

March 2012

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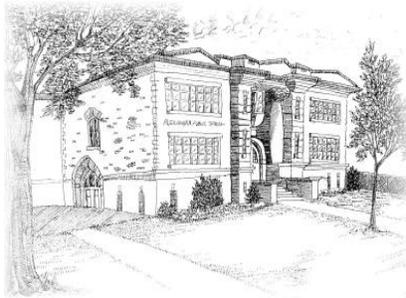
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K. Burge, Principal

*Of Whom Much is Given, Much is Expected***UPCOMING EVENTS**-March Break 12 - 16<sup>th</sup>-March 20<sup>th</sup> School Council Meeting  
6:30 pm-Battle of the Books  
March 9-Junior Mixed Zone Basketball  
Apr. 12  
Tournament-April 26<sup>th</sup> Fiddler on the Roof @  
Central Senior**PRINCIPAL'S MESSAGE**

February has been a very busy month at Alexandra Public School. We started the month with a PA day, we celebrated Pancake Day, Family Day and our Winter Electives Day. The Principals from King Albert Public School and Dr. George Hall recently visited our school to see how we are implementing our School Improvement Plan. They were very impressed by the quality of the student writing in our school and the math problem solving. We are very proud of our student's accomplishments as well! Remember to check out the student work samples on the bulletin board in the front hall. Also, check out the "Student of the Week" work located on the easel beside the office. Mr. Demayer has recently put up picture frames in the hall by the gym in which student's art work will be featured. Please be sure to check out our students' accomplishments! This month report cards were sent home also. We encourage you to contact your child's teacher if you have any concerns about your child's education. Everyone has been working really hard at school and we are all looking forward to March Break. There are lots of great programs being offered for children right here in our community (see the last pages of the newsletter for ideas). I hope everyone has a safe and relaxing break and we look forward to seeing everyone afterwards!

**Honesty:**

Honesty is the best policy. If I lose mine honor, I lose myself."

*Wm. Shakespeare*

*Devil's Elbow**Fair Haven Outdoor Centre*



## Battle of the Books!

Battle of the Books is an exciting school-wide reading competition that inspires students to read quality literature. Teams of up to four students have had the opportunity to read 10 very interesting novels. Students can either choose to read all the books or spread them out between the group members. We currently have 6 teams participating in the battles which began earlier in the week. Teams play head to head against each other answering a total of 15 questions. Each team will get the opportunity to battle three different times and the 4 teams with the highest accumulative point will battle in the championship next Friday, March 9. From there the winning team will continue on to the County Battles at Dr. George Hall. Good luck teams!!

## Breakfast Club

We are very fortunate to have wonderful volunteers who put together food baskets for our classrooms every day. A special thank-you goes out to Mrs. Dimoglou and Mrs. Bell for making pancakes for all the students on Feb. 21.

## Grades 3 & 4 Basketball

Ms Hopkins and several high school basketball players are teaching interested Grade 3 & 4 students the fundamentals of basketball. They hope to participate in a couple of tournaments after March Break and gain skills to be ready for Junior Mixed Basketball next year.



## Junior Mixed Basketball News!

The team has been chosen and will be continuing to practice on Monday, Tuesday and Thursday. The Zone Tournament will be on April 12 at Queen Victoria School. The County Tournament will be on April 19 at L.C.V.I. Go Royals Go!

## Winter Electives Day!

On Friday, February 24<sup>th</sup> all students had the option to go to Fair Glen Outdoor Experience Centre or the students in Grades 4 - 6 could choose to go skiing or snowboarding at Devil's Elbow. All students in the school participated in one event or the other. We had a true winter experience, snow storm and all. The students had lots of fun snowshoeing, cross country skiing and playing outdoor survival games at Fair Glen. The Junior students carved lots of turns on the snow covered slopes of Devil's Elbow with lots of smiles on their faces. A great day was had by all! Thanks to the Parent volunteers who helped to make both events an enjoyable experience.



*Devil's Elbow Snowboarders*

## School Council

The next meeting will be held March 20<sup>th</sup> at 6:30 at the school. All interested parents are invited to attend.

## Character Recognition

In January our Character Trait was **Trustworthiness**. The following students were recipients of the Trustworthiness Award at the assembly in early February. Julie W., Summer S., Ethen G., Kaitlyn M., Brooklyn S., Brittany P., Emily P., Michael A., Ennass A., Abigail K., Madilyn E., Audrey A., Emily G., Milind R., Audrey R. Our February Recipients Awards Assembly to recognize **Honesty** will be held on March 2 at 9:00.

## Naming the Gym Event

On April 21st we will be hosting a special event to name the Alexandra Public School gym in honour of Mrs. Susan Denure. Susan was the driving force behind the fundraising to build the gym at our school. She never gave up when it came to finding ways to generate funds to support the APS gym. Susan embraced fitness and loved to see children involved in physical activities and having fun. We hope that many people from our school community will join us in honouring Susan Denure on April 21<sup>st</sup> from 2 until 4 pm. See you in the gym!

## Skipping Club Starting at APS!

Mrs. Nichol is starting skipping club for students in Grades 3 - 6. The students will practice Days 1, 3, 4 and 6 at Second Recess. This is a great way to gain Cardiovascular exercise, learn some new tricks and have fun with your friends!



## Alexandra Wears Pink to say "NO" to Bullying!



## School Volunteers

Thanks go out to Mrs. Kelly, Mrs. Hughes and Mrs. Silveira for coming out on a regular basis to do head checks. The checks are conducted efficiently and courteously and have helped to keep the cases of Head Lice to a minimum. Thank you ladies!

# Parent Engagement



## Lunch Tips

There's nothing worse than opening a lunch pack at the end of the day and finding that only the cookies got eaten. How can you make sure your child consumes the energy he needs to fuel a busy day?

**Involve kids in the planning, shopping and packing.** Perhaps you could post a list on the fridge of lunch favourites.

**Aim for variety, and interest.** Make a homemade "lunchable" with slices of cheese or roast chicken, toasted bread cubes, some orange sections or carrot sticks and yogurt dip in a divided container.

**Build a better sandwich.** This mainstay is easy to manage and can contain four food groups in one tidy package. Using frozen slices of whole grain bread when you make up sandwiches means it's fresher at

lunchtime. Consider alternatives like mini pitas with hummus or apple slices and cream cheese rolled in a tortilla.

**Feature fruits and vegetables.** Research shows that some kids don't eat enough of these. Remember too that crunchy fruits and veggies are nature's toothbrush. A low-fat dip will make broccoli "trees" or red pepper slices more tasty. Try cutting a kiwi in half and include a spoon so kids can scoop out the pulp. Section hard-to-peel fruits like an orange and send in a container.

**Include a source of calcium.** Kids need two servings a day, so find out if your school has a milk program. Other tasty options are puddings with milk listed as the first ingredient, cheese strings or mini-yogurts.

**Packing tips for the balanced day.** A lunch container with two separate compartments works well, or you can label foods 1 and 2 and include a drink for each break.

**Did you know?** Research shows that 25 percent of kids' calories come from junk food. Try substituting whole grain mini-muffins for chips, and milk or water for pop and flavoured fruit drinks.

## Mental Health Minute

Five tips to promote mental health in your child or youth

**Be positive role models.** Children need to see us express our feelings, talk over a problem with our partner, or see things from someone else's point of view.

**Promote a healthy lifestyle.** Give healthy food, make sure they get enough sleep and exercise.

**Ask them how their day went.** Let them know when they've done something well (like trying hard, being patient or kind, or getting better at something). Focus on the effort, not always the result. If something

is bothering or stressing them, ask if they need help to solve the problem.

**Ask them how they're feeling about things.** Some children may not know how to express themselves. Help them with language to 'name' and express feelings ("Oh, that must have been frustrating to have to wait so long...")

**Help them see things from another's point of view.** Children need to see us do this

("My boss was in a really bad mood today, but she's been going through a rough time caring for her mother")

If you found these tips helpful, you might like "Tips for Parents on Building Healthy Relationships with their Teenager" found at [www.tlidsb.ca](http://www.tlidsb.ca)



Visit [tlidsb.ca](http://tlidsb.ca) or call toll free 1.888.526.5552

MARCH 2012

# Community News

## Skipping Club starting soon!

Looking for a fun way to keep the kids active over the next few months? A new skipping club is starting up on Tuesdays from 5:00-6:00 pm at the Victoria Park Armoury in Lindsay.

Instructors Lexie VanKooten and Kyna Rowbotham will focus on speed, power, endurance, and freestyle skills that will build on the popular skipping programs that are offered in local schools. Long rope and double dutch tricks will also be introduced to the participants. Skipping is an inexpensive sport that provides great physical exercise while improving strength and confidence.

Children 8 years and older can register for the 8 week program starting February 28, 2012 through Parks, Recreation and Culture. No equipment is required, the cost of the program is \$48.00 and each child will receive their own jump rope as part of the program.

For more information or to register please contact the Parks, Recreation & Culture office at 50 Wolfe Street in Lindsay or by calling 705-324-9411 ext. 1335 or 1306 or email [communitydevelopment@city.kawarthalakes.on.ca](mailto:communitydevelopment@city.kawarthalakes.on.ca).

## March Break @ Lindsay Library

The City of Kawartha Lakes Public Library has many events planned for children during the March Break. Brochures outlining events are available at all Library Branches throughout the City of Kawartha Lakes. For further information contact your local library or Library Administration (705 324-9411 ext. 1291). To register for a program please call the Library that is hosting the particular program of interest.

### Highlights of the week include the following:

Children will have the opportunity to create an e-book using MS Word and Paint at our **Computer Workshops**. Registration is required for this program. Call your local library for dates and times.

Enjoy wonderful storytelling and amazing balloon creations when **Mrs. Twist, Balloonologist** visits the Dalton Library (705 833-2858) on Monday, March 12 at 11 am and the Woodville Library (705 439-2160) on Monday, March 12 at 2:30 pm.

The **Kids on Block** puppet troupe will perform on Monday March 12 at the Omeme Library (705 799-5711) at 10:30 am and the Lindsay Library (705 324-5632) at 2 pm and on Thursday, March 15 at 11 am at the Kinmount Library (705 488-3199). Children will enjoy the life size puppets as they present real life situations with a big dash of humour.

**The Magic of Jeff Hill – Magic that Rocks** will be presented at the Lindsay Library (705 324-5632) on Friday, March 16 at 2pm. Jeff grew up in the area and returns to bring his fresh energy to magic, combining it with music, comedy and audience interaction. Jeff has performed across Canada and around the world, thrilling and amazing people everywhere.

## March Break Camp at the Lindsay Recreation Complex

Parks, Recreation and Culture staff are pleased to offer a children's March Break Camp at the Lindsay Recreation Complex March 12-16, 2012. Camp runs Monday to Friday from 8:00am-4:30pm for children aged 6-12. Cost is just \$131.25 per week or \$25.25 per day. Late pick is available until 5:30pm for an additional fee. Camp leaders will keep the children active with skating, swimming, games, crafts, outdoor activities, community outings and more!

More information and camp registration forms can be found on our website at [www.city.kawarthalakes.on.ca/camp](http://www.city.kawarthalakes.on.ca/camp) or by calling 705-324-9411 ext. 1335. Register early to avoid disappointment!

## Youth/Minor Rugby

- The Lindsay Rugby Football Club will be holding registration on, Mar.24, and 31 from 10:00 – 1:00, at LCVI, for the following youth programs:
  - **Flag Rugby (non-contact, co-ed)** a pass, run, catch game, with the opponent being stopped by taking his/her flag. There are two age groups, U8 (Gr. 1&2) and U10 (Gr.3&4).
  - **Modified Contact Rugby (co-ed, U12 – Gr.5&6)** Modifications to the regular game have been made to ensure safety. For example, scrums and line-outs are uncontested (no push). U12 practice on Mar.10, 10:00-12:00, LCVI - no cost.
- **Contacts:**
  - Flag Rugby: Jenn Johnson: 705-327-9411 ext 1350
  - Deb Shea: Wazzzer2002@gmail.com
  - Under 12's: Vince Jones: 705-340-5952
  - Or [www.lindsayrugby.com](http://www.lindsayrugby.com)