

# Parliament Oak News for February 2012

## From the Principal's desk. . .

Last week we celebrated "Family Literacy Day." Getting a book "inside your head," understanding it, and connecting it to your life and everything else you know is the ultimate purpose of reading. The good news is that kids can be taught the skills they need to take what they read and make it their own. Learning to read strategically is a developmental process and happens over time. Children demonstrate comprehension when they: use prior knowledge and personal experiences when discussing a book; describe similarities and differences among books; visualize and describe scenes and characters in books with few illustrations; support their ideas or interpretations by giving examples from the text; identify the main ideas in a story or nonfiction book and describe characters' moods and motives. In the Ontario Curriculum, this is called Reading for Meaning. The teachers at Parliament Oak have been focussing on Reading for Meaning in their classrooms. Our bulletin boards in the hallways highlight student work that demonstrates the various strategies that are being taught in the classroom. For some excellent ideas for parents to use at home please go to Reading Rockets at <http://www.pbs.org/launchingreaders/>.

## 🍷 Student of the Month

Congratulations to the following students who were selected Student of the Month for January by their teacher:

- JK/SK. . Marty Sherlock, Penelope McClure
- Gr. 1/2. Alex Angelakopoulos, Christina Talaiporos
- Gr. 2/3. Johnathan Rolph, Jac Bateson
- Gr. 4/5. Keith Martins
- Gr. 5FI. Andrew Stocks
- Gr. 5/6. Edwin Chu, Paige Sherlock
- Gr. 7FI. Olivia Davis
- Gr. 7/8. Freddy Gatta

The character trait for March is improvement. Teachers will be reflecting on the past 5 months of school and recognizing students who have demonstrated marked improvement in their academic work as well as their learning skills.

## 🍷 Kindergarten Registration

Do you know a child who is turning 4 or 5 in 2011? Help them get ready for their big first day of school with the DSBN's Kindergarten Countdown. Our Open House is on February 2<sup>nd</sup> beginning at 4:00 p.m. We would be happy to meet with any prospective panther. Mrs. Ciazynski has registration packages at the office available for any interested family.



## 🍷 Term One Report Cards

On February 9, you will receive your child's term one report card. The report card will look different than past report cards. You will notice that there is ample space for teachers to add meaningful, clear and personalized comment so you can understand how your child is progressing. With the new report card, teachers will also emphasize and give examples of the learning skills and work habits required.

## 🍷 French Immersion Update

French Immersion is expanding at Parliament Oak School. Beginning September 2012, Parliament Oak will offer entry to students going into Grade 4, Grade 5 and Grade 7. The application is now available online at: <http://www.dsbno.org/schools/parliamentoak>. If you have any questions, please do not hesitate to call Mrs. Hadfield.

## 🍷 School Council News

The next School Council meeting will be Thursday, February 9th at 6:30 pm. The agenda will include a discussion regarding fundraising for playground improvements as well as council involvement in the Art and Literacy night that the school is planning for later in the year. All are welcome to attend and your participation would be greatly appreciated - we are looking for ideas and participants to raise money to improve the school playground and support out kids in various activities. Thanks and hope to see you there, Mary (Towndrow) Rider.

## 🍷 Have You Filled Someone's Bucket Today?

This year we are enthusiastically introducing a new character development program called Bucket Filling. Bucket filling is an easy-to-understand concept: *Everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel happy and when our buckets are empty, we feel sad.* Children quickly understand that they can fill buckets when they do and say things that are kind, considerate, caring, and respectful. They also learn that when they are mean, inconsiderate, uncaring, or disrespectful, they dip into buckets and remove those good feelings. Even the youngest child understands that actions and words can either fill a bucket or dip into it. During this school year we are encouraging, reminding, and recognizing everyone's efforts to be bucket fillers at home, at school, and everywhere they go. We are excited about this new program and look forward to your support. If you would like to learn more about bucket filling, visit the Bucket Fillers website, [www.bucketfillers101.com](http://www.bucketfillers101.com).

## 🍷 Early Release Day

Friday, February 17<sup>th</sup> is an Early Release Day. Students will be dismissed at 11:55 a.m. Please note that transportation for JK/SK students will not be provided at dismissal.

## 🍷 Family Day

Monday, February 20<sup>st</sup> is Family Day. There will be no school for students that day.

## 🍷 Model Club

The first meeting of the Parliament Oak Model Club got off to a great start with lots of enthusiasm and participation from the kids. The kids learned the basics of plastic model assembly and the next club meeting will focus on completing assembly and gluing the models together. The next meeting is Monday, February 6th at 6 pm in the art room at the school for anyone interested in this hobby. Inexpensive models can be purchased at Niagara Central Hobbies (236 St. Paul Street, St. Catharines) or bring one that your child is already working on. This club is open to all children (grade 3 and up), including students outside of Parliament Oak. If you and your child are interested in this club, please contact Mary Towndrow (mtowndrow@yahoo.com) for information. All participants are issued a membership card which can be used to obtain a 10% discount at Niagara Central Hobbies.

## 🍷 Eco School News

The ECO Team is putting the push on **recycling and ECO incentives** now. Classrooms are being regularly "busted" for missed energy savings such as monitors and lights left on, waste in the wrong bins, etc. We have once again applied for certification for this year. We will be assessed in May. We have won **GOLD** for the past three years and hope to do so again this spring. The ECO Team is also gearing up for the **fashion show** that will be in April, with clothing all made from recycled materials. Please come out to support us that evening. It promises to be a fun evening! (More information to follow.)

## 🍷 Junior Boys Basketball Team

Mme. Bake and Mr. Davis have been practising regularly with the junior boys who are trying out for the basketball team. It will be a tough decision choosing a team. Games will begin in March.

## 🍷 Staff Appreciation Week

Please say thank you to your child's teacher during the week of Tuesday, February 21 until Friday, February 24 Mrs. Hadfield will be showing her gratitude to the staff through numerous activities during the week as well.

## 🍷 Raising Resilient, Responsible Children

When: Thursday, February 23, 2012, 5:30-9:00 pm  
Where: Crossroads Public School  
Prepare your children to handle the challenges of today and the future. To thrive, your child needs to be responsible and resilient. Experienced presenters Brad Kuhn and Dick O'Brien bring practical understanding and strategies to equip you with skills needed to create these strengths in your child. This special evening is open to

everyone...friends, neighbours, grandparents. It is a free workshop presented by the School Councils of Parliament Oak, Crossroads and St. David's. Free childcare is provided upon request and a light supper will be served from 5:30 - 6:00 pm. Please register by email to: notlparentevening@gmail.com

## 🍷 Inclement Weather

### An important message about Inclement Weather Procedures...

There may be times during the school year when inclement weather or other situations could cause transportation cancellations or school closures. Information about transportation changes and school closures will be available on the websites, radio and television stations listed below as soon as it is available.

**PLEASE DO NOT PHONE THE SCHOOL FOR TRANSPORTATION OR SCHOOL CLOSURE INFORMATION.**

#### Websites:

[www.dsbn.org](http://www.dsbn.org)  
[www.nsts.ca](http://www.nsts.ca)

#### Television Stations:

COGECO Cable 10  
CHCH Television  
City TV

#### Radio Stations:

KLite - 102.9 fm  
EZRock 105.7 fm  
Y-108 - 107.9 fm  
Wave 94.7 fm  
CKTB 610 am  
CHML 900 am  
CHSC 1220 am  
Htz 97.7 fm

If early dismissal becomes necessary, we will use the emergency numbers you provided on the confidential form which was sent home in September. If your contact numbers have changed, please call the office with your updated information.

PLEASE NOTE: The school may be open even though student transportation has been cancelled. The decision to send children to school is always at the parent's discretion.

## 🍷 Student Illness / Absence

If your child is ill, or going to be away, please call the school to let the office know. We have an answering machine that is on 24 hours a day. Even if you know the night before that your child will not be at school, please call and leave a message on the machine. Mrs. Ciazynski often spends a great part of her morning calling the homes of absent students. Thanks for your support in this matter.

## 🍷 How Do I Know When To Keep My Child Home From School??

As cold and flu season continues, parents wonder when their children should stay home from school.

Your child should stay at home if:

- VOMITING/DIARRHEA through the night or in the morning.
- ANY FEVER indicates active infection
- EYE IRRITATIONS with yellow discharge or

redness . . . it could be pink eye which is contagious

- NOSE . . . a runny nose, especially with thick mucous
- STOMACH ACHES-HEADACHES. . . keep your child home for observation. If they happen often, discuss with your doctor
- SORE THROAT. . . usually can spread infection
- COUGH. . . night cough or any continuous coughing

Please call Mrs. Ciazynski at 905-468-4253 if your child will be absent.

### ☺ Extreme Cold Weather

The Canadian Pediatric Society recommends that children should not be permitted outside if the temperature falls below -25 C or the wind chill is -28 C. At these temperatures the children's skin may begin to freeze. Parliament Oak School will use -20 C as the temperature at which the children will not be sent out for recess activities. Our data will come from The Weather Network website:([www.the-weather-network.com](http://www.the-weather-network.com)). Please be certain to send your child/children with the proper clothing to keep them comfortable during the winter months.

### ☺ Thank You, Thank You, Thank You to...

- ☺ parents who regularly or periodically volunteer in our school. We appreciate all you do!
- ☺ parents for ensuring that your children arrive to school on time. This decreases the interruptions during valuable instructional time.
- ☺ Mrs. Kuhn, who helped during the Santa Claus Parade
- ☺ our wonderful educational assistants, Miss Haine, Mr. O'Brien and Mrs. Casement who work so hard with students.
- ☺ our hardworking caretaking staff who keep the school clean during these messy winter months.
- ☺ Mrs. Ciazynski who works so hard in the office.
- ☺ our Junior Basketball Coaches Mme. Bake, Mr. Davis, Ms. Smith and Mrs. Caughill and our Lego Robotics coaches, Mr. Mead, Miss Haine and Mr. O'Brien.
- ☺ Mrs. Mainprize who volunteers at our school several times a week.
- ☺ our polite student secretaries.
- ☺ Mrs. Berezky for organizing our Book Swap
- ☺ Ms. Godwin who does amazing art activities with all of our students.
- ☺ Mrs. Berezky who organized our Book Swap
- ☺ Mrs. Lapointe and Mrs. Simmonds who continue to keep our Learning Commons organized!
- ☺ all Parliament Oak teachers who attend workshops after school to enhance their programs.
- ☺ Mrs. Andrews and Mrs. Inglis for supervising our Eco Club!
- ☺ Ms. Towndrow for organizing our Model Club on Monday evenings.

- ☺ The Johnson family and Stone Road Grille for providing us with pizza every other Wednesday.

### ☺ Nutrition Nook: Get Your Family on Board!!!

When I was young, I ate what my parents ate, and if I didn't I went hungry. I am sure this is how most households use to be run. However these days in the wealthy western world, parents can indulge a child's food preferences and often do. Worse, parents have less control over the quality of what their kids eat thanks to modern food manufacturing. The child of today appears to be in the driver's seat, directing food choices at every turn. Families spend less time preparing food and less time eating together. Children are creatures of habit: they develop food preferences based on familiarity. The more processed, chemically charged, nutrient deficient foods they are exposed to, the more they recognize these as their diet. Parents and caregivers need to be driving the food preference bus, and advocating eating plenty of fresh fruits and vegetables, whole grains and lean protein, and meals eaten at regular, frequent intervals, which correlates to a growing child's hunger patterns (as well as a busy adult's) Getting your loved ones to eat healthy foods is, in some cases, more work than you would like to tackle. We need to put the task into perspective. We are responsible for what ultimately lands in the stomachs of those we care for and love, and how they eat has everything to do with their health, growth, and physical and mental development. It may be difficult to introduce change into your home, but you will get immense satisfaction from knowing how much good you are doing for them. The best approach is making small subtle changes....baby steps add up to big successes. Provide loads of variety in healthy foods to promote the feeling of choice rather than restriction. Healthy eating isn't just apples and celery sticks; empower yourself with knowledge !!!! Don't know where to begin?...begin by reading labels aka ingredient lists, to learn if the product is worthy of you and your family. Did you know that the first 5 ingredients are what the product is mostly made from, listed from most to least?







