



the CREEK CHRONICLE



Sturgeon Creek School Newsletter

Volume 2 October 2017

From the Principal's Desk ...

It is hard to believe we are already welcoming in October. September was a very busy month. We had an excellent Open House and Terry Fox Walk/Run. We completed our fire drills and lockdown practice. Now as we look ahead, many students will be excited to start thinking about Hallowe'en costumes and fall activities like the Cross Country run, hockey season, Judo/Taekwondo and of course hunting for that monster buck! Good luck in whatever you are doing for fun outside of school, but remember be safe, and get your school work done first.
Principal Bliss

Sturgeon Creek School Council Update

The School Council plays a very important role in the life of a school. We have a new Chairperson this year, Krista Olson. The rest of our school council includes Melissa Teeple, Sherri Hay, Jen van Zwol, Nancy Jolicouer, Andrea McNabb-Hansen, Melinda Romyn, Sheila Wiersema, and Shane Bliss. We are looking for interested parents who enjoy working with others and want to make a difference at Sturgeon Creek School. Our first meeting was held on September 25th. Subsequent meetings are scheduled for November 21, February 27 and May 8th.

Please consider getting involved in this very worthwhile endeavor!

HOT Lunch:

We also have a new hot lunch coordinator. Welcome Dawn Canuel! Dawn will be needing volunteers to help with the program.

Please note that in accordance with the Safe Food handling Policy, hot lunches cannot be kept overnight for a student who is absent. They can be sent home with a sibling, but not kept.

THANK YOU:

-To the Chapple Volunteer Firefighters for helping with our Terry Fox Run!
-To Joe Reynolds, the TD Bank and the Rainy River Stewardship Council for organizing another successful tree plant here at SCS!

Special Education

Individual Education Plans

If your child has an IEP, please look for this to come before October 14/17. If it doesn't, please call the school. If you receive it and all is well, **please sign and return one copy**, and keep the other for your records.

Character in Action

October is **INITIATIVE** month

"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity."

Clement Stone

Outdoor Clothing Reminder

Fall is here and this is a reminder that students need to be properly dressed for the outdoors. We suggest layers, as it is very cool in the morning but does warm up somewhat in the afternoon.

Immunization is mandatory when in school!

Immunizing children is one of the most important ways to promote their health. The Immunization of School Pupils Act (ISPA) is a law ensuring that all school students are immunized for the following diseases: Tetanus, Diphtheria, Pertussis, Polio, Measles, Mumps, Rubella, Varicella and Meningococcal Disease. Public Health Nurses review all students' immunization records to make sure that everyone is up-to-date. Immunizations are provided through school clinics, health unit office appointments and physician offices. For more information contact your local health unit office.

Menu planning

The school season can be very busy with after school activities, which can make meal planning a challenge. Planning ahead can allow for the whole family to be involved in the planning and cooking. Benefits can include lower food costs and a stress-free meal time.



World Teacher Day October 5

Community Use

Based on Ministry of Education guidelines and according to Policy 6.05 Facility Partnerships, the Rainy River District School Board supports the Ministry of Education's Facility Partnership initiative. This initiative encourages school boards to work with community partners to share facilities. For more information, visit the [RRDSB Facility Partnerships web page](#). If you are looking for a place to host a local community event, please visit the board webpage to find the details and application.

Math at Home-Tips for Parents

As a parent, you can help your child be a whiz at math, even if it wasn't your best subject. Here are some tips for parents on how:

- **Be positive about math.** Express confidence in your child's ability to do math. Remember, anyone can and does use math all the time.
- **Show your kids math at work in their world.** Get your kids used to math by thinking out loud when making calculations. Then, let your children work out some real-life puzzles themselves. For example:
 - let them measure when you bake
 - ask them to figure out how long a hose you need to water the garden
 - ask them to figure out how far it is to their sporting event and back
 - sort silverware, playing cards, toys by size, etc.
- **Make math a game.** Math games are fun and inexpensive. They are wonderful ways to get your kids to enjoy working with numbers, as well as improve their number skills. Some ideas include:
 - Go fish! This teaches counting and grouping in sets.
 - Games that use play money or board games with dice involve counting, making change, etc.
 - Play store with items in the house.
- **Encourage creative problem solving.** Problem solving is the basis of good mathematical thinking and the problems don't have to involve numbers.
 - "How many different ways are there to get to school?"
 - "How else could we arrange the furniture in this room?"
 - "How many different ways can I measure flour to get a half a cup?"
- **Choose gifts that develop problem-solving skills.** Blocks, building sets, puzzles, board games, maps, weather stations, calculators, and origami are just a few gifts that will give your child pleasure and knowledge at the same time.
- **Get involved at school.** Talk to teachers. Get some materials to work on math together at home. Volunteer in your child's class. This way you can see how concepts are taught and this will help you reinforce the lessons at home.

Math is going to be a focus across our board, and the province. We will be learning about the province's newest unveiling, the "Renewed Math Strategy" (RMS). Part of our plan at SCS is to try and provide you with ways to talk about math at home without it feeling like you are talking about math. For example, we don't necessarily think you need to be quizzing your child with simple math like "what is 2×2 " (however, these basics are crucial to future success) but instead encouraging to see the value in math in everything we do (cooking, banking, farming, welding, etc.).

We would also like to have parents come in on occasion to relate to the students how they need math in their life everyday, both at work, and at home. If you would be interested please contact the school.

Mr. Bliss

Pack Your Child a Teeth Friendly Lunch Vegetables, fruits, and cheese make great snacks! Avoid packing foods that are sugary and sticky as they can cause damage to the teeth. Milk and water are the best drink options. Pop, juice and fruit drinks have a lot of sugar, which can lead to cavities. Send your child to school with a healthy lunch and snack foods...their teeth will thank you! Having a hard time deciding what to send to school? Contact your local Health Unit or visit us at www.nwhu.on.ca for lunch and snack ideas!

Halloween Safety Tips

- Costumes should be light-coloured with reflective strips
- Children must keep away from open fires and candles (costumes can be extremely flammable)
- Costumes should be short enough to avoid tripping
- Use face paint rather than masks or things that will cover the eyes
- Remind children to walk on sidewalks, not in the street
- Trick-or-treat along one side of the street first and then the other
- Bring along a flashlight
- Visit homes that have the porch light on
- Remind children not to eat their treats and goodies until they are examined by an adult at home.



Student Accident Insurance

Again, this year, the Board has purchased student accident insurance for all full-time students which provides 24-hour coverage every day throughout the year.

The coverage is through Industrial Alliance Insurance and the policy has been posted to the Board's website under Parents, Student Accident Insurance.

Dates to Remember

October 6	Picture Day
October 9	Thanksgiving Holiday
October 27	PD Day
October 31	Hallowe'en
November 14	Progress Reports Go Home
November 27	PD Day

