

Knowlton Academy November 2019 Newsletter



Dear Families,

Where has 2 months gone? It's the end of Term 1 and time to settle in for hopefully not a long or hard winter. Winter is more fun when the kids are properly dressed. **Don't forget indoor and outdoor shoes.** Please make sure you book an interview on November 20 with your children's teachers. Always remember if you have any issues or concerns, please let me know by email gorer@etsb.qc.ca or phone (450) 243-6187 x. 10910.

Parents – please drop off your children outside before 8:05 so they may enter the school with the other children. Do not accompany your children into the cafeteria and locker area. Doors are locked at 8:05 so children need to be in the basement line-up for 8:05. Please get your children to school on time so they don't miss homeroom and disrupt learning.

We are looking for donations of bulky yarn/wool in any colour and knitting needles for knitting and weaving projects.

Here is our November News.

School Fees: If you have not already paid your school fees, please settle up as soon as possible.

Lion's Club Veteran's Breakfast: Open to all. Sunday, November 10 will be held in the cafeteria.

Remembrance Day: Monday, November 11 at 10:50 a.m. with the Knowlton Legion members. Families and community members are welcome to join in on our front lawn by the cenotaph.

Photo Re-Takes: Photo re-takes are scheduled for **Thursday, November 14 at 8:30.** Be sure to send in your re-take form.

P.P. Days: Please take note that **Friday, November 15 and 22 are Ped. Days.** Our daycare will be open and special activities are planned. Please contact Debbie for more information at 450-242-1336.

PPO News: Our next PPO meeting will be held on Tuesday November 26 at 6:30.

Bingo Night: We will have a Christmas themed family fun Bingo Night at the school on Thursday, December 5 with the proceeds going toward the Ski Program's 50th Anniversary. More details to come, stay tuned.

Governing Board: Our next Governing Board meeting is **Monday, November 4 at 6:15.** Please note all meetings are open to the parents/public.

Terry Fox Run: On September 27th, Knowlton Academy had its Annual Terry Fox Run. It was a beautiful day! Our students walked or ran around the block for an hour to raise money for Cancer Research. Thank you all for your efforts in helping to raise a little over \$2500. Thanks to the Sec. 1 students for helping count all the money.

Fall Fun Day: Fall Fun Day will be held on the afternoon of October 31st, Halloween. Students can bring in any of their unwanted toys, books, stuffed animals, etc., that are still in good condition and that would make someone else happy. All proceeds will go towards the purchase and maintenance of ski equipment for the KA Ski Program. Come check out the deals!

Secret Garden: The garden is closing again for the season and what a fantastic season we had! So many exciting things happened since September. Our living classroom pergola is just about completed, our perennial garden had lots of work done in it and is looking beautiful, and Grade 5 and 6 started construction on the yellow brick road. We had a very exciting media day at the end of September which included a visit from CTV news and a radio interview with CJAD and a very exciting visit with Isabel Charest. We had a beautiful fall and a bountiful harvest, I think this was definitely our best year yet which was celebrated with a harvest feast prepared by all of the students. Thank you to all who contributed to another great year!

Basketball: The division 2 and 3 tournament will take place at Massey-Vanier High-School on the evening of Friday, November 29th, from 16h00 to 20h00. **Coaches/supervisors are needed for this event so please send N. Lemaître an e-mail ASAP to mention your interest and availability.** lemaitren@edu.etsb.qc.ca

Division 1 BOYS will play at KA on Tuesday, December 10th during school hours.

Division 1 GIRLS are scheduled to play at Parkview, in Granby, on Wednesday December 11th during school hours only IF THERE ARE ENOUGH TEAMS! Otherwise, like last year, the team will be included in the November 29th event.

Ski Program Equipment Rental: the school owns a fleet of ski equipment to use for the Ski Program and also for rental. Please get in touch by e-mail with N. Lemaître to reserve equipment for a weekend, a holiday or even the entire season! All proceeds go back into the purchase and maintenance of the equipment. We also have plenty of used equipment for sale at a very good price, mostly for children and teens, sometimes for adults!

WE Scare Hunger Food Drive: Please send in your non-perishable food items until November 6.

WE ARE SILENT DAY: Will be on November 20 to co-ordinate with the 30th anniversary of the Rights of the Child. More details to follow.

Knowlton Academy's Student Parliament: Knowlton Academy Student Parliament is ready to go. Elections were held and our representatives have been chosen. Our MPs are Jacob Rumsby (Prime Minister), Vince Beaudin-Gaulin, Neven Dagenais, Jasmine Elston, Sara Miller, Colton Richardson and Hayden Royea.

Student Parliament will be leading and organizing a variety of initiatives this year. Each month, they will host two special days - one for fun and one as a fundraiser. Tuesday, November 12th will be HAT DAY- all students will be permitted to wear a favorite hat inside and outside the school. Wednesday, November 27th will be a DRESS DOWN DAY in support of WE ARE SILENT- a \$1 donation means no uniform for that day. Check the important dates in each monthly newsletter for details of upcoming events.

Student Parliament will also continue to support KA's NO PLASTIC STRAWS Initiative by encouraging all students to use reusable containers when possible and to find alternatives to plastic straws.

Please Don't Use Plastic Straws

Plastic straws might be little but a lot of energy is required just to make that little piece of plastic. When you casually toss it into the trash, you might think it's just going into the garbage but way too many of them make their way to our OCEANS and endanger marine life. Plastic straws kill sea turtles. This little single use straw takes up to 200 years to decompose. Imagine how much energy we can save by buying reusable water bottles and straws. This includes juice boxes.

Please help us keep KNOWLTON ACADEMY PLASTIC STRAW FREE.

The KA Student Parliament

Report Cards: You received your child's interim report card on October 10. Please sign them and return them to the homeroom teacher if you have not already done so. Our first term ends on November 1. Report cards will be available on the Parent Portal on Wednesday, November 13. Only those without email addresses will be receiving a paper copy of the report card. We will be sending a sign-up sheet home for interviews by November 14. Parent/Teacher Interviews are on Wednesday, November 20 from 3-5 and 6-8 so please sign up for an interview to meet with your children's teachers. If you cannot make it on November 20, please set up another date for an interview. Please remember that we are partners in your children's education and we need to work together to ensure your children have a happy and successful year!

Sheree Fitch: On October 18, all of our KA students were treated to 3 wonderful sessions with children's writer, Sheree Fitch. It was a great day! Sheree talked about how she became an author, read from her books, gave writing tips and told us lots of stories and read us lots of tongue twisters and poems. Thank you to the Knowlton Literary Festival for funding the majority of her day! It was a very, very special day!

Dance: Weekly classes for Levels 4 – Sec. 1 have started this week on Monday's led by Heather Croghan and will go for 17 weeks. It will conclude with a dance show on February 28 in the afternoon.

Village Reads: Our Village Reads program has started. Thank you to our community members who read with and mentor our students on a weekly basis. Thank you to Sheila Perry for running the program once again this year.

Violin Lessons: Lessons are underway with a total of 3 groups and 29 students. Advanced on Tuesday's, Beginners on Wednesday's and Intermediate on Thursday's.

Robotics: Our Robotics Program will start shortly with the onset of the cold weather. Thank you to Jeff Page for continuing to run the program this year. With all our new Robotics and coding equipment, classes will be using it all as well to make learning at KA even more exciting.

Lockdown: In accordance with the ETSB Safe Schools Policy and with your children's safety and security foremost in our minds, we will be having our first practice lockdown in November with the SQ present. This will be a planned lockdown and the students will be well prepared for it so it should not be a traumatic experience. The lockdown should take about an hour from start to finish. You can help by discussing it with your child beforehand, as well. I wish we lived in a world where we didn't have to practice such things as lockdowns! Last year, our lockdowns went very well with very minimal anxiety. Thank you for your support in this matter. We will let you know when we have our first one scheduled.

Fire Drills: On Tuesday, October 22, we had our third fire drill. Everyone was out of the building in 2 minutes and 4 seconds! Well done! The fire department also spent a day in classes on October 25 talking about fire safety. Smoke detectors went home with all new students. Please go over the evacuation plan that your child received and return it to school by November 11. Members of the Fire Department will pick from these plans to choose a student for 'Fireman for a Day' and will join them at the Fire Department on a date to be decided.

Attendance and Dismissal: Please call the school at 450-243-6187 and leave a message when your child is going to be absent or late. It is School Board Policy to follow-up on all absences. If you do not call the school, we will have to call you and this can be a very time consuming task. Also, **please send in notes with your child for any special arrangements** concerning lunch or pickup. Messages to the office cannot always be forwarded to the teachers during the day as it disturbs their classroom teaching and students and teachers are not always in their homeroom. **All changes in your child's dismissal procedure must be sent by note with the student that morning.** Please make sure your child is aware of the change, as well. If you are changing the Daycare for that day, you must send a note to the teacher and inform the daycare as well. (450-242-1336, leave a phone message.) Please understand that your child's safety is our first priority. With 230 students at dismissal, it is crucial that we know where everyone is going. For that reason, **no changes will be made during the day unless it is a true emergency.** If we are not sure of where your child is to go, we will send him/her to the office and then to daycare if necessary, at which point they will need to be picked up. Please keep dismissal changes to a minimum. **Notify the office of any change in contact information.** It must always be up to date. For changes in bus transportation, please use the form provided by transportation. Thank you for your understanding and help in this matter!

Lost and Found: Our Lost and Found area is being reworked thanks to our PPO. Please come and check regularly for lost items. **Please mark all items with your child's name.** Any blue 'uniform items' without a name will be washed and put in our uniform room and sold. All else will be bagged up and given away after Parents Night on November 20 and at the end of Term 2 and 3.

Facebook, Internet, Messaging Use: This is a yearly reminder to please monitor your child's messaging (chat). For example, although NO child under 13 should have their own Facebook page, I am well aware that this is NOT the reality. That being said, cyber-bullying is an ever-growing problem and a very serious and dangerous one. It is up to you as parents to know and monitor what your child is doing and/or if anything hurtful is happening to them, or they are participating in conversations or acts which will do others emotional damage. Remember that, in Quebec, there is a law against bullying and cyber-bullying. Thank you for your co-operation in this very serious matter. Students that use their ipads inappropriately

will have consequences including the loss of their device both in and out of school (when they do go home). The Cycle 3 and Secondary 1 classes are all having digital citizenship classes which includes cyber-bullying awareness. This year, our younger students will also learn about digital citizenship.

Lice Update: Please make sure you check your children regularly at home and contact the school if any eggs, nits or live lice are found and do all necessary treatments.

Knowlton Academy WE SCARE HUNGER Food Drive

For the third year in a row, Knowlton Academy students will be collecting non-perishable food items for the TBL Food Bank. From October 24th to November 6th students are encouraged to bring in food items and personal hygiene products to help support those in need in our community. Items requested include pasta, baby food, canned vegetables, toothbrushes, toothpaste, rice and fruit cups but all donations will be gratefully accepted.



Please support our WE SCARE HUNGER Campaign.

**If you are in need of the TBL Food Bank services, please call
450-242-2020 ex. 319**

**If you would like to donate to the TBL Food Bank or have any
questions, please contact Gary Crandall at 450-243-6008.**

Dates to Remember:

- October 31: Fall Fun Day in pm
- November 1: End of Term 1
- November 4: Governing Board 6:15
- November 6: **Deadline for We Scare Hunger Food Drive**
- November 6: Parent meeting for Experiences Canada exchange trip at 6:30
- November 10: Lion's Club Remembrance Day Breakfast held at Knowlton Academy cafeteria
- November 11: Remembrance Day Ceremony at 10:50 at the cenotaph
- November 12: 'Anxiety in our Children' workshop at KA 6:30 – 8 pm.
- November 12: Hat Day
- November 13: Term 1 Report cards available on parent portal, Last Pickleball Group B
- November 14: Photo Re-takes at 8:30 a.m.
- November 15: Ped Day, Daycare is open
- November 20: WE ARE SILENT Parent/Teacher interviews 3-5, 6-8
- November 22: Ped Day, Daycare is open
- November 26: Musée des Beaux Arts Cycle 3 and Sec. 1, PPO at 6:30
- November 27: Dress Down Day for \$1 donation
- November 29: B Basketball Evening at MV 4 – 8 pm
- November 30: Lion's Club Santa Claus Parade
- December 1: Optimist Club Christmas Brunch at KA
- December 5: Bingo Night (Thursday)
- December 7: Midnight Madness
- December 10: Div. 1 Boys Basketball @ KA
- December 11: Div. 1-Girls Basketball @ Parkview
- December 14: Lion's Club Christmas Basket distribution
- December 18: Geordie Productions



November 2019 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pizza and salad	2
3	4 Tacos, raw veggies	5 Pancakes, sausage and syrup	6 Salad bar	7 Chili and nachos	8 Chicken burgers and salad	9
10	11 Chicken guedilles, raw veggies	12 Shepherd's pie	13 Half Club, greek potatoes	14 Lasagna, Caesar salad	15 No school	16
17	18 Macaroni and cheese, cooked veggies	19 Sloppy Joes, raw veggies	20 Chicken Pie, mashed potatoes	21 Spaghetti, garlic bread	22 No school	23
24	25 Grilled cheese and bacon	26 Meatballs and rice, cooked veggies	27 Salad bar	28 Ham, mashed potatoes, mixed cook vegetables	29 Party burgers and raw veggies	30

Dear Parents,

Every year many students and staff become ill and lose days at school because of illness. By following some simple hand washing and other preventative measures, we can reduce the number of people getting sick from the cold and flu.

The best defense against the spread of germs is the awareness of proper and effective hygiene both at school and at home.

Here are some ways to protect your family:

- **Keep children who are sick at home. Don't send them to school.**
- Teach your children to wash hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from school and avoid other people until they are better.

If used, these simple, yet very important, preventative actions will reduce the occurrence of illness in our schools. The common cold, the flu and 'the gastro' germs must be transmitted from one person to the next in order for illness to spread. If we all make an extra effort during this time of unusually high presence of these germs in our schools to prevent the spread, we can then feel confident that we have really reduced their negative effect.

If you have questions, please contact your CLSC or other healthcare provider.

You can get more information from the government website with information on planning for individuals and families: <https://www.quebec.ca/en/health/health-issues/flu-cold-and-gastroenteritis/>