



## PARENT UPDATE #11: NOVEMBER 15-19

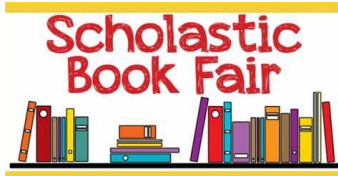
**“We cherish news of our heroes, forgetting that we are extraordinary to somebody too” - Helen Hayes**

### **Parent Interviews**

Please sign up for Parent Teacher Interviews via the information that was emailed home last week using the ParentInterview.com website. Interviews will take place on Thursday, November 25<sup>th</sup> and Friday, November 26<sup>th</sup>. The Interview site is open until November 22<sup>nd</sup> for you to book your interview time. Interviews are 10-minutes and we ask you to please follow the instructions provided in the email sent to all parents on November 5<sup>th</sup>.

### **Progress Reports**

Progress Reports will be sent home electronically again this year. Reports will be sent on Wednesday November 24<sup>th</sup>. Please ensure you have your child's OEN in order to access the report card.



### **Book Fair**

Our Scholastic Virtual Book Fair will be running from November 15-21. This time Scholastic is offering FREE shipping on all orders and orders will be shipped directly to the school.

To shop, please use the link below *which will become active on Monday November 15<sup>th</sup>*:

<https://virtualbookfairs.scholastic.ca/pages/5166442>

### **Picture Re-takes**

Picture Re-take day is Thursday November 25<sup>th</sup>. If your child was absent for their photo day or requires a re-take, please let your child's teacher know through your classroom channel of communication (agenda, etc.). *Only those students who have parental requests will be sent for a photo re-take.*

### **Poinsettia's**

Orders will be available for curbside pickup on Thursday November 25<sup>th</sup> from 3-8pm (Interview night) or Friday November 26<sup>th</sup> from 9-1pm (PA Day). Orders have now closed.

### **MindUP for students**

This week we will continue to focus on Lesson Three of the MindUP Program.

The Core Practice is the signature daily routine Teaching students to focus on and control their breathing can help them become less reactive and more reflective when feeling anxious or stressed. This short daily activity of listening and breathing capitalizes on neuroplasticity, the brain process that creates and strengthens nerve cell (neuron) connections through practice or repeated experience. As students practice controlled breathing, their brains develop and reinforce the “habit” of responding to anxiety by focusing on breathing. This leads to reflective rather than reactive responses. The more controlled breathing is practiced, the more self-managed and mindful students can become. The Core Practice puts your students in control of their mental and physical energy.

### Lunch Program

A reminder that all orders for Mr. Sub and Subway are placed on a weekly basis through School Cash Online and orders must be placed **before Noon on Sunday** to be applied for the upcoming week.

Delivery Day	Featured Restaurant
Tuesday	Gino's Pizza
Wednesday	Subway
Friday	Mr. Sub

### Important Information for Students Traveling Outside of Canada

With the holiday season approaching and border restrictions easing, families may be looking to make travel plans. We are writing to ensure you are aware of the following federal public health requirements for school-aged children as you consider any travel arrangements outside of Canada. **If your family is travelling outside Canada for any reason, please be advised that students not vaccinated against COVID-19 CANNOT ATTEND SCHOOL FOR 14 DAYS UPON RETURNING TO CANADA.** This includes students under the age of 12 (who are not currently eligible for COVID-19 vaccinations) and students age 12 and over who are not vaccinated against COVID-19. This is a mandatory requirement put in place by the Government of Canada under the *Quarantine Act*. While unvaccinated children under the age of 12 are exempt from the Government of Canada's quarantine regulations if they travelled in the company of a vaccinated individual (e.g. parent/guardian who therefore qualifies for a quarantine exemption), the **unvaccinated, under 12 child is still not permitted to attend school for 14 days upon their return to Canada**, as outlined in [these requirements provided by the Government of Canada](#). Thank you for your attention to this information before making any travel arrangements outside of Canada.

### Grade 7 and 8 Confirmation



Congratulations to our Grade 7 students who celebrated their Confirmation last week. Congratulations to students in Mr. Donald, Ms. Lake, Mme. Antonelli and Mrs. Lamanna's class.

This week we look forward to following celebrations:

Monday November 15<sup>th</sup> – 6:30pm – Mr. Miszuk and Mr. Filipiak's Class

Monday November 15<sup>th</sup> - 7:30pm – Mrs. Szwed and Mrs. Smith's Class

### Arriving on time

School begins at 8:20am. The doors are open for students to enter beginning at 8:05am. It is very important that we are establishing good routines with our students and children, by ensuring that they arrive on time each day. Please consider walking your child to school to avoid the busy parking lots in the morning and afternoon. **A reminder that students should not be dropped off prior to 8:05am each day, as Supervision of students begins at that time. Students cannot enter the school until 8:05am, when supervisors arrive.**

### Office Drop offs

Please send your child each day with their healthy lunch and water bottle when you drop them off in the morning. We want to avoid disruptions to the class and student learning, so we ask that you avoid dropping materials off at the office, by ensuring they are packed each morning with all they need.

Important Dates  
and INFORMATION



**UPCOMING DATES:**

November 15 - Confirmation

November 8-22 – Parent registration for Parent Teacher Interviews

November 24 – Progress Report goes home

November 25 – Parent Teacher interviews 3:00pm-8:30pm

November 25 – OCGE Golden Ticket Celebration

November 26 – PA Day (Parent/Teacher Interviews 8:30am-2:30pm)