

Knowlton Academy February 2020 Newsletter



Dear Families,

Half the year has gone by already. Ski season is upon us – year 50! February also brings teacher/staff appreciation, WE Day in Montreal, Public Speaking, Term 2 report cards and interviews, our Dance Show and so much more. KA is always brimming over with activity!

Staff update: We welcome back Mylène Bessette in Grade 1 who is returning from an extended maternity leave, Emilie Quilliams will now be replacing Annie Butler in Kindergarten for 3 months. Abigail Allen will be on staff on a full time basis for the rest of the year.

2020-2021 Registration: New Registrations for the upcoming school year are from **January 27 to February 7**. On-line registration is to be done for returning students. You will receive an email with instructions on how to proceed. **All Grade 6 students will receive a separate email. These students were all sent to Massey-Vanier's system so you must follow the instructions to bring them back into Knowlton Academy if they are attending Sec. 1 here next year.** For those who do not have a valid email, forms will be 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 (4 year-old Kindergarten, 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.

Governing Board: Our next G.B. meeting will be held on **Monday, February 3 at 6:15 p.m.**

PPO: Our next PPO meeting will be held on **Tuesday, February 11 at 6:30**. Thanks to all the volunteers who helped at the Pancake Breakfast and to those who donated syrup.

Report Cards: End of Term 2 is January 31. Report cards will be available on the portal on Wednesday, **February 12**. Interviews by request/invitation will be on **Thursday, February 20 from 3 – 5 and 6 – 7**.

Library Volunteers: Library Volunteers Needed to help return and organize books on a weekly basis. If you are interested and have a few hours to spare, please email Kim Desrochers at kdesrochers23@yahoo.com.

Staff Appreciation Week: **February 17 – 21**, 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 2020: February 17 – 21 will be KA's Hooked on School week. We will be having a guest speaker and other activities.

Kindness: Please remind your children that at Knowlton Academy, we "Always try to be a little kinder than is necessary." Having a kind heart is a lot better than being mean or being a bully!

Choir: Choir starts up again on **February 5** for students in K – Sec. 1. Lucy Hoblyn leads choir every Wednesday afternoon until 4:30. Registration for this session was required and sent home with students. There is still room and kids can join until the end of February.

Yoga: We will be offering 4 yoga sessions Fridays at noon hour on March 13, 20 and April 3, 17 (2 groups per lunch hour) for students Grades 1-3 and grades 4-Sec.1. More information and sign-up later in February.

Violin: Violin continues through February with our advanced group on Tuesday's and our Group 1 students on Wednesday's and Group 2 on Thursday's.

Dance Program: Our Dance Program culminates on Friday, February 28 with a dance show at 1 p.m. Parents are welcome. Thank you to Heather Croghan for another wonderful year of dance!

Gymnastics: 120 students are enthusiastically taking gymnastics with Heather. The program ends at March Break.

Robotics: Wednesday's at lunch, the computer lab is packed with Robotics students. Thank you to Justin Cuplinskus.

Public Speaking: On February 12 at 8:30 a.m., Knowlton Academy hosted its Annual Public Speaking event sponsored by the Optimist Club. The winners will move on to the local Optimist competition on February 23 at the Lakeview. Congratulations to all participants! Thank you to our judges – Wendy Harvey, Sharon Budd, Debbie Brodie and to Ms. Garneau for her organization of the event.

Ped Day: Friday, February 14 is a Ped. Day so there is no school for students. Daycare is open to all KA students. Cost is \$20/day (\$16 daycare and \$4 activity). Activity is skating at the Community Centre. Don't forget your helmet. Call Debbie at 450-242-1336 to register.

Ski Program: Happy 50th Anniversary!! Our Ski Program started on the week of January 20. I have no doubt it will be a great 5 weeks. Please be sure to send your child with a healthy cold lunch, snacks and drinks. Each child needs a helmet and there are a limited number available at school, so please purchase your child a ski helmet which can also be used for other winter activities. For hygiene reasons, lice, etc., lending helmets is not recommended. 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 Audeliane Reydellet, C2 Hayden Grannary, C3 Alexa Graham, Sec. 1 Hayden Royea.

Pottery: Our Pottery sessions have started and are ongoing over January and February with Qita Reindler (5-Sec.1) and Mme. Josée with K to 4). Thank you to Qita Reindler, our amazing potter and Mme. Josée for all her hard work and organization and to the Lion's Club for their continued support.

Spring Break: The school will be closed for Spring Break from March 2 - 6. Monday, March 9 is a Ped. Day. Daycare will be open and the theme is Bowling in Cowansville. Total cost is \$25. (\$16 Daycare, \$9

Activity) Contact Debbie at 450-242-1336 to reserve. We will see the rest of you back at school on March 10.

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.

Christmas Gifts Thank-You: Thanks so much to the Christian Vachon Foundation for their generous support to our families and to the Yamaska Valley Optimist Club for their Christmas Angels gifts. Also a thank you to our 'silent partners' for making Christmas easier for some of our families.

K.A. Garden Project: Even though our gardens are sleeping for the winter, our garden activities will restart shortly. We have taken a break during January and during skiing in February. Behind the scenes, we are busy planning and applying for grant funding. Stay tuned! Jen Muir and Stephanie Marks gave a wonderful presentation to the Knowlton Garden Club on January 18. The full audience were quite 'blown away' by our amazing garden project.

WE DAY: On Monday, February 3, our WE group, Mrs. Perry, Ms. Thomson, Eric Leroux and I will be participating in the annual "WE Day" celebrations at Theatre St. Denis in Montreal. This year, we are thrilled to announce that Knowlton Academy will be featured for healthy eating – our garden and in particular, our 4 Secondary 1 boys who do so much work for the garden. Jacob Rumsby will be on stage representing KA and the other 3 boys, Coltan Richardson, Hayden Royea and Vince Beaudin-Gaulin. You can livestream (hopefully) www.we.org/we-day-events/we-day-montreal. (Jacob should be on at 11:00 a.m.) It is an event with 2000 students present who have earned their way into WE Day by helping make children's lives better both at home and abroad. What a great honor for KA! We are all so excited about being part of the 'WE' community.

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.

Dress for the Weather: Please make sure your children come to school with proper clothing to be outside and dress properly for skiing. Students should all be wearing boots, not running shoes, outdoors and stay out of deep puddles after it has rained. As always, the blue school uniform is required for K – Grade 6 from Monday to Thursday.

Dates to remember:

Jan 27 – Feb 7 – Registration period

Jan 31 – End of Term 2, Feb 2 – TBL Beach Party at Douglas Beach

Feb 1 – TBL Beach Party at Douglas Beach (1-5 pm)

Feb 3 – WE Day in Montreal

Feb 3 – 14 – Bus safety week

Feb 3 – Governing Board at 6:15

Feb 6 – 6:30 p.m. – Exchange Trip Parent Meeting

Feb 7 – Kindergarten Eye Screening

Feb 12 – Reports available on-line and paper copies go home as necessary Feb 12 - Public Speaking at KA at 8:30 a.m.

Feb 14 – Ped. Day – Daycare is open

Feb 17 – 21 – Hooked on School week

Feb 17 – 21 – Staff Appreciation week

Feb 18 – Beyond Behaviours – Parent Workshop at 6:30 at KA

Feb 20 – Parent-Teacher interviews

Feb 23 – Optimist Club Annual Public Speaking at Lakeview

Feb 28 – Dance Show

March 2 – 6 – March break

March 9 – Ped Day. Daycare is open.

March 27 and May 15 are no longer Ped. Days. They are regular school days.

Beyond Behaviours

How to deal with the explosive child



Date: February 18th, 2020

Time: 6:30-8:00pm

Location: Knowlton Academy

81 Rue Victoria

Knowlton, QC, J0E 1V0

Please reserve your spot for this very important evening. gorer@etsb.qc.ca

Or fill out the form and send it back to school asap.

Description

Time-out? Consequences? When dealing with difficult behaviour, what most adults want to know what to do when.... However, a larger context, including an understanding of the underlying emotions and instincts in a child, is of the utmost importance when considering how to approach the situation. In this presentation, common discipline strategies are discussed in the context of what a child needs for healthy development, and attachment-safe and developmentally friendly discipline strategies are introduced.

This 90-minute presentation has implications and applications from everyday life challenges to more specific problems. This includes a lecture segment as well as a Q&A portion and the content is applicable for all adults dealing with children. The material and principles outlined are based on the approach developed by Dr. Gordon Neufeld.

About the Speaker:

Catherine Korah, M.Ed., c.o., Psychotherapist

<http://www.catherinekorah.com>

Family and Parenting Consultant



As a licensed psychotherapist, Catherine has over 15 years of experience working with youth. She has been in private practice since 2007, alongside parents, schools, and organizations, providing insight allowing them to understand children and adolescent from the inside out. Through stories and examples from her own experience as a mother and clinician, Catherine presents Dr. Neufeld's paradigm with deep understanding and practical, everyday application. Catherine is committed to helping adults gain perspective and get back in touch with their natural intuition.

Beyond Behaviours Parent Workshop

On Tuesday evening, February 18 from 6:30-8:00, we are again fortunate to have Catherine Korah back with us to speak on “Beyond Behaviours” based on Dr. Neufeld’s work on attachment.

This is an important evening and I am hoping many parents attend. Parents are welcome from outside Knowlton Academy as well.

I will be attending “Beyond Behaviors” on Feb.18, 2020.

Name: _____

Child’s name: _____

Phone and email: _____

Number of adults attending _____

February

Monday	Tuesday	Wednesday	Thursday	Friday
3. Tacos and raw veggies	4. Macaroni and cheese Veggies	5. Waffles, fruit and whipped cream	6. Chili and nachos	7. Pizza and salad
10. Grilled cheese and bacon Tomato soup	11. Pancakes and sausage	12 Mini salad bar	13. Party burgers Macaroni Salad	14. No School !!! 
17. Sloppy Joes Raw veggies	18. Chicken tacos Raw veggies	19. Spaghetti Garlic bread	20. Shepherd's Pie	21. Chicken burgers
24. Beef Macaroni	25. Chicken pie Mashed potatoes	26. Meat loaf Mashed potatoes veggies	27. ½ Club Greek potatoes	28. Lasagne Caesar Salad