

Winston Churchill

October 2018

Principal: Mrs. S. Cook
Secretary: Ms. C. Jansseune

Phone: 519-352-8680
<http://winstonchurchill.lkdsb.net>
Weather Zone: 8

Anaphylactic Shock & Our "Nut Aware School"

Please be aware that our school is a "Nut Aware School." No items containing peanuts, peanut butter, peanut oils and peanut byproducts are to be sent to school. Also, items that contain or may contain nut products should not be brought to school. We ask that other products that are peanut butter substitutes are not brought to school. Please help us by monitoring your child's lunch and snacks. We strive to maintain a safe learning environment for all students. Your assistance is appreciated.

Halloween is coming...

Students are encouraged to wear orange and black on October 31 (no costumes please)! **We are asking that no candy/treats be distributed in classes on Halloween.** Also, for safety reasons, food and snacks should not be traded between children.

Supervision on the Yard

Yard supervision begins at 9:00 each morning. Students are to arrive after 9:00 and are directed to leave the school grounds immediately after dismissal.

Thank You

Thank you to all students and staff who purchased popsicles and made donations to our Terry Fox fundraiser. We raised \$200. We had a great time walking/running to honour our Canadian Hero!

Attendance

School attendance is important. The Provincial School Attendance Counsellor (Ministry of Education) defines 'persistent absenteeism' as "any student who has missed 10% or more of school days for any reason, including unexcused or excused absences, over an academic year".

Statistics show that persistent absenteeism puts children's future success at risk.

Students who are habitually late, leave school early, or are absent miss a significant amount of learning, as shown in tables below:

1 or 2 days a week doesn't seem like much but....

If your child misses....	That equals...	Which is....	And over 13 years of schooling that's
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just....	That equals....	Which is....	And over 13 years of schooling that's....
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

Research confirms that missing school has a negative impact on success as early as Grade 1. Every day counts!

Tips for getting to school every day:

- Set a regular bedtime and morning routine, and stick to it
- Get clothes, backpacks and lunches ready the night before
- Plan vacations and appointments around the school schedule when possible
- Talk with your child about school and take part in school activities to show you value education
- Not every cough or sniffle means a child needs to miss school

Food Sales

Pre-paid pizza will be distributed on Friday's first break. Our pizza order is posted on School Cash Online. Please sign up and order your pizza before October 9. Chocolate milk and popcorn is sold daily for \$1.

Inclement Weather

On fog days, when buses do not run in the morning, they will run in the afternoon. Listen to local radio stations for accurate information. Our school is located in Zone 8. Please refer to the following website www.schoolbusinfo.com. **We still need you to call the school to let us know that students are not attending school.**

Safe School Reminder

Thank you in advance for calling the school to let us know when your child is going to be absent for any reason. When leaving a message, please include: your name, the student's name, reason for absence and length of the absence (if known).

If we are not notified of an absence before the start of the school day, we have to call ALL numbers on our contact list until we reach someone. As you can imagine, this takes a great deal of time in a busy school office. We can avoid interrupting you at work if you contact us before 9:20 a.m.

Our goal is to have 100% of student absences reported by parents before the start of the day.
WE NEED YOUR HELP TO REACH THIS GOAL!

SCHOOL COUNCIL MEETING

OCTOBER 15, 2018

6:30 PM

LEARNING COMMONS

Bulldog Zone

Our Bulldog Zone is up and running. The purpose of this zone is to help teach students how to self-regulate. Self-regulation is the ability to adjust levels of alertness and manage emotions so that students behave in socially acceptable ways in order to achieve their goals. In the Bulldog Zone, we provide strategies for students to help them manage their emotions and impulses. There are Four Zones used to describe our feelings and state of being:



Blue Zone: Describes low states of alertness and down-feelings, such as sad, tired, sick or bored (need to rest or re-energize)

Green Zone: Describes a calm state of alertness—feelings like happy, focused, content, and ready to learn ("Good to go")

Yellow Zone: Describes a heightened state of alertness and elevated emotions, such as stress, frustration, anxiety, excitement, silliness, or nervousness (starting to lose control)

Red Zone: Describes extremely heightened states of alertness and elevated emotions, such as anger, rage, explosive behavior, devastation, and fear. When students are in the Red Zone, they have trouble making good decisions and need to stop).

All students, in all grades, have access to the Bulldog Zone. We encourage students to take a break no matter what zone they are in! Teachers will often invite students to take a break as well!