

W.E. Gowling PS

The Word

September 18, 2018

Welcome back to school!

We have had a very exciting first few weeks of school as students and staff have begun the process of getting to know one another and settling in to new routines. As the weeks progress there will be much to talk at home about what is new and what is familiar. One way to keep ahead of things that are happening at school is to read **The Word**. That is our school news brief. You will find updates, reminders, suggestions and information about W.E. Gowling PS. It will be sent home in backpacks every few weeks and emailed via the email addresses that have been provided by parents upon registration.

1. **New People at Gowling** - Ms. Conroy has joined the staff this September. She is an experienced principal who has a background teaching a variety of disciplines and as an administrator in a large number of schools. Appointments to meet with her may be made through the office. Speaking of the office, we have a new **Office Administrator**, Ms. Williams. She is looking forward to assisting you when you call or come in. We ask for your patience when she is serving many people at once.
2. **Reminder list:** It is so easy to forget how we do things at school over the summer. Here are a few reminders to help get everyone on track:
 - a. **We are a peanut aware school.** We ask that all families assist us in keeping all students safe by not sending peanuts, nuts or nut products to school. At school we practice reading labels for the “may contain nuts” warnings. We encourage families to do the same thing at home when they are planning lunches.
 - b. **Who do I call when my child is going to be absent?** You may leave a message on the absence line by calling **613-728-7793**
 - c. Good habits begin when we are young and arriving on time for school everyday is a habit that shows respect for others and ensures that lessons are not missed. If by chance your child is arriving late for school, we ask that they stop by the office to pick up a late slip. With the exception of kindergarten students, all children can make their way to class on their own.
 - d. **Picking your child up early?** The end of the school day is a very busy time for students and staff. In order to make sure all students get home safely, we ask

that you please send a note to the student's teacher if there will be a change in their pick up routine for that day. Life happens, should something arise, kindly notify the office by **12:00pm** of alternate pick up arrangements so that we may notify the student and teacher in good time.

- e. **Toys at School** - It is nice to have something to do at recess and bringing a ball or outdoor toy makes playtime fun. Teachers will directly teach skills for sharing and caring of items, looking for lost items will be the responsibility of the child. We have a few reminders about toys:
 - i. No Electronic toys, phones, tablets or mp3 players
 - ii. Toys stay in the backpack until breaks
 - iii. Only bring items that won't be missed if lost.
 - iv. We bring home only the toys we have brought to school
 - f. **Indoor / outdoor shoes** - Our custodians work hard at maintaining a clean environment for learning. We remind students to have a change of shoes that stay indoors.
 - g. **Forms** We ask that forms that are sent home for signatures and completion are returned with a few days of receipt. Throughout the school year you will receive backpack mail, a regular check by you and your child when they arrive home ensures that no one is missing out on anything.
 - h. **Two Nutrition Breaks** All schools in the OCDSB have two nutrition breaks a day. They are about 20 minutes in length and provide an opportunity for children have something to eat. We strongly encourage avoiding sending lunch bags that are stocked only with treats. Growing bodies require a variety of fruits, vegetables, grains and proteins. From time to time, we will give suggestions from students about things that make satisfying snacks and lunches in **The Word**.
3. **School Council** begins on Tuesday Sept. 25 at 5:00 PM in the library. If you have a child attending Gowling , you are encouraged to come to the monthly meeting to hear about school activities and current issues in education.
4. **Pizza Days** : The first pizza day is Friday September 28. The order deadline will be the day before. We will be sending home paper forms for each block of pizza days. Parents can pay per pizza day or per block. The families who responded to the orange sheet will be emailed instructions as to how to use munchalunch.com. We would prefer families to order on-line but will still take the paper forms. I think the only differences from last year are that (1) we are emailing the munchalunch instructions instead of printing them (2) we need exact change for payment (3) the order deadline will be firm. Parents can always email The Pizza Lady at gowlingonlineorders@gmail.com

5. **Terry Fox Walk / Run** - On Sept. 28th students of W.E. Gowling PS will be running and walking in support of the **Terry Fox Foundation**. Over the next few weeks students will be learning about this Canadian hero in their classrooms. All students will be participating on the day of the event and we ask parents to join us to walk, run or cheer on our runners. The Terry Fox Run is an annual event that raises money for cancer research with schools across the country participating in it. Students are asked to bring in a Tootsie Roll for Terry on the day of the run. Families wishing to make a donation directly to the Terry Fox Foundation in their child's name may do so by going to: <http://www.terryfox.org> and then follow the headings from Terry Fox School Run. We look forward to having you there.
6. **Meet the Staff** The evening to meet staff at school is on October 4th at 5 PM. Join us as we open the doors to our learning community. Parent Council will be hosting a barbecue following the classroom visits.
7. **After School / Climbing the to the roof of the school** - Students are not permitted to climb to the school roof during the day at school. Further, they are not to be on the roof after school hours. No staff member will give permission to students to go to the roof.
8. **Indigo Love of Reading Foundation** - Gowling is participating again in the Indigo Love of Reading Foundation. To find out more about how you can support the school library and a strong literacy foundation at school go to <https://adoptaschool.indigo.ca/eng/schools/1199>.
9. **Rowan's Law Day - Speaker Series** - Concussion management - Free Information Session at Sir Robert Borden High School (131 Greenbank Road) - 7:00 PM - 9:00 PM. The session will be led by Dr Michael Vassilyadi, Pediatric Neurosurgeon, CHEO and Gordon and Kathleen Stringer. Learn more about concussion management at: <http://horizon.parachutecanada.org/en/article/concussioned-parachutes-concussion-education-app/>

10. Calendar Items

Sept 25- School Council Meeting - 5:30 PM
Sept 28 - Terry Fox Walk Run - 9:00 AM
Oct. 4 - Meet the Staff - 5:00 PM - 6:30 PM
Oct. 5 - PD Day - No School for Children

From Crime Prevention Ottawa
COMMUNIQUE

Back to school: Keep kids safe online

Did you know that three quarters of Canadian school kids have a social media account or blog?*

Twitter, Facebook and other social media are a fun way to connect with friends, but there are risks—cyberbullying, strangers and exposure to explicit material.

Why not help children learn about web safety with Crime Prevention Ottawa's (CPO) cootie catcher? This resource is perfect for handing out at schools, youth groups, homework clubs and community events.

Aimed at 8-12 year-olds, this game can be played alone or with friends. Players spell a colour and pick a number to reveal their 'fortune'. CPO's version gives kids fun, engaging safety tips for social media. It also features bright colours, emojis and texting language.

Download the cootie catcher

You can download the cootie catcher in [English](#) and [French](#) on our website. It's easy to print at home or in large batches at a print shop.

No access to a printer? Please [contact us](#) as we have a small number of printed cootie catchers available.

Don't forget your [tip sheet](#) for parents and carers.