

# Glen Orchard Public School

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## October News

2014

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

Principal: Deborah Wines

Admin. Assistants: S. Carter, G. Reisenburg, L. Wallace

Secretary: Bonnie Bell

Trustee: Louise Clodd

Asst. Secretary: Diane Hennig

### Principal's Message

We have had a great start to our year as staff and students have settled nicely into routines of school life while participating in the many exciting events that have already occurred. We send out a great big thank you to our intermediate students, facilitated by both Mr. Reisenburg and Ms. Lee, who have taken the lead to organize and run two great assemblies for our student body. Our first assembly of the year had all staff and students engaged in goal setting, the character trait for September, as we look ahead to and plan for our personal and collective learning. Our second assembly celebrated International Peace Day and we would like to extend a thank you to Muskoka Chatauqua who provided artistic instruction and inspiration to students in both Honey Harbour Public School and Glen Orchard Public School as we celebrated peace around the world. Our leadership will continue as our intermediate students plan and facilitate assemblies to celebrate the character trait of each coming month.

Our Terry Fox Run was once again a great success and we thank our organizers, Mrs. Mortimer and Mme. Carter for the efforts to make this event happen. It was also great to meet so many parents at our Meet the Teacher night and we thank all of you who were able to attend.

**Perseverance** is this month's Character Trait. Perseverance is being committed to your goals and overcoming obstacles. When you persevere you don't give up.

We are looking forward to October and the many exciting events that are planned for our school. Just to mention a few, students will be participating in the Regional Evan Luker Run, the Regional Mud Run, and the Glen Orchard Turkey Trot. You can see, Glen Orchard will be "running through October". Please know that my office is always open, should you have any questions or concerns.

- D. Wines

### **SNACK Program**

Beginning Tuesday, October 14<sup>th</sup>, a healthy snack for all students will be delivered to their classrooms every morning. Please contact the school if you would like to help out with this program.

### **Hamburger Lunches**

Beginning October 1<sup>st</sup>, barbecued hamburgers will be for sale at lunch every Wednesday for \$2.50.

**School Council**

The Glen Orchard Parent Council will be holding its first regular meeting on Thursday, October 9<sup>th</sup> at 6:30. Please note that an election of the executive will be held at that time. Any new parents wishing to join are welcome. Please RSVP by October 8<sup>th</sup> to Bonnie at the office (705-765-3144) to ensure that we have enough babysitters and food ordered!

**Terry Fox Walk**

On September 22<sup>nd</sup> we held our annual Terry Fox Walk. With police assistance, students in grades 1 to 8 walked down the Butterfly Lake Road and back. Thank you to everyone who sent in toonies. Together we raised \$ 136.00 for cancer research.

**Healthy Schools Meet Eco Schools!**

Last year we started our EcoSchools program and created some interest around recycling and its importance to our environment. Also, we instituted "Meatless Mondays" every other week to highlight healthy and sustainable food choices. This year, we have already started with our classroom recycling. Many thanks to the grade 6/7 class and Mr. Montgomery for taking that on.

The plans for this year include education around recycling practices, waste-free lunches, and the value of eating fresh, locally sourced foods. Our school garden has already provided fresh herbs that we will freeze for use in our "Meatless Monday" menus!

This year we hope to make the important connection that a healthy mind and body need a healthy environment to grow and flourish. Stay tuned for upcoming dates and initiatives!

-the Green Gators, representing Healthy/Eco Schools



**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)	Amount enclosed:

Milk & Juice = .75

Pizza = \$2

Hamburgers = \$2.50



### Library News

Our first Scholastic Book Fair this year was held September 17-19. Thank you to Kristan Farlie, Crystal Neal, Samantha Davidson and Jodie Dewasha for volunteering their time to come in and help run the Fair.

Please encourage your children to treat their library books with care and return them on time. We ask that you also encourage discussion with your child about their choices of library books. Every class should have a library exchange period at least once a week. Students that lose or damage books will be expected to replace the book or pay a replacement fee.

### **Mental Health Minute**

#### **The Importance of Routines**

Establishing a routine helps family members organize themselves. When children feel like they are a part of a family unit, it builds their sense of belonging and security. Routines encourage an understanding of family expectations and provides an opportunity for children to develop independence and feel accomplished. Routines teach children time management and organizational skills and helps them feel safe and in-control. Below are examples of routines:

- Getting ready for bed
  - One-on-one time with parent(s)
  - Eating meals
  - Brushing teeth
- Don't expect children to understand what you want. Teach your child skills by providing clear expectations and positive reinforcement.

Source: Haliburton, Kawartha, Pine Ridge District Health Unit [www.hkpr.on.ca](http://www.hkpr.on.ca); Simcoe Muskoka District Health Unit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

### Immunization Information

#### **Immunizations for Grade 7 Students**


The Simcoe Muskoka District Health Unit will offer the Hepatitis B (Hep B) and Meningococcal Conjugate ACWY (Men-C-ACWY) vaccine to all Grade 7 students at school clinics. Both vaccines are free for all Grade 7 students. For full protection two doses of Hep B vaccine are needed and given at two separate school clinics during the school year (2 doses = a series). Men-C-ACWY vaccine is given only once and as of July 1, 2014, is required for attending school in Ontario. More information will be sent home this fall for review by the parent and student. The consent form is to be signed by both parent and student. **Consent forms must be returned to the school before the clinic date regardless of decision for vaccination.** Unless cancelled in writing, this consent is valid until the series is completed. For more information visit the [immunization page](#) of the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call Your Health Connection at 1-877-721-7520.

#### **Human Papillomavirus (HPV) Vaccine for Grade 8 Girls**

The Simcoe Muskoka District Health Unit will offer the HPV vaccine free to all Grade 8 girls at school clinics. For full protection, three doses of HPV vaccine are needed (3 doses = a series). These doses are given at three separate school clinics during the school year. Information will be sent home in the fall. The consent form is to be signed by both parent and student. **Consent forms must be returned to the school before the clinic date regardless of decision for vaccination.** Unless cancelled in writing, this consent is valid until the series is completed. For more information visit the [immunization page](#) of the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call Your Health Connection at 1-877-721-7520.



**October 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 (2) 	2 (3) Gr. 8 – Me to We 5 a.m. – 5 p.m.	3 (4)  Crazy Hat Day
6 (5)	7 (1) Evan Luker Run (raindate Oct. 9)	8 (2) 	9 (3) Gr. 1/2 & 2/3 – Wye Marsh  School Council – 6:30 p.m.	10 <b>P.D. Day</b>
13  Happy Thanksgiving!	14 (4)	15 (5) 	16 (1)	17 (2)   X-Country Mud Run – 8:30 – 2:45  Rainbow Day
20 (3)	21 (4)	22 (5) 	23 (1) MADD Assembly – Gr. 7/8	24 (2) 
27 (3)	28 (4)	29 (5)  Photo Retakes – a.m.	30 (1)	31 (2)   <b>Happy Halloween</b>

(#) indicates day in 5 day cycle

