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/grahambell](http://www.granderie.ca/schools/grahambell)

Principal

Clara Anderson

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November 17, 2014 Message from the Principal

Thank you to all parents who came in to attend their child's parent-teacher interview. Communication between home and school is very important to the success of children at school. We encourage you to continue to read with your child each night and to participate in the Math Calendar Challenge. Talking to your child each day about what they have learned at school is also very important.

November 17-21 is Bullying Awareness Week. As a school we continue to work on promoting a safe and inclusive school. This week, we will focus on promoting positive play among students by teaching and playing cooperative games. During two assemblies in our "Families" groups, students will learn about and celebrate cooperation. At recesses, we are encouraging students to play these games and have fun with one another. Please talk to your child at home about the importance of cooperating. As always, we are reinforcing with students every day the importance of asking teachers for help on the playground.

Mrs. Anderson

Mrs. Marry



November 20- Pizza Day

November 24- Chocolate Bar
Fundraiser kick-off assembly.
Watch for chocolate bars
coming home on Monday.

December 15th- Family Fun
Night and Raffle Draw.
Please see letter for
donations.

Home Reading Program...

All classes are participating in the Home Reading Program! Be sure to read each night with your child and sign the reading log. Students can earn prizes and have fun reading with their family.

Math Calendar Challenge...

Make sure you check out your child's monthly math calendar! There is a fun math activity for each day of the month. Initial each activity that you do and you could win a free pizza lunch. Good luck!

Chocolate Bar Fundraiser...

Every year Graham Bell runs a very successful chocolate bar fundraiser. Last year we raised over \$5,000! The funds will go directly to purchases for the students. In the past we have bought SmartBoards, other technology, families' shirts, gym and playground equipment, and subsidized field trips. Please help us to support our students' programs with this fun and easy fundraiser!

Please see the permission form coming home and be sure to send it back if you do not wish to participate.

Welcome Boots

Boots is a reading dog! She comes to visit our Grade 3 students in Ms. Hutfloetz class. Boots is a trained therapy dog. Students love sitting and reading with her. Thanks, Boots, for helping us read!

Inclement Weather...

On days of inclement weather, the staff of STSBHN and the bus companies, who provide service to our area, are actively reviewing current road conditions and future weather patterns in order to make a determination on delayed or cancelled transportation services. A decision is made and posted no later than 6:30 a.m. When transportation is delayed or cancelled, information will be posted on the websites of STSBHN as well as communicated to a number of local media sources; please see the FAQ section of STSBHN's website for a complete list of radio and television sources. Parents can also receive an email notification when a zone delay or cancellation is experienced by signing up for the free transportation subscription service; information on the service is also available at STSBHN's website under the FAQ section. STSBHN also posts area delays and cancellations on their Twitter; individuals can follow STSBHN by following @STSBHN. Parents may also choose to keep their child home on a day when buses are not cancelled if they feel it is unsafe to travel to school.

Website: <http://www.stsbhn.ca/>

No Smoking ...

Thank you to all parents and visitors for following the no-smoking by law on school property. Please refrain from smoking near the bus loading and pick-up areas. Thanks for keeping our school area smoke-free!

Learning Online

Kids love to learn online.

Here are some websites that we are using at school that can also be accessed at home. It's fun for parents too!

RAZ Kids

<http://www.raz-kids.com/>

Prodigy Math

<https://www.prodigygame.com/Login/>

Dance Mat Typing

<http://www.bbc.co.uk/guides/z3c6tfr>

Have fun learning online!

Family Fun Night- Dec. 15th

Mark your calendar! Family Fun Night is a tradition at Graham Bell. All Family and Friends of the Graham Bell community are invited for a night of Christmas activities, treats, and a Raffle Draw. Please see the attached Raffle Prize Letter. Could you ask a local business to donate a prize for our fundraiser? All proceeds will go directly to students' activities such as field trips, gym, yard equipment and technology. We just may have a special visitor drop by to see the children. See you there!



Remember that Graham Bell is a **peanut-free school**. We do our best to keep all peanuts out of the building. Please check your child's lunch to be sure it doesn't have products that say "may contain" in the ingredients. Looking for the peanut free symbol on granola bars and cookies is a great idea. Thanks for helping to keep our school safe!

A Note From Your School's Public Health Nurse...Stress Management

As the school year gets busier and busier, life can get a little stressful for everyone—even for children. Having stress is natural and necessary for growth, but too much stress can negatively affect our body, mind and feelings.

As a parent, you can't protect your child from every stressful event in life, no matter how hard you try. But you can help your child cope by being there for them and helping them work through their problems.

Your child may be stressed if he/she:

- Is not interested in doing the activities he/she normally likes to do
- Has trouble sleeping
- Has trouble concentrating at school and home
- Gets more headaches than usual
- Doesn't have much of an appetite
- Is nervous, gets tummy aches or cries more often

Ways you can help your child cope:

- **Listen:** Sometimes kids just want to talk. Take the time to listen to how your child is feeling and encourage them by asking questions such as "how did you feel about that"
- **Label their feelings:** Your child may not yet have the words for their feelings. Using words such as "do you feel frustrated" will help them to describe what's going on
- **Touch:** Sometimes a hug is all that your child needs to help the stress melt away
- **Communicate:** Let your child know if there will be a change in their routine so that they know what to expect
- **Healthy Routine:** A healthy body is better able to fight the stress. Make sure your child gets enough sleep and eats well. Physical activity is also a great stress reliever! So go for a walk with your child or encourage him/her to do something that they enjoy.

Thank you to Laura Fretz, our school nurse. If you would like to talk to Laura, please contact the school.

Helping Children Learn

Does your child read aloud to you?

Reading aloud doesn't have to be a one-way street. Parents who encourage children to read aloud to them help their children become stronger readers. Are you helping your child develop reading fluency? Answer *yes* or *no*:

___ **1. Do you set aside** at least a little time each day for your child to read aloud?

___ **2. Do you try** to make reading time low-stress by having it when you can give your child your undivided attention?

___ **3. Do you avoid** jumping in right away if your child mispronounces a word?

___ **4. Do you switch** books if there are too many words your child doesn't know?

___ **5. Do you talk** about the book with your child when he finishes it? Which parts did you each like?

How well are you doing?

More yes answers mean you are building your child's reading skills. For each no, try that idea.

Team up against stress

He used to love school, but now he often says he's too sick to go. His grades are falling. He doesn't spend time with his friends. Your child may be under stress.

Remind him that you are on his side. And if you suspect stress is causing school-related issues for your child, contact his teacher. See if there are things you can do together to work on the problem.

Keep screens in their place

By age nine, many children are media savvy. They are fans of actors, music groups and online games. But too much screen time interferes with study time—and some online activity can be dangerous. To get control:

- **Set and enforce limits.** Kids this age should spend no more than two hours per day—total—in front of a screen.
- **Be aware** of what your child sees.
- **Record TV shows.** Let your child watch them on your schedule, without the ads.

Helping Children Learn is brought to you by the Parent Institute. For the full newsletter, see the Board website under the parent tab. www.granderie.ca

