



DECEMBER 2015

Spruce Glen Public School

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PRINCIPAL'S MESSAGE

December is upon us and with that comes the growth of our lost and found. Labelling your child's clothing really helps to get lost items back to where they belong. Please join us for our Christmas Concert on December 10th. There is an afternoon show at noon and the evening concert starts at 6:30pm. Our parent council group will be serving hot drinks and snacks prior to the evening concert. Looking forward to seeing you there.

Please check your child's hair for head lice. During the winter season, nits can be found in winter hats, stuffed animals and in bedding. Regular head checks help prevent the spread of pediculosis.

Progress Reports provide a snapshot of how your child is doing in school. If you have concerns regarding your child's progress, please contact his/her teacher. Progress Reports go home on December 10th.

Thank you to our winter elective committee who has organized Winter Electives at Spruce Glen. Students will have the opportunity to participate in the elective of their choice beginning on January 8th.

Each month we focus on a character trait at Spruce Glen and in December we will be looking at Compassion. Each week during assemblies, students are provided with the opportunity to look at examples of good character and learn how to apply them to our everyday lives. This year, staff at Spruce Glen will be looking to support some local people in need. Please see the Compassion Month article on page 3 for more information.

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 4^h. 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 "Cookin' Up Christmas." There will be two concerts on December 10th. The matinee presentation at 12:00 pm and the evening presentation at 6:30 pm. The inclement weather date is December 14. Admission will be by cash and food donations for the Salvation Army Christmas Food Drive. **See you there!**

↑ UPCOMING EVENTS:

- | | |
|-----------------------|---|
| Dec. 3 | - Basketball Tournament at Riverside |
| Dec. 10 th | - SPG Christmas Concert 12pm and 6:30pm |
| Dec. 11 | - Progress Reports Home |
| Dec. 17 th | - Grade 8 Turkey Dinner |
| Dec. 18 th | - Red and Green Day |
| Dec. 19 th | - Board Holiday and Christmas Break |
| Jan. 4 | - Return to School |
| Jan. 8 | - First Winter Elective Day |

November was Citizenship Month! December is Compassion Month!

Each month, a class will be focusing on a character trait!



These students demonstrated Citizenship throughout the month of November.



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) increase our mental agility by reading and problem solving, c) relax and be 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. Mrs. Kruger has been giving student the opportunity to practise their mindful stretching on Thursdays during nutrition break.

Compassion Month

It's hard to believe that Christmas is only three weeks away! It is such an exciting time for the students and staff and we have many special Christmas activities planned in the weeks ahead.

During the holiday season, we have the opportunity to teach our students about **COMPASSION** and the importance of giving to those who are not as fortunate in our community. It is an opportune time to teach the importance of giving to others, both of ourselves and our resources.

It is in that spirit, that the staff of Spruce Glen are asking parents and guardians to direct the gifts that they may normally give to teachers, educational assistants and administrative staff, to those in our own community who are struggling to provide even the basic needs to their families. Some ideas may include non-perishable food items, gift cards for local grocery stores, unwrapped toys or gift cards (for young teens). We will be collecting and displaying these items in the front foyer of the school to help remind our students of the importance of giving. This will help to make Christmas brighter for an underprivileged child or family in our own community. We will be delivering these gifts to the Salvation Army and The Table Soup Kitchen on Friday, December 18th.

The staff at Spruce Glen would like to thank you in advance for your support in this initiative. We would like to wish you and your family a Merry Christmas!

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 stop 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*

Spruce Glen Public School will be hosting a holiday social on the Eve of the Christmas/Holiday Concert on Thursday, December 10th, 2015 from 5:30-6:30pm to present holiday-baked goods (e.g., cookies and rice krispies) and warm drinks. There will be hot chocolate and coffee offered right outside the front doors of Spruce Glen. The event is meant to be a fundraiser for Spruce Glen Public School and all collections accepted will be by donation. You can get a treat with your family before the concert and have some time to socialize with others.

PS: Please note that in case of inclement weather, the concert will be Monday, December 14th. In that case, we will offer the holiday social on that evening before the concert.

If you are interested in helping out the PTA in any way, please contact the school and we will get you in touch with somebody from the council.



SUN	MON	TUE	WED	THUR	FRI	SAT
	30	1	2	3 Basketball at Riverside PM	4	5
6	7	8 Popcorn for sale	9	10 Christmas Concert noon and 6:30	11 Progress Reports Home	12
13	14 Snow date for concert	15	16	17 Grade 8 Turkey Dinner	18 Red and Green Day	19
20 Christmas Break	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	1 Christmas Break	2 Christmas Break



**Spruce Glen
GATORS !!**

