



OSLER SCHOOL NEWSLETTER

"Learning, Growing.....Together"

September 4, 2015

Principal: Ms. Audrey Kampen
Vice-Principal: Mr. Glenn Key

Phone: 306-239-2077
www.spiritsd.ca/osler

DATES TO REMEMBER

Monday, Sept. 7

Labour Day—No School

Tuesday, Sept. 8

SCC meeting - 6:00 pm

Wednesday, Sept. 9

Bottle Drive

Friday, Sept. 11

Kickoff BBQ

Friday, Sept. 24

Pancake Breakfast

Friday, Sept. 25

Teacher PD and Prep Time—No school for students

Thursday, Sept. 30

Terry Fox Run

Friday, Oct. 2

Picture day

Monday, Oct. 5 & Wednesday, Oct. 8

Student Progress Conferences for Grades 1 to 9, 3:30 to 7:00 pm

Monday, Oct. 12

Thanksgiving—No school

Tuesday, Oct. 13

SCC meeting - 6:00 pm

Friday, Oct. 16

High 5 Assembly—9:00 am

Friday, Nov. 6

Day in Lieu—No School

Dear Parents,

Another exciting year has begun. Our enrolments continue to increase a little each year. We have 289 students registered at Osler School this fall. I am very pleased we have another classroom in our Kindergarten to Grade 3 area to accommodate our growing enrolments. Over the summer our schoolyard underwent a major change as the music portable was demolished due to structural concerns. We greatly miss the storage space and will sincerely miss that venue when our choirs start practicing for upcoming performances.

This year at Osler School is called **The Year of the High 5**. As a staff we want to highlight the great things our students do on a daily basis to make our school a wonderful place. The characteristics we are looking for in our students are described by the "High 5's" printed on our monthly newsletter and displayed around the school.

This month we are highlighting "Be respectful" and are asking students what respect looks like and sounds like in their classrooms and around the school. We will be holding seven more assemblies during the year which will highlight the "High 5's" of Osler School. These will be held on Fridays at 9:00 a.m. Please watch for dates in the monthly newsletter.

Thank you for your response to our volunteer survey. We know that the partnership between the home and the school is the foundation of creating a school where everyone is "learning and growing together".

If you have any compliments, questions or concerns, please do not hesitate to contact your child's classroom teacher, Mr. Key or myself.

Yours in Education,

Audrey Kampen



Osler School High 5's

- ✎ Be Respectful
- ✎ Be Responsible
- ✎ Be Safe
- ✎ Be Grateful
- ✎ Be Open to Learn and Grow



Division 3 BOTTLE DRIVE

The grade 8 and 9 classes will be going on their bi-annual Regina field trip in June. To fundraise for the trip, they are holding a **bottle drive** this **Wednesday, September 9th**. Students will be coming around town between 3:30 p.m and 6 p.m. to collect bottles.

If you won't be home and wish to donate to our bottle drive, **please leave your bottles on your driveway marked Osler School**. If you live out of town and wish to donate bottles, please feel free to drop them off at the school anytime next week on Tuesday, Wednesday or Thursday. We will also be making a rural bottle run on Wednesday so if you wish for us to stop at your farm or acreage, please call the school on Tuesday at 306-239-2077.

Thanks for your support! Have a great long weekend!

NOTE: Grade 8 and 9 parents: We are still in need of trucks and drivers if you are able to help out.



Students may purchase milk and juice at lunch time. The price is 75¢.

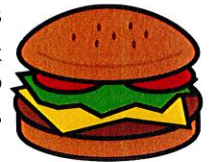
You may also buy a beverage card which enables you to buy 20 milk or juice for \$13.00.

Lunch Time for Town Students

Town students are welcome to go home at lunch. **Our lunch hour is 12:10-12:56**. A nourishing lunch away from the busyness of the classroom is often a great break for students and makes their afternoon more productive.

Welcome Back BBQ September 11th

JMSC will be hosting a "Welcome Back" barbeque. Parents are welcome to join us. Orders for parents can be included on their youngest student's food order. Community members are also welcome to join us. Those orders will be taken at the booth. The student order forms are due on Wednesday, September 9th. We look forward to some great burgers and hotdogs for lunch!



FUNDRAISING PLAN - Osler School 2015-2016

Fundraising is a way that we can support the many activities that go on at Osler School. Fundraising monies are used to pay for sports related costs (uniforms, referees, transportation costs), special guests/events, awards day costs, commencement costs, field trip travel and costs, theme activity days and supporting school improvement projects.

We are very thankful and appreciative of the support we have received in the past and hope to see that continued support this year. We have outlined a tentative fundraising plan for the year in order to make you aware and plan accordingly. Thanks in advance for your support this year!

September/October

- Apple Fundraiser led by Div. 2 (K-9 involved in selling)

November

- Possible new fundraiser led by Div. 3 to replace the Magazine Fundraiser

February/March

- Naval Orange/Grapefruit Fundraiser led by Div. 3 (K-9 involved in selling)

Other Fundraising or Donation Opportunities (tentative)

- kickoff and yearend BBQ
- monthly hot lunches (led by SLC/JMSC)
- bottle drives for Div. 3 Regina/Redberry trips
- Terry Fox Run
- Remembrance Day
- Pancake Breakfast
- Christmas Shoebox or other charitable cause

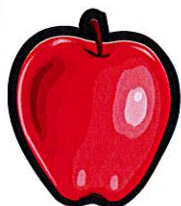
Div. 3 Magazine Fundraiser

We have made a decision to NOT continue with our annual magazine fundraiser. Sales and interest have declined over the last few years thus not making it a very viable fundraiser.

Huge thanks for your support over the years. If you have been receiving magazines, please plan to renew with the magazine company. We encourage you to support the other fundraisers in the school as funds go to benefit all the students. Thanks again.

Apple Fundraiser

Our annual fall Apple Fundraiser is underway! This year, we will be selling our regular apples; **Macs, Spartans, Golden Delicious, and Red Delicious**. We are also excited to add **Ambrosia Apples** and **Gala Apples** to our specialty list. Because of the severe weather conditions experienced in the Okanogan this year, we have had to raise the prices of our “regular” apples to **\$22** per 20 lb. box. Also, because the “specialty” apples are more difficult and labour intensive to pick, they are sold at **\$26** per 20 lb. box. We thank you, parents, for your continued support and help with this very worthwhile fundraiser. All proceeds are directed towards supporting field trips, sports teams and trips, special events and guest speakers, uniform and equipment upgrades and other improvements to enhance our school programs. The apples will be arriving at school straight from the orchards on **October 5th**. The Junior Monarchs Student Council (JMSC) is proud to sponsor this event.



Terry Fox Run

The Terry Fox School Run will be held on **Wednesday, September 30 at 1:30**. This is the 35th year that the run has been held to raise money for cancer research. Parents and community members are welcome to join us for this event. More information will be sent home.



Division II Soccer Teams

Soccer practices will begin for Grades 4 to 6 soccer players next week! **Girls** will practice next week at noon on **Wednesday and Friday**. **Boys** will practice on **Tuesday after school (3:15 – 4:30)** and at **noon on Thursday**. The soccer players will need to wear running shoes (or cleats) and shin guards to all practices. Please watch for notes regarding upcoming games and tournaments. We look forward to a fun soccer season!



Monthly Hot Lunches

Hot lunches are offered usually once a month throughout the year. The purpose of offering a hot lunch is to provide opportunity for the parents to have a break. Hot Lunches are optional. Funds raised go towards various student activities. Listed below are the tentative hot lunch dates for the fall:

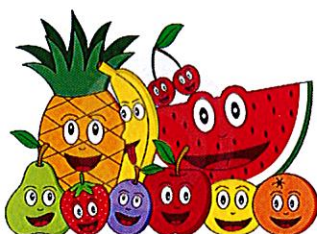
Friday, September 11 - Welcome Back BBQ
Wednesday, October 21
Friday, November 20
Friday, December 11 (School Christmas Banquet)

Healthy Snack Program

We are looking for volunteers for our Healthy Snack Program.

The Snack Program will run Wednesdays and Thursdays. Volunteers would be needed from 10 - 11 am. You can volunteer as often or as little as you like.

For more information please call or text Kathy @ 306-261-3293.



We are exploring new ways of scheduling Student Progress Conferences. We will let you know when we are ready to start booking these conference times. Please look for information coming home in the next few weeks.



Building Friendships before & after school care.
Contact Crystal Campbell at 306-220-0289 or
at buildingfriendships@hotmail.com
for more information.

Control of Communicable Diseases

Population and Public Health recommends the following measures to control the spread of disease:

- Hand hygiene, cough etiquette, staying home when ill.
- Children who have signs of illness such as fever, vomiting, diarrhea or rashes should not attend school until they are well and/or have been treated by a doctor.
- Children with the following diseases must be treated **before** returning to school:
 - eye infections
 - impetigo
 - ringworm
 - scabies
 - scarlet fever
 - strep throat
- Children with the following diseases **may not** return to school until parents call **Disease Control at 306-655-4612** to discuss a return date:
 - measles
 - mumps
 - rubella
- Children with chickenpox may return to school when they are feeling well.
- Children with pertussis may return to school when they feel well enough to do so. Children will be excluded for 5 days after they start medication or 21 days from onset of coughing attacks **only** when there is a staff person (in the same classroom as the case), who is in the last 3 months of pregnancy.
- Schools are required to report any person diagnosed with pertussis, measles, mumps, rubella to Population and Public Health by calling **306-655-4612**.

Disease	Incubation Period The time it takes for the first signs or symptoms to appear after the germ enters the body.	Infectious Period The time during which a germ can spread to other people.	Exclusion Period The time a person must stay at home to prevent the spread of infection.
Measles	7 - 18 days (rash comes 2 - 4 days after illness starts)	4 days before, to 4 days after rash appears	4 days from the time rash appears
Rubella	14 - 23 days	7 days before, to 5 days after rash appears	7 days from the time rash appears
Mumps	14 - 25 days	1 week before, and 9 - 14 days after onset of illness	5 days after swelling appears and extend to 9 if case remains symptomatic
Hepatitis B, C and HIV are not spread through casual contact, so exclusion from school is not usually necessary.			

For more information, contact the nearest Population and Public Health Office:

Saskatoon & Surrounding Area Locations		Rural Area Locations	
North East	306-655-4700	Humboldt	306-682-2626
Our Neighbourhood	306-655-3250	Toll Free	1-855-613-8205
South East	306-655-4730	Rosthern	306-232-6001
Toll Free	1-855-613-8216	Toll Free	1-888-301-4636
West Winds	306-655-4275	Wadena	306-338-2538
Toll Free	1-855-295-9166	Toll Free	1-855-338-9944
International Travel	306-655-4780	Wakaw	306-233-4363
		Toll Free	1-855-613-8205
		Watrous	306-946-2102
		Toll Free	1-877-817-9336
		Wynyard	306-554-3335
		Toll Free	1-855-613-8111

www.saskatoonhealthregion.ca/publichealth

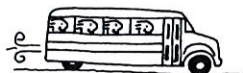
Home & School

Working Together for School Success

CONNECTION®

September 2015

Sponsored by your School Community Council



SHORT NOTES

TV-free mornings

Consider keeping the TV off on school mornings. When your child is ready for school before it's time to leave, he might draw, work on a jigsaw puzzle, or sort his baseball cards instead. Doing something that actively engages his brain, rather than zoning out in front of the television, will get him ready to learn.

Family teamwork

A big project like washing the car, painting a room, cleaning out the garage, or planting a garden can teach your youngster about teamwork. Plus, it's more fun when the whole family pitches in. An added bonus: Including younger children in adult jobs builds useful skills for later.

Parent education

Make parenting a little easier by arming yourself with as much information as possible. Look for free parent education nights offered by your youngster's school or in your community. For instance, you could learn about topics like discipline, nutrition, single parenting, or ADHD.

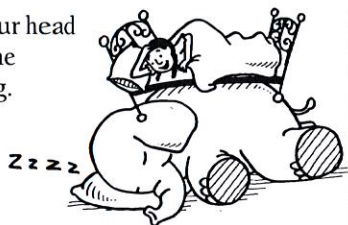
Worth quoting

"Be happy with what you have while working for what you want."
Helen Keller

JUST FOR FUN

Q: How do you know if there's an elephant under your bed?

A: Your head hits the ceiling.



Organized for success

Does your child know that being organized can help her do better in school? As she launches into the new year, here are tools and strategies for keeping track of activities, homework, and school supplies.

Use a calendar

Hang a family calendar in a handy spot, and put your youngster in charge of adding things like picture day, field trips, and study group meetings. She could also color-code days she has special classes. For instance, maybe she'll put a green dot on band day to remember her instrument and a blue dot on library day so she doesn't forget her books. Then each evening, she should check the calendar as part of her getting-ready routine.

Write to-do lists

Starting each day with a to-do list is a good lifelong habit. Your child can use her student planner or a spiral notebook to make a list in the morning or the night before. She could list items in order of importance, or put stars by the most critical tasks. And she might put a time frame by each one. ("Practice



presentation from 4 to 4:30 p.m.") Have her cross off each item as she accomplishes it—she'll feel a nice sense of satisfaction.

Make a "school zone"

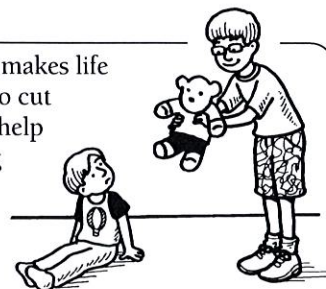
Set aside a special spot at home where your youngster can keep everything school-related. It might be in a corner of the kitchen or a basket in her room. Then, she could stock it with items like books, supplies, paperwork, long-term projects she's working on, and the school lunch menu. Encourage her to keep the area neat so she can easily find what she needs.♥

"I know how you feel"

In the classroom and at home, showing empathy makes life more pleasant for everyone—and has been shown to cut down on bullying. With these suggestions, you can help your youngster learn to sense how others are feeling and to reach out to them.

Show empathy. When your child is sad or anxious, tell him that you understand how he feels, and share a time you felt the same way. *Example:* "My best friend moved when I was 7, and I felt lonely."

Recognize empathy. If you see your child (or someone else) being empathetic, point it out. ("You could tell your little brother was upset. It was nice of you to give him your stuffed animal to hold.") Your youngster will be inspired to show empathy for others in the future.♥



Expectations: Aim high

If you have high, yet reasonable, expectations for your child, he will be more likely to rise to them. Consider this advice for setting and communicating your expectations:

- Focus on your youngster's actions rather than his intelligence. For instance, let him know you expect him to work hard, turn in every assignment, and listen to you and his teacher (rather than "I know you're smart, so you'll get good grades").



- Remind your child of your expectations regularly. You can state them directly ("I expect you to follow the rules in class") or indirectly ("I wonder what you'll study in college"). You could also express them as encouragement: "I know you'll try your best on today's science quiz."

- Help your youngster set high expectations for himself. One way is to remind him to think of himself as a good student, perhaps by mentioning past achievements. For example, if he's experiencing writer's block, pull out a creative story that his teacher wrote a nice comment on.♥

ACTIVITY CORNER

Word games to go

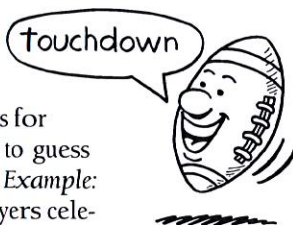
Watch your child's vocabulary grow by playing word games with her. Here are two you can enjoy anywhere you go.

Words to grow by

One person says a two-letter word, such as *do*. The next player says a three-letter word beginning with the same letter (*dog*). Then, the next person says a four-letter word that starts with the letter (*drum*). Continue until you can't think of a word that is one letter longer.

Riddle me this

Pick any word. Pretend to be the word, and give clues for other players to guess who you are. *Example:* "Football players celebrate me." "The endzone is my favorite place." "I start with *t* and end with *n*, and I have 9 letters." (Answer: *touchdown*.)♥



Q & A

Choosing an activity

Q: My daughter would like to try after-school activities this year. Should I sign her up for a few?

A: Extracurricular activities are great for helping children learn new skills and make friends who share their interests. On the other hand, too big of a time commitment to after-school clubs and teams can interfere with schoolwork, family time, and just playing and being a kid.

Look over an activity list together from the school, community center, or parks department. Then, let her pick just one to start with. For example, she might choose a running club, an arts and crafts group, or a student council committee. If she's interested in more than one, she could try one now and add another if she successfully juggles everything. You can support her by working out rides home, attending events, and asking her how it's going.♥



Steps to parent-teacher teamwork

Start the year off on the right foot with these four ideas for getting to know your youngster's teacher.

1. Try to meet the teacher as early in the year as possible—back-to-school night is a good opportunity. You'll get an overview of your child's daily routine and what he'll be learning, and you'll show the teacher you want to work together.

2. Find out the best way to stay in touch (notes, emails, phone calls). Communicate regularly

so it will be easier to reach out with questions or concerns.

3. Tell the teacher about your youngster's home life. You could write a note introducing your child and your family. ("Andy loves science and music. He and his big sister are at their dad's house every other weekend.")

4. Ask what you can do at home or in the school building to help your youngster and the teacher. She might offer tips for reading aloud to your child or invite you to volunteer in the classroom.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfecustomer@wolterskluwer.com
www.rfeonline.com

ISSN 1540-5621