

# Knowlton Academy February 2017 Newsletter



Dear Families,

February brings skiing, up and down weather, our 100 day celebration, Hooked on School activities, 2<sup>nd</sup> Term report cards and interviews, teacher/staff appreciation week, Public Speaking, our 2<sup>nd</sup> Bistro lunch, Kindergarten carnival and Spring Break on February 27.

Here is our February news.

**Staff Appreciation Week:** Next week, February 6 to 10. Please take a few minutes and help your child (children) write notes to their teachers and other staff members who are important to them to thank them for what they do to make school special. It will mean a lot to the teachers and support staff. (You also could write a note or two.) Thank you so much for helping to make the week special. Thank you in advance to our wonderful PPO for the special goodies and kindness during the week.

Knowlton Academy would not be the amazing school it is without all the dedicated, caring, wonderful staff that we are so lucky to have.

**Hooked on School:** Hooked on School week is February 13-17. The classes will be brainstorming and each student writing/drawing “School is \_\_\_\_\_” These will all be up for display in the main hallway for February 16 interviews.

**100 Day Celebration:** On Wednesday, February 15, the kindergarteners will start a 100 day parade at 8:45. By 9:15, we will all be in the gym doing 100 movements with M. Lemaître. I’ll share a story and talk about Perseverance, reading, etc. Then the buddy classes will sit together and share books and messages about reading together. PPO has been kind enough to make celebration snacks which we will share as recess begins. Parents are welcome to join us. After recess the Kindergartens will have their 100 items display in the Bistro which classes are invited to visit.

**Career Day:** On Friday, March 10 from 10:40 to 11:40, we have a career day in the gym for Cycle 3 and Sec. 1 students. Our list is growing of people who have volunteered to come and talk to our students about their jobs and what it took to get there. (education, training, perseverance, etc.) If you are interested in sharing what you do or know someone who would please contact me ([gorer@etsb.qc.ca](mailto:gorer@etsb.qc.ca)) or Jen Ruggins at [jmuir1972@gmail.com](mailto:jmuir1972@gmail.com).

**Report Cards:** End of term is February 3. Report Cards will be available on the portal on Wednesday, February 15. Interviews by request /invitation will be on Thursday, February 16 from 3-5 and 6-7.

**Governing Board:** Our next G.B. meeting will be held on Monday, February 13 at 6:15 p.m.

**2017-2018 Registration:** Registrations for the upcoming school year are from January 23 to February 3. This year, we have on-line registration available for returning students. You received an email earlier this week with the details of how to register. Please check this email as it is a different link from last year. All current grade 6 students received a separate email. These students were all sent to Massey-Vanier’s system. You must follow the instructions to bring them back into Knowlton Academy if they are attending Sec. 1 here next year. For those who did not have a valid email, forms have been printed and sent home. Please check over the information, sign it and return to the homeroom teacher. If your child or the child of someone you know wishes to register as a new student for the upcoming school year (Kindergarten or any

other grade), please call the office to schedule an appointment with Brenda Scott (450-243-6187). Please circulate the news throughout the community.

**Choir:** Choir has now started. Lucy Hoblyn leads choir every Wednesday afternoon. K-3 until 3:30 and Grades 4 and up until 4:15. Registration for this session was required and sent home with students.

**Ballroom Dancing:** Ballroom dancing has started at Knowlton Academy on Wednesday's at lunch for Level 6 and Sec. 1 with M. Philipe and Ms. Ceileigh.

**Dance Program:** Our Dance Program culminates on Friday, Feb. 24 with a dance show at 1 p.m. Parents are welcome. Thank you to Heather Croghan for another wonderful year of dance!

**Knitting:** Knitting for Cycle 2 (mostly grade 4) has started Monday's and Friday's at lunch.

**Robotics:** Thursday's at lunch, the computer lab is packed with Robotics students. Thank you to Jeff Page and Chantal Dessureau.

**Public Speaking:** On February 10th at 8:30 a.m., Knowlton Academy will host its Annual Public Speaking event sponsored by the Optimist Club. The winners will move on to the local Optimist competition on February 19.

**Ped Day:** Friday, February 17 is a Ped. day so there is no school for students. Daycare is open and the activity is Carnival Day. Cost for the day is \$18. (\$16 + \$2 for prizes) Call Debbie for more information at 450-242-1336.

**Ski Program:** Our Ski program started on the week of January 23. The Tuesday ski day was cancelled but will exceptionally be made up on March 7. I have no doubt it will be a great 5 weeks. *Thanks and appreciation to Nicolas Lemaître for his leadership of the Ski Program, as well as to his generous team of volunteers and teachers who offer tireless support.* For those who paid their fees by the deadline, we did a draw and the following students had their fees reimbursed. C1 Danick Laplume, C2 Hunter Perkins, C3 Paulusi Angiyou, Sec. 1 Emily Mason.

**International Students:** Our 31 Columbian students spent 3 terrific weeks with us! The time flew by. What a lovely group of students they were. This year, they spent time with all our students. Thank you to all the teachers for welcoming them in your classes and to Dawn Singfield for your great work with them! M. Lemaître organized and accompanied them skiing 6 times.

**Academy Bistro:** The Bistro will be open to the public once again on February 10th at 11:45. The menu will be Moroccan Chick Pea soup, Moroccan chicken, coconut rice, salads, pita bread, dessert, coffee, tea and juice. Thank you to Kathleena Ruel and Sharon Budd for the great things they accomplish with their students. Please bring your family members! For reservations, please call 450-243-6187.

**Pottery:** Our Pottery sessions are on-going through February. Thank you to Qita Reindler, our amazing potter, and Mme. Josée for all her hard work and organization and to Michael Herman and the Brome Lake Fire Department for the continued financial support.

**Spring Break:** The school will be closed for Spring Break from February 27 to March 3. Monday, March 6 is a Ped Day so there will be no school for students. Our Daycare will be open and the activity is 'Jungle Day'. Cost for the day is \$16. For more information, call Debbie at 450-242-1336.

**School Fees and Ski Fees:** Thanks to all who have paid their fees. If you have not yet paid, **please remit payment as soon as possible** or contact the office to make arrangements for a payment schedule.

**Contact Information:** It is very important that we have the correct contact information for each of our families. Please let us know immediately if your information changes. We need a number where you can be reached.

**Breakfast for Learning Grant:** We will be receiving our second installment of our Breakfast for Learning Grant. This grant sponsored by President's Choice (Loblaws/Provigo) allows our Breakfast Program to offer an even more nutritious breakfast to our students. We thank them for their generous support.

**Violin and Guitar Lessons:** Violin and guitar lessons continue during February. Violin lessons alternating groups on Wednesday's and Guitar lessons are on Friday's.

**Dress for the Weather:** Please make sure your children come to school with proper clothing to be outside and dress properly for skiing.

**Socks for the North:** On behalf of Miss Bloom and the Grade 6 class, thanks all those who donated socks and other items for Paulusi to take to his northern village.

**Knowlton Academy Coffee & Hot Chocolate Fundraiser:** On Tuesday, January 31<sup>st</sup>, your child will bring home a box containing 3 bags of coffee and 3 bags of hot chocolate. Please sell each bag for \$6 and return the money in a marked bag or envelope to your child's homeroom teacher. If you would like to sell more (there are cash prizes!), please return the form with the money from the first box. Over 50% of the total sales go directly to the school for things like awards, classroom excursions, class equipment, ski program, library, playground equipment upgrades, etc. The fundraiser goes till Tuesday, Feb 21.

**Library:** Our PPO has kindly offered to clean the library from top to bottom after which we will revitalize it with some new furniture, carpet and paint! We have so many wonderful new books for Village Reads and our general collection that we are trying to catalog and get onto our shelves. A clean 'dapper' library will be great! Thank you to Lucy Hoblyn for your dedication to the library and to Jeff Page for his weekly work on shelving and organizing.



The library needs volunteers. If you have an hour or more to spare once a week, we need you to help in the library. There are many jobs needed including: putting away books, labelling books, checking the books are in the correct place. Teachers are also looking for people to help check out books for them but that would require that you come in to school at the same time each week. We are also looking for volunteers to start up the book bag program again. If you would like to help, please contact Lucy Hoblyn at [blb@b2b2c.ca](mailto:blb@b2b2c.ca) or 450-522-5223.

**Lost and Found:** The Lost and Found box is overflowing with clothing, hats, mitts, boots. Please come and check for lost items. All unclaimed items will be donated. We have some snow suits available. If you are in need of one contact [gorer@etsb.qc.ca](mailto:gorer@etsb.qc.ca).

*Do you have questions about helping your child with math homework?*

*Do you want to improve your own math skills?*



# Math Workshop for Parents

WHEN? 2:45-4:15 p.m., Monday, February 6, 2017

WHERE? Heroes' Memorial Elementary School,  
317, rue du Sud, Cowansville (in 3B class)

Facilitated by: Louise Smith, Rosemary Scott, Rebecca Blinn  
(On-site child care is available on request)

For information or to reserve, contact Wendy at YLC

(450) 263-7503 or [yamaskalit@endirect.qc.ca](mailto:yamaskalit@endirect.qc.ca)

Partners:

Yamaska Literacy Council & Heroes' Memorial Elementary School



### Dates to remember:

Jan.23-Feb. 3 - Registration period

Jan. 31 - Feb 21 - Coffee/Hot chocolate sale

Feb. 3 - End of Term

Feb. 3 - Louise Penny visiting the school and Cycle 3 and Sec. 1 students.

Feb. 6 -10 - Staff Appreciation week

Feb. 6 - Math workshop at Heroes'

Feb. 10 - KA Public Speaking 8:30 a.m.

Feb.10 - Bistro lunch at 11:45

Feb. 13-17 - Hooked on School week

February 13 - Governing Board at 6:15

Feb. 15 - Reports available on-line and paper copies go home as necessary

Feb. 15 - 100 Day Celebration

Feb. 16 - Parent-Teacher interviews

Feb. 17 - Ped. Day

Feb. 19 - Optimist Club Annual Public Speaking

Feb. 27 - March 3 - March break

March 6 - Ped Day, Daycare is open

March 7 - Make up ski day for Tuesday group

March 10 - Career day for Cycle 3 and Sec. 1



## Healthy School Snacks

Written by: Phyllis Reid-Jarvis, Dietitian, Certified Life Coach and Breakfast for Learning Board Member

Deciding what to make for lunch is a big challenge for many parents, not to mention the added pressure of deciding on a healthy lunch option. If you are like most parents, you want to make sure your children are frequently eating foods that are wholesome and nutritious. This means those packaged and processed 'snacks' are not an option.

**Here are some ideas and tips for getting your children involved in preparing healthy snacks:**

- **Fruit and Vegetables** - Fruit and vegetables have been long known to be the best snack foods available. Make sure you include these foods as part of the lunch meal at least 5 days per week. Children can help prepare these foods very easily by washing, dicing, and slicing (with supervision of course!).
- **Pair Foods** - Try to pair fruit and vegetables with different cheeses. Children can slice the cheese or cube and put the cheese on toothpicks to make it more interesting. Use hard cheeses not processed slices.
- **Say Cheese** - Introduce children to different flavours of cheese such as smoked, jalapeno, and popcorn. These options can add more variety and spark more interest in snacks.
- **Trait Mix** - Ask children to help you make nut-free trait mixes by using sunflower and pumpkin seeds as protein sources. Combine them with dried fruits such as apricot, apple, and pear.
- **Dips** - Involve children in preparing a batch of dip such as hummus, avocado dip, black bean dip and tzatziki. These dips go well with snacks like vegetables, mini bagels, bagel chips, and crackers.
- **Granola** - Nut-free homemade granola gets the whole family involved. Kids love to make these fun and healthy foods, and parents are happy knowing they get eaten!
- **Smoothies** - Fruit and vegetable smoothies are fast, nutritious and easy to make. Children can assist in assembling and pushing the button on the food processor.

For more healthy snack ideas visit:

[www.eatrightforlife.ca/en/articles/cooking/food-preparation/quick-and-easy-snack-ideas](http://www.eatrightforlife.ca/en/articles/cooking/food-preparation/quick-and-easy-snack-ideas)

### About Breakfast for Learning

Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. During the 2014/15 school year, Breakfast for Learning invested in 2,174 breakfast, lunch and snack programs, serving 271,663 children and youth and providing over 44 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.6 million children and youth across Canada enjoy over 554 million healthy meals and snacks. For more information, visit [breakfastforlearning.ca](http://breakfastforlearning.ca).