:30PM |
| Fri, Nov 22 | -Formal Dress-Up Day |



Join us Thursday November 21



Free entry
Arrive by 6:00 pm
Movie begins at 6:15 pm

- 🍿 To keep things *green*, we encourage families to bring their own snacks and water (boomerang style - like lunches!)
- 🍿 Regular Popcorn or plain air popped Popcorn will be available for .50¢ **bring your own bowl for popcorn*
- 🍿 Bring your blankets or lawn chairs! Mats will also be set out
- 🍿 Spirit wear will be available for purchase!

About the movie: *Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, this is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results. **Rated PG***

Please note: similar to the dances hosted throughout the year, this is not a supervised event and parents must remain with their child(ren).

Talking About Mental Health November 2019 – 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*

Monthly environmental activities to help celebrate our planet



Friday November 29th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank
Celebrate Buy Nothing Day on November 29th!

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>

Information from Public Health:

Get your Flu Shot!

- As a parent, you are at risk of exposure to communicable diseases because of your close contact with children.
- Children under two years of age are the most susceptible for hospitalization related to flu and flu related complications, while 5-9-year-olds are the most likely to spread the infection.
- Flu immunization is available at your local pharmacy, physician's office, or Public Health office and is suggested annually for everyone 6 months of age and over.

NOTE: Pharmacies will not provide immunization for children less than 5 years old. Public Health and your family physician offer flu vaccines to all ages.

*FluMist is not available for this flu season. *

If you have any questions related to the benefit of immunization, please call 1-800-265-7293 ext. 4746

PARENT TIP - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832-CMAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf>

Free dental care for children and youth (17 and younger)

Oral health is an important part of a child's overall health and wellbeing. If you cannot afford dental care for your child, Public Health has programs that can help.

Public Health offers free preventive dental care at locations across Wellington-Dufferin-Guelph for eligible children and youth. Our dental hygienists will check your child's mouth for oral health concerns, clean their teeth, apply fluoride and sealants and teach them how to brush and floss.

Dr. Baseer Mohammed ("Dr. B") provides free dental care including check-ups, x-rays and treatment to children and youth enrolled in the [Healthy Smiles Ontario](#) program. He is located in Guelph (160 Chancellors Way).

If you have this card and do not have a family dentist, call the Public Health Dental Line at 1-800-265-7293 ext. 2661 to book an appointment. If your child has a dental emergency and you cannot afford their dental care, call Public Health for help.

