

Glen Orchard Public School

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December News 2016

<http://glo.tldsbo.on.ca>

Principal: Deborah Wines

Administrative Assistants: S. Hoskins, L. Marshall, G. Reisenburg

Secretary: Bonnie Bell

Trustee: Louise Clodd

Asst. Secretary: Diane Hennig

Christmas Concert

Plan to join us on Monday, December 19th at 6:30 p.m. for "A Beary Merry Christmas" concert. (Snow date – Dec. 20)

West Muskoka Food Drive

Our annual food drive is underway and will end on Friday, December 16th with a special assembly, where representatives of the local churches and OPP will collect the food, for distribution.

Library News

The library will be hosting a Scholastic Christmas Book Fair from Wednesday, November 30th to Friday December 2nd. This is the perfect opportunity to buy some new reading material for Christmas gifts and/or stocking stuffers! Come and visit us in the library for Family Night; Thursday, December 1 from 3:00 p.m. to 6:30 p.m. There will be a Family Event Door Prize where every family that visits the Book Fair has a chance to win \$25.00 in books from the book fair for their home library PLUS \$25.00 in books from the book fair for the student's classroom library. Come and see what's new at this year's Scholastic Christmas Book Fair! Hope to see you there!

Bus Cancellations/Late Buses

To have information sent directly to your cell phone regarding cancelled or late buses, please visit our website under Quick Links – Bus Information, for instructions to download the app.



Principal's Message

November has been a busy month at school. Our students have been involved in wonderful extra-curricular activities at recess time. Primary classes have had the opportunity to choose to participate in dance routines being lead by intermediate students under the supervision of an adult. Junior and intermediate students have had the opportunity to participate in volleyball or basketball. Thank you to all staff who have facilitated these rich extra-curricular sports activities for our students.

Our school band was able to perform at both the Port Carling and Bala Santa Claus Parades. A great big thank you to Mrs. Lee and Mr. Reisenburg for their time and effort to make this happen.

The Green Gators have continued their efforts to ensure that our school is being ecologically responsible. In November they conducted a recycling audit and are prepared to support students in recycling moving forward for the remainder of the year. They also were successful in running a fundraiser to support Men's Health, in the spirit of "Movember" – a recognized cancer and mental health for men fundraiser. Thank you to Ms. Hoskins for her facilitation of this group of leadership students at Glen Orchard.

November 17th was our formal interview night. I know a number of parents had an opportunity to visit with the classroom teacher to discuss their child's progress. Please know that we all encourage on-going communication between home and school and if you have questions or concerns about

your child's progress, please feel free to contact your child's teacher.

On November 18th, several of our staff members had the opportunity to attend a professional learning session at Monck P.S., where we heard Dr. Greg Wells speak to us about the importance of wellness and how to be well. Dr. Wells is a neuroscientist, researcher, and top athlete, who has expressed that, as a personal goal, his dream is to have our society embrace four key habits to wellness: sleep well, eat well, think clearly, and move more. He has been featured on TedTalks and his presentations can be found on his website – drgregwells.com

As a staff, we feel strongly that his messages are important for our own well-being, the well-being of our students and of our families. Dr. Wells speaks to the fact that very minor changes in the way we do things can have a positive effect on our overall well-being and that

the correlation to well-being and student achievement is highly aligned. Since we believe this is a priority, we hope to share key messages from Dr. Wells' presentation in our upcoming newsletters throughout the remainder of the year. We will also be having conversations with our students about how to be well and we will be practicing strategies that promote well-being. In this newsletter, please look for the information on protein in lunches and a great recipe for healthy eating.

Once again, please drop by to see me or give me a call, if you have any questions or concerns I can support you with to continue to promote a positive school climate at Glen Orchard Public School.

Battle of the Books

Another season of Battle of the Books begins Friday, December 9th. All elementary schools in TLDSB have been invited to participate. It would be wonderful if students at Glen Orchard P.S. could be included in this event.

This board wide competition for Junior and Intermediate students is a friendly contest organized by volunteers and educators within our board on comprehension and reiteration of pre-selected novels. Each division is divided into teams of 4 and those teams are required to read 10 novels within a predetermined amount of time. A "battle of the books" battle between teams at Glen Orchard eliminates all but the most knowledgeable division team. This team would then move on to compete against schools in the north end of the board and the team that wins that battle will compete for the board "Battle of the Books" title.

Due to the number of novels needed to support this event, financial support is needed. If you would like to be a sponsor, please contact Mrs. Hennig via the school office. Your continued support is much appreciated.

Clip and save this! ✂

12 Days of Christmas at GLO!!

- Wed. Dec. 7 Red Day - Wear red clothes to celebrate the season
- Thu. Dec. 8 Slipper Day - Wear your cozy, warm slippers
- Fri. Dec. 9 Canned Food Day - Bring in any canned item for the Food Drive
- Mon. Dec. 12 Scarf and Toque Day – Wear your scarf and toque to stay warm all day long
- Tues. Dec. 13 Decorate Yourself – Put on a little tinsel or wrapping paper today
- Wed. Dec. 14 Festive Clothes Day – Wear a Christmas Sweater or some festive attire
- Thu. Dec. 15 Pasta Day - Bring in a box of pasta for the Food Drive
- Fri. Dec. 16 'Twas the Night Before Christmas PJ Day – wear your PJ's to school
- Mon. Dec. 19 Green Day - Deck yourself with all of your green clothing
- Tues. Dec. 20 Festive Hat Day – Wear a Santa Hat, Reindeer Antlers, or even a Rudolph Nose
- Wed. Dec. 21 Festive Movie and popcorn in the gym
- Thu. Dec. 22 Christmas Carols in the gym and Reindeer Games Outside (weather permitting) Dress for outdoor play

VOUCHER ORDER FORM

Student's Name:	Teacher's Name:
# of .75 vouchers (.75 ea. or 10/\$7.50)	Amount enclosed:
# of \$2.00 vouchers (\$2 ea. or 10/\$20)	Amount enclosed:
# of \$2.50 vouchers (\$2.50 ea. Or 10/\$25.00)	Amount enclosed:

Milk & Juice = .75 Pizza = \$2 Hamburgers/Pasta = \$2.50

Glen Orchard is a Nut and Fish Safe School

Did you know that it's a great idea to eat protein at every meal. That low-nutrient, high-carb breakfast of toast and orange juice will lead to an energy crash. High protein foods can help you to maintain better attention, concentration and focus. Healthy proteins arrive in their most basic forms - not processed or battered. Try eggs, fish, chicken, pork, quinoa, lentils or chickpeas

Slowcooker Barbequed Lentil Sloppy Joes

- 1 cup dried lentils (green)
- 2 cups water
- 1 ½ cups finely chopped celery and carrots
- 1 large onion, finely chopped
- ¾ cup ketchup
- 2 tbsp. brown sugar or maple syrup
- 2 tbsp. Worcestershire sauce
- 2 tbsp. cider vinegar
- *Hamburger buns, slider buns (Gluten free too!)

Toppings: grated cheddar cheese, coleslaw, crispy onions, green onions chopped etc.

1. In a saucepan, combine lentils and water. Bring to a boil and reduce heat. Cover and simmer for 10 minutes. Transfer lentil to slowcooker.
2. Add celery, onions, carrot, ketchup, brown sugar and Worcestershire sauce to slowcooker. Mix well.
3. Cover, cook on low for 10-12 hours (or high for 4-6), or until lentils are tender. Just before serving, add vinegar.
4. Spoon filling on to buns. Great alone or with toppings of your choice!

Simcoe Muskoka District Health Unit **Winter Immunization Clinics**





Nurses from the Simcoe Muskoka District Health Unit will be in schools during the winter (Jan.-Mar.) providing the Meningococcal Conjugate vaccine Men-C-ACYW (Menactra) to all Grade 7 students who provided consent in the fall. This vaccine is required by law under the Immunization of School Pupils Act (ISPA) for school attendance. Grade 8 students who have a signed consent and who missed a clinic in Grade 7 (Hepatitis B or Meningitis vaccines), will be offered the chance to get caught up on any missed doses during the winter clinic. Consent forms and fact sheets sent home in the fall of Grade 7 are still valid for these clinics.

For more information visit the Health Unit's [school immunization page](#).

Merry Christmas



December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 (5)	2 (1) 
5 (2)	6 (3)	7 (4) 	8 (5)	9 (1) 
12 (2)	13 (3)	14 (4) 	15 (5)	16 (1) Food Drive Assembly – 9:00 
19 (2) Christmas Concert 6:30 p.m.	20 (3)	21 (4) 	22 (5)	Christmas Holidays start

Merry Christmas

School resumes January 9, 2017

(#) indicates day in 5 day cycle