

**Central  
Public  
School**  
135 George St.  
519-752-8819



January 2015

# Made to be AWESOME!

## Principal's Message

New Year often has people thinking about healthy eating. Here at Central, many of us have talked about starting to eat a more healthy diet, bringing healthy snacks and avoiding junk food. As a school, we also try to encourage healthy eating as part of our curriculum, and in the snacks we provide to our students.

Did you know that Central provides a healthy early morning meal with at least 3 food groups every day? On Tuesdays and Fridays families are encourage to attend with their children to enjoy a hot breakfast meal between 8am and 8:45am. We often serve eggs, toast, fruit, milk and cereal. And there is no charge for families to attend with their children. On the other three days, a cold meal is provided to every student in the school. This usually consists of a fruit or vegetable (e.g. apple, banana, cucumber), a dairy or protein (e.g. yogurt, cheese, hummus) and a grain (e.g. whole wheat crackers, wraps or bagels, cereal). All students are invited to participate in the early morning meal program. Many families rely on our program to supplement the food they are able to send.

How does this program happen? Each year our staff applies for a variety of grants, such as the Metro Green Apple grant, to supplement our program. This takes a lot of effort to find and complete these grant applications, but they are essential to keeping our program running. We also receive grant moneys from the Breakfast for Learning and Brant Food for Thought programs. We, in turn, support the fundraising of these programs by wrapping gifts at the mall, by attending the fundraising breakfast and silent auction in the spring, and helping them raise money in other ways. We also receive cash and food donations from staff, families and community members that support our program. If you would like to support our meal program, please contact the office to find out how.

Our community and staff volunteers are also vital to our snack program success. We have two church groups that volunteer to come to school at 7:15 am in the morning on hot breakfast days to make the food and serve the students and families. We also have staff volunteers who plan meals, prepare food for snack, and keep things clean, tidy and running well. We also have a volunteer who drives to the grocery store each week to purchase over \$400 dollars of food for the program each week. This is a HUGE job, often taking two trips and visits to several stores. We REALLY appreciate his hard work and his donation of his time and gas!

It is good to think about all the work and materials that go into providing such a needed and valuable program to our school. If you see a volunteer helping out in your visits to the school, make sure to take the time to thank them for their efforts—it means a LOT!

Scan this code with your smart phone for quick access to our school website!



## A Note From Your School Health Nurse...

The winter season is a great time to spend outdoors with family and friends. Being physically active during wintertime can help keep the whole family healthy, but sometimes injuries can spoil the fun. Follow some of these safety tips to help keep you and your little ones safe outdoors:

- Dress appropriately for the winter weather – a coat, hat, scarf, mitts and winter boots will help keep everyone warm.
- Take frequent breaks from the cold to let your body warm up.
- Use sunscreen and wear sunglasses, even in the wintertime. Up to 80% of the sun's UV rays are reflected from the snow.
- Stay away from the banks of ponds, lakes, streams and rivers. They may look safe at first glance, and if there is ice, it may look like it is thick enough to skate or step on, but underneath the water is moving very quickly and can be very dangerous.
- Protect your head when going tobogganing or sledding; wear a helmet. A ski helmet is recommended, as it is designed to withstand the types of speeds and falls that could happen with this type of activity.



For additional winter safety tips, visit the injury topics section of Parachute Canada at [www.parachutecanada.org](http://www.parachutecanada.org).

## Kindergarten Registration Opens in January

Grand Erie schools are exciting, enriching places for young learners to receive an education. They learn to explore the world around them, solve problems, and make new friends.

Our Kindergarten programs help students get off to the best possible start. Your child will be challenged and encouraged to do his or her very best. Our caring teachers are with them every step of the way!

Central School offers a full-day, every day kindergarten program for JK and SK students.



*Supporting Families in Grand Erie*

**We want to know if you're interested in accessing Before- and After-School care at your school.**

*Here's your chance to tell us if a program would meet the needs of your family!*

If enough parents show interest to run a viable program, a third-party provider will coordinate the service at a fee for the 2015-16 school year.

Submit your interest by completing this survey by  
**February 23, 2015.**

<https://www.surveymonkey.com/s/GrandErie>

Results for schools will be available after March 30, 2015.

For more information about Before- and After-School Programs and Child Care, visit the Parent Section at [granderie.ca](http://granderie.ca)



Children eligible for Junior Kindergarten must be 4 years old by December 31, 2015 to enroll.

Contact Ms. Guest at 519-752-8819 to arrange a visit to the school and to learn more about what you need to register. Registration appointments will be scheduled on the week of February 2-6th.

To order your copy of Grand Erie District School Board's *Welcome to Kindergarten Guide*, contact the Principal or visit [granderie.ca](http://granderie.ca) to order a copy or view online.

## Information for Parents of children in Senior Kindergarten,



A letter will be sent home giving you information about the EDI [Early Development Instrument]. This is an assessment that is done every 3 years in Senior Kindergarten classrooms across the province. Your child's teacher will assess how ready your child is to learn at school. A child's readiness to learn is considered in 5 areas: their physical health, emotional maturity, communication, language and thinking, and their social skills. The information is used by the Ministry of Education and by Public Health Units to inform programming and strategies to support young children to learn. It is up to you whether or not your child gets assessed. We are asking that you watch for the letter and if, after reading it, you want something explained or you have any questions or concerns, please contact your child's teacher or any of the contact names on the letter that is coming home in January. We want you to have all the information you need to make an informed choice about your child's participation.

### Recess Changes

Our recess changes are having a positive effect! With more staff on the yards, we are seeing less incidents and issues. And having all the students eating at the same time allows for a better opportunity for our older students to help in younger classrooms.

Next week our grade 7/8 students will be training as playground helpers. They will be learning co-operative games to help younger students play and enjoy their outside time together.

## Parent Council Meeting

Monday, January 26th at 3:30pm

Babysitting Provided

All are welcome and encouraged to attend. Parent council is a great way to get more involved in your child's education and have your voice heard in decisions relating to fundraising and other school activities. Meetings are once a month. We look forward to seeing you at our meeting!

## Timetable



8:50am	Entry
8:50am—10:50am	Language Learning Block
10:50am -11:30am	Nutrition Break
11:30am— 1:10pm	Math Learning Block
1:10pm-1:50pm	Nutrition Break (students with permission may leave school)
1:50pm-3:10pm	Learning Block
3:10pm	Dismissal

### Parents Ask.... "Is WOW Butter ok for my child's lunch?"

Unfortunately, our board policy prohibits the use of WOW Butter in school lunches. The following is from our administrative memo:

There's a peanut-free soy nut butter product on the market that says it's a peanut butter substitute and safe for schools. Grand Erie District School Board requests that parents and staff refrain from bringing this product into our peanut-free schools.

If it's peanut-free, then what's the big deal? This product looks, smells, and tastes like peanut butter. The concern is that some children might mistakenly think it is okay to bring peanut butter sandwiches in their lunches when they see their classmates eating the soy product. We simply cannot run the risk of any student or staff member being exposed to peanuts, as this may cause an allergic reaction. The safety and health of our students and staff must come first.

For more information on the Board's Anaphylaxis (allergic reactions) Procedure SO115, please visit [www.granderie.ca](http://www.granderie.ca). Thank you for your cooperation.



# WORKING TOGETHER SYMPOSIUM 2015

Over 20 WORKSHOPS TO CHOOSE FROM!



## Keynote Speaker:

**Michael Lewis**

presents

### Another Bad Hair Day

“How to Roll with Life’s Ups and Downs and Come Out with Success”

When life throws you lemons, do you know what to do? This motivational presentation is guaranteed to get you to stop thinking about all the excuses you use to defer you from your happiness. It will inspire you to live well now and be re-energized. Life is a finite experience and we have only so much energy and time... so, what are you waiting for?

## When?

**Saturday February 7, 2015**

## Where?

**Assumption College  
School  
Brantford, ON**

## Registration Fee:

**\$10.00 for Parents,  
Guardians and Students**

**\$25.00 for Professionals  
and Educators**

*(includes mini-breakfast, lunch, morning and afternoon snacks and all workshops)*

**\*PRE-REGISTRATION IS REQUIRED.**

## Workshop Sneak Peeks!

“Fostering Resilience and Mental Well-Being in Children and Youth”

“Using Assistive Technology”

“ADHD, OCD, RAGE, and TIC DISORDERS”

“Dealing With Difficult People: Seven Simple Steps To Success!”

“Mindfulness”

“An overview of Developmental Services Ontario and the Passport Program”

“Orchids & Dandelions... Raising Resilient Children”

**For more information please contact Alysha Weir at Contact Brant by phone: 519-758-8228 or by e-mail at [alysha@contactbrant.net](mailto:alysha@contactbrant.net)**



## DATES TO REMEMBER:

Monday, Feb 2nd

Feb 2-6th

Monday, Feb 16th

March 16-20th

Report Cards Go Home

JK/SK registration appointments

Family Day—No School

March Break—No School

**PIZZA MONEY is due Tuesdays at 9am—for Wednesday Lunch**

