

## Brier Park November Newsletter

### Dates to Remember

Nov. 6 – School Council Meeting, 6:30 pm, library

Nov. 7 – Pizza Lunch

Nov. 9 -Remembrance Day assembly, 10 am to 10:30 am

Nov. 12 - Progress Reports go home

Nov. 12 to Nov. 23 – Coat Drive

Nov. 14 – Pizza Lunch

Nov. 15 -Parent/Teacher Interviews from 3:30 to 7 pm

Nov. 16 - Parent/Teacher Interviews from 8:30 to 12 pm

Nov. 20 - Harvey's Night, Wayne Gretzky Parkway (near Leon's) from 3 to 7 pm

Nov. 21 – Spirit Day, a \$1 donation is appreciated, available on line

Nov. 21 – Pizza Lunch

Nov. 28 – Pizza Lunch

### A Message from the Board of Education on Inclement Weather...

#### Inclement Weather Information:

- Information on Student Transportation Services can be found here: <http://www.stsbhn.ca/>
- For transportation delays, cancellations or school closures, visit: [www.transinfobhn.ca/Cancellations](http://www.transinfobhn.ca/Cancellations)
- If there are school or board facility closures, Grand Erie will post a notification by 6:30 a.m. on the Board's website here: [www.granderie.ca](http://www.granderie.ca)
- Information will be posted on Grand Erie's Twitter (@GEDSB) and Facebook ([www.facebook.com/GEDSB](http://www.facebook.com/GEDSB)) accounts
- Closure information will also be shared with local media (i.e. radio, television)
- Find the Board's Inclement Weather Policy here: <https://bit.ly/2HoC1YX>
- Learn how Student Transportation Services makes its decision about inclement weather here: [bit.ly/2JIVSk9](http://bit.ly/2JIVSk9)

### Future Grade 9 Student and Parent Information Nights

A notice is going out to all grade eight students regarding the Parent Information Nights at the local high schools.

### Coat Drive

The cold weather is now approaching. In order to help families in our community stay warm this winter, Brier Park School is running a coat drive **from Monday, November 12<sup>th</sup> until Friday, November 23<sup>rd</sup>**. Please send in gently used winter coats (all sizes accepted) which will be donated to the Wish Closet and to Nova Vita. Coats need to be clean and the zippers need to be functional. Please help support this cause. If you have any questions, please contact Mrs. Halabecki (519-759-8682). Thank you!

## **Principal's Message**

Our character trait for September and October was co-operation. I'm sure you can see why co-operation is important during the beginning of the school year. Students have worked well throughout the two months and their progress will be evident in their progress reports sent home on November 12<sup>th</sup>. For November, our character trait focus is Respect. For December, we are focusing on Compassion.

Thank you to our students and staff for their contributions to our United Way campaign. We collected over 80 pairs of socks to donate to Nova Vita. We also collected \$160 for the United Way during our October Spirit Day.

In November, our Spirit Day is Wednesday, November 21<sup>st</sup>. We are having a "Twin Day" or Red/Black Day (school colours). Students can donate a dollar towards the Grand Erie Big Brothers/Big Sisters organization. Brier Park receives mentors from the Big Brothers/Big Sisters organization whom spend time with some of our students for one school term. They play games, do crafts and build students' self-esteem. Mrs. Piovesan organizes our mentor/student arrangements.

Thank you to Mr. Nicholson for coaching the Intermediate Soccer team. The team did so well, they advanced to the CAGE tournament. This tournament features the best team from each of the counties: Norfolk, Haldimand and Brant.

The staff and I worked on our school achievement plan for this year during the October PD day. Our focus continues to be on math. The School Council and I have created our school safety plan too.

Mrs. Brittain

### **From our School Council:**

Our First Harvey's Night raised \$182 for the school. Thank you for your support. Our next Harvey's Night is Tuesday, November 20<sup>th</sup> at the Harvey's on Wayne Gretzky Parkway (near Leon's).

Please see the School Council minutes from our October meeting on the school's website. Also, our next School Council meeting is on November 6<sup>th</sup> at 6:30 pm. Please join our meeting and contribute your ideas.

**A Note From the Public Health Nurse  
Ophea Newsletter – November  
Movement Across the Day**

The Canadian 24-Hour Movement Guidelines have been released for the Early Years (0-4) and Children and Youth (5-17). The highlights are below.

**Sweat:** children should accumulate at least 60 minutes/day of moderate to vigorous physical activity. These activities should increase heart rate and breathing, and may cause a child to sweat. Examples include running, climbing on playground equipment, and dancing.

**Step:** children should accumulate several hours of light physical activity throughout the day. Examples include walking, wheeling, and active chores.

**Sleep:** children should receive uninterrupted sleep each night with consistent to-bed and wake-up times. 3-4 year olds need 10-13 hours, 5-13 year olds need 9-11 hours, and 14-17 year olds need 8-10 hours.

**Sit:** children should limit the amount of time they spend sitting for extended periods. Recreational screen time should be limited to no more than one hour/day for 3-4 year olds, and no more than two hours/day for 5- 17-year-olds.  
How does physical activity fit into your family's day?

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