



SEPTEMBER 2017

## 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

### **Better Together – Together We Grow PRINCIPAL'S MESSAGE**

*Welcome back to Spruce Glen! Hopefully you had a terrific summer with your family! We are all getting back into the routines and adjusting to the schedule of back to school! I have had a great first week as the new principal here at Spruce Glen. For those of you without Facebook, please allow me to introduce myself. My name is Kelly Picken and I come to you from the Huntsville High School where I was the Vice Principal for the past 3 years and before that I was the VP at Huntsville Public School. I have heard nothing but great things about the staff, students and parent community here at Spruce Glen and I feel lucky to have joined this team!*

*I look forward to meeting more parents at the MEET THE STAFF BARBEQUE on Thursday September 21st from 5pm to 7pm. You will notice several new names on the staff list so this will be a great opportunity to meet our new teachers and EAs. At the BBQ, our students will be running Terry Fox Fundraising activities so come on out and join us for some food and fun! Our Terry Fox School Run is on Friday, September 22nd at 2:30pm – parents are welcome to run/walk with us.*

*If you have any questions or concerns, please contact myself or our Vice Principal Tracy Lupton, at the school. Remember to follow Spruce Glen on Facebook and Twitter. Have a great autumn!*

Sincerely,  
Ms. Picken  
Principal

Ms. Tracy Lupton  
Vice Principal

### **2017-2018 STAFF LIST:**

JK/SK	Mrs. MacKinnon, Ms. King
JK/SK	Mrs. Gardiner, Ms. Culp
1	Mrs. Gibson
1/2	Mrs. Jarvis
2	Mr. Tripp
3	Mrs. Peca
3/4	Mrs. Pinckard
4/5	Mrs. Auckland
5	Mrs. Jensen
5/6	Mr. Wilson
6	Mrs. Brandon-Yungblut
7	Mrs. Higgs
8	Mr. McDonald
Primary PE/Prep	Ms. Pape
Coaching Class	Mrs. Robb, Mrs. MacDonald, Mrs. Armstrong
French	Mme. Haskin Mme. Lovegrove
Vice Principal	Ms. Lupton
Instructional Leader	Ms. Heather Lipskie
Resource	Mrs. Szawlowski
Secretarial	Mrs. Radkowski Mrs. Howe
Educational Assistants	Mrs. Harrison-Pierce, Mrs. Kruger, Mrs. Plant, Mr. Brown, Ms. Chikoski, Ms. Griffin, Ms. Schofield, Ms. Kupi
Caretakers	Mrs. Campbell Mrs. Groome
Principal	Ms. Picken

Welcome back 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 October 16 **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. 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.

## **Spruce Glen Families Support Fundscrip:**

Consider supporting Spruce Glen Public School's Fundscrip initiative.

By purchasing Gift Cards through Fundscrip to shop for groceries, birthday's and holiday gifts for that "hard to shop" for person, you will be supporting your child's school in their efforts to raise funds to enrich Spruce Glen's learning environment. Visit [www.fundscrip.com](http://www.fundscrip.com) and [enroll today.](#) [Shannon Lockwood is Spruce Glen's contact for further information-slockwood.ldpm@gmail.com.](#)



## **Vegetables & Nutrition at Spruce Glen**

After Thanksgiving Spruce Glen will once again be offering a school-wide vegetable program. Healthy vegetable plates will be delivered to classes in the morning, offering students a delicious healthy snack during class time. (food items brought from home will be left for schedules nutrition breaks)

## **Cell Phones and Ipods...**

Please remind your son or daughter that these items must be turned **off** at school unless they are being used for educational purposes with their teacher's permission, and are **not** to be taken out during recess time. We would prefer that they stay home as we are not responsible for them; however, if they do come to school please emphasize with your child that they need to follow the schools expectations of responsible use. This protects everyone from jeopardizing themselves should pictures, texts or emails be transmitted during school.



Picture Day is  
**THURSDAY**  
**SEPTEMBER 21st**



## **Where is the Bus?**

Please log into [www.mybustoschool.ca](http://www.mybustoschool.ca) and subscribe to receive emails if your child's bus is delayed or cancelled. Notices are sent out for both morning pick-ups and afternoon drop-offs. Just click on the "Delays & Cancellations" link to register!



## **UPCOMING EVENTS:**

Sept 12 <sup>th</sup>	- Mr. Wilson class to Yearley
Sept 14 <sup>th</sup>	- Mrs. B-Y's class to Yearley
Sept 18 <sup>th</sup>	- Parent Council at 6:30pm
Sept 21 <sup>st</sup>	- Picture Day!
Sept 21 <sup>st</sup>	- Meet the teacher BBQ 5-7pm
Sept 22 <sup>nd</sup>	- Terry Fox Run at 2:30pm
Sept 29 <sup>th</sup>	- Cowboy/Cowgirl Day
Oct. 6 <sup>th</sup>	- PA DAY



SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4 Labour Day	5  First Day of School	6	7	8	9
10	11	12 Mr. Wilson's _____ class to Yearley	13	14 Mrs. B-Y's _____ class to Yearley	15	16
17	18 Parent Council Meeting @ 6:30 in the library	19	20	21  Picture Day 1 <sup>st</sup> Pizza Day Meet the Teacher BBQ	22 Terry Fox Run	23
24	25	26	27  Cross Country Run	28 Pizza Day	29 Cowboy Day	30

## 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 22nd at 2:30pm and the community run takes place on September 17th. 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.



Please Remember to call our 24hr. Safe Arrival number ANYTIME your son/daughter is going to be LATE or ABSENT.  
**705-789-6531**

## 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.