



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 Co-Chairs:	Mary Benson	marysemple863@hotmail.com

November 2016

To acknowledge Canadian Veterans and present military members as well as all the tragic victims of war, our students will be attending the Remembrance Day ceremony at the Cenotaph in Millbrook at **10:30 a.m. on**



Friday, November 11th. Many of the classes will be learning about and doing activities focussed on Remembrance Day. You are welcome to join us in Millbrook that day. Every student will receive a poppy to wear. If you wish to send in a donation, we will ensure that it gets to the Local Legion.

Progress reports will be sent home with students from Gr. 1 to Gr. 6 on November 11th. All parents (including JK/SK's) are invited to have an interview with their child's teacher. Most teachers are holding their interviews on November 16th and 17th. Many parents signed up for a time at our Open House event in September, but, if you still need to book a time or forget when you signed up, please just contact your child's teacher.

Please join me in welcoming Ms. Cotarelo to our staff. She was hired this week to fill in for Mrs. McGrattan (JK/SK teacher) while she is on her leave of absence. She has been with our students for a week already and has already formed a positive relationship with her students and many of our parents. Please feel free to introduce yourself to her when you visit the school.

Martin Twiss
Principal

North Cavan is a NUT FREE School:



Please remember that we're NUT FREE at North Cavan. We have several students who are allergic. WOW Butter is a safe alternative to peanut butter and it really does taste similar to peanut butter.

Please check ALL food labels carefully of foods that come to school with your children. THANK YOU in advance for your attention to this important safety matter.



Meet Your Needs Clothing Donations are Due on Monday, November 7th:

Monday, Nov. 7th, in the morning, is the last day to make donations of clothing to support local



families (children & adults) who are in need. Especially seasonal, cold weather clothing. You can drop items off at the office any time during the day. We will take care of bagging it for you. Thank you in advance for **"Paying It Forward."**

Kindergarten Registration

Kindergarten registration will be begin this month for the 2017-2018 school year! If your child will be four by December 31, 2017 they are eligible for Year 1 (Junior Kindergarten); and if they are five by December 31, 2017 they are eligible for Year 2 (Senior Kindergarten).



Please contact the office to register your child and share this news with neighbours who have kindergarten aged children.

Colour Houses

School Council will soon be dividing our students up into colour houses like last year. This will be a great way for the kids to have fun at school such as joining in on spirit days and other special events etc.

What is Bullying?

Fortunately, at our school we do not have many incidents of bullying. Most of our students are very kind and inclusive towards others. If someone is hurt or their feelings are hurt, it is usually because a student didn't consider how their actions might make another feel. Many students will politely ask others to stop or report a concern to a teacher on duty if they see someone being treated unkindly which is something we encourage. Having said this, however, it is important for all of us to remain vigilant about bullying so we thought it might be helpful for parents to know a bit more about bullying.

Bullying occurs when a more powerful child, or group of children, REPEATEDLY and intentionally harm another child. The power is not always physical. It can be intelligence, beauty, popularity etc. Bullying can be physical, verbal or social and it takes many forms. We often think of bullying as direct, physical actions like pushing or shoving. However, it can also include actions like teasing, name-calling, rumouring and purposeful exclusion from a group, or through the internet (cyber-bullying). In fact, most bullying is covert. It takes place out of sight of adults and often stays there because the students fear the consequences or repercussions of going to an adult.



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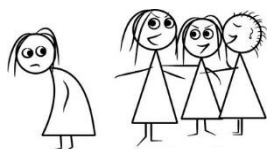


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It's important to make the distinction between conflict and bullying. Conflict between children is normal. We all disagree with others from time to time. Sometimes children get into a situation where a fight occurs. They may not even like each other for a period of time. A single incident is not usually bullying. Remember that bullying by definition in the KPR Safe Schools manual occurs when actions are REPEATED and intentional **over a period of time**. This is not to downplay hands-on activities or fights. These incidents will be dealt with using progressive discipline and in a fair and consistent manner. Because of the covert nature of bullying, staff may not be aware of what is going on. If you hear of bullying against your child or others, please contact the school in order that we may investigate and take appropriate action. One of the most common things we hear is that "nothing is done about it". Unless bullying is reported and we can identify the bullies, we cannot take action. Speak to your child/children about the importance of reporting. When incidents of bullying are reported to us, we can assure you that we will investigate and take appropriate action. By working together, we can ensure the safest possible environment for our students

Boys and Girls Bully Differently

Boys and girls can vary in the ways they bully. Girls tend to inflict pain on a psychological level. For example, they might ostracize victims by freezing them out of the lunchroom seating arrangements, ignoring them on the playground, or shunning them when slumber party invitations are handed out.



Boys aren't as subtle and they can get physical. For example, boy bullies are more apt to insult their victims on the playground than ignore them. Instead of isolating a non-athletic victim during a gym class dodgeball game, they might take relentless aim and target the child throw after throw.



Students of the Month:

Below are the North Cavan STUDENTS OF THE MONTH for September as chosen by their teachers based on the Character trait RESPECT. At North Cavan we celebrate students with great character. Many of the N.C.P.S. students show great character every day. Below are just some of our great students.

SEPTEMBER Character Education Winners:

- JK/SK: Brayden G., Emma W.
- JK/SK: R.J. A., Emily S.
- Gr. 1: Jesse M., Lilly N.
- Gr. 2: Bella T., Collin A.
- Gr. 3/4: Abby P., Ainsley Y.
- Gr. 4/5: Jake M., Islay M.
- Gr. 5/6: Isaiah K., Taylor C.

Library/Technology: Cooper E., Madelyn M.

The October winners will be announced next month once we have our character assembly.

CHILD CARE: Before & After School:

'Compass Early Learning & Care' provide childcare before & after school every day at North Cavan. All North Cavan parents can take advantage of this service either on a regular basis or intermittently (as needed). To use this service on an 'as needed' basis you are still required to register your child with Compass. To register with Compass or make further enquiries please speak with: Loretta Shaughnessy (on site supervisor) or contact (705) 749-3488, schoolage@compasselc.com



Character Education:

Having a STRONG, POSITIVE CHARACTER is just as important to being successful as any academic skill. With that in mind, we try to emphasize the 10 character traits listed below

- | | |
|-----------------------|-----------------|
| 1. Respect | 6. Fairness |
| 2. Responsibility | 7. Initiative |
| **3. Courage** | 8. Perseverance |
| 4. Integrity | 9. Honesty |
| 5. Empathy | 10. Optimism |

For the month of NOVEMBER we are focussing on COURAGE to recognize the courage that our VETERANS and members of the military demonstrate. We also teach our students how to prevent and/or safely address bullying.

North Cavan School Council:

The next meeting is **Wednesday November 9th at 6:30pm** in the school library.

North Cavan Volunteer Facebook Page:

North Cavan School Council has a Facebook page for Volunteers. This is a *closed FB page* that NC parents





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or community members can request to join. The purpose is to provide another avenue for parents to *keep in touch, up to date*, and offer their *volunteer services*. There are many parents that are unable to come to the school to volunteer their time, but are able to make something or volunteer from home in some way. School updates and information (no pictures of students) will be shared on a regular basis. If you're interested, search for the *North Cavan PS Volunteers* page then request to join. If you have concerns about your child or a school event please contact the school principal. Please do not use this FB page as an avenue for sharing your concerns.

Christmas Hockey Raffle:

We are very fortunate again this year to be able to have a Hockey Raffle to raise money for the School Council. We have 4 tickets for each of the following:



1. *Leafs vs Ottawa Senators on Sat. Jan. 21, 2017, 7:00 p.m. (Value \$1,080.00),*
2. *Marlies vs RCH Americans on Sat. Jan. 14, 2017, 5:00 p.m. (Value \$164.00)*
3. *Peterborough Petes game of your choice this season. (Value approximately \$60.00)*

An order form will be sent home once we establish our lottery license. We would greatly appreciate your help selling tickets if you're able to once the form is sent home.

'One Stop Christmas Shopping Extravaganza!'

Members of the School Council are organizing a 'One Stop Christmas Shopping Extravaganza' on FRIDAY, NOVEMBER 18th from 5:00 p.m. to 9:00 p.m. in the school gym. There will be a number of vendors present selling interesting items that would make great holiday gifts. All purchases are guaranteed to be delivered for Christmas. As well, there will be door prizes, baked goods and refreshments. Have fun!



Dress for the Weather:

It is getting colder as winter approaches, please ensure that your child(ren) come to school with appropriate clothing for the weather. We do have some extra mitts & hats for those that forget. We discourage the practice of sharing hats to avoid the possibility of spreading head lice. **Please put your child's name on**



everything. This makes it so much easier for us to return lost or forgotten items.

Pop Can Pull-Tab Collecting

If your family enjoys your canned drinks of any kind we would encourage you to save the small aluminum pull tabs at the top of the can. Please send them into the school when you have a quantity and we'll make sure they get to the right organization. Money raised is used to purchase wheelchairs and related equipment for children with a physical disability.



Minds Matter @ KPR:

Teaching Students About Mental Health

All of us have mental health as part of our overall well-being. Just as they need to learn about physical health, children and teens need to understand their mental health and how to take care of it. According to the Canadian Mental Health Association, one in five Canadian children and youth experience mental illness. Applied locally, this means 6,000 or more KPR students could be in distress at some point this year, while trying to cope with life. This statistic underscores the important role schools play in supporting child and youth mental health. Under the province-wide health and physical education curriculum, students learn about mental health in elementary and secondary school. For example:



- Grades 1-3 students learn to describe their emotions; appreciate how healthy and active living benefits their mental well-being; understand the importance of positive relationships with other children and adults; and learn strategies for seeking help.
- Grades 4-8 students learn strategies for maintaining their mental well-being, coping with stress, and asking for help when they feel worried or sad. They also receive basic information about common mental health and substance use problems. Topics requiring sensitivity or maturity – such as using social media responsibly, reducing the stigma associated with mental illness, and supporting friends with mental health problems – are introduced gradually. Students also learn that seeking help is a skill, not a weakness, and they should speak with a caring adult if they need assistance with their thoughts and feelings.



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- Grades 9-12 students learn more in depth about signs and symptoms of mental health problems, finding sources of support, and checking the accuracy of online information. They also cover complex topics such as substance use, harmful behaviours, cyber-bullying, responding to stress and peer pressure, and suicide prevention. Teachers introduce these topics with sensitivity and care, in consultation with KPR mental health professionals.

For more information on the provincial curriculum related to mental health, visit <http://www.edu.gov.on.ca/eng/curriculum/elementary/mentalhealthfact.pdf>. If you are concerned about your child's or teen's mental health, please speak with the teacher, principal or vice-principal, and your family doctor.

Sports:

Congratulations to the 37 students that made up the North Cavan Cross Country team. They did exceptionally well at the local meet. In fact, there was a news story about the North Cavan Grade 4 Girls' Team in the Peterborough Examiner! The teachers and parents were so impressed with the great sportsmanship shown by Taylor and Cameron H., Islay M., Kyrsten S., Ashley A. and Kaitlyn G., that they called the newspaper and the reporter interviewed our girls' team to write the story. Each race had approximately 80 runners. Notable finishes were by Griffin H., Islay M. and the Grade 6 Boys' team who advanced to the finals. A North Cavan record was set by Josie M. who became the first student ever to run in the 3 kilometer grade 7 race and we had numerous top 10 finishes. We also had 7 runners who qualified for the KPREAA meet the following week. Islay M. placed an amazing 5th at KPREAA. Congratulations to all of the runners for their hard work and dedication and "Thank You" to Mr. Hamel and Mr. Woollacott for their coaching!



Boys' and Girls' Junior Soccer Tournament

This year we sent all 53 of our Junior students to the soccer tournament forming three teams. Our students battled hard at the tournament and had a lot of fun playing Soccer. Thank

you to our coaches, Mr. Hamel, Mrs. Caravaggio and Mr. Woollacott. Go Cougars Go!

Babysitter Course:

St. John Ambulance is offering one day babysitter courses on **Friday Nov. 25 (PA Day)** from 8:30a.m. – 3:30p.m.

Pre-registration is required

Call 705 – 745 - 0331 to register

Gifted Screening Process

The Kawartha Pine Ridge District School Board provides screening to determine if students qualify for gifted programming. A comprehensive screening procedure has been developed to identify these children. Parents/guardians may contact the school if they wish to speak with your child's teacher and/or the Special Education Resource Teacher for further information regarding this programming.

Breakfast Club

With the support of staff, parents and community members of North Cavan School and the surrounding area, we are all making a valuable contribution, which helps strengthen our school environment. The program is running 5 days per week & the students are very appreciative. If you're interested in learning more about the program or joining the team please contact Robynne Chapman at drtjkc@gmail.com



Lost & Found

Our bin of "Lost & Found" items continues to grow. Please label your child's clothing for easy identification. If you are in the building we encourage you to take a look and retrieve any articles that belong to your child. We have placed them on a table outside the office so it is easy to scan. In another week or so we will donate any unclaimed items to a local charity that collects clothing.



What is Happening in Your Local Libraries this Month?

November 18th Dr. Caroline Taylor, from Whale Chiropractic will be joining the Millbrook Branch Storytime at 10 a.m. to share information on "Raising a Healthy Family, Naturally." Stories, songs, and play based learning stations will follow the visit Caroline.



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November 19th is "International Games Day!" Libraries all over the WORLD will be participating in games at their local Libraries! We will have a Wii and XBOX 360 system available to play, as well as board games and building toys. Please come and join us from 11 a.m -2 p.m at the Millbrook Branch Library.

November 26th at 11a.m.-12:00p.m. Dr. Robin Whale and Dr. Caroline Taylor, from Whale Chiropractic will visit the Library together to share tips on Health and Wellness to Families.

