

Glen Orchard Public School

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February News 2017

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

Principal: Deborah Wines

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

Secretary: Bonnie Bell

Trustee: Louise Clodd

Asst. Secretary: Diane Hennig

Principal's Message

With a late return from the holiday season and 6 snow days in January, this month has seemed to have just flown by. Our playground has become a series of mountains where students are having fun building forts and sliding down hills. With the milder weather, outside play has been very enjoyable. Many classrooms are also taking advantage of our snowshoes and winter trails, to get students out for physical education as they pack down the Debbie Ruttan cross-country trails. Thank you to parents for ensuring our students have all the outdoor gear needed for fun outside. On February 17, a semester one report card will be coming home with your child. As we always do our best to maintain on-going communication, I know teachers would encourage you to come and chat with them about your child's progress if you have any questions or concerns about the written report. As you may know, there are three Arrowhead days planned for our school in the month of February. We are all looking forward to these great opportunities to get outside as a school community and to be active learning lifelong outdoor physical skills. As always, if you have any questions or concerns, please do not hesitate to drop by the office or give me a call.

~Deb

School Council

Our School Council is organizing a fundraiser to raise money to purchase a hydration station for the school. Hydration stations provide students with cooled water they can access with water bottles. As we know, keeping hydrated is healthy for not only the body but supports brain function and thus, positively impacts learning. Hydration stations also encourage the elimination of plastic water bottles so, as such, they promote an ecofriendly environment.

School Council will be selling metal water bottles that have our own Glen Orchard Public School Name on them. Information about cost will be coming soon.

The next School Council meeting is Tuesday, March 7th at 6:30 p.m. All are welcome to attend.

Pasta Lunches

Hot pasta lunches are starting again every 2nd and 4th Monday of each month. For \$2.50 your child can purchase a bowl of pasta with homemade tomato sauce (using vegetables harvested from our garden last fall) and a roll.



Trillium
Lakelands
DISTRICT SCHOOL BOARD

Outdoor Classroom

School Council has been working diligently over the course of the past two years to raise funds for outdoor classrooms and outdoor learning experiences and equipment for our school. Together with the generous donation of \$2000 from the Bala Cranberry Festival, and our great home community, we currently have \$4237.65 in our account. We would like to invite a parent member to sit on a committee in order to make some decisions about how to best utilize the money. If you are interested in joining this committee, please let Deb Wines know that you would like to join the discussion. We anticipate one or two meetings to make the decisions about how to move forward.

Did you know that research has shown that blueberries are packed full of nutrients that help protect the brain from free radical damage and from age-related mental decline. They also improve memory and learning. If you want to keep your brain young, load up on blueberries.

Blueberry Slushie

A refreshing frozen fruit dessert---a healthy vegan, gluten free, blueberry slushie!

- 2 Cups frozen blueberries
- 1 $\frac{1}{2}$ Cups fresh orange juice



1. Blend the blueberries with the orange juice, scraping down sides as necessary. Be careful not to add too much more liquid, you want to keep this thick and icy.
2. Pour into a large glass and serve with a spoon.

Nutrition Facts

Amount Per Serving	
Calories 168	
	<small>% Daily Value*</small>
Total Fat 0.9g	1%
Saturated Fat 0.1g	0%
Cholesterol 0g	0%
Sodium 3.3mg	0%
Total Carbohydrate 40.8g	14%
Dietary Fiber 3.9g	16%
Sugars 30.4g	
Protein 2.4g	5%
Vitamin A 3%	Vitamin C 179%
Calcium 3%	Iron 4%

Glen Orchard is a Nut and Fish Safe School

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:



February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 (3) 	2 (4)	3 P.D. Day
6 (5) Gr. 7/8 to Dragon's Den	7 (1) Gr. 7 & 8 - Vaccines	8 (2) 	9 (3) BMLSS Info Night for Gr. 8 7:00 p.m.	10 (4) Arrowhead Park
13 (5) 	14 (1) Happy Valentine's Day 	15 (2) 	16 (3)	17 (4) Arrowhead Park Report Cards Home
20 Family Day	21 (5)	22 (1) 	23 (2)	24 (3) Arrowhead Park
27 (4) 	28 (5)			

(#) indicates day in 5 day cycle