



**Together We Grow!**

# The Pine Glen Post

**NOVEMBER 2015**



Principal: David Crawford

Trustee: Bruce Reain

### PRINCIPAL'S MESSAGE

In our September newsletter I talked about Raising Resilient Kids and gave one example, "Don't Accommodate Every Need". I would like to share a few more tips from, Psychotherapist, Lynn Lyons, LICSW.

- 1. Avoid Eliminating All Risk.** Naturally parents want to keep their kids safe. But eliminating all risk robs them of learning resiliency. The key is to allow appropriate risks and teach your kids essential skills.
- 2. Teach them to Problem-Solve.** When your child is anxious or nervous, help them navigate through it finding ways to figure out what works and what doesn't.
- 3. Teach Your Child Concrete Skills.** Focus on what skill they need to handle certain situations. For example you might teach a shy child how to greet someone and start a conversation.
- 4. Don't Provide all the Answers.** Rather than providing your kids with every answer, start using the phrase "I don't know" and then problem solve the answer together.

To see the full article please go to the following website:  
<http://psychcentral.com/lib/10-tips-for-raising-resilient-kids/>

### SCHOLASTIC BOOK FAIR

Pine Glen will be having their annual book fair. The dates of the fair will be November 25th, 26th, 27th and 30th.

Books make a great Christmas Gift.  
Thanks for your support!



### REMEMBRANCE DAY



Our Remembrance Day assembly was held on Wednesday, November 11th. Our students did a wonderful job of participating and being respectful.

### PARENT COUNCIL

The next Parent Council meeting will be held on Monday, December 14th in the Library @ 6:30 p.m.

All parents and guardians are welcome to attend.



Please make sure your child has the appropriate clothing for the weather as well as a change of clothes.



### PROGRESS REPORTS

Progress Reports will be going home on December 11th.

### HOT LUNCHES

The Parent Council is having hot lunch days on Mondays and Wednesdays for \$2.00. Pizza Days are still on Fridays for \$2.00.

**SAFETY CONCERNS**—Please do not park in our bus lanes when dropping off and picking up your child.

We ask that you sign in at the office when you come into the school. Your child will be called down for you.

Your child needs a note to leave school property at N.B. #2 for lunch.

**Thank you for your support!**



[www.TLDSB.ca](http://www.TLDSB.ca)

Call Safe Arrival When Your Child is Absent 789-6190

Better Together

# NOVEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Day 3	3 Day 4	4 Day 5 Hep B Needle for Gr. 7 Gardasil for Gr. 8 girls	5 Day 1 Order Pizza	6 Day 2 Pizza Day	7
8	9 Day 3 Parent Council Mtng @ 6:30 p.m. Hot Lunch	10 Day 4	11 Day 5 Remembrance Day Assembly @ 10:05a.m.	12 Day 1 Order Pizza	13 Day 2 Pizza Day	14
15	16 Day 3 Hot Lunch	17 Day 4	18 Day 5 Grilled Cheese	19 Day 1	20 P.A. DAY	21
22	23 Day 3 Hot Lunch	24 Day 4	25 Day 5 Grilled Cheese	26 Day 1 Order Pizza	27 Day 2 Pizza Day	28
29	30 Hot Lunch					



**CHARACTER TRAIT FOR NOVEMBER  
IS  
"RESPONSIBILITY"**