



School Newsletter December 2016

Increasing demands at work and home to support the lives of our youth, coupled with shorter daylight hours can sometimes make us feel overwhelmed. Mental Health is a focus of ours at Bloomsburg Public School. We continue to work with Haldimand-Norfolk Health Unit Promotor, and Health Nurse, as well as our school's Child and Youth worker to implement MindUp, an elementary school resource that teaches and promotes Mental Wellness to both staff and students. At an assembly last month, strategies were taught to students of how to regain a sense of calm through breathing techniques, and being mindful of their senses. This month, another assembly will take place to further promote mental wellness by differentiating optimism and pessimism as well as emotional mindfulness. Mindful Monday's will also begin in the month of December through weekly announcements to support mental health. I encourage you to have healthy, respectful discussions with your child about the stresses in their lives and how they can develop productive coping strategies such as those presented at our school. Should you need more information about our focus, and other ways that we can support your child together, don't hesitate to contact the school.

Our wish for you and your family over the upcoming Christmas season is for wellness, both physical and mental, joy, as well as appreciation of community and family. Merry Christmas!



David Van Laecke, Principal

Dates to Remember

- Dec 2:** Intermediate Boys Volleyball Tournament at SCS
- Dec 6:** Grade 7 & 8 Skills Canada presentation in the gymnasium
- Dec 8:** Intermediate Girls Volleyball Tournament at Lakewood
- Dec 13:** Grade 6 – Trip to Superstore: You're the Chef program
- Dec 15:** Junior Volleyball Tournament at Lakewood
- Dec 16:** Turkey Dinner at 12:30 p.m.
- Dec 21:** Christmas Concert – 1:50 p.m. and 6:30 p.m.
- Dec 24 to Jan 8:** Christmas Break – school is closed
- Jan 11:** Parent Council meeting at 6:30 p.m.
- Jan 16:** Online February food orders open
- Jan 23:** PA Day
- Jan 23:** Online February food orders close
- Jan 25:** Menactra immunization for Grade 7's

Parent Council

Bloomsgburg Public School's Parent Council has been actively engaged in supporting the school community in the past two months. Fundraising through the orders taken from Third Wave catalogues is scheduled to arrive at the school prior to Christmas. Also, the **One Stop Christmas Shop** was a success. Thanks goes to the organizers of these fundraising events, as well as to each of you that have supported your Council. A 50/50 draw is being organized. Tickets will be on sale at each Christmas concert performance: \$2 each or 3 tickets for \$5.

Parent Council is busy preparing for the annual Christmas Turkey Dinner on Friday, December 16th, to benefit the students of our school. We are so fortunate to have such an active group of volunteers. It is, however, as small group that does the majority of the work. Come out to our next meeting on Wednesday, January 11th, 2017 at 6:30 p.m. and help to make this active group a bit larger!

Gifts of Hope Campaign



Christmas is a time of charity. We will be focusing our school efforts on this ONE campaign. Throughout the month of December, Mrs. Harris' Grade 7

class will be organizing and collecting donations for the Plan International's Gifts of Hope campaign. This worthwhile cause provides unique and inspirational gifts for children and families around the world!

Whether you give a furry goat to a hard-working family or chirpy chicks to empower an entrepreneurial girl, students will have the joy of knowing this year's gift giving will make a very real difference for someone who has so much potential.

No other gifts have the same power to delight hearts at home and bring real change to real families abroad! So come on Bulldogs, bring in your donations throughout the month of December and help make someone's Christmas a little brighter.

Strong Start



A letters and sounds program is running at our school for the second year. We DO need more **volunteers** to support the Strong Start program. If you can commit to ONE HOUR a week and are interested in working with one or two students on developing reading skills, then please contact Miss Holwerda.

Battery Recycling

Our school's participation in household used battery recycling challenge is well under way. Students have eagerly contributed to our collection. Continue to collect your used batteries over Christmas Holidays and send into the school until Earth Day. Details of safely submitting your used batteries:



<http://www.rawmaterials.com/page/education/prepare-batteries/>

Individual student prize incentive programs can be found at: <http://www.rawmaterials.com/ontario-school-recycling-challenge/student/>

Inclement Weather

Transportation delays and/or Weather-related school closures are communicated in a variety of ways by 6:30 a.m.: radio (FM 98.9, 92.1 & 101.3) and websites (www.granderie.ca and www.stsbhn.ca). **Bloomsgburg Public School is in ZONE 1.**

Virtue Focus

"Responsibility" is the focus for December. Citizens show this by being accountable for something due to a moral obligation to behave correctly.

Fairness is the focus for January. This means treating people equally without favouritism or discrimination.

Morning announcements include thought to consider for each of these areas of focus, as well as homeroom discussions through each month. At home, you could reinforce each area of focus in your daily discussions with your child. The Public Library also has a lot of books to support each virtue. Consider seeking out books with those topics the next time you visit our local public library.

School Teams

Three teams have formed and will be going to volleyball tournaments this month. Good luck to all three teams!



Book Fair

Thank you to all the families, students and teachers who supported our recent book fair. It was a huge success and we look forward to our next one scheduled for May.

Legion Poster Contest



Congratulations to Sarah E, Hannah F, Nyla H and Annie T on winning, in their respective categories, the Waterford Legion Poster Contest.

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Tips Families Can Use to Help Students Do Better in School



December 2016

Grand Erie District School Board

Growing Excellence ... Inspiring Success

Understanding and perspective help kids turn away from cliques

More than anything, most middle schoolers just want to fit in at school. But what if your child goes from fitting in with her friends one day to being shunned the next? Chances are she's fallen victim to a clique.

Cliques—ever-shifting groups of peers who actively exclude certain kids—are a fact of life during adolescence. Helping your child deal with them will help keep her focused on schoolwork and learning rather than on social drama.



To clique-proof your child:

- **Talk about cliques.** Explain that cliques aren't really about friendships. They are about power. If a person in a group starts teasing or being mean to a peer, she's doing it because it makes her feel powerful.
- **Remind her that being excluded** isn't her fault. Your child may assume that if she were different—thinner, cooler, etc.—she would be accepted in the group. But it is the excluder, not the victim, who's at fault.
- **Help her find options.** Can she focus on friendships after school—on a team or in a club, for example? Can she befriend others in class?
- **Offer perspective.** Share your own experiences with cliques. Remind your child how quickly emotions can change, and reassure her that, in time, clique issues will eventually end.

Source: "Helping Kids Cope With Cliques," KidsHealth, nswc.com/clique.



Don't stop encouraging perseverance

Perseverance. Grit. Persistence. They all involve sticking with a task or continuing toward a goal when things get tough. Without these traits, your child's chances for success in school will be limited. To develop them:

- **Support your child's efforts.** If he plans to raise his French grade by studying for 30 minutes each night, offer to quiz him on vocabulary words. Encourage him to report his success to you each time he puts in the time. Applaud him for carrying out his plan.
- **Eliminate wasted time.** Too much recreational screen time, for example, can hold your child back. Make a deal with him that you will each cut back on one time-waster by 10 minutes a night.

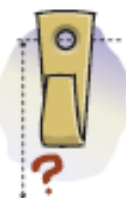
Source: B. Lewis: *What Do You Stand For? For Teens: A Guide to Building Character*, Free Spirit Publishing.

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Practice practical math

You don't have to be able to teach math to help your child be successful in it. Just model a positive attitude about math, and give her opportunities to use her math skills.

For example, let your child do any measuring you need at home. Have her find the area of a room or figure out where to hang a picture hook. She'll keep her skills sharp and see how useful math is.



Attendance enables success

It's vital that your child come to school each day on time and ready to learn. If his attendance has started to slip:

- **Talk to his teachers.** If your child has been skipping a class, there could be something going on.
- **Set and enforce consequences.** Tell your child that missing class is not an option. If you learn he has skipped, impose an agreed-upon consequence.
- **Prep the night before.** Have your child put completed homework in his backpack, pack his lunch and choose his clothes for the next day.

Add reading to holiday fun

Most students look forward to relaxing and doing their own thing over winter break. But reading for 20 minutes a day will help your child maintain her school momentum. To encourage your child to read this month:

- **Give books,** or bookstore gift cards, as gifts.
- **Tie reading** to her idea of a good time. Does she enjoy gadgets? Have her read an instruction manual and put one together.
- **Link movies to books.** Your child may want to watch movies over break. Encourage her to watch one that's based on a book—but to read the book first.



Breakfast Program Menu

40 students can access this Breakfast by getting a pass from the yard duty teacher first thing in the morning once off the bus. Breakfast is served on the stage.

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Scrambled egg with toast, fruit, yogurt, water or milk	2 Muffins, fruit, yogurt, water or milk	3
4	5 Hot oatmeal, fruit, yogurt, water or milk	6 Muffins, fruit, yogurt, water or milk	7 Cereal, fruit, yogurt, water or milk	8 Scrambled egg on English muffin, fruit, yogurt, water or milk	9 Cereal, fruit, yogurt, water or juice	10
11	12 Pancakes, fruit, yogurt, water or milk	13 Cereal bar, fruit, yogurt, water or milk	14 Cereal, fruit, yogurt, water or milk	15 Scrambled egg, toast, fruit, yogurt, water or milk	16 CHRISTMAS DINNER, no breakfast today	17
18	19 Waffles, fruit, yogurt, water or milk	20 Cereal bar, fruit, yogurt, water or milk	21 Cereal, fruit, yogurt, water or milk	22 Muffins, fruit, yogurt, water or milk	23 Scrambled egg wrap, fruit, yogurt, water or juice	24
25	26	27	28	29	30	31