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Principal's Message May 2019:

Thank you to our families and our Cavan community for so generously supporting our fundraising and wellness event called 'Hopping for Health and Hope'. In addition to having fun learning about various health topics and getting some exercise, our students raised over \$5,400.00 for the Hospital for Sick Children in Toronto. We will be asking that these funds be put toward the construction of the new hospital. Special mention goes out to Kaia E. (Gr. 5) and Olive N. (Gr. 5) who came up with the fundraising concept and also to our OPHEA Committee chaired by Jackson G. (Gr. 6) and Adelaide C. (Gr. 5) who planned and helped organize the events on April 18th! Bravo team!

On April 30th we had a special guest come and visit us – our new North Cavan Mascott.



Our Mascott is sponsored by our School Council. She doesn't have a name yet and neither do her two kittens so we are having a naming contest. Each student is encouraged to complete a ballot (inside this newsletter) and they can send in what they think would be good names for our Mascott and

for her two kittens. The ballots should be put in the bin at the gym doors. School Council will be choosing the winning names on May 8th.

This month we have more fun things happening. Our Grade 6 students go to Camp Kawartha starting on May 8th. Our Cancer fundraiser (Pedal for Hope) finishes on May 10th. Our new Junior Kindergarten Orientation is on May 16th and the Volunteer Tea is on Thursday, May 23rd. On that same evening, the School Council is hosting their 3rd Family Fun Night in the School Yard with Pizza, Candy Floss and a scavenger hunt for families! Be sure to put the date on your calendar. The NCPS Track and Field Day is on May 27th.

On Tuesday, May 21st, we will be starting our EQAO testing, first with our Grade 6 students and then with the Grade 3 students starting on Monday, May 27th. **Parents of these students can help their children do well on the tests by sending them to school each day well rested with a good breakfast and on time for school.**

As the temperature outside begins to climb we need to remind students of some safety rules while spending time outside on the playground. Students are reminded not to have **food or drink** on the yard as this **attracts bees**. We have students at North Cavan who have serious reactions to bee stings. In addition, applying sun screen is a good idea to prevent sun burn and a hat can also help keep the sun away from kids' heads and faces.

As the warm weather approaches, we want everyone to dress comfortably, but, we also expect clothing appropriate to a school setting. This **dress code** applies to **all staff and students**. We ask guests to the school to respect the dress code as well:

*shorts may be worn, but they need to be of proper length and fit (fingertip rule)

*tank tops may be worn if the shoulder straps are wide enough to cover undergarments (3 finger rule)

*clothing that exposes the midriff is inappropriate

*boys are to wear a shirt or t-shirt at all times

*clothing with offensive slogans and pictures or that promote substance use and/or smoking are not permitted at school.

Proper gym shoes are still required for Phys.

Ed. Flip flops, while fun to wear, are not a safe choice for running outside or for climbing on the climbers. Students will not be permitted to wear flip flops on the climber or in gym class. Please know that the dress code is in place to keep our students safe.



Mr. Twiss

Fire Safety at North Cavan:



The Fire Department will be invited to attend our 3rd spring Fire Drill which will be a surprise. So far we have completed 5 fire drills and 2 lockdown drills this year so that we can all be better prepared if we ever have a real emergency.



Breakfast Club – Volunteers Still Needed for Next Year:

We are still in need of a Grocery/Menu Coordinator, a Volunteer Coordinator, 3 Daily Program Volunteers, 2 On-call Daily Program Volunteers, 3-5 Grocery Shoppers and 3 On-Call Volunteers. If you can help please complete the form (available on our website and at the school office) and hand it in at the school office. Thank you!

2019 – 2020 Classroom Placement:

Enrollment at North Cavan is projected to be the same for next year (about 158 students). We anticipate having the same number of classes (7) again next year, but, the organization may be a bit different depending on our new registrations. Below are the expected classes for the 2019 – 2020 school year, however, this organization could change by June or even September should enrolment change:

- | | | |
|----|-----------|---------------------------|
| 1. | JK/SK | Mrs. Cotarelo/Mrs. Ferris |
| 2. | JK/SK | Mrs. Woollacott/Ms. Moore |
| 3. | Grade 1/2 | Mr. Heuvel |
| 4. | Grade 1/2 | Mrs. McGrattan |
| 5. | Grade 3/4 | Mrs. Moncrieff |
| 6. | Grade 4/5 | Mrs. Caravaggio |
| 7. | Grade 5/6 | Mr. Woollacott. |

Every June, many students put a great deal of thought and sometimes worry into their class placement for the upcoming school year. All of the classrooms next year will be split classes, which is not uncommon in small schools. This is often required to meet the Ministry of Education's class size

ratios. When making up the classes for next year, a great deal of thought and consideration goes into the following:

- * gender balance
- * special education needs
- * academic balance
- * friendships
- * working relationships

Every effort will be made to at least have one friend move to the same class with each student to help ensure that the next school year is successful and fun. While not likely, it is possible that if there are significant numbers of students who transfer into or out of North Cavan, classes might have to change in September.

SickKids®

Hopping for Health and Hope:

Thank you to everyone who supported our fundraiser for Sick Children's Hospital in Toronto. We smashed our goal and raised over \$5,400.00 with our Hopping for Health and Hope event. The school will be acknowledged by the hospital on May 17th in Toronto. Congratulations to Owen B. (JK) who was the highest fundraiser bringing in over \$800.00, Jordan M. who was the second highest raised \$500.00 and Olive N. who was the third highest raised over \$300.00. Mrs. Cotarelo's class raised the most money per capita followed by Mr. Heuvel's Gr. 1/2 class that came second. Both classes will enjoy a pizza lunch with ice cream!

North Cavan Spelling Bee:

Thirteen brave grade 4 to 6 students took part in the North Cavan Spelling Bee last week. It took many rounds before we got down to our two finalists who finished in a draw!



Congratulations to Kaia E. and Hannah S. who won the chance to compete at the Rotary Club Spelling Bee on Saturday, May 12th at Fleming College. Our runner up was Logan G.

Pedal 4 Hope / Cops 4 Cancer:

The Pedal for Hope team will be at North Cavan on Friday, May 10th (1:30 p.m.) for their final stop. This is an ongoing tradition for them to close out their tour with us. This event is LOTS OF FUN for the students and all are welcome to attend. All students can take part in the fundraising and anyone can get their head shaved or hair cut for donating provided we have written consent from their parent(s)/Guardian(s) ahead of the event. Students can pick up pledge sheets from the office. We're also selling 'Smiley Faces' for \$.50 each. The class with the most Smiley Faces' wins a pizza party.



EQAO 2019:

Education Quality and Accountability Office.

The annual testing for the Grade 3 & 6 students will take place between May 21st and June 3rd, 2019. The Grade 6 students will begin on May 21st. The Grade 3 students will begin on May 27th.

2018-2019 Yearbook:

If you want to hang onto those school memories, please be sure to complete a yearbook order form. The forms will be sent home with students and will be available on our school website and at the school on the bulletin board next to the office. Yearbooks are \$15.00 each or two for \$25.00. Orders are due by May 24th.

Grade 6 Graduation:

Grade 6 Graduation will take place on the evening of Monday, June 24th, 2019. The ceremony will run from 7:00 until approximately 8:00 p.m. Rather than having a dance following the ceremony, the grade 6 students have requested a trip to the Ganaraska Forest for 'Tree Top Trekking'. Information will soon be shared with our grade 6 parents.



Volunteer Appreciation Tea:

On Thursday, May 23rd our volunteers are invited to enjoy some light snacks and treats and to watch some talent from North Cavan's Dancers and students. Thank you to all of our valued volunteers! The caring people that volunteer in this building add to the positive character of this entire community.

Safe Arrival - (absent student):

When your child is going to be absent or late, please be sure to call the Student Absence Reporting System at 1-844-434-8119 or go to studentabsence.kprdsb.ca

Kindergarten Registration:

Kindergarten registration for the 2019 – 2020 school year is well underway. If your child will be four years old by December 31, 2019 they are eligible for Year 1 Kindergarten. If they are five years old by December 31, 2019 they are eligible for Year 2 Kindergarten. Please contact the office to register your child and share this news with friends and neighbours who have kindergarten aged children.

School Council:

The next North Cavan School Council meeting is on Wednesday, May 8th at 6:00 p.m. in the library.

Thanks to the hard work of our School Council, our school now has an official Cougar Mascot. This will add fun for the kids at school events and special occasions! The Council is excited about their last Family Fun Night of the year. They are organizing a scavenger hunt for families in our school yard and there will be great family prizes to be won. Remember to mark Thursday, May 23rd on your calendar. Council will be selling pizza and candy floss starting at 5:30 p.m. Thank you School Council!

Sports:

Congratulations to both the girls & boys Floor Hockey teams who competed at Roger Neilson P.S. in their respective tournaments. Both teams performed really well. The Gymnastics and Dance Troupe also competed at the local meet on April 26th. Many athletes earned gold, platinum and even diamond ribbons! Special thanks to Ms. Mitchell-Agar and Mr. Hamel for all of their coaching with all of the teams. We acknowledged the hockey teams, dancers and gymnasts at our April Character Ed. Assembly.



Girls' Floor Hockey Team:

Taylor H.	Kyrsten S.	Islay M.	Haylie C.
Grace K.	Cameron H.	Sophie H.	Kaia E.
Hannah S.	Felicity T.	Abby P.	Kenzie M.

Boys' Floor Hockey Team:

Jackson G.	Nolan H.	Tyler L.	Ethan H.
Stuart C.	Jon T.	Logan G.	Connor L.
Collin A.	Dylan D.	Jackson G.	

Gymnastics and Dance Team:

Kaitlyn C.	Kennedy C.	Bella T.	Taylor B.
Jordan M.	Kenzie M.	Olivia S.	Kaia E.
Adelaide C.	Sophie H.	Abby P.	Olive N.
Caeleigh M.	Hannah S.	Felicity T.	Kayla W.
Islay M.	Olivia C.	Alexis D.	Grace K.
Kyrsten S.	Tyler L.	Jackson G.	Jon T.
Nolan H.	Collin A.	Dylan D.	Logan G.
Jackson G.	Connor L.		



Good Character makes a Difference:

This month's character trait is **HONESTY**. **I TRY TO BE HONEST WITH MYSELF FIRST. THEN I CAN BE HONEST WITH OTHERS.**

At North Cavan we try to help develop children of good character by encouraging students to be **responsible, respectful, honest, and to act with integrity.**

St. John Ambulance Babysitter Course:

St. John's ambulance is offering a 1 day Babysitter Basics Course on Friday, June 7 (P.A. Day). Pre-registration is required. Please call 705-745-0331 if you have questions or wish to register or see their website: <https://www.sja.ca/English/Courses-and-Training/Pages/On/Peterborough-Course-Information.aspx>

Help your child get the sleep they need:

Children aged 5-13 years need 9-11 hours of quality sleep each night. Teenagers (ages 14-17) need 8-10 hours. Help your child get the sleep they need:

- Set a consistent bed-time and wake-time (even on weekends).

- Create a relaxing bedtime routine that includes reading, taking a bath or listening to music.
- Set up a sleeping space that is cool, dark and quiet.
- Keep the TV, electronics and cell phones out of your child's bedroom – they interfere with natural sleep cycles.

If your child has difficulties staying asleep, talk to your doctor or healthcare provider.

Be a good sport!

A concussion is a brain injury that causes changes in how the brain functions. Children and youth's brains are still developing. Protecting them is important, especially during sports activities.

To help prevent concussions:

- Choose equipment that fits correctly,
- Master the basic skills for the sport,
- Know the rules of your sports,
- Show good sportsmanship.

If you think your child/youth has a concussion get it checked out by a Health Care Practitioner!

There are resources for parents, caregivers, teachers, coaches and athletes at:

<http://www.parahutecanada.org/resources>.

For more information, please contact public health in your area:

Peterborough – Peterborough Public Health – 705-743-1000

A Busy Final 9 Weeks of the Year:

The last couple of months of every school year is always the busiest and most exciting. We will do our best to keep you well informed of all events and deadlines. Please keep the May and June (when it comes out) calendar handy and refer to your child's agenda to ensure that events don't get missed. Some of the dates and events below are subject to change.

Reminders / Important Dates / Info.:

May:

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| May 8 | -6:00 p.m. School Council (Library) |
| May 8-10 | -Camp Kawartha for Gr. 6 students |
| May 10 | -1:30 p.m. Peddle for Hope (Gym) |
| May 15 | -Grad Retake and Sibling Photo Day |
| May 16 | -6:00 p.m. Kindergarten Orientation (Gym) |
| May 17 | -Sick Children's Hospital Recognition in Toronto |
| May 20 | -Victoria Day Holiday (No school) |
| May 21-24 | -EQAO for Gr. 6 students |
| May 23 | -1:15 p.m. Volunteer Tea (Gym) |
| May 23 | -5:30 p.m. Family Fun Night – Scavenger Hunt |
| May 24 | -Yearbook orders are due |
| May 27-30 | -EQAO for Gr. 3 students |
| May 27 | -NCPS Track and Field Day (Gr. 4-6) |
| May 28 | -Rain Date for NCPS Track and Field |
| May 29 | -Rain Date for Scavenger Hunt |
| May 31 | -9:30 a.m. Character Ed. Assembly |

June:

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|---------|--|
| June 4 | -Junior Mixed Frisbee Tournament (Beavermead Park) |
| June 5 | -NCAA Track and Field Tournament (TASSS) |
| June 6 | -Millbrook Fair Children's Day (Gr. 1-3) |
| June 7 | -P.A. Day – (No school for students) |
| June 12 | -6:00 p.m. School Council Mtg. (Library) |
| June 12 | -Camp Kawartha (Gr.1-2) |
| June 12 | -KPREAA Track and Field (TASSS) |
| June 13 | -KPREAA Raindate for Track and Field (TASSS) |
| June 17 | -Junior Girls' 3-Pitch Tournament (Bowers Park) |
| June 18 | -KPREAA Junior Ultimate Frisbee (Cobourg Community Centre) |
| June 19 | -Gr. 6 Grad Trip (Tree Top Trekking) – Ganaraska Forest |
| June 20 | -Junior Boys' 3-Pitch Tournament (Bowers Park) |
| June 21 | -9:30 a.m. Character Ed. Assembly Optimism (Gym) |
| June 21 | -Gr. 6 Report Cards go home |
| June 24 | -Gr. 6 Clap Out 3:15 p.m. |
| June 24 | -Gr. 6 Graduation 7:00 p.m. (Gym) |
| June 26 | -JK-Gr. 5 Report Cards Go Home |
| June 27 | -Last day of School |
| | -11: 40-1:15 p.m. Play Day JK-Gr. 5 |
| June 28 | -P.A. Day (No School for Students) |

