



Iroquois Falls Public School

**December 2018
Newsletter**

Dear Iroquois Falls Public School Families,

I want to begin by apologizing for December's Newsletter not being sent home in December. Due to unforeseen weather during the last few days of school which led to bus cancellations, I opted to hold off sending the letter home.

December is always a short, but busy month as we get ready for the holidays. This statement, once again, proved to be the case for this December as the month was full of a multitude of activities. As we head into the break, this is an important time for us to stop, and take time to remember to be grateful for all of the people in our lives - our families, our friends, and our neighbours.

We had a very exciting first four months at Iroquois Falls Public School, and with this, I am confident students, staff, and parents are looking forward to what the New Year will bring. I'd like to thank the IFPS School Council for their active involvement at the school. If you haven't done so already, please support their recent initiative (50/50 Draw) with all proceeds being used to purchase new outside playground equipment for our students.

As I sit here and rework the newsletter, knowing that we are officially ending 2018 with back-to-back snow days, it looks like we are heading into a holiday season that will be looking a lot like a "winter wonderland". When our students return in 2019, our goal will be to quickly get our students back into the swing of things; reacquainting them with our routines and high expectations.

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>



Fruit and Vegetable Program

Iroquois Falls Public School is excited to, once again, be offering fruits and vegetables to all of our students. Beginning in January and continuing for until June, your child(ren) will be provided with a variety of healthy fruits and veggies to enjoy as a weekly snack. We are very thankful to our community partners, such as the Porcupine Health Unit, for funding the Northern Fruit and Vegetable Project.

In addition, we further thank the Red Cross, Breakfast For Learning Program, President's Choice Children's Charity, and the Breakfast for Learning Program as they are all valuable assets to our nutrition programs.

If you are interested in donating to our school nutrition programs, please contact the Madame Boucher at 705-232-6651 for further information.



Kindergarten Registration 2019/2020

Planning is underway for next year and Kindergarten registration day will be January 29th, 2019. If you have or know a family with a child eligible to attend Year 1 Kindergarten (JK) in September 2019, please stop by the school on January 29th, 2019 to get an early start on the registration process.

SCHOOL TOURS ARE AVAILABLE

Dates for the children to attend the annual Welcome to Kindergarten sessions will be announced in the spring of 2019. Please note we offer both French Immersion and English programming.

**KiNdeRGaRTen
CoUNTDowN**

IFPS Recess Initiative – Being Active Matters!

To gain the greatest benefits during recess, we at Iroquois Falls Public School have embarked on a new initiative, geared toward making sure that recess is more than just “unorganized, free time.” In consultation with this year’s school council, Amanda Claridge (parent representative) has agreed to lead this initiative in the early stages as she has planned a few activities for the students.

The Initiative:

Engaging our students during recess through co-operative games, with the goal of instilling in our students the following skills:

Cooperation, helping, and sharing skills by creating a culture geared toward:

- Respect for rules
- Conflict-resolution skills
- Language skills for communicating with peers
- Turn-taking skills
- Problem-solving skills in real-life situations

To determine whether or not this initiative is having an impact, the school will track and monitor the following data:

1. Student Survey with questions asking if they feel their voice has been heard and that this initiative is making a difference.
2. Percentage of students participating in these games.
3. Evidence of whether students are starting to organize their own games.
4. Behaviour Incidents during recess.



Bundle Up!

Please make sure that children are dressed adequately for outside play. We go outside during both nutritional breaks every day except in extreme temperatures.



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 as we do not have additional indoor supervision available during the recess breaks.



Inclement Weather and Bussing Update

On mornings of heavy snowfall, freezing rain, or extreme cold weather, please listen to your radio or check the school board site at <https://geoquery.netribus.ca/Cancellations.aspx> 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 before 7:00 a. m.



Literacy Tips for Families

Building Reading Stamina Reading stamina is a child's ability to focus and read independently for long-ish periods of time without being distracted or without distracting others.

Find out how you can help your child develop reading stamina by visiting this online site:
<http://www.readingrockets.org/article/building-reading-stamina>

STUDENTS OF THE MONTH: NOVEMBER

The students below displayed acts of “Courage, Kindness, Respect and Responsibility” throughout the month of November, earning them a student of the month award.



From Left to Right - Back Row:

Tyler Cholette, China Brown, Hailey Turcotte, Lukas Wlad, Marshal Montreuil, Grayden Barbeau, Jordanna Brazeau, Sydney Morin, Emmett Cramer

From Left to Right - Front Row:

Oliva Naraine-Delaurier, Grayson Mineault, Ava Turcotte, Hailey Seguin, Oliva Forsythe, Karter Watson

*Courage, Kindness, Respect,
Responsibility*

Congratulations!

Congratulations to the girls and boys who participated on the 2018/2019 Volleyball Team. Everyone played outstanding volleyball and represented our school community in a positive fashion. We are so proud of you for demonstrating great volleyball skill, teamwork and sportsmanship.



Back Row (Left to Right)

- Mrs. Forsythe (coach), Ashlee Murray, Hailey Turcotte, Hannah Leroux, Mattijse Watson, Anthony Sulek, Jessie Andrews, Riley Lutz, Ms. Stephanie (coach)

Middle Row (Left to Right)

- Mason Morin, Brycen Magnan Boucher, Jaycelynn Santerre, Kameron Lagrange

Front Row (Left to Right)

- Lukas Wlad, Colton Marshall, Zachary Robinson

