



Principal's Newsletter

Iroquois Falls Public School

October 2019

Iroquois Falls Public School's Goal for 2019

Through reflective and collaborative practices, we will strive to foster a positive, safe, engaging, and inspiring learning environment that promotes a sense of community; all while ensuring that student wellbeing and student success are always at the forefront of every decision.

October has come and gone, and what a busy month it was at IFPS! It was a great pleasure to see many of our families take advantage of a variety of our events including our Halloween activities and our School Council Halloween Dance. We would like to thank our families for their **GENEROUS** donations to our Cereal Drive and our Trick or Treat for the Food Bank initiatives. Through such events like these, we instill in our students the **character trait of generosity**.

Throughout the month of October, in addition to working on generosity, we focused on being appreciative and respectful to other, in particular, as we learned about families and important ingredients that help us to build a "school family". Some of these character traits are highlighted in this newsletter during our Stars of the Month section! **As a school, we are also well underway with our two school improvement initiatives which are: 1. improving "computational fluency" in our students via our Math Improvement work, and 2. Providing our students with ways to support their ability to self-regulate their emotions during our School Wellness work.**

As a friendly reminder, student Progress Reports will go home on Thursday, November 14th, 2019 and will be followed up with our Parent/Teacher conferences which are scheduled for Tuesday, November 20, 2019. A Parent/Teacher Conferences Tip Sheet was sent home and posted on the blog, which is a great resource to help families prepare for this meeting.

With the inclement weather soon approaching, we remind all families to send their child to school appropriately dressed for the cold and snowy weather as we do go outside daily. **Coats, hats, gloves, scarves, and boots are essential items that make recess more enjoyable. Snow pants for our younger students are highly encouraged.** Please remember, our students are required to go outside twice per day for a 20-minute break. If your child isn't well enough to go outside, we ask that you keep your child home until they are feeling well enough to go outside.

Please review the monthly calendar on a regular basis as November is also shaping up to be a busy month with lots of opportunities for families to visit our school as we continue our path of learning as a school family! If you have any questions about your child's education, please do not hesitate to contact myself or your child's teacher at 705-232-6651.

Sincerely,

Mr. Mineault

Upcoming Events for families to Participate

Friday, November 8th, 2019

*IFPS Remembrance Day Assembly
Families Invited 11:20 a.m.

Monday, November 18th, 2019

Science North Visit – Classroom
Schedule will be sent home next

Tuesday, November 19th, 2019

*Parent / Teacher Interviews
PLEASE CALL THE SCHOOL FOR AN APPOINTMENT

PICTURE RETAKE DAY

**NOVEMBER 13TH,
2019**

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” ~ Thomas A. Edison

Daily Wellness Strategy at IFPS

During the month of October, Madame Lambert’s class provided a daily Deep Breathing Strategy for the school to practice. This tip was geared toward helping promote wellness and self-regulation in our students.

Wellness Strategy to Try at Home:

Spaghetti Breathing

Ask child to lie on their backs, arms at their sides, and imagine they’re stiff like uncooked spaghetti.

Say “Take a deep breath in, tensing your whole body very tightly. Now breathe out loudly and fully and imagine yourself turning into cooked spaghetti- soft and relaxed.”

Repeat until they feel “cooked”!

Action Calendar:

Action for Happiness Daily Challenges

1. Make a list of new things you want to try out this month
2. When you feel you can’t do something, add the word “yet”
3. Try a new way to practice self-care and be kind to yourself
4. Discover your artistic side. Design your own holiday cards!
5. Get out into nature and observe the changing season

Source: actionforhappiness.org

Family Challenge to be Eligible to Receive a Prize

On or before November 26th have yourself or your child email me at rodger.mineault@dsb1.ca explaining how you incorporated some of the above Happiness Daily Challenges into your lives. Your name(s) will be entered into a draw, which will occur during November’s Monthly Assembly.

Parenting Corner

CHORES and School Success

Kids in the habit of successfully completing chores are far more likely to develop a habit of successfully completing academic assignments.

In one of Dr. Charles' books he called, *From Bad Grades to a Great Life*, he describes why chores meet an essential human emotional need: The need to feel needed. Dr. Charles believes that, "When we treat our kids like guests in a five-star, all-inclusive resort, their true self-esteem plummets and they develop attitudes of entitlement."

Low self-esteem and entitlement go hand in hand. Both equal low achievement motivation.

To prevent this from happening... or to begin the process of healing... you may want to try the ABCs for training kids to do chores:

A - Assign every member of your family with some meaningful contributions.

Ask yourself, "What am I doing that my kids could do on a regular basis?" Many parents find it helpful to post this list on the refrigerator complete with names next to each contribution.

Caution - Don't say, "Do it now." This just creates power struggles. Instead, allow them to have a deadline for each contribution.

B - Be quiet.

Avoid reminding or nagging.

Remember - Kids who have to be nagged into doing their chores are kids who need to be nagged into doing their schoolwork and homework.

C - Consequences preceded by sincere empathy will do the teaching.

When their children refuse to do their chores, forget, or do them haphazardly, many parents find it helpful to complete the chore for their child... and expect their child to repay the time and energy expended to accomplish those contributions.

Sometimes this means doing extra chores for the parent. Sometimes this means staying home or doing without some privilege so that the parent has time to rest and relax. Other times this means paying the parent or a professional to do the job. A memorable example involved a teen who had to pay a maid service to complete her housework contributions.

Remember - Anger and frustration create resentment, while sincere empathy creates responsibility. The key to success hinges on sincere empathy!

Dr. Charles Fay

ABOVE: Taken from Love and Logic by Dr. Charles Fay

STUDENTS OF THE MONTH



Awarded to
Maverick Diamond Singer
for his contribution solving it



Awarded to
Olivia Naraine-Delaurier
for her time her teacher for lessons.



Awarded to
Madelynn Sauve



Awarded to
Jackson Stevens



Awarded to
Andrew Cook-Frank



Awarded to
Charlee Smart



Awarded to
Kalora Shields
for her respect

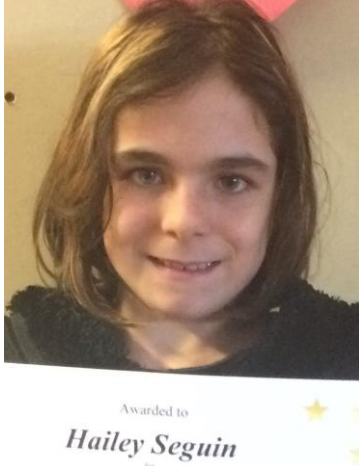
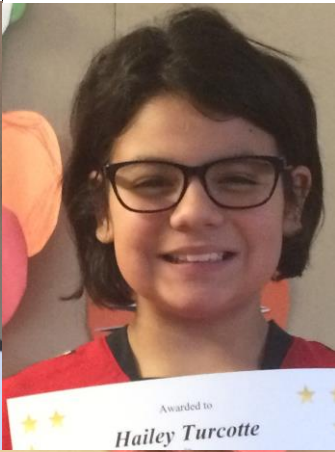


Awarded to
Everleigh Giguere



Awarded to
Aria Thomson





What's Been Happening At IFPS



HALLOWEEN DANCE AND HALLOWEEN SCHOOL ACTIVITIES



ART CLUB



Children's Theatre



HALLOWEEN HALLWAY PARADE