



North Cavan Public School
2001 County Road #10
Cavan, Ontario

<http://northcavan.kprdsb.ca>

School office: 705-944-5366 School Fax: 705-944-4013



Principal: Martin Twiss martin_twiss@kprdsb.ca
Superintendent: Peter Mangold peter_mangold@kprdsb.ca
Trustee: Angela Lloyd angela_lloyd@kprdsb.ca
School Council Chair: Mary Benson maryseuple863@hotmail.com

October 2016

Principal's Message

We had a great turnout for our Open House night in September and it was fun getting to know many of our families. We are all fortunate to be part of such a positive and friendly community.

On September 29th, the entire North Cavan school population took part in the 36th annual Terry Fox Run. Many of the older students ran 6 – 7 laps of the school perimeter. As well, many of our older students helped the younger ones run/jog/walk a couple of laps. As a school we raised a **remarkable total of \$1,149.60!** **Thank you for your support.** **Special thank you** also to the parents who cooked up some fresh apple crisp for the students to enjoy at the end of their run. They loved it!



On the recent P.A. Day the staff worked hard examining our school EQAO data and our school climate data to help us make some informed decisions about revising our school improvement plan. It was a very productive day and we now have a sense of where to go next with our mathematics instruction and our student wellbeing goals.

Sincerely,

Mr. Twiss

NUT FREE North Cavan

North Cavan is a NUT FREE SCHOOL. We have several students with nut allergies at North Cavan. Please read all labels carefully and remove any foods that 'may contain' or may have come in contact with nuts so everyone can be safe.



North Cavan School Council 2016 - 2017

The 2016 – 2017 North Cavan School Council was formed at the last School Council meeting as follows:

Council Chair: Mary Benson
Secretary: Adam Abernethy
Treasurer: Jennifer Dreossi
Nutrition Coordinators: Robynne Chapman & Amanda Bennis
Teacher Representative: Rotating (all teachers)
Fundraising Coordinator and Community Rep.: Teri Jordan

Parent Reps: Rebecca Jones, Kira Wannamaker, Shannon Szusz, Lindsay Molloy, Nancy Merrell, Karen Muir

Principal: Martin Twiss



Thank you to our *New 2016-17 School Council.*

All North Cavan P.S. parents are welcome to attend any Council meeting to listen in, ask questions or become involved as an active member of the Council. The next meeting is **Wednesday October 12th at 6:30pm** in the school library. Babysitting will be provided in the gym. We try to finish the meetings by 8:30 p.m.

Clothing Drive: North Cavan Pays it forward.....

We are collecting winter clothing items to donate to the 'Meet Your Needs' clothing drive. If you're cleaning out old winter clothing items please bring them in bags into the school **beginning on Tuesday, October 11th. The last date for clothing drop off is Monday, Nov. 7th.**



North Cavan Night at Chapters

The first **North Cavan Night at Chapters** is on *Thurs. October 20th. From 6:00 p.m. to 8:30 p.m.* On this night, Chapters will donate a percentage of all sales back to North Cavan when customers mention the school.

Hot Lunch Order:

The present hot lunch order will conclude on Thursday October 27th. The Hot Lunch order for November will be sent home on October 13th and will be due by October 20th.





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Phone Messages & e-mails:

There has been one phone message sent out since the beginning of the year from the school which was about the hot lunch form. If you are not receiving the automatic phone message and would like to please contact Mr. Twiss at the office. We will also be using e-mails to send out mass messages for those who give us permission to send items to their email account.



Sports:

The Junior mixed soccer teams took part in a tournament at Beavermeade Park on September 15th. This year, we took three teams and nearly every junior student participated. The teams played well and they had lots of fun. The day ended with a "friendly" game that included parents. Thank you to the parents who attended and cheered our students on. Thanks also to Mr. Hamel, Mr. Woollacott and Mrs. Caravaggio for their coaching, supervision and cheerleading. The Cross Country teams continue to train in preparation for their competition on October 12th at Nicholls Oval.



The **NC Fitness Club** will begin on Monday October 17th. This weekly fitness & training program is for grade 4 – 6 students once per week on Mondays from 3:30 p.m. to 4:45 p.m. The purpose of these nights is to offer a time for Junior students to train for upcoming team sports, get active and have fun. Even if a student is not on a school team they are still encouraged and welcome to come out, get involved and have fun.



School Picture Re-take Day

Edge Imaging Photography will be at North Cavan on **Tuesday, October 25th** to do photo re-takes. Re-takes will be done in the morning. Please return the proofs with your child if you are requesting a re-take. Grade 6 & SK Grad photos will be taken in the spring.



QSP Magazine Sales:

Next week you should receive a package of information for the QSP Magazine fundraiser. This has been an annual North Cavan fundraiser that benefits the school as well as all of those who read magazines. If you decide to take part, all of the orders are due back to the school by Wednesday October 26th. An added item in the fundraiser this year is cookie dough sales.

The 'One Stop Shop':

This year, School Council is again organizing the 'One Stop Shop' for kids, parents and community members. This is an evening in our gym where various vendors set up tables and offer items for sale to assist families with holiday shopping. If you are interested in being a vendor or if you know someone who is interested, please contact Teri Jordan at n.c.p.sfundraiser@gmail.com. The 'One Stop Shop' is scheduled for the evening of **November 18th**.

Safe School Initiatives:

All parents are asked to please check in at the office when you visit the school. If you are picking your child up early please come into the school and sign them out at the office. If your child is being picked up at the end of the day instead of riding the bus, please come in to get them and let the office know. For safety reasons, we don't wish to have children walking through the parking lot.

***Absent Child:** please phone the school (705-944-5366) ext. 40 every day that your child is absent. Please state your child's name, teacher and the reason for the absence. Messages are checked against attendance. If there is a student absent without a message we will phone home.

***Notes:** you can write notes regarding upcoming absences (appointments, holidays) in your child's agenda. The teacher will relay this information to the office.

Contact Numbers: *If your contact number has changed please let Ms. Nolan know at the office so that we have the most up to date information.*



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Criminal Record Checks

As per KPR policy all volunteers must have a current criminal record check on file at the school before working with any students. This includes School Council, Breakfast Club and all school trips. You can pick up the necessary paper work from the office then take it to the Peterborough Police Headquarters on Water St. The charge for a police check is \$11.30. It usually takes approximately 2 weeks to complete.



Cell Phones at School:

There should not be any need for students to have cell phones while at school. However if they require one for after school the phone should stay in the nap sack out of sight for the entire day including on bus trips.



Technology at school:

Students should not be bringing ipods or gaming devices to use at school UNLESS their teacher has requested or approved of it being at school. Music devices on the bus with 'ear buds' are acceptable to make the trip easier. The school provides ipads and computers when students need them for their learning at school.



Breakfast Club News:

We've had a great start with the Breakfast Club program, the students were certainly glad to see the breakfast volunteers back! Thank you so much to all the returning & brand new volunteers. We couldn't run the program five days a week without you!

Every child at North Cavan is able to start their day off with a snack in their class which includes at least 3 of the 4 food groups. For example, they can eat crackers, celery sticks, apple slices and cheese cubes. This is a typical daily "menu". We encourage you to ask your child what they had for breakfast club. Studies show



that when children attend school well-nourished it improves their ability to learn which gives them the best chance to be successful. By the time many of your children reach their desk and are expected to focus on their studies, it has been a while since they've eaten, and this snack provides them with the nutrition they need to perform well in class.

There are certainly ways in which you can help out without volunteering your time. We accept food donations (i.e. Bag of apples, block of cheese, tub of cream cheese etc.), grocery gift cards, or a financial donation can be made to the school through pcchu.ca/ffk and a tax receipt will be issued to you. If you have any questions about the program feel free to contact **Robynne Chapman** at drtijk@gmail.com

EVERYTHING WE SERVE IS NUT-FREE

Parent Conference on Mental Health:

Have you registered yet for KPR's free, annual Parent Conference on child and youth mental health? If not, you still have time! Registration continues until October 10th at www.kprschools.ca for:

2016 KPR Parent Conference – Minds Matter @ KPR

Saturday, October 15

8:30 a.m.-1:30 p.m.

Cobourg Collegiate Institute, Cobourg

Keynote Speaker: Dr. Ian Manion, Life's Tough But So Are You:

Building Resilient Kids Who Bounce Back from Problems
Plus Choice of Workshops, Displays by Community Agencies, Free Child Minding & Refreshments

If you do not have Internet access or require assistance in registering, we'd be happy to help you! Please call Judy Malfara at the Education Centre, 705-742-9773 or toll-free at 877-741-4577, ext. 2001.

Happy Thanksgiving!

