



Iroquois Falls Public School

MARCH 2018 NEWSLETTER

From the Principal's Desk:

WOW! We have certainly had another busy month at IFPS! With March Break quickly closing in, and spring weather starting to arrive (hopefully) many of us at IFPS are beginning to wonder where the school year has gone. Although we are noticing that the weather is getting warmer, some mornings still remain very cool. Please be sure to send your children to school with appropriate clothing for the day's weather. Extra clothing left at school is always a good idea given the varied weather we've experienced lately.

By now, hopefully each and every one of you who wanted to speak to your child's teacher about your child's report card; including celebrating their success, had the opportunity to do so. If you haven't had the opportunity, please feel free to contact your child's teacher to discuss any concerns you may have as they will be more than happy to help create a plan of action to support your child's growth. To guide this process, have your child ask themselves, "Why am I in school?, Where am I going?, and Am I doing everything I can to achieve my goals?"

With March being the official month that celebrates Nutrition, we at IFPS will be planning a variety of events to mark the importance of health, nutrition and wellness.

We want our parents to be involved to help us do the best job possible for our students. Please keep this in mind asking your child's teacher for ways to become more involved in your child's education. We hope to see you around the school in the near future!

Family Involvement: A Critical Component of School Success

Breakfast Club: Volunteers are always needed and appreciated from 8:20 am – 9:00 am daily. During this time, you can help make, serve or supervise our Breakfast Club, which services about 30 students daily.

Tour Thursdays: Beginning in March and ever last Thursday of the month from 3:05 pm – 3:20 pm families are welcomed to enter the school and visit the classroom, pick their child up at the classroom door and/or simply stop in and say hello to the classroom teacher. This isn't a formal parent/teacher interview, however during your stop, should you wish to schedule a meeting, this would be a wonderful time.

Classroom Volunteer: Contact your child's classroom teacher to discover how you could support the classroom. Some suggestions are: Reading Mentor to a student, chaperone on a local tour around the community, Show and Tell in the classroom, assist or support extra-curricular activities, or participate in School Council and school fundraising events.

Attend Special Events: Where possible, attend events planned, including our Spirit Assembly held on March 28th, 2018.

As always, THANK YOU for being our partner in the important work of helping your child enjoy learning and prepare for a bright future!

If you have any questions or concerns please don't hesitate to contact me at 705-232-6651, ext. 1 or by email at rodger.mineault@dsb1.ca to discuss your child's success. Remember to follow us on twitter at <https://twitter.com/IFPS900> or the school blog at <https://ifpsprincipal.wordpress.com/> to receive the up-to-date communication.

Mr. Mineault
Principal

African/Black History Month Celebrated at IFPS

Throughout the month of February, commonly known as "African History Month/Black History Month", students throughout IFPS honoured and recognized the past and present contributions and achievements made throughout history by the African culture and their people. Students watched biographies, read and listened, and enjoyed read alouds, in addition to two presentations made by our guest speakers Chief Cocker and Yvonne Odai. Yvonne shared stories about her childhood in Africa to her journey to Canada where she now teaches and resides in Kapuskasing with her family.

Please stay tuned more pictures and future blog posts relating to this content.




Math in Everyday Life

It is important to help children recognize that everyone uses math all the time. Here are tips to help your child have a positive attitude about mathematics.

- Make learning math a positive experience. Don't talk negatively about math to your child—it can lead to “math anxiety” (a proven cause of low achievement).
- Schedule math homework at the same time in a quiet location every day.

Be available during this period to talk with your child. Create a math homework toolkit with pencils, erasers, ruler, protractor, graph paper, counters (beads or beans) and a calculator.

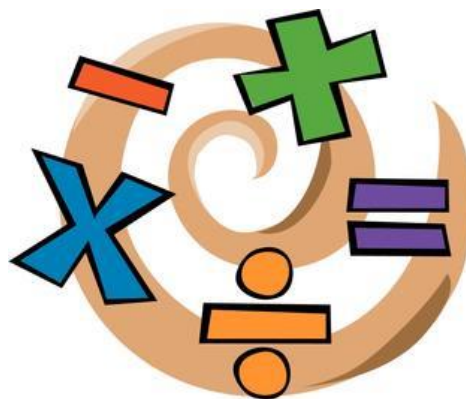
- When helping with homework, follow the method being taught. Don't teach short cuts that could confuse your child. Do not say, “Let me show you my way – it's simpler and faster.”
- Be relaxed and positive. You are not expected to be an expert. You are there to encourage learning.
- If your child becomes frustrated, stop. Remind your child of the things they have already learned how to do successfully, such as riding a bicycle, writing a paragraph or speaking a second language.
- Ask your child's teacher for strategies to use at home that reflect your child's learning style. If your child asks for help and you do not know the answer, be honest and say, “I don't know, but let's figure it out together.” If you continue to be unsuccessful, you can also ask your child's teacher for help. This gives your child permission to ask for help as well.



Parent Pointers Providing Homework Support

- ▶ Set a regular time each day for doing homework. That time should be free of distractions such as TV and phone calls.
- ▶ Be sure your child has a place to do homework that is quiet and well lit. Make sure all the appropriate materials -- such as paper and pencils -- are available.
- ▶ Let your child know that homework is important and valuable. Consistently review your child's homework during homework time.

The above “Math Tips for Parents” was written by Lynda Colgan, Associate Professor and Director, Queen's Community Outreach Centre, Faculty of Education, Queen's University



MARCH NATIONAL NUTRITION MONTH

Help your children adopt healthy lifestyle habits

Most of us know that making healthy food choices is essential to raising healthy children, but in today's fast-paced society it can be a challenge. Preparing foods with your children can help teach and reinforce messages about healthy eating. There are many benefits to preparing and eating meals at home as a family.

March is Nutrition Month and with this, one challenge many families have is with picky eating of their child. Mealtimes can turn into mayhem if you feel the need to be a short order cook! One way to help reduce stress around mealtimes can be to follow this guideline:

Adults decide what, when and where to feed children. It's your job as parent to decide what nutritious foods are served, when dinnertime is and where they will eat (at the table, not at the TV).

Children decide how much and whether to eat. It's up to your child to decide what and how much to eat from what you've offered. This means not enforcing the "eat everything on your plate" principle, but instead letting them choose whether they will eat or not. Telling children to finish their plate or eat all their veggies so they can have dessert teaches children to ignore their hunger and fullness cues and to use foods as rewards.



SSSSoupy Tuesdays a Success!

In partnership with parent and teacher volunteers, Iroquois Falls Public School will continue to offer SSSSSoupy Tuesdays during the month of March! On average, we have 37 bowls of soup being served each Tuesday, with our highest count reaching 46. Our goal continues to be to provide your child(ren) with a healthy lunch alternative, for a minimal cost. Milk may also be purchased separately for \$1.00.

The cost of lunch is:

- \$1.00 / per bowl of soup
- \$2.00 for a bowl of soup and a milk



31-Day Family Challenge

Remember to Participate in 31 Ways in 31 Days to Connect with your child.



School Council Corner

With March marking the beginning of a new season.....SPRING, let's not forget to – as the saying goes – “take time to stop and smell the roses!” Spring is season of fresh starts, fresh air and renewal. As we make our way throughout the month of March, please take time to rejuvenate your soul and be thankful for all the season holds.

School Council continues to have a lot of activities are planned for this month with our up-and-coming Spring Fling Dance and Movie Night. Stay tuned

Lynne Lachapelle
School Council Chair



What's Happening at IFPS

