



Iroquois Falls Public School

February 2019 Newsletter

From the Principal's Desk:

January has brought some incredible weather challenges, as we had several bus cancellations, and multiple indoor recesses due to the freezing temperatures. We keep a close eye on the weather during the day, so that whenever possible, we can get the students outside to play during recess. Part of being able to do that is making sure that our students are properly dressed for the winter weather, whether it is snowy, icy, slushy, cold, or warmer than usual temperatures. Please ensure your child comes to school with appropriate winter clothing that will allow them to enjoy recess to the fullest extent. Snow pants, winter boots, mittens, face and neck warmers, combined with dressing your child in layers; are all great ways to guarantee an enjoyable outdoor experience. We thank you for your efforts in ensuring your children have this opportunity as we all know outdoor play is very important to the health and well-being of our students.

Each month of the school year has its own unique characteristics and February is no exception. During the month of February, our attention is drawn to thoughts about caring and respecting one another as we will be learning about KINDNESS. In February, we are reminded of our gifts of friendship, and kindness as we can ask ourselves, "How can we be a true friend to our classmates, our neighbors, our families, or to others that we meet? How can we share our kindness every day to reach out, inspire, show respect and give hope as together we build our school community?" This month we will celebrate the building of our school community through our caring thoughts, kind words, and thoughtful actions.

Finally, a reminder that first term report cards will go home on Friday, February 8th, 2019. This is an important milestone in the school year as it gauges the learning trajectory your child is on and the success and areas of need which are required to complete the 2018-2019 school year. Finding time and opportunity to discuss what happened during the school day is one of the most effective ways you can support your child's learning at home. When you receive your child's report card, please remember that every child is unique and every child acquires knowledge and various skillsets in the way that is uniquely "their own." The respect that is given to the learning process and the praise given to your child's individual efforts sends an important message to your child regarding your appreciation of their individual strengths, their learning goals, and our support for them as they move ahead. While there are no formal pre-set interview times for this reporting period, if you have any questions or would like to meet with your child's teacher, please contact your child's teacher to address your concerns.

In closing, February is a month that provides many opportunities to examine ideas and DSB1's work around equity and fairness. Celebrations such as Black History month, Pink Shirt Day, World Social Justice Day all lend themselves to the learning opportunities we have planned for our students.

Sincerely,

*Mr. Mineault
Principal*

Parenting Corner

The other day I caught myself giving a lengthy speech, or maybe better stated – “lecture” of the value of hard work, the importance of kids doing chores, and the connection the two of these items have towards building a family team approach! To provide clarity and context to this speech, it was given in conjunction with a plan to set-up an allowance based round my son wanting a new toy and that fact that he needed to earn the toy.

As an educator and classroom teacher, I used to be a parenting expert; as parents often asked for strategies to support their child. Well, that expertise only lasted until I had kids of my own!

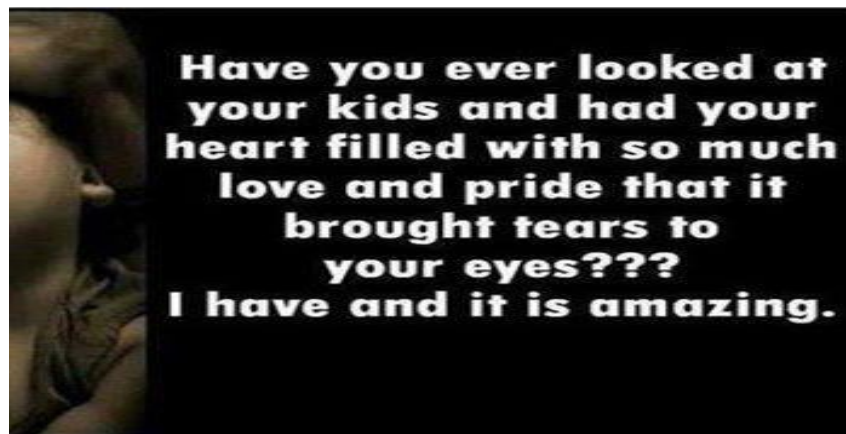
As you are all aware, parenting is tough; primarily because we love our children and want to always make their life easier or better than our life was as a child. Since highly effective teachers also love their students, they struggle with the same temptations; as teachers to want only the best for their students. With this in mind, we [educators and parents] worry whether or not we have prepared the child sufficiently for the challenges that lie ahead, as we often wonder what their life will be like and/or if they will turn out to be responsible members of society. We sometimes feel panicked because they don't seem to be turning out the way we hoped.

Lots of intense feelings can muddy our minds and leave us forgetting that we can't talk tykes...or teens...into being respectful, responsible and self-controlled. In fact, the more extensive our vocabularies become, the less effective we become. With that in mind, perhaps we can all learn from the words of a wise educator in that,

“The more words we use when things are going poorly, the less effective we become.”

It has been said that, “Many excellent and loving parents and educators are faltering. Not because they lack skills. No. It's because they talk too much while they're using their good skills.”

Education Tip: Next time you are in a conflict with your child, see what happens if you simply use fewer words when things seem to be going wrong. Chances are, you will be thankful that you did.



TERM 1 REPORT CARD – ASSESSMENT REVIEW

Problem-Solving Skills

Work Habits

Learning Skills

On Friday, February 8th, students will be bringing home their Term 1 Report Card. For each subject that was taught in Term 1, your child will be receiving a letter grade (Grades 1-6). JK/SK students will receive comments. If a subject is only being taught in Term 2, the teacher will check NA for not applicable to this report card. A comment will also be given for each subject that describes your child's strength and some next steps to support learning in Term 2.

Teachers look at a variety of sources such as assignments, day-to-day observations, tests, student-teacher conversations or conferences, demonstrations and projects for evidence that your child is learning the curriculum. This learning means more than just knowing the facts. Students must also show an understanding of what they are learning by communicating and applying what they have learned. They must also demonstrate critical thinking skills and problem-solving skills. All work is reviewed with special attention being given to the quality of the work at the end of the unit of study or term. As well as looking at tests or assignments, teachers talk to and observe your child in the classroom to gather as much information and evidence before making a decision on the final grade.

Teachers will also report on the development of learning skills and work habits which are very important for student success. These six skills (Responsibility, Organization, Independent Work, Collaboration, Initiative and Self-regulation) can be demonstrated by the student in all subjects as well as during daily routines and activities at school. They are evaluated using a four-point scale (E-Excellent, G-Good, S-Satisfactory, N-Needs Improvement) and teachers also include a comment about your child's strength and some next steps for continued growth.



PINK SHIRT DAY – FEBRUARY 29TH



The basic elements of bullying are:

Unequal Power: One person has more power than the other person (or at least it seems that way to the people involved)

- ***Hurtful Actions:*** Physically or psychologically harmful behaviour takes place
- ***Direct and Indirect Actions:*** The behaviour may be face-to-face or behind one's back
- ***Repetitive Behaviour:*** The hurtful actions keep happening so the person being hurt finds it more and more difficult to escape

If a person is being bullied:

- "Stay calm and try not to show you are upset. Try to respond to the person bullying you without anger. Anger can make things worse."
- "Look the person in the eye and say you don't like what they are doing."
- "As soon as you can, find an adult you trust and tell the adult what happened. It is your right to be safe."
- "Stay close to peers you can count on to stick up for you."
- "Stay away from places where you know bullying happens."
- "If the bullying continues, walk away, join other teens or ask someone else for help."

If a person sees someone being bullied, you can suggest:

- "Speak out and help the person being hurt. Nobody deserves to be bullied. You can help by telling the person who is bullying to stop."
- "Comfort the person who was hurt and make it known that what happened was not fair or deserved."
- "If this does not work right away or if you are afraid to say or do something on your own, find an adult you trust to help you."
- "Help a person who is being bullied by being a friend. Invite that person to participate in your school activities. This will reduce the feeling of being alone."

**ALWAYS REPORT BULLYING TO A PARENT, TEACHER,
PRINCIPAL OR CARING ADULT!**



SSSSSSoupy Tuesdays will continue for the following Tuesdays:

February 5th – Tomato Macaroni

February 12th – Chicken Noodle

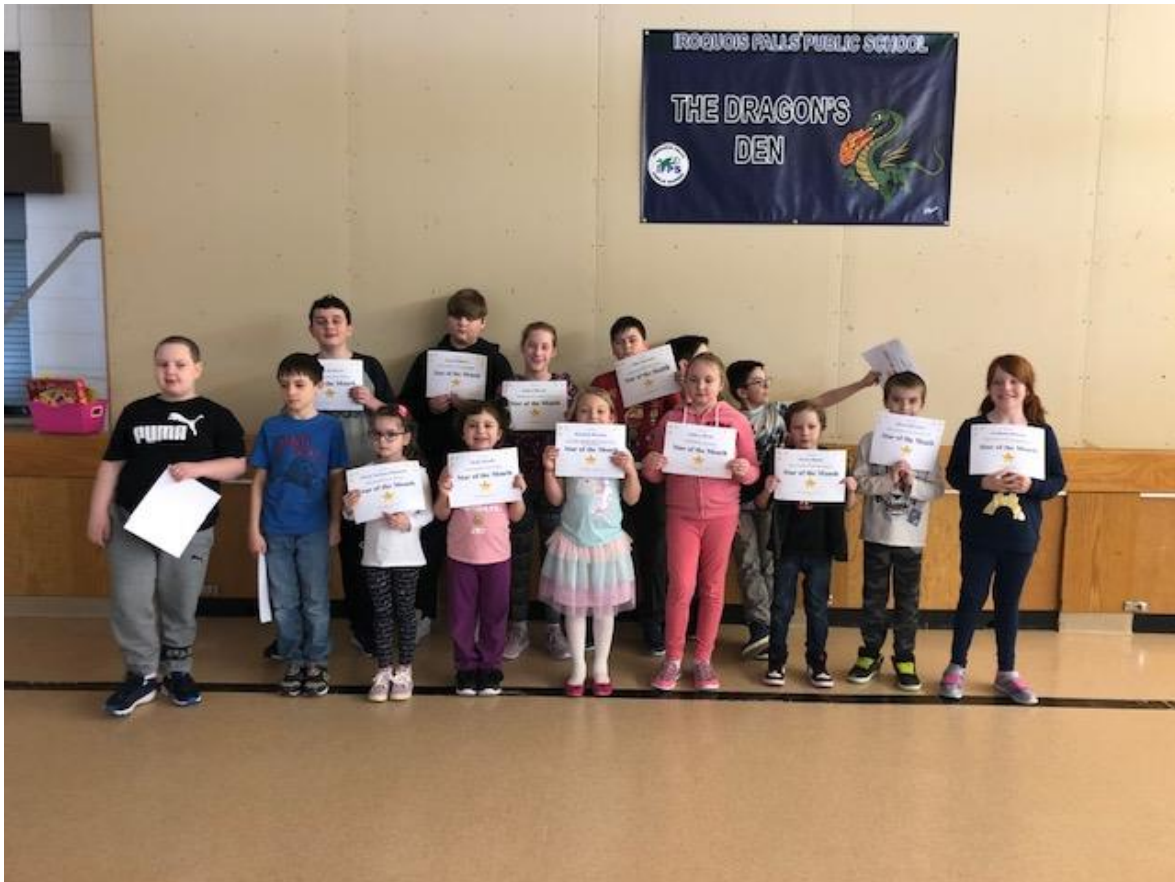
February 19th – Italian Wedding

February 26th – Cream of Cheese and Potato

March 5th – Beef Barley

AN ORDER FORM WILL GO HOME FOR ALL DATES

JANUARY'S STUDENTS OF THE MONTH



BELL LET'S TALK DAY

IROQUOIS FALLS PUBLIC SCHOOL took part in “**BELL LET'S TALK**” January 30th. The kids worked together to talk about their emotions, stress, and were giving different strategies on how to keep calm. Students came together to create gratitude journals, “name that emotion” story books, yoga, book readings and so much more.

“JK-2 students in Mrs. Stack’s class participating in Bell Let’s Talk by talking about their big emotions. The students then created mindful bottles to use as one of their strategies they could use to help them calm.”



WAYS TO SUPPORT WELL-BEING IN A CHILD – FOR HOME AND SCHOOL

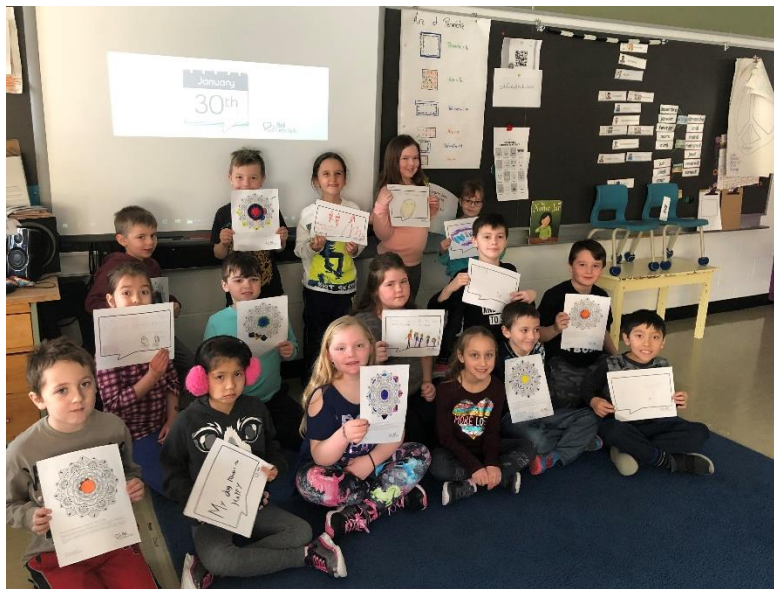
- offering many opportunities for physical activity
- engaging students in conversations and activities that develop a growth mindset when it comes to learning
- building mindfulness activities into the school day such as taking a moment each day to do some deep breathing to slow down our mind and focus on the moment
- providing students with equipment that assist them in remaining calm and focused during learning

BELL LET'S TALK DAY CONTINUED

“5-6 students discussed mental health and how it’s okay to feel different emotions but that it’s also okay to talk about them. The students then practiced yoga, breathing and drew pictures of what makes them happy”.



“1-3 students participated in mindful colouring as well as sharing all the different emotions they feel in a day. They then continued by expressing on paper what things they do that make them happy and feel good.”



100th DAY AT IFPS



The 100th day of school will be celebrated on Monday, February 11th. In the morning, students from JK-3 and the UP Classroom will rotate through various activities. Students in grades 1-3 are asked to bring in a collection of 100 things (nothing expensive) and collections should be arranged in groups of 10. JK and SK students are welcome to bring an activity if they desire. Collections are due Wednesday, Feb. 6th. They will be displayed in

the small gym or main foyer.

PHYSICAL ACTIVITY

Children need 60 minutes a day of physical activity. Keep your children active through winter by getting outside. Try skating, skiing, playing boot hockey, building a snowman or go tobogganing. Check out this website for great winter games ideas:

<http://www.participaction.com/get-moving/bring-back-winter-play/>



NORTHERN FRUIT AND VEGETABLE PROGRAM

Once again this year, the Porcupine Health Unit is offering a Fruit and Vegetable Program in our school. Students will be receiving fruits and vegetables once per week to consume at snack time. The PHU should be informing us shortly of the start date for this program. Thank you to Mrs. Forsythe's UP Class for distributing the fruits and vegetables to the classes.



FAMILY DAY – MONDAY FEBRUARY 18th – NO SCHOOL

We wish all families an enjoyable family day on Monday, Feb. 20th.

No School!



School Council 50:50 Draw and Winner

