



DECEMBER 2014

Spruce Glen Public School

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PRINCIPAL'S MESSAGE

Many of us at Spruce Glen are very happy that November is over and December is upon us because that means that "Movember" is over. Thank-you to everyone who supported our "Men of the Glen" fundraising. As a school, we raised about \$800 for Men's Health. As the weather gets colder, please make sure that your child is coming to school with warm outdoor clothing. Students are encouraged to be outside for the duration of the recess and should not be coming inside just to warm up. It is also very helpful if winter clothing is labelled so that if it gets misplaced, it gets back to its owner.

With the new year around the corner comes some staffing changes. Our Vice Principal Teri Brunner will be leaving us to go to Riverside. I know that Teri is excited for her new challenge but will miss the Spruce Glen Family. We would like to welcome Tracy Lupton who will be replacing Mrs. Brunner in January. Mrs. Lupton is from Irwin Public School and is looking forward to her new role as Vice Principal at Spruce Glen.

Our primary classes have been working very hard on this year's Christmas play entitled, "The Littlest Christmas Tree." Please celebrate the season with us by attending the play on December 11th at 6:30pm in our gym or for the matinee presentation at 12:00pm. Winter Electives are all ready to go for the first week back after Christmas Break. Please make sure that your child has made an elective choice and returned any paperwork necessary so that your child is able to participate in this amazing opportunity. If finances pose a problem, please contact me at the office so that we are able to figure out a solution.

If you have not already done so, please follow us using Twitter at [Spruce Glen PS](#) @SpruceGlenPS. Christmas break begins on December 19th and we start back on January 5th. Have a safe and relaxing holiday season.



Sincerely,
Mr. Todd Truax
Principal



Please celebrate the season with us by attending the **Spruce Glen Christmas Concert!**

The concert will include various performances from a variety of classes and a play entitled "The Littlest Christmas Tree." There will be two concerts on December 11th. The matinee presentation at 12:00 pm and the evening presentation at 6:30 pm. The inclement weather date is December 16. Admission will be by cash and food donations for the Salvation Army Christmas Food Drive. **See you there!**

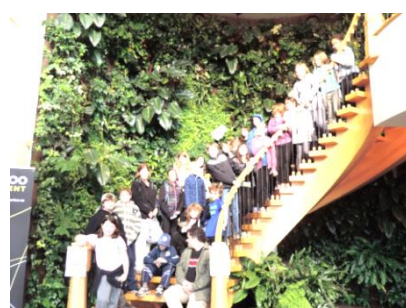


UPCOMING EVENTS:

- Dec. 2nd - Basketball Semifinal A Division, Riverside
- Dec. 2nd-3rd - Gr.6-7 to Yearley
- Dec. 4th - Basketball Championships A Division, Riverside
- Dec. 5th - Mrs. Peca, Mrs. Robson, Mrs. Stephen & Mrs. Haskin's classes to see The Nutcracker
- Dec. 11th - SPG Christmas Concert 12pm and 6:30pm
- Dec. 17th - Grade 8 Turkey Dinner
- Dec. 18th - Red and Green Day
- Dec. 19th - Board Holiday and Christmas Break
- Jan. 5th - Return to School
- Jan. 9th - First Winter Elective Day

Mrs. Haskin's and Mrs. Stephen's Science Class

Spruce Glen's Grade 5s enjoyed a trip to the Waterloo Building to participate in Hallowe'en Science. They made slime cobwebs, invisible gas, and balloon rockets. They learned which fruit sink or float, and created mini-explosions in buckets. We love Science!



FEED ALL FOUR: BODY * MIND * SPIRIT * EMOTIONS

“Nourishing well-being and achievement in our Spruce Glen students and families.”

At Spruce Glen, we are committed to “Feeding All Four” by teaching and encouraging our students to a) treat their bodies right through nutrition and exercise, b) increasing our mental agility by reading and problem solving, c) relaxing and being reflective, and d) learning new tools and strategies to manage our emotions. Many of our teachers are teaching the MindUp Curriculum, which helps students understand how their brain works so they can build social, emotional and self-regulatory skills through reflection, empathy and stress/anxiety reduction.

Ask your child what it means to do ‘square breathing’, or what their amygdala does to their body when they are stressed.

*****The 2nd Annual Health and Wellness Night will take place on Tuesday, May 5th, 2015.***

Mark your calendars now so you and your child(ren) can join us for a fun and informative evening designed to help families learn how to manage adult and child mental health and wellness.**

STAND UP!

"This year, our Stand Up group went to a meeting with other TLDSB students from across the Muskoka area. From that, they decided on special ideas that will spread kindness around our school. One idea was to create a parody of a well known song. This will reflect upon what happens on the internet. We also decided that we would make an Instagram account where the students, staff and parents of Spruce Glen can post images of kindness. We hope that this will increase the rate of leading, anti-bullying and anti-cyberabuse all over our school and school community.

You can help us promote our "Triple P" (Positive Picture Posting) by posting positive pictures and comments to our Instagram account. You can follow us on Instagram by going to the account "sggator" , tag us at "sggator" or use the hashtag ["#ppgators" when posting positive images and comments.](#)

Help us promote the social norm of positivity on the internet by flooding it with positive, happy thoughts and pictures. Together, we can make a difference!"

(this message was created and brought to you by the Spruce Glen Stand Up Group).

NUT ALLERGIES

Students with a severe life threatening peanut allergy attend this school. Please help us reduce the risk by refraining from sending food containing nuts or nut products to school. Thank-you for your help and understanding in creating a safe environment.

VOLUNTEERS AND PARENTS:

Thanks to all parents and members of our school community for your volunteer work here at Spruce Glen. We appreciate your time and good will. Just a gentle reminder for all visitors to please ensure that you are stopping in the office to sign in and pick up a lanyard that identifies you as a visitor to our school. Also, our hallways are very congested and busy at the end of the day / bus time, and we ask that those parents who are picking their children up at this time do so at the main doors closest to the main office and not at their classroom.

Spruce Glen *PTA*

Breakfast Club is going very well. Students are lining up every morning for something to eat. It is open to all students. We have great volunteers that come in every school day to offer a variety of food to our students. There are options between toast, blueberry, raisin, whole wheat and/or everything bagels, yogurt, fruit, cheese, apple juice, orange juice and milk. There are also lactose free yogurt and gluten free raisin toast or gluten free granola bar. Just a reminder that on snow days the breakfast club is not open. A big thank-you to all the donations we received last month.

If you would like to be involved either with volunteer time or donations, please contact brigitte.sjongers@sympatico.ca or call 788-9910. We can always use help or donations.



SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2 Basketball B Division Riverside Gr.6/7 to Yearly	3 Gr.6/7 to Yearly	4 Gr.6/7 to Yearly Basketball A Division, Riverside	5 Peca, Robson, Stephen & Haskin Classes to The Nutcracker	6
7	8	9	10	11 Christmas Concert 12pm & 6:30pm	12	13
14	15	16	17	18 Red & Green Day	19 PA DAY	20 Christmas Break starts
21 Christmas Break	22 Christmas Break	23 Christmas Break	24 Christmas Break	25 Christmas Break & Christmas Day	26 Christmas Break	27 Christmas Break
28 Christmas Break	29 Christmas Break	30 Christmas Break	31 Christmas Break & New Years Eve	1 Christmas Break	2 Christmas Break	3 Christmas Break



**Spruce Glen
GATORS !!**

