

# Glen Orchard Public School

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## January News 2017

<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**

### Principal's Message

Happy New Year to everyone! I hope you all had a chance to enjoy family and friends over the holidays and were able to take some time to relax and enjoy your favourite winter activities.

We are looking forward to this winter as we embrace all that our school environment has to offer. With so much snow, students and staff will be taking advantage of our snowshoes for outdoor phys. ed. and recess play, as well as the many hours of recess fun building and rebuilding snow forts in our playground.

Following last year's very successful single day excursion, our staff has planned three whole-school trips to Arrowhead Provincial Park in February. We would encourage you to attend if you are able and have a current Vulnerable Sector Check on file. Volunteer assistance makes the day successful.

In December, we said farewell to Mrs. Debbie Langille, our Designated Early Childhood Educator, who is taking a leave for the remainder of the year. Please join me in wishing her well in her new endeavours. I would like to take this opportunity to welcome Mrs. Shannon Scott, who will be replacing Mrs. Langille in her absence.

Thank you to all parents who were able to come out to our Christmas Concert celebration before the holidays. Students and staff worked hard to share their talent and expertise as the festive season was celebrated. I would also like to extend a special thank you to all staff for their efforts in helping students put forth such an amazing presentation.

Report cards for Term 1 will be coming home on February 17<sup>th</sup>, 2017.

As always, if you have any questions or concerns, please feel free to drop by the office or give me a call. – Deb Wines

### 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.



### Kindergarten Registration -- Now Open!

What should you bring to the school?

- Proof of age for your child
- Name and phone number for family doctor
- Ontario Health Card number (optional)
- Child's immunization record
- Residence road name and 911 address

Junior Kindergarten students must be four years old by December 31, 2017.

Registering your child early helps us to plan in advance.

### School Council

Our next School Council meeting will be held Tuesday, January 10<sup>th</sup>, 2017 at 6:30 p.m. in the library. Everyone is welcome to attend.

### Library News

A new year has arrived! Let's start it off by taking an imaginary journey. The GOPS library has many new AND many classic novels/readers available to take you places you've never been. Visit far away lands, mystical places, or save the world. Come to our library and find your escape. Hope to see you soon!

### Battle of the Books

Both the Junior and Senior divisions are involved in this year's "Battle of the Books". Novels included in this contest are available through the GOPS library and are also available at the Port Carling Library.

### Pasta Lunches

Watch for pasta lunches starting in February (2<sup>nd</sup> and 4<sup>th</sup> Mondays).

### YOGA at GLO in January

Join us on Wednesday evenings from 7:00 - 7:45 p.m. for yoga sessions facilitated by Jasmine Keith (Active Turtle), one of our grade 4 parents. Please bring your own yoga mat if you have one. These yoga sessions will run on Wednesday evenings from January 11<sup>th</sup> - February 1<sup>st</sup>. The cost is \$10/family. Space is limited, so please contact Mrs. Bell in the office so we can count you in!



**Did you know** that dark chocolate containing 70 percent or more cocoa provides all kinds of goodness: fiber, iron, magnesium, copper, manganese, good fats and polyphenols. Polyphenols improve vascular reactivity, which is the ability of blood vessels to change their diameter so that more oxygen and nutrient-carrying blood can flow through them. Increased blood flow and oxygen to the brain boosts mental performance and alertness. Eat about an ounce of dark chocolate a day for a delicious brain treat.

### Hot Chocolate for One

- 2 tablespoons unsweetened cocoa powder
- 1 to 2 tablespoons sugar
- Pinch of salt
- 1 cup milk
- 1/4 teaspoon vanilla extract

Whisk together the cocoa, sugar, salt, and about 2 tablespoons milk in a small saucepan over medium-low heat until cocoa and sugar are dissolved. Whisk in the rest of the milk and heat it over medium heat, whisking occasionally, until it is hot. Stir in the vanilla and serve.

If you like it frothy, blend it in the blender.

This recipe multiplies easily. When you get up to a quart of milk, use 1/4 teaspoon salt.

## 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:

Juice = .75

Pizza = \$2

Hamburgers/Pasta = \$2.50

**Glen Orchard is a Nut and Fish Safe School**



## January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
9 (1)	10 (2) School Council 6:30 p.m.	11 (3) 	12 (4)	13 (5) Swim to Survive – Gr. 3 
16 (1)	17 (2)	18 (3) 	19 (4)	20 (5) Swim to Survive – Gr. 3 
23 (1)	24 (2)	25 (3) 	26 (4)	27 (5) Swim to Survive – Gr. 3 
30 (1)	31 (2)			

(#) indicates day in 5 day cycle