



SEPTEMBER 2016

## Spruce Glen Public School

550 Muskoka Road 3 North, Huntsville, ON P1H 1C9 Tel: (705) 789-4591 Fax: (705) 789-0419  
Trustee Bruce Reain 705-788-0102

### PRINCIPAL'S MESSAGE

Welcome back to another September. We hope that you had an enjoyable summer with your family and are ready to get back into routine and learning. The parking lot looks great and with that comes some changes. We will have students lined up on the sidewalk at the side of the school so cars can drive up, pick up their child and then exit through the parking lot circle and out. Hopefully this will relieve some congestion. If you need to come into the school, please park in the lot and then come in. We also have brand new carpet in the library so we will be trying to be cautious when in the library.

School ends at 3:25 so please wait outside the office doors for a pick up and students will meet you there. We are trying to keep the hallways clear after school so they are not congested. We have our meet the teacher barbecue night from 5:00 – 6:30 on Wednesday, September 14<sup>th</sup>. Hope to see you there!

Mrs. Holtby's class will be running Terry Fox activities so you may hear some exciting news around that. Our school run is on Friday, September 16<sup>th</sup> at 2pm – parents are welcome to run with us.

You will notice several new names on the staff list so make sure you come out and put a name to a face at our school barbecue on the 14<sup>th</sup>. If you have any questions or concerns, please contact me at the school. Remember to follow Spruce Glen on Facebook and Twitter.

Sincerely,  
Mr. Todd Truax  
Principal

Ms. Tracy Lupton  
Vice Principal

### 2016-2017 STAFF LIST:

JK/SK	Mrs. Higgs/ Ms. King
JK/SK	Ms. Blackburn/Ms. Culp
1	Ms. Jarvis
1	Mrs. Gibson
2	Mr. Tripp
2/3	Mrs. Pinckard
3	Mrs. Peca
4	Mrs. Robson
4/5	Mrs. Auckland
5	Mrs. Jensen
6	Mr. Wilson
6/7	Mrs. Brandon-Yungblut
7/8	Mrs. Holtby
Primary PE/Prep	Mr. Kruger
Coaching Class	Mrs. Robb, Mrs. MacDonald, Mrs. Armstrong
Core French	Mme. Christensen
Vice Principal	Ms. Lupton
Instructional Leader	Mrs. Lyons
Resource	Mrs. Szawlowski
Secretarial	Mrs. Raycraft/ Mrs. Howe
Educational Assistants	Mrs. Harrison-Pierce, Mrs. Kruger, Mrs. Plant, Mrs. Bemmann, Mr. Brown, Mr. Smith
Caretakers	Mrs. Campbell, Mrs. Groome
Principal	Mr. Truax

Welcome back to school everyone. With the new school year ahead of us there will be lots of new and exciting things coming up. The Parent Council is looking for parents who would like to get involved. Please join us at a Council meeting ( we meet 5 times a year) and our first meeting will be **Sept 19th at 6:30pm in the library**. If you aren't able to make the meetings we still need you. We would love your help with fundraising, helping with breakfast club, our annual BBQ, special events around the school and much more. Volunteers make a huge difference for our children and our school. Please contact the office if you are able to help. See you at the Terry Fox BBQ on Sept 14th. If you can help out at the Breakfast Club or if you would like to donate, please contact Penny Wilder at 705-783-0136 or pennybirds@gmail.com.

### Vegetables and Nutrition at Spruce Glen

Staff members at Spruce Glen are encouraging students to improve healthy living by having students in classes eat vegetables throughout the day. Similar to drinking water, students who need a little additional energy can enjoy eating vegetables as they work. Not only do vegetables help sustain healthy sugar levels but they offer some sensory stimulation for the students while working. We are encouraging raw vegetables as they are healthier. All other food items can be left for nutrition breaks.

We are in the process of creating a school-wide vegetable program (vegetable plates in all classes in the am) to compliment our successful Breakfast Program. The Breakfast Club will run as usual and vegetable plates will be delivered to classes in the am. We will be in need of Student Healthy Leaders and more information will follow. Our goal is to start our veggie plates around or shortly after Thanksgiving. Until then, students can pack some tasty veggies for school and start munching away!

Sincerley,  
Mrs. Brandon-Yungblut (Grade 6/7) and  
Mrs. Wilder (Breakfast Club Coordinator)



### STUDENT AGENDAS

TLDSB has purchased agendas for students from K- grade 5. There is no cost to parents and we hope this tool helps with communication between home and school.



### Personal Cell Phones and Electronic Equipment

In our age of electronics, school staff cannot be responsible for lost or stolen items, nor can learning time be devoted to their recovery. However, we know that many children do have access to these devices and they need to be taught by staff and parents/guardians to use them respectfully and responsibly. All communication home during the school day needs to be made with the permission of the teacher through the school phone system. Electronic equipment is not allowed to be used during recess or instructional time unless a particular arrangement has been made with a teacher. It is very important that photos, videos and voice recordings of other students and staff not be taken or distributed, as we have students whose pictures are not allowed to be taken for a variety of reasons. Thank-you for your support with this as we continue to work through how to manage our increasingly technological world.



### UPCOMING EVENTS:

- Sept 14<sup>th</sup> - Meet the teacher BBQ 5 - 6:30
- Sept 16<sup>th</sup> - Terry Fox Run at 2 pm
- Sept 19<sup>th</sup> - Parent Council at 6:30
- Sept 22<sup>nd</sup> - Picture Day



Picture Day is  
**THURSDAY**  
**SEPTEMBER 22<sup>nd</sup>**



SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5 Labour Day	6 First Day of School	7	8	9	10
11	12	13	14 Meet the teacher BBQ 5-6:30	15 Pizza Day	16 Terry Fox Run @ 2pm	17
18	19 Parent Council Meeting @ 6:30 in the library	20	21	22 Picture Day  Pizza Day	23	24
25	26	27	28	29 Pizza Day	30 Cowboy Day	

## Gator Athletics

There is a great deal of opportunity for students to get involved in our school outside the four walls of the classroom. In the fall, we have both boys' and girls' basketball, cross country running as well as intramural sports for grades 3-8. The Terry Fox school run takes place on September 16<sup>th</sup> at 2pm and the community run takes place on September 25<sup>th</sup>. Whether you are four or ninety four - We encourage everyone to "Feed All Four" – body, mind, spirit, emotion – by taking care of yourself. Remember to have proper footwear for gym class so that we can all be safe.

## FEED ALL FOUR

Some really interesting statistics around the importance of sleep in children and adults.

[The original article appeared at this link on inspiyr.com](#)



### The Science of Sleeping Soundly

Published on March, 31st 2015

Dr. Greg Wells

3 Proven Ways to Sleep Soundly



#### 1. No screens before bed

Get rid of your screens, including your TV if you have one in the bedroom. This can be a huge lifestyle change, but having a light that flashes at you at 240 frames per second is a sure-fire way to keep you awake. It's not good that 61% of people fall asleep with the TV on. Avoiding light from screens allows your pineal gland to release the right amount of melatonin (a hormone that regulates sleep) at the right time. Television, iPads, laptops and mobile phones all compromise your ability to fall asleep and then sleep deeply. So you might need to cut out the late night talk shows or YouTube clips and pick up a good book instead.

#### 2. Your bedroom needs to be really, really dark

Unfortunately, melatonin production drops as we age. This means that we need to stay away from light during the night, too. You should have thick blinds or curtains in your bedroom, keep all lights off (including in the bathroom), and even cover your alarm clock. If you would like to use a nightlight, find one that emits red light in the night and blue light in the morning. Red light stimulates melatonin production (think sunset) and blue light turns it off and wakes you up (natural daylight contains blue light).

#### 3. Your bedroom should be cool

In the evening, increased melatonin levels cause the blood vessels in the skin to dilate, releasing body heat into the environment and cooling the body. This cooling promotes drowsiness and helps us fall asleep. At night, a temperature of 19 degrees C / 66 degrees F in your room should be cool enough to help you stay asleep.

### The Takeaway

If we are well rested, we are less stressed, stronger and more effective in our exercise, sharper in our work and just plain more fun to be around. The catch is that the North American attitude toward sleep tends to be that it isn't particularly important. As a result, we're getting sick and not performing to our potential.

As you plan for a world-class life, the more you can commit to getting a great sleep, the healthier and better you'll be.