

# Parliament Oak News for February 2010

## From the Principal's desk . . .

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/SK1. Benjamin Zalepa, Ronin Bradford

JK/SK2. Zubin Gatta, Natasha Berman

1/2. . . . Nathanael Tyson, Genny Moncion, Alice Hellwig

2/3. . . . Spencer McGuire, Katherine Kononyuk

3/4. . . . James deBoer, Nathan Zalepa

4/5. . . . Amy Hancock, Annika Johnson

6/7. . . . Victoria Beale, Cynthia Burrows

7/8. . . . Erin Papadimitriou, Crystal Norton

The character trait for March is optimism. Students who demonstrate optimism have a positive attitude, the resiliency to bounce back from adversity, and hope for the future. They do their part to make the world a better place.



## 🍷 Kindergarten Registration

Do you know a child who is turning 4 or 5 in 2010? Help them get ready for their big first day of school with the DSBN's Kindergarten Countdown.

**Parents and children are invited to a KINDERGARTEN OPEN HOUSE at our school on Thursday, February 4, 2010 from 4:00 - 6:00 p.m.** Attending an open house is a great way for children and their families to see the school, meet teachers and staff, and register for the coming school year.

To find out all of the information you need to prepare your child for kindergarten, go to: [www.dsbn.org](http://www.dsbn.org) and click on "Kindergarten Countdown".

## 🍷 Grade 8 Students Attend Reception at Queen's Park

From Laura Secord's iconic trek to the Battle of Lundy's Lane, the Niagara region has been home to some of the most significant events of the War of 1812. On Monday, February 1, Lila Bata-Walsh, Jason Gillard, Scott Robinson and Mr. Pawlik from Parliament Oak Public School attended a reception for the Niagara 1812 Bicentennial Legacy Council at Lieutenant Governor David Onley's office to commemorate the launch of the War of 1812 Bicentennial Map. The Bicentennial Map was recently distributed to elementary and high school students, museums and tourism outlets in Niagara. The map itself features 125 historical points of interest in Niagara accompanied by a historical narrative that describes the events in greater detail.

## 🍷 School Council News

January was quiet but February is shaping up to be a busy month, we hope you can join us for one or all of our events. Sunday the 28<sup>th</sup> February is the date for our annual Family Pasta Dinner. This is our favourite event of the year when families come for a relaxed and sociable Sunday Dinner with their 'Parliament Oak Family'. Mark your calendars for this one – more information and details will come home separately.

We have scheduled another Movie & Childminding Night for Friday 19<sup>th</sup> February – drop of your child(ren) and let them play with friends and watch a movie while you take three much deserved hours off for yourselves. \$10 per child, \$20 per family. A drink and snack will be provided.

We will be providing doughnuts again at the next skating day, Thursday 18<sup>th</sup> Feb.

February's Staff Recognition Program is recognizing Mrs. Pyle and Mrs. Hamdani. Put your thinking caps on and see if you can come up with some rhymes to match Mrs Pyle's monthly creations! Please drop off your comments at the office. And just another reminder about the ongoing bottle drive – drop bottles off in the hall outside the gym (on the benches is fine). We will take them from there.

*Council has also just contributed half of the money required to bring 'Scientists in the Classroom' to our school recently. THANKYOU to everyone for participating and contributing to our/your school and making it possible for Parent Council follow through on this commitment.*

## 🍷 Inclement Weather

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

There may be times during the school year where 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      CKTB 610 am  
EZRock 105.7 fm      CHML 900 am  
Y-108 - 107.9 fm      CHSC 1220 am  
Wave 94.7 fm      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.

## **🍷 World Vision**

Congratulations to the students who raised over \$1400 to purchase animals, equipment and supplies through World Vision. Well done!

## **🍷 Boys Basketball Team**

Congratulations to the following boys who successful tried out and made the Senior Boys Basketball team: Gabe, Josh, Levi, Malcolm, Lucas M., Cooper, Lucas A., Aidan, Landon and Ciaran.

## **🍷 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.

## **🍷 Family Day and Early Release Day**

Monday, February 15<sup>th</sup> is Family Day. There will be no school for students that day. Friday, February 12<sup>th</sup> is an Early Release Day for students to give staff additional opportunity to focus on curriculum implementation. Students will be dismissed at 11:55 a.m. (11:15 for Kindergarten). Bussed students will leave at approximately 12:05, depending on the route.

## **🍷 Student Parliament News**

Student Council will be selling heart shaped candy grams from Monday, February 1<sup>st</sup> to Thursday, February 11<sup>th</sup> for 25 cents. Make someone's day and send them a candy gram.

## **🍷 Lego Robotics**

The Lego Robotics team had a great preliminary challenge on January 29<sup>th</sup>. The olympic based competition had the robot competing in events including curling, hockey, uphill skiing, a biathlon and a bonus event which was speed skating. There was also a poster contest and a written test. The team placed 2<sup>nd</sup> in the event challenge, 1<sup>st</sup> in the speed skating, top three for the poster and the test score was left unknown. The team finished in the top three and will be moving on to the DSBN finals at Brock University on February 24<sup>th</sup>. Congratulations to Varun, Rachel, Christoffer, Emily and Ben.

## **🍷 Eco School News**

Our ECO Team would like to remind all families to turn off monitors, lights, etc. The team is very diligent in making sure the staff and students follow these simple tasks at school. Thanks to Mrs. Crocco, the Eco Team has received a \$500 donation from the Girl Guide organization to plant flowers and plants around our outdoor classroom.

## **🍷 Science Fair**

Thank you and Congratulations to all those who participated in the Fair. Job very well done. The following students' names are being sent to Niagara Regional Science Fair at Brock on March 27<sup>th</sup>: Lauren Cain, Hannah Marsala, Mattea De Munnich, Daniel Garnett, Lucas Abruzzi, Weston Miller, Chloe Tribe-Sherlock, Kennedy Vandelaar, Landon Vandelaar, Tiana Dominick, Jason Gillard, Scott Robinson. Thanks to the judges who helped Mrs. Andrews with the difficult job of judging: Peter Perron, Judy Evans, Sean Hanna, Mrs. Hamdani, Mr. Mead.

## **🍷 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.

## **🍷 Homework Club**

The Literacy and Numeracy Secretariat has provided Parliament Oak funding to run a homework club. We are offering homework club Tuesday - Friday from 8:00 - 8:30 in Mr. Mead's classroom and Tuesday and Thursday from 3:15 - 4:15 in the library. If you would like your child to attend, please inform the classroom teacher with a note in your child's agenda. What a great way to work on projects, assignments or homework to help free up time on the weekend! Any students interested in joining will require a note sent home from the teacher as computers and seating are limited. If students are staying after school they must be picked up from the library at 4:15 p.m. by a parent/guardian.

## 🍷 Medic Alert

Parliament Oak School is very pleased to bring the Canadian MedicAlert® Foundation's *No Child Without*® program to our school. The Canadian MedicAlert Foundation has developed a **free** program to protect children living with chronic medical conditions, allergies or special needs. This program is called No Child Without. It was developed to ensure children across Canada from Junior Kindergarten up to their 14th birthday receive MedicAlert protection at no cost to the parent, school or Board of Education. The No Child Without program is fully funded by the Canadian MedicAlert Foundation in partnership with the Lions Clubs of Canada, a grant from the Government of Canada and by individuals, local businesses and corporations. Each child in the participating school will receive a No Child Without barcoded brochure specific to the school. Review the brochure, if you choose to have your child participate in the program, please follow the information provided in the brochure. If your child is already a member, call MedicAlert to see if you should transfer your child to the No Child Without program. Students will have a choice of pre-selected MedicAlert identification, listing their medical conditions and membership number. As a member of MedicAlert, you will receive a wallet card with all of the member's information (this can be used as an information card for parents). Access to the 24 Hour Emergency Hotline, notification of personal emergency contact at the time of an emergency and a follow-up with parents after the emergency call has been made to the Hotline. Should your child move to another school in Canada, they are still protected. Visit [www.nochildwithout.ca](http://www.nochildwithout.ca) to learn more about the program.

## 🍷 Staff Appreciation Week

Please say thank you to your child's teacher during the week of Monday, March 1 - Friday, March 5. Mrs. Hadfield will be showing her gratitude to the staff through numerous activities during the week as well.

## 🍷 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. And 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, 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, 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, that is how you know 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?

## 🍷 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.
- ☺ the Oak Crew for all of their hard work around the school.
- ☺ our wonderful educational assistant, Mrs. Casement who works 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 Basketball Coach Mr. Pawlik and our Lego Robotics coach, Mr. Mead.
- ☺ our amazing School Council for organizing so many worthwhile activities for our students.
- ☺ Mrs. Burton for organizing intramural floor hockey 3 days a week for the primary students.
- ☺ our polite student secretaries.
- ☺ Mr. Vandelaar for working with the Cuisine Club and providing us with some tasty dishes.
- ☺ our School Council for subsidizing the Scientists in the Classroom.
- ☺ Monica Dufault for providing the 3/4 and 6/7 classes with wonderful drama activities.
- ☺ the Parliament Oak community for raising \$544.86 for Doctors Without Borders.
- ☺ our Tutors in the Classroom volunteers who work with students several times a week.
- ☺ Mrs. Inglis for doing a great job as our Computer Site Manager.
- ☺ Mrs. Bereczky who organized our Book Swap
- ☺ Ms. Janzen, Mr. Williams, Ms. Schiff, Mrs. Mark, Ms. Godwin, Mr. Bannerman, and Mrs. Davis for being our Mystery Readers during Family Literacy Day.
- ☺ all Parliament Oak teachers who attend workshops after school to enhance their programs.
- ☺ Mrs. Andrews for a great Science Fair!

