

# Mount Pleasant Public School

## October, 2016



[www.granderie.ca/mountpleasant](http://www.granderie.ca/mountpleasant)

### From the Principal's Desk....another year begins!

And just like that, September is gone! It is unbelievable how quickly it passed. We have had a terrific start to the school year! Routines are already established and loads of learning is already happening!

September was busy with extra-curricular events as leadership positions (lunchrooms, office and announcements), softball teams, bike club and garden club were all up and running!

Meet the Teacher Night was very well attended....it was so nice to see you! Thanks for all your contributions to the Food Bank. The Price Family were the lucky winners of the draw prizes!

We had our first School Council meeting and a new executive was elected. We have made some great plans for this year and are well organized already! Thanks to all for attending.

Our Learning Commons construction will be completed this week. Most of the books are already out and ready for use. The computers are running and the Lego wall complete. A little work this week will have it organized and where it needs to be. It is already an amazing space!!

We have begun healthy snack days through the generosity of Chris and Patty Shaw, who are supplying the school with fresh veggies and apples, every Wednesday, until harvest is over! In addition, Colleen

Griffin is coming in to help in the preparation and distribution. Thanks so much for providing this treat to our students!!

October will be a fun month as we celebrate the harvest, prepare for Halloween, and get into the nuts and bolts of learning core subject areas. Teachers are all using a variety of technologies and apps to keep you informed on what is going on in classes and I am using Facebook as a primary source of communication. All of these keep the information you need at your fingertips. If all else fails, however, don't hesitate to call the school!

Sincerely,

*Mrs. Linda Symons*

### Dates to Remember

Thur. Oct 6: Gr. KP & 1 to Brantwood Farms  
Fri. Oct 7: PA day...no school  
Mon. Oct 10: Thanksgiving Monday.....no school  
Tue. Oct 11: School Council Meeting 6:30 PM  
Mon. Oct 17: Jr soccer tournament  
Wed. Oct 19: Int. soccer tournament  
Thur. Oct 20: gr. 7 & 8 vaccination clinic  
Tue. Oct 25: Halloween Dance committee meeting at 6:30  
Fri. Oct 28: Mustang Rodeo Assembly  
Sat. Oct 29: Optimist Halloween dance  
Mon. Oct 31: Halloween celebrations with parade and dance  
Pizza Days: Oct 6, 14, 21, 28  
Healthy Snacks: every Wednesday

### Social Justice Begins with Me

#### October's Focus: Sharing Our Lives

This month we will be focusing on diversity. While our school community appears fairly homogenous, we are different in so many ways....the number of siblings we have, our home environments, our position in the family as the oldest/youngest/middle child., what cultures we are from, or what religions or beliefs we follow (or don't!). What do we think of as normal in our lives that might be different from someone else's? How could we learn about each other's lives this year?

This month we encourage students to share their lives with us and embrace and celebrate our differences!

#### Will you share your life with us??

If you have a culture/heritage that you would like to come in and share with the students, please feel free to contact myself or a classroom teacher!

### Like us on Facebook!



**School Council**  
**Meeting and Elections on Tuesday October 11**  
**6:30 to 8:00**  
**Babysitting is available.**

**Our New Executive:**

Chair: Laura Clubine  
Co-Chair: Sherri Marshall  
Secretary: Marlene MacKenzie  
Fundraising: Diane Trifunovic (calendar lottery), Tanya Cole (turkey bingo), Linda Symons (dance), Joanne Van PanHuis (spaghetti dinner)

**Fundraising Plans: 2016-2017**

Optimist Halloween Dance....October 29  
Christmas Turkey Bingo.....Dec 2  
Spaghetti Dinner.....February  
Calendar Lottery....Spring

**Fundraising: Call for Donations**

Our amazing school council is committed to four fundraising projects in the hopes to complete the technology/furniture purchases for the Learning Commons. The Halloween Dance and the Turkey Bingo include a raffle table and we are calling for families to contribute items that can be placed on the raffle tables. If you are able to contribute to these events, please forward them to the school.....and thank-you!

Our Calendar lottery isn't until Spring, and requires donations of larger value (at least \$25). As well, many businesses need a few months to process requests like this. So if you have connections to businesses that could help us out, starting to plant a seed now would be great. If you need an official letter for a donation request, please let me know.

**Mustang Rodeo Winners**  
**September**

**Mrs. Minutillo: Drake, Max & Owen**  
**Mrs. MacPherson: Aiden & Haley**  
**Mrs. Henderson: Jasmine & Addy**  
**Mrs. Guest: Haley & Zach**  
**Mr. Archer: Lily, Karrvin & Abby**  
**Mrs. Black: Aly & Evelyn**  
**Mrs. Gardner: Jackson & Jillian**  
**Mr. Corrigan: Brooke & Zach**  
**Mme Bazilli: Rachel & Evelyn**

**Be Well and MindUp.....Promoting Positive Mental Health**

Mt. Pleasant School is jumping on the GEDSB BeWell campaign and are focusing on the mental well being of students, staff and community. As we begin this exploration, we will be exploring the MindsUp Curriculum, which uses current brain research to help students understand and manage emotions and the affects of stress through the development of core practices. Each month I will be sharing information about maintaining positive mental health. For more information, please go to [www.granderie.ca](http://www.granderie.ca) or <https://mindup.org/>

**Breathing: a Core Practice for Well Being**

This month we will be incorporating "Breathing" into our morning announcements. Students will learn to breath in a way that helps their brain think more clearly. Students will be encouraged to close their eyes, relax and drain all thought from their minds, except for their breathing. This will a welcome moment in our normally busy day! This is a great strategy to use at home or at work! Deep breathing can clear the brain and ground you so that you can function in a more effective way. Give it a try!





MPS....  
a busy place to be!



Divisional Champs!

