



Iroquois Falls Public School

**December 2017
Newsletter**

From the Principal's Desk

Dear Iroquois Falls Public School Families,

December is here! With this exciting, and often hectic month, so comes cooler temperatures, shorter hours of daylight and the beginning of more and more....SNOW! However, looking out the window today, it looks like more and more RAIN! As we dive into a month which is often full of activities, family gatherings, and shopping -- we are reminded of the fact that although December can bring on some joyous occasions, it can also bring on stress.

As much as we'd all like to feel that we are organized and well-prepared for the upcoming weeks, each family deals with the stress of the holidays in different ways. Oftentimes, children fall victim to later bedtimes, hectic schedules, trips with families to visit loved ones, and sometimes we experience the financial stress that plagues many families during this time of the year. Unfortunately, school routines often fall by the wayside, including daily homework support, nightly reading, and even regular family meals. At times families need to make a concerted effort to see that the "hustle and bustle" of the holiday season do not affect their child's daily routine and need for consistency.

During a season where the hope for peaceful and tranquil holiday season is sought and the act of giving is contagious, we at IFPS will concentrate our school-wide efforts on promoting "HUMILITY" within our school community. Humility is an asset for self-improvement as it instills in a person the quality of being humble, receptive to others opinions, open to ideas and an overall desire to want to be a better person. Throughout December will be reinforcing that this month is as much about giving as it is about receiving. This giving can be as simple as spreading kindness by: paying compliments to others, tidying up a classroom, or by showing others that they are appreciated.

One way we will reinforce the giving spirit this year is by continuing our food drive. For those of you who wish to do so, we encourage you to contribute different food and/or household items to help make the holidays more enjoyable for some of our less fortunate families. We will donate these items to the local food bank. Thank you for helping our students learn about giving to others during this holiday time. Your donations are greatly appreciated and will be accepted until December 21st!

From the staff at Iroquois Falls Public School, we wish you a safe and enjoyable Holiday Season!

Sincerely,

Mr. Mineault

IFPS Principal

Nutrition fuels success

Five tips for packing healthy lunches

1. On the weekend, plan school lunches with your kids for the week ahead. Try to include three of the four food groups in every lunch.
2. Stock up on [healthy grab-and-go foods](#) like fruit, vegetables, whole grain pita pockets, yogurt, and hard-boiled eggs.
3. Use dinner leftovers to make quick and easy lunches the following day.
4. Prep as much of the lunch as you can the night before. Spend a few extra minutes when preparing dinner to cut up extra veggies and fruit for tomorrow's lunch.
5. Get the kids involved. Let them plan the menu, write the grocery list, shop for food, and make the lunches... with your help of course! Kids who help make and pack their lunch are more likely to eat it too.

Healthy grab-and-go lunch ideas

Stock up on easy-to-grab snacks that can be put together in a pinch for a picnic-style lunch.

- ready-to-eat veggies like carrots and cucumbers
- fruit like apples, bananas, or oranges
- fruit cups (fruit salad packed in juice, applesauce, mandarin oranges, pears, peaches)
- single servings of lower-fat milk or 100% fruit juice
- lower-fat yogurt
- small packets of dried fruit like raisins or cranberries
- whole grain crackers or mini-pitas
- hard-boiled eggs (they keep for one week in the fridge with their shells on)

For more information on Healthy Eating, please visit:

<https://www.canada.ca/en/services/health/healthy-eating.html>



Remembrance Day at IFPS

Mr. Takeysu organized an amazing, heartfelt Remembrance Day Ceremony on the morning of November 10th. We are proud of our student's involvement and their respect and thoughtful manner during this ceremony.



On Sale from December 1st to December 8th
\$0.50 each or \$5.00 for enough for your class!

Brought to you by IFPS School Council

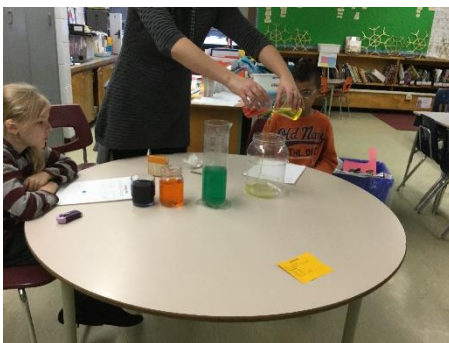
IFPS Wellness Initiative - Being Mindful Matters!

During the past several weeks, the staff and students at Iroquois Falls Public have engaged in a school-wide initiative with the goal of helping all students become more resilient, focused and mindful learners. Although teachers and classrooms are at different points in the program, IFPS has embraced the MindUp curriculum.

The MindUp classroom and school program is a program which promotes and develops mindful attention to oneself and others, tolerance of differences, and the capacity of each member of the community to grow as a human being and as a learner. We ask that you support your child's learning by questioning them on a daily or weekly basis about what they are learning, how are they applying what they have learned as it relates to making them a more well-rounded person, caring and mindful person. Perhaps your child can teach you about the core practices and mindful breathing that they take part in on a daily basis.

Below are a few samples of IFPS students completing a few mindful tasks.

Stay tuned for Mindful Tips, Tasks, and Challenges in 2018, all which will allow you and your child to work together to improve their "well-being" and their ability to be "mindful".



Mindful Breathing

Bundle Up!

Please make sure that children are dressed adequately for outside play. We go outside at both nutritional breaks every day except in extreme temperatures. Your help in ensuring students have appropriate winter clothing is greatly appreciated.



Cold & Illness

Many thanks for keeping your child(ren) home when they are sick. It is very easy to pass on colds and flu in a school environment. Children who do not feel well, do not learn well, and learning is definitely our goal!

If students are well enough to be at school, then the expectation is that they go outside for recess.



Inclement Weather and Bussing Update

On mornings of heavy snowfall, please listen to your radio or check the school board site at <http://www.dsb1.ca/boardinfo/schoolbus.php#cancellations> for reports of bus cancellations and school closures.

IFPS is not necessarily closed when bus transportation is cancelled. Decisions regarding bus cancellations are usually made by 7:00 a. m.



December's School Focus for Student of the Month

Humility

Humility is to know that you are a sacred part of creation.

Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all. Do not become arrogant and self-important. Find balance in within yourself and all living things.



During our Spirit Assembly – Students will be recognized for the way they have displayed humility during the month of December

TO SUPPORT YOUR CHILD'S GROWTH -- PLEASE SPEAK TO YOUR CHILD ABOUT HUMILITY AND THE IMPORTANCE OF POSSESSING THIS QUALITY

SCHOOL SPIRIT

Dress Wacky Day





Spirit Days: Class Theme Day



STUDENTS OF THE MONTH

The students below displayed acts of Bravery throughout the month of November, earning them a student of the month award.



Nathan Robinson, Naomi Desrochers, Elizabeth Harris, Leland Dunnick-Sujet, Jessie Andrews, Riley Latti, Cameron Lagrange, Riley Lutz, Grant Stack – Missing: Justin Santerre



Serrena Chandler, Jaycelynn Santerre, Breanna Richer, Dante Lagrange, Grayson Ellis, Olivia Morin

Missing: Lucian Tangie

UPCOMING EVENTS



Thursday, December 14th from 6- 8p.m. We encourage all families to attend. We ask that children grade 3 or under are accompanied by a guardian.

Admission is \$2 per person or \$5 per family

Formal to Semi-Formal Clothing Preferred

Canteen will be available offering pop, juice, water, chips, pizza and other snack items.



IFPS will be hosting their annual Christmas concert on Tuesday, December 19th, 2017 from 11:30 a.m. until 1:00 p.m. The students will be working hard learning songs and skits. We hope you can join us!

School Family Turkey Lunch / Spirit Assembly

We would be honored if you and your family could join us for a Turkey Luncheon on Wednesday, December 20th, from 11:30 – 12:30. Immediately after the dinner, we will have our Monthly Spirit Assembly!

RSVP REQUIRED



Parent / Student Survey

Dear Iroquois Falls Public School Family,

Iroquois Falls Public School is very interested in providing appropriate and engaging programs and activities that students and families would be interested in attending. We want to hear from you, as parents/guardians, to let us know what you feel would be beneficial for your children, yourselves, and for the community. Please check off all the options that apply and please feel free to add in your own ideas as well.

1. What are some evening programs or events which both you and your child(ren) would be interested in:

- | | | |
|-------------------------------------------------------------|-------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Math Night | <input type="checkbox"/> Literacy Night | <input type="checkbox"/> Cultural Night |
| <input type="checkbox"/> Arts Night Showcasing Student Work | <input type="checkbox"/> Math Night | <input type="checkbox"/> Career Night |
| <input type="checkbox"/> School Carnival | <input type="checkbox"/> Athletics Nights | <input type="checkbox"/> Games Night |
| <input type="checkbox"/> Other Ideas: o _____ o _____ | | |

2. Which day works the best? (check all that apply)

- Monday Tuesday Wednesday Thursday Friday

3. Which time works the best? (check all that apply)

- 5 p.m. – 6 p.m.
 6 p.m. – 7 p.m.
 7 p.m. – 8 p.m.

4. How frequently would you like the school to host evening events?

- Once per month Other _____
- Twice per month Every Two Months

On the back, provide any comments you wish!

Thank you for taking the time to complete this survey as it will help direct us with our future planning. Please submit this form to school by December 15th, (no names on the form) and you will be provided with a ballot which will enter your name in a draw for a \$25 Grocery Gift Card.

ONLY 1 SHEET PER FAMILY

French Connections!

Tips to include more French in your day:

Learning a second language (in this case French) is easier when you have access to iDevices. You can use an iPad/iPhone/iPod by:

- * Downloading free apps like Duolingo to introduce you to common vocabulary and increase in difficulty the more you use it.
- * Listening to French songs and children's playlists on YouTube.
- * Using Google Translate's real-time translation feature. (Hold your device's camera to French text and watch it translate on the screen)

If you do not have access to tablets or smartphones, consider the following ways to help include more French into your day:

- * Listen to the radio, TV, and music. DVDs and Netflix allow you to change the audio to French. Doing this with movies that you watch repeatedly works best since you already know much of the dialogue in English already.
- * Print off the lyrics of your favourite French songs and create a songbook.
- * Write notes and cards in French – to do lists, grocery lists, invitations, etc.
- * Keep a list of interesting French words – there are many words that have an origin in French that were adopted by the English language.
- * Complete crosswords or hidden word puzzles to build your vocabulary.
- * Buy board games and computer games that are bilingual. Play the French versions with your friends and family!
- * Print off recipes in French and prepare food while only using French!

REMINDER TO VISIT THE IFPS PRINCIPAL BLOG OR TWITTER ACCOUNT FOR INFORMATION ON EVENTS HAPPENING AT IFPS at <https://ifpsprincipal.wordpress.com/> or <https://twitter.com/IFPS900>

DECEMBER EVENTS:

- Dec. 1 - Wacky Dress Day
- Dec. 1 - Food Drive Begins
- Dec. 6th - Christmas/Holiday Tie Day
- Dec. 7th - Subway Day
- Dec. 8th - Trip to Cochrane - Gr. 1-6 - Wonder Movie
- Dec. 13th - RSVP for School Turkey Lunch Due
- Dec. 14th - Ugly Sweater Day
- Dec. 14th - Family Dance 6:00 p.m. to 8 p.m.
- Dec. 18th - Plaid Day
- Dec. 18th - Dress Rehearsal for Concert
- Dec. 19th - Semi-Formal Day / Concert (11:30 a.m.)
- Dec. 20th - Family/School Luncheon / School Spirit Assembly - 11:30
- Dec. 21th - Hats and Antlers Day / Food Drive Ends
- Dec. 22nd - P.J Day / Last Day of School
- Dec. 23rd - Jan. 7th - Winter Break
- Jan. 8th / 2018 - First Day of School for 2018

