

W.E. Gowling PS

The Word



October 12, 2018

Dates to keep in mind:

Oct. 16	Parent Council - 5:30 PM
Oct. 18	Dictionaries for Life from the Rotary Club for Grade 3
Oct. 19	Pizza Day
Oct. 23	Photo Day - Practice your smile
Oct 23-24	Vision Clinic / Dental Screening for Grades JK, SK, 2 & 4
Oct 24	Dress Purple Day
Oct. 25	Take Me Outside Day
Nov. 2	Pizza Day
Nov. 12	Remembrance Day Assembly -
Nov. 24	Craft Fair at WE Gowling PS

- 1. Halloween Costumes** - It is October and some of our students are already planning a costume for Hallowe'en. WE Gowling has a tradition of wearing a costume to school on the 31st of October. Costumes may be anything school appropriate (that is: mindful of the ages represented in our building - 2 years to 12 years old). Masks, weapons and live animals are to be left at home. Students may also choose to wear black and orange for the day.
- 2. Check the Labels** - Please take a moment to check the labels on the food you pack in your child's lunch for the "**may contain nuts or peanuts**" warning. We ask all families to actively make decisions to keep children safe at school. One way to do this is to avoid sending nuts or nut products to school in lunch bags.

- 3. Choir** is starting on Fridays at first recess with Madame Watson, Ms Peixoto, Mr Muma and Ms Cameron. Students from grades 1 to 4 will be reminded about practices.
- 4. Dictionaries for Life** - The Rotary Club of West Ottawa will be in on October 18th to present a hardcover dictionary to each student in the 3rd grade. The Rotary Club of West Ottawa delivers a literacy project called Dictionary4Life. The purpose is to provide a gift of an illustrated dictionary to Grade 3 students. Literacy is the area of focus. Their goal is to help develop the children's vocabulary and better their language understanding, helping them to develop stronger self esteem, encourage familiarity with books, and give "pride of ownership".

5. Everyday is a learning day - Each day children learn something new at school. From learning daily routines to social skills to academics - the learning is continuous and often built on routines and the establishment of habits. Arriving to school on time helps:

- to make sure that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert
- your child to learn about routines and commitment
- give your child time to greet their friends before class reduce disruptions to the class

Arriving on time every day makes children feel good about themselves. By ensuring that your children are arriving on time everyday you are sending a message to them that school is important and that you want them to learn.



and

6. Why do adults sign in to the school? - We have many safety procedures in schools in Ontario. These procedures are in place to ensure the safety of all of the people in the building and they work because everyone who enters the school is willing to follow the rules and procedures that have been established. We ask all adults who enter the building during the school day to sign in at the office. The reasons for this are:

- It allows us to know what adults have entered and why they are there that day
- In the event of an emergency, we have a sense of who is in the building, should assistance be required

Your assistance in following our school procedures is appreciated as we work to keep your school community safe.

7. Bus issues - The school bus is an extension of the school day when it comes to good manners and safety. All students who ride the bus are expected to follow the rules for safety and to conduct themselves according to the expectations of our school community. All students are expected:

- To remain in their seat, sitting down in their assigned seat
- To keep their hands, heads and belongs inside of the bus
- To speak in a quiet voice and allow the driver to drive the bus without distraction
- To speak respectfully to the driver and follow all of the given instructions

We ask that you take the time to remind your child of the expectations for riding the school bus.

8. Foods to put in a lunch box - There are many healthy options to put in a lunch bag that do not take a lot of time to prepare and provide that yummy crunch and flavour:

- Fresh fruit
- Crunchy vegetables
- A meat or protein food such as slices of lean meat or a hard-boiled egg
- Dairy food such as a cheese stick or slice, grated cheese, milk or yoghurt
- Starchy food such as bread, a roll, pita or flatbread, fruit bread or crackers
- Water.

9. Staying Safe Online - There are many challenges to raising children in the digital age. Among those challenges is the need to talk to your children about cyber safety and responsibility from the time you allow them to enter the online world. As technology becomes smaller and more available, its use becomes more challenging to supervise. It is important to be aware of the sites and people with whom your child is coming in to contact. Check out: <https://www.getcybersafe.gc.ca/cnt/prtct-yrs1f/prtctn-fm> for information on what to keep in mind when discussing safe practices for digital devices.

10. Terry Fox Run Update - Thank you to families and friends who joined us on September 28th for the Terry Fox School Walk / Run. As a school community we raised: \$468.00 in cash and online donations.

11. Boo, We Scare Hunger - Gowling Student Council is proud to lead the "Boo...We Scare Hunger" campaign again this year. We are collecting non-perishable items (canned goods, boxed and package food, etc) for the month of October. All donations will be taken to the Caldwell Food Cupboard. Please help us collect as many items as possible!! Items can be put into the boxes in the front hallway near the offices. Thanks for supporting this important campaign.



-Student Council

12. Picture day is coming on Tuesday, October 23 - Make it simple by ordering your portraits online, using your Picture Day ID and child's first name to get started. If you prefer to order on paper, we will be sending an order form home as well. **Remember to smile and have fun!**

13. Supporting Math Learning at Home - Math is everywhere, and you can help your children make connections between what they are learning in school and everyday experiences at home and in the community, such as at the store, cooking at home, managing money. Here are some ideas about how math can be part of your regular day-to-day routine:

- Math games – Math puzzles and games can show that math is fun. They also require trial-and-error thinking, enhance numeracy and logical thinking, and promote discussion.
- Math on TV – Watch educational television programs. Many offer websites with activities to do together, including free games, apps, math crafts, and songs.
- Math at the grocery store – You can talk to your child about how to weigh fruit on a scale or how to estimate the total cost of items as you fill your cart.



or

do

- Math with money – Help your child manage money by creating a budget together or saving to make a special purchase. Or you could go shopping together and help with estimating the amount of a purchase, calculating the tax and checking the change.
- Math in computer games – If your child enjoys the computer, introduce them to fun and educational web-based games and activities.
- Math in the kitchen – Bake, cook and prepare food with your child. There are many great math opportunities in the kitchen, such as measuring ingredients. By making math a priority and finding ways to help your child with math at home and in day-to-day life, you are helping to inspire a love of learning, and a better understanding of math.

14. Volunteers Needed! - October 23 will be a busy day at WE Gowling with school picture day and dental/vision screening for our JK, SK, Grade 2 and Grade 4 students. If you would like to volunteer in the school that day to help the day run as smoothly as possible, please send a quick email to mary.conroy@ocdsb.ca. We will need 2 parents to assist that day.

15. Indigo Adopt-a-School - Wow! Great news Gowling Griffins, we raised \$3,350 through the online fundraiser. With the additional 30% discount from Indigo Books, we should be able to purchase over \$4000 in new books for the library. Thank you for your support!

