



# Kenilworth Public School

7478 Sideroad 7W, Kenilworth, Ontario N0G 2E0  
Principal: Valerie Smith  
Office Co-ordinator: Jan Wilson  
Tel: 519-848-3320

## Merry Christmas and Happy Holidays for 2018!

### Principal's Message

Thank you for your continued support of your child's learning and of our school community. We appreciate having the opportunity at Parent-Teacher Interviews to meet with each one of you to review your child's progress and set goals for the school year.

Thank you also for supporting the wide variety of activities that have been going on at Kenilworth including classroom activities centered around Treaty Recognition Week, Bully Prevention Week, and Scientists in the School. Kenilworth's ECO-Team is up and running, as is a School Choir. Our students have also had an opportunity to participate in recess sports and activities including ball hockey, basketball, and most recently tobogganing. Our Junior Volleyball team has been formed and we look forward to cheering them on in the December tournament. We look forward to the start of an exciting recess intramural program in the upcoming weeks.

Our staff is fortunate to be continuing our work with our Curriculum Leader Anneke McCabe as we build on strategies to improve student learning through Professional Development.

I would like to take this opportunity to wish each of our Kenilworth Families a safe and memorable Holiday Season. We look forward to seeing everyone return in the New Year!

### New to Kenilworth!

Our Grade 6 students will be practicing their leadership skills by developing and implementing "House" events at Kenilworth to promote student participation in a variety of activities and promote school spirit. All students will belong to one of our "House" colour teams (black, teal or purple). Students will have opportunities to earn points for their "House" colour team throughout the year by participating in school events and activities. At the end of each month we will recognize the "House" that has accumulated the most points that month and dress in our "House" colours.

### Food Drive

Kenilworth Coyotes will be holding a Holiday Food Drive during the month of December. Donations will be accepted at school between December 4th and December 21st. Please send in non-perishable food items to be donated to the local food banks. We will also be collecting donations on the evening of our Christmas Concert. Thank you for helping us to support local families.

### Christmas Concert

We look forward to seeing you at our Christmas concert on Thursday December 20<sup>th</sup> at 1:40 p.m. (dress rehearsal) or at 6:30 p.m. Classes are busy preparing their "acts" and are excited for the big event. We invite you to attend either of these.

### Thank you, Arthur 2<sup>nd</sup> Look!

Arthur 2<sup>nd</sup> Look donated money once again to our Parent Council. We continue to appreciate how their generosity reaches each of our students. We bought new balls for our playground, safety goggles for sports activities, and will soon purchase some snow building toys for the winter.

## Thank you PATS!

The Scientists in the School programs have been enjoyed and created a BUZZ through the school! The 'Kids Christmas Shopping' event will take place on December 18<sup>th</sup> and 19<sup>th</sup>, in the mornings. The students are fortunate to have such a wonderful, caring group of adults supporting their growth.

## From PATS!

The 2018 Craft Sale was very successful. We had 27 vendors with wonderful items for sale that 142 shopped at. Our jolly Santa had his picture taken with over a dozen families. Thank you very much to all the parents that donated baking and penny table items. Patricia won the draw for the \$20 gift card. Thank you to high school students who helped set up and work the PATS tables. We made \$975 to contribute towards great things at KPS!

The Kid's Christmas Shopping event is planned for December 18 and 19. There will be an opportunity for the children to purchase presents for their immediate family members on Tuesday and extended family and friends on Wednesday. The gifts range from \$1 to \$5. The gifts will be ready to go under the tree!

**Merry Christmas to all from the PATS committee.**

Next PATS Meeting/Cookie Exchange  
Thursday December 6 6:30 -7:30 pm  
All Welcome!  
Babysitting Available

## Good-bye, Mrs. Checkley!

Sadly, Mrs. Checkley will be leaving us on Friday, December 7th. We wish her the very best as she moves on to new challenges and experiences in her career. Mrs. Capell will be returning to the Kindergarten room for the remainder of the school year and so we welcome her back to Kenilworth!

## Volleyball Tournament

Good Luck to our volleyball team members who travel to Victoria Cross for the North Wellington tournament on December 8. Members include: Keegan, Chase, Braeden, Allen, Brielle, Patricia, Hannah, Sara and Shelby.



With the holidays quickly approaching, why not give a gift with special meaning? This year, instead of purchasing a gift, honour your teacher with a donation to the Children's Foundation's Food & Friends program. The Children's Foundation would be pleased to provide the individual(s) with a card to notify them that you have made the donation in honour of them for this holiday season. Go to [Children's Foundation Donation Link](#) to make your donation today. Thank you for bringing healthy food to hungry minds!



**Kenilworth School Clothing Order Deadline Extended!  
Delivery before Christmas, Don't Miss Out!**

**Please complete the order form and return it to the school before December 5<sup>th</sup>. T-shirts and sweatshirts are available in School Colours! This is a great change to order something in your child's "House Colour"!**

# Talking About Mental Health December 2018

## GIVE THE GIFT OF RESILIENCY

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year.

### REMEMBER:

- eat well
- get good sleep
- don't over schedule
- stay connected to family and friends
- keep daily routines going
- avoid over-use of technology
- get outside and enjoy the crisp, fresh air

### HOLIDAY "CONNECTING & REFLECTING" IDEAS:

#### 23 Days of Giving

Every day in December have everyone put something that they don't use or need into a basket. Later in the month you can go as a family and donate to a shelter or community center

#### Reflection Wall

Have a wall in the house where everyone can add sticky notes of what they are grateful about from the year. Focus on lessons learned, new skills and strategies used throughout the year

#### Rose, Bud, Thorn

Have everyone identify one or two things that they feel were successes from the year (rose), something that was a struggle (thorn) and what they did to overcome the struggle, and something they are looking forward to in the new year (bud).

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**Signs to look for that someone is struggling** *Sometimes it's hard to tell that someone is suffering. Here are some signs that someone is struggling.*

- not coming to school or work
- not engaging with friends or family
- not participating in activities that they used to enjoy
- withdrawing
- feeling hopeless
- increase use of drugs or alcohol
- changes in behaviour
- anger/irritability

**The Township of Wellington North** is exploring the possibility of offering a

**Summer Day Camp program** in both Arthur and Mount Forest. Please take a moment to complete the following survey – all responses will be kept confidential.

This survey will take approximately 2 minutes to complete and will allow us to better understand our community needs and respond accordingly. If you could also share amongst your social networks, it would be greatly appreciated

<https://www.surveymonkey.com/r/WNdaycamp>

Thank you

Mandy Jones, BA

Community Recreation Coordinator

Township of Wellington North

Monthly environmental activities to help celebrate our planet



## December 10th is HUMAN RIGHTS Day!

*“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” –Jane Goodall*

### Celebrate Human Rights Day on December 10th!

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for everyone to have access to clean water, unpolluted air and healthy food.

<http://www.un.org/en/events/humanrightsday/>



<http://calendarholidays.xyz/holiday/168/human-rights-day>

### Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!

- **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.
- **Read the book: We Are All Born Free:** The Universal Declaration of Human Rights in Pictures by Amnesty International.
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Make a World Wishes Dove with your family.** Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
- **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.

*“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience” by Melissa Breyer*

## Wellington County Library December 2018 Programmes

Please visit [www.wellington.ca/Library](http://www.wellington.ca/Library) for a complete list of upcoming programmes. All branches closed at 2 pm December 24 and 31. All branches closed December 25, 26 and January 1. All Branches opened at 2 pm December 10.

Mount Forest Branch (519) 323-4541

Tween Scene: Breakout Box Challenge (Preteens)  
Saturday, December 8, 1:00 -2:00pm

Tales by the Fireside (All Ages)  
Monday, December 10, 6:30-7:30pm

Movie Afternoon: Solo – A Star Wars Story (All Ages)  
Friday, December 28, 2:00pm

Movie Afternoon: Incredibles 2 (All Ages)  
Friday, January 4, 2:00pm

**Kenilworth Staff wish you a  
Merry Christmas and a Happy Holiday Season!  
See you on January 7<sup>th</sup>!**

