



Miracle Grow for the Brain...

Over the summer I had the opportunity to reread SPARK by J. Ratey. His text emphasizes the importance

of physical activity for good health, well-being and most interesting, in improving our ability to learn. Studies indicate that students who participate in 1 hour (or more) moderate to vigorous physical activity a day have improved academic performance; physical activity has a positive influence on mindset, memory, concentration and behaviour. Exercise directly influences your ability to learn. At the cellular level it improves the brain's potential to log in and process new information at a faster rate. Not only does it make you feel good, it helps you positively deal with everyday stress and anxiety. We all have the ability to change our brain - all we have to do is lace up our running shoes! Encourage your child to be actively involved in activities that raise their heart rate in physical education class, during recess and after school. We will do our best to teach them the importance of physical activity and to keep them active when possible!

In the next month, students will be reviewing the learning skills and setting goals for their first term. Please take some time to talk with your child about how they learn, their goals, and how you can support them at home. In addition, please discuss the importance of being physically active with your child. Encourage them to be active every day - at home and at school!

The fall is a busy time of year for most of us. Returning to school routines and after-school activities keeps us all very busy. I encourage you to keep up-to-date with what is going on at school. Be sure to read classroom and school newsletters carefully for important information. Check our school website or follow us on Twitter (@vkgreerps) for the most current information.

We look forward to your support in helping your child become the best that he/she can be! It is going to be a great year!

Back To Business

In the first week, we will know if our school population has remained constant. If there is a significant change, reorganization may be necessary. During September, we will be focusing on reviewing safety and emergency procedures with all classes. This will include fire and lock down drills; you may wish to discuss this ahead of time with sensitive children.

THANK YOU - to Edith Cyr and Ian Craig for all their hard work over the summer cleaning our home-away-from-home! Our school looks fantastic - shiny and clean! Mrs. Cyr is our new head custodian and we welcome her to our team! We wish Mr. Dubreuil all the best in his new position with TLDSB and we thank him for all his hard work, help with special projects and viper spirit! A huge thanks to Lisa Poulos our secretary, and to all staff for all their extra work in preparing for opening day!

Please speak to your son/daughter about respecting school property and keeping our home-away-from-home clean!



Welcome Back BBQ

Please join us for our annual 'Meet the Staff BBQ' on Thursday, September 14th from 4:30 pm to 6:00 pm. Feel free to come by after work and enjoy a burger provided by the school and some healthy snacks provided by your School Council.

This annual event is a great time to meet your child's teacher and pick up some information about the routines & expectations for your child's class. As well, you can get some valuable information about being involved in School Council, Healthy Snack, Reading Tutors, Vegetable Garden and other volunteer opportunities available. Many hands make light work!

V.K. GREER BELL SCHEDULE	
8:45 & 8:50	Entry Bells
8:50	Learning Block 1 (100 min)
10:30	Recess (gr. 1-8)
10:50	Snack
11:10	Learning Block 2 (120 min)
1:10	Recess (gr. 1-8)
1:30	Lunch
1:50	Learning Block 3 (80 min)
3:10	Dismissal

Please note that our Kindergarten students will have their snack first then recess during the nutrition breaks.

Staff News!

We welcome Ms. Asmussen, Mr. Kirkpatrick, Ms. Wilkinson and Mrs. Van Ryn to our staff! We are very excited to have them join our VK team! Many of our staff were busy taking courses and reading professional texts this summer. I am proud to say that lifelong learning is certainly modeled here at VK Greer!

Agendas All students in grades 1-6 will be receiving an agenda (at no cost) to support their organizational skills and home-school communication. Please check and initial the agenda every night!

Remember To Call Safe Arrival

Please call the school at 705-385-2200 and leave a message in the *Safe Arrival* mailbox if your child is going to be absent or late. You can leave a message 24 hours/day.

Students Walking Home

Students planning to walk home or to a friend's house, who normally take the bus, must have a written note from parents.

Parents & Visitors Please sign in at the office when visiting the school. This is a TLDSB safety requirement.



Picture Day will be Tuesday, October 10th (the first school day after Thanksgiving). Retake day will be Nov. 10th.

Special Lunch/After School Arrangements

Students in grades 7 or 8 wishing to leave the school must provide a letter dated and signed by their parent on each occasion.

Students wishing to make alternate arrangements need to provide the office with a letter from their parent.

Itch'in and Scratch'in!.... Today is a good day to check your child(ren) carefully for Head Lice. Many children are in close contact with each other over the summer and, as a result, these pests spread easily. If you do find head lice on your child, they must be treated before the child returns to school.

Periodically throughout the school year, we will be having school wide Pediculosis head checks. Trained parent volunteers will be checking all students in the school, class by class. It is the TLDSB policy that any child found to have active lice will need to be picked up to be treated. If nits *only* are found, parents will be notified. Parents will be informed if anyone in their child's classroom is found to have Pediculosis.

No Nuts, Please!

Students with life-threatening nut allergies attend our school. Please ensure all food brought to school is nut-free. Please be aware that TLDSB does not support the use of imitation peanut/nut spreads as an alternative to peanut butter or other nut-spreads in TLDSB schools; staff are often not able to easily identify or visually distinguish whether the spread a student has in their lunch is a real nut butter or an imitation.

Terry Fox Run

We are having our annual Terry Fox School Run on Thursday, September 28th. Students will be training for the run during gym classes and logging their distances. Students are encouraged to bring in a Toonie to donate to the Terry Fox Foundation. Come on out and join us!

Dates to Remember:

September 14 th	4:30-6 pm Welcome Back BBQ
September 26 th	Cross-Country Hoya Run (tentative)
September 28 th	Terry Fox Run 2 pm
October 10 th	Picture Day

Taking Medicine At School



Please remember that student medication must be stored and administered from the office. It is important for the safety of the child taking the medicine and the other students in the school. In order to give any medication, we must have the appropriate form completed and signed by you. This is designed to ensure that mistakes are not made. Please call the school when you require these forms.

Children with chronic or life-threatening conditions (e.g. Anaphylaxis, Asthma, Epilepsy) must have appropriate documentation filed in the office. Please notify us immediately if your child has any significant health changes so that we can be prepared in case of an emergency.



Cell Phones and Ipods...Please remind your son/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 school's expectations of responsible use. This protects everyone from jeopardizing themselves should pictures, texts, or emails be transmitted during school.

Volunteers Are Welcome!



Volunteers are always welcome at VKG. There are many volunteer opportunities: Healthy Snack Program, Library Helper, Head Checks, reading with students, gardening, and other ongoing programs. The list is endless and we are always open to new ideas! Please let your child's teacher or the office know if you are interested in volunteering and we will be in touch!

When volunteering at the school, please sign in at the office. Please note that all volunteers must have a Criminal Check done through the school office. Your volunteer efforts are appreciated here at VK Greer! Together we can make our school the best it can be for our students!

School Council



Our first School Council meeting is on September 26th at 6:30 p.m. in the library. Being part of the School Council is a great opportunity for parents to be involved and support the school. All parents are welcome to attend!

Provincial regulations require elections for the new council to take place during the first 30 days of the school year. If you would like to declare your candidacy, you can obtain a Candidate Declaration form from the office. Please return it to the school office. The deadline for submission is no later than 4:00 pm on September 22nd, 2017.

The elections for this year's School Council Executive will be held on September 26th 2017. Your dedication and efforts towards making VK Greer a wonderful learning community are appreciated!

Encourage Your Child to Act Kindly Toward Others



All of us want our children to grow up to be kind and caring people. Here's a simple way you can help. With your child, make a list of all the children in his/her class. Each morning, ask your child to choose a different name from the list. Talk about a specific way he/she could show kindness to that student during the day.

Find a way to remind your child of this promise during the day. You might put a note inside his/her lunch box. Or you might put a small sticker in a place where he/she will see it and remember.

After school, talk about what your child did to show kindness. You may want to write about these acts of kindness in a special journal. Source: Jana Miller, "Mr. Tim's Teacher Tips", www.elementor.com/parents.htm.



Where is the Bus?

Please log into 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!

Code Of Positive School Behaviour

At VK Greer we believe in mutual respect, cooperation, courtesy, and the willingness to assume responsibility. We praise and celebrate acceptable behaviour. We correct unacceptable behaviour in an attempt to have the student use better judgment in the future.

To help achieve the greatest success at school and to develop a positive attitude, students are expected to:

- Treat others the way they wish to be treated, be understanding, be responsible and have respect and concern for the safety, rights and belongings of those around them;
- Attend school regularly; be punctual and come prepared to learn;
- Participate actively and try their best;
- Refrain from bullying, fighting, and using inappropriate language;
- Be courteous and polite at all times;
- Cooperate with all school staff;
- Play only games and activities that do not involve body contact or rough play or may endanger the safety of others;
- Care for all school property;
- Walk bikes & scooters on school property, refrain from using rollerblades, skateboards, or wheelies on school property (the school is not responsible for these items);
- Dress respectfully for school - wear appropriate clothing;
- Cell phones, Ipods, and other personal electronic devices are to be turned off during school hours;
- Follow all school rules and routines.

Communication of Mistakes Made

We are proud of the wonderfully kind and co-operative students here at VK. Our older students work hard to set a good example for younger students. Our younger students work hard to learn the rules and play safely. In class, students concentrate on the lesson and not on interfering with the learning of others.

Sometimes mistakes are made. At VK Greer P.S. mistakes are our friends because this is how we learn. If your child breaks a school rule or loses her/his temper, it is an opportunity to jointly reinforce our expectations for behaviour. Progressive discipline is used when dealing with student misbehaviours. It allows students to learn from their mistakes in hopes to

correct their behaviour. Depending on the severity of the misbehaviour, the first infraction may be a verbal reprimand, the second a detention and call home. At times a suspension from school is necessary. Please note that all situations are viewed individually.

We do believe that you, the parent, need to be informed and that your child needs to take ownership for their actions. Therefore, the Principal or the Teacher-In-Charge will inform you by having the student write a 'Problem Solving Worksheet', taking responsibility for the mistake and telling us what we can expect from now on. It will be brought home for your signature and is to be returned the next day. This way we will know that you are aware of the situation and hope that you reinforce our guidance.

The letters home are not official documents and are not filed in the Ontario School Record. They are simply a communication tool for parents and a learning tool for children. A series of repeated incidents would lead us to contact you to come in and help us put a plan in place to curb a behaviour slide.

Some mistakes may be serious enough to warrant immediate suspension, in which case we will contact you by phone. We have found that this "letter" process, with parent support, allows students to change inappropriate behaviours before serious consequences result.

All classes in September will review student expectations, how to solve problems without hitting, and how to properly address a situation if someone is bothering them.

Be a Proud VIPER!



All students are reminded to ask lots of questions, help each other, remember their manners, and try their very best to reach their goals!