

# **Perdue School News**

Principal – Mr. Jeff Chilibeck

Vice Principal – Mrs. Kristal Mason

## **Important Dates to Remember**

1. Monday, November 10 – No School – Teacher Prep Day
2. Tuesday, November 11 – No School – Remembrance Day
3. Thursday, November 13 – Report Cards – Kindergarten to Grade 12
4. Friday, November 21 – No School (Day in Lieu)

## **Principal's Message**

Due to our Grade Book program experiencing hiccups, report cards will be pushed back and handed out on Thursday, November 13<sup>th</sup>.

I would like to thank all the parents who attended student-led conferences on October 23<sup>rd</sup> and 24<sup>th</sup>. It is our goal to increase parent engagement in their child's learning, and student led conferences are one way of contributing to this goal. We hope to take the feedback from the surveys completed by parents, while working with representatives from the division office, to improve our presentation for the next round of interviews. So, once again thank you for your feedback and we look forward to seeing you again at the next interviews.

Grade 9 – 12 students will be attending a Career Day on Monday, November 3<sup>rd</sup>. Students will have the chance to attend various seminars and booths that will provide information about post-secondary options.

Wednesday, November 5<sup>th</sup> is Take Your Child to Work Day. Students in Grade 9 will have the opportunity to attend work with their parent or other jobsites by arrangement.

## **Perdue Wheatland Regional Library**

Perdue Wheatland Regional Library is once again hosting a "Bake Sale" at the Perdue School Christmas Concert.

This fundraiser gives us access to a little more money which supplies the library with extra books and reading material which is beneficial to our children and the rest of the community.

We are once again asking the community for donated baking. The Library Board would like to thank the Community of Perdue for your continued support. This fundraiser allows us to supply the "Little Extras" in our Library.

We will have more information as to times, etc. in the next newsletter.

Thanking you in advance.

Perdue Wheatland Regional Library Board

# Home & School

## Working Together for School Success

### CONNECTION®

November 2014

Sponsored by your School Community Council



#### SHORT NOTES

##### Coding for kids

Your child isn't too

young to learn about simple computer programming. In fact, coding games, apps, and classes can help her develop problem-solving and critical-thinking skills—and she may discover her future career! Try a free mobile app like Kodable or Tynker, or a website such as Scratch or Mozilla Thimble.

##### Let's cook together

When you're making holiday meals, ask your youngster to help you. You'll spend time together, and he'll feel proud of his contributions (tearing lettuce for a salad, peeling potatoes to mash). *Bonus:* Following recipes, measuring ingredients, and seeing chemistry in action build skills that will help your child succeed in school.

##### Be honest

Does your youngster know that honesty is a habit? If you see her being dishonest (say, you overhear her telling a friend she's sick to get out of plans they made), explain that people may hesitate to trust her in the future when they find out the truth. *Tip:* Set an example of telling the truth yourself—she is likely to follow your lead.

##### Worth quoting

"Often when you think you're at the end of something, you're at the beginning of something else." *Fred Rogers*

#### JUST FOR FUN

**Q:** How do porcupines play leapfrog?

**A:** Very carefully!



## Our family's rules

Personalized, positive, and consistent—these are characteristics of rules that children tend to stick to. Consider these suggestions for creating rules that make sense for your family.

##### Decide what matters

Let your youngster know that your rules might not be the same as his friends' rules. For instance, some families eat only in the kitchen, while others allow food elsewhere in the house. It's easier for kids to remember a few simple rules instead of a long list, so pick ones that you really care about.

##### Involve your child

Try this: Sit down together with poster board, pencils, and crayons, and talk about what's important in your house (for instance, treating each other nicely or cleaning up after yourselves). Have your youngster write each rule in his own words and illustrate it. Encourage him to write rules that sound positive ("Knock before entering a room") rather



than negative ("Don't open a door without knocking").

##### Follow through

Enforcing rules consistently is a key to success. If you allow snacks in the living room "just this once," your child may ignore the food rule in the future. Also, let him know what the consequences are for breaking rules. Be sure to relate the consequence to the rule so he understands the connection (*example:* writing a note of apology after speaking unkindly). ♥

## Learning is for everyone

To raise a curious, thoughtful youngster, show her that learning doesn't end when you grow up. Here's how.

● **Share your discoveries.** You've probably asked your child after school, "What did you learn today?" Why not tell her what you've learned, too? You could take turns around the dinner table sharing one thing you know now that you didn't know when you woke up.

● **Ask questions.** Have you ever wondered why geese fly in a V formation or whether an avocado is a fruit or a vegetable? Try asking your youngster. If she doesn't know either, look it up in a library book or online. She'll see that you want to learn new things—even though you're an adult! ♥



## Fall for math

Whether your youngster is collecting autumn leaves or eating freshly picked apples, you can add in math practice.

**Leaf arithmetic.** Take turns rolling two dice on the sidewalk. On each turn, add the numbers together, and collect that many leaves from the ground. For example, if you roll a 3 and a 5, gather 8 leaves. Keep a running tally, and the first player to collect 25 leaves wins. *Variation:* Older kids could multiply the numbers on the dice.



slices, or  $\frac{4}{8}$ ) are the same as 1 red half—because  $\frac{1}{2}$ ,  $\frac{2}{4}$ , and  $\frac{4}{8}$  are equivalent fractions. ♥

**Apple fractions.** Colorful apples are a tasty way to explore fractions. Slice a red apple in half, a yellow one in quarters, and a green one in eighths. Then, ask your child to put  $\frac{1}{2}$  of each apple on a plate. How many slices of each color will equal  $\frac{1}{2}$ ? She'll learn that 2 yellow quarters (2 out of 4 slices, or  $\frac{2}{4}$ ) and 4 green eighths (4 out of 8

## ACTIVITY CORNER

### DIY art supplies

Spark your child's creativity by letting him make his own art supplies. Try these two ideas.

#### 1. Puffy paints

Your youngster can use custom-colored paints to create 3-D art. For each color, he should mix  $\frac{1}{4}$  cup shaving cream and  $\frac{1}{4}$  cup glue. Have him add food coloring until he gets the exact shade he wants and stir until stiff peaks form. Then, give him a paintbrush and construction paper to create his masterpieces.



#### 2. Scented play dough

Use different flavors of powdered drink mix to whip up clay that smells yummy. In a saucepan, your child should combine 1 packet drink mix plus 1 cup flour, 1 cup water,  $\frac{1}{2}$  cup salt, 1 tbsp. vegetable oil, and 2 tsp. cream of tartar. Stir it over low heat until it's the consistency of play dough. When it cools, he'll be able to mold the dough into sculptures. ♥

## OUR PURPOSE

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

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## Q & A

### Parent-teacher conferences: What to ask

**Q:** I want to prepare for my upcoming parent-teacher conference. What questions should I ask about my son?

**A:** It's good that you'd like to plan ahead. You'll want to find out how your son is doing academically as well as socially, so you might ask questions like "Does he usually finish assignments on time?" or "Does he get along with the other kids?" You could also ask what you can do at home to help him.

Another idea is to find out what your child would like you to bring up during the conference. He may wonder how he could improve his language arts grade or when the class is going to learn about the Middle Ages.

**Tip:** If your youngster has an IEP (Individualized Education Plan), ask how he is progressing toward his goals and whether he's using his accommodations. ♥



## PARENT TO PARENT

### Turning off cell phones

Like most people I know, I tended to pull out my phone frequently to check email, text friends, or look at Facebook. One day, my daughter Kate surprised me by complaining that I was "always" on my phone.

I realized that she was right and that my phone was distracting me from conversations with Kate and the rest of my family. Not only was this impolite, but it kept

me from really hearing things they said to me. Plus, it occurred to me that when Kate gets a phone, I won't want her on it all the time.

Now I'm more aware of my phone use. I make sure to leave it in my pocket when we're out and to check it only occasionally at home. I'm hoping Kate now sees that she's much more important than my phone, which is, of course the truth! ♥



## School News Clips

### September: What Do I Pack for Lunch?

When packing your child's lunch try to include one food from each of the 4 food groups in Eating Well with **Canada's Food Guide**, and let them help decide!

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

### October: Misleading Food Claims

- A food product '*made with whole grains*,' does not always mean a healthy choice. To find a better grain product, choose one that has more fibre, lists a whole grain as the first ingredient, and does not have sugar as the first or second ingredient.
- A '*low fat*' or '*fat free*' food product is not always a better choice. Often when the fat is removed, more sugar and other flavourings is added

### November: Healthy Half Time Snacks

Good nutrition will help provide kids with the energy they need to have fun and perform well during sports and other physical activities. Regular, nutritious meals and snacks will provide enough energy for kids active for 60 minutes or less.

### December: Food Environments

Research shows that our food environments influence the way we eat. Childhood is a time to teach enjoyment of a variety of nutritious foods, to develop good eating habits and to establish a healthy relationship with food.

Make a goal to have nutritious foods more available and less nutritious foods less available!

# Misleading Food Labels

## Is it really as healthy as it sounds?

Is it healthier if it says it is '*made with real vegetables or fruit*'?

**NOT ALWAYS**

**Examples:** breads, chips, pasta, fruit beverages, fruit snacks.



***So why aren't they always the best choice?***

- Sometimes they have very little vegetables or fruit added.
- The rest of the product may still be high in sugar, sodium and/or fat.

If a food product says it is '*made with whole grains*,' does that make it a healthy choice?

**NOT ALWAYS**

**Examples:** breakfast cereals, breads, chips, cracker snacks.



***So why aren't they always the best choice?***

- Sometimes only small amounts of whole grains used.
- The rest of the product may still be very high in sugar, sodium and/or fat.
- To find a better grain product, choose one that has more fibre, lists a whole grain as the first ingredient, and does not have sugar as the first or second ingredient.



Is a '*low fat*' or '*fat free*' food product always a better choice?

**NOT ALWAYS**

**Examples:** ice cream, yogurt, gummy candies.



***So why aren't they always the best choice?***

- Often when the fat is removed, more sugar and other flavourings is added.
- May also be low in other healthy nutrients.

If a food product claims to be '*All Natural*,' does that mean that it is 'all good for you'?

**NOT ALWAYS**

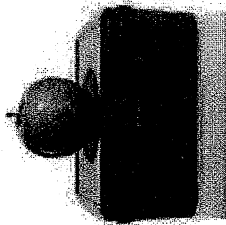
**Examples:** deli meat, chips, pop, fruit beverages.



***So why aren't they always the best choice?***

- The only requirements for a product to be labeled as 'all natural' is that it not contain added colours, artificial flavours, or synthetic substances.
- Therefore, products that are full of preservatives like sodium or have high fructose corn syrup can be considered "all natural."





# What Should I Pack for Lunch?

Quick and nutritious lunch ideas...

## Grain Products + Meat and Alternatives

- ✓ Sandwich on a whole grain bun, bread, bagel, or English muffin with canned fish, turkey slices, ham, or leftover chicken.
- ✓ **Black Bean and Rice Medley**
- ✓ **Roast Beef Roll-Ups** – Lay sliced roast beef, mozzarella cheese and lettuce on a soft tortilla
- ✓ **Pasta salad**
- ✓ Hard-boiled egg and a homemade muffin
- ✓ Leftover chili and whole grain crackers
- ✓ **Hummus and pita triangles**

## Vegetables and Fruit

- ✓ Raw **veggies** like carrot sticks, cucumber slices, red and green pepper rings, zucchini sticks and broccoli, served with or without a low-fat yogurt dip, cottage cheese or hummus
- ✓ Fresh **fruit** like grapes, bananas, orange wedges, apple, pear, strawberries, and melons
- ✓ Small packets of **dried fruit**

## Milk and Alternatives

- ✓ Milk
- ✓ Cheese (shredded, cubed, sliced)
- ✓ Yogurt
- ✓ Fortified soy beverage

When packing your child's lunch try to include one food from each of the 4 food groups in Eating Well with **Canada's Food Guide**, and let them help decide!

Vegetables and Fruit  
Grain Products  
Milk and Alternatives  
Meat and Alternatives

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

## Black Bean and Rice Medley

### Ingredients

- 3 cups cooked rice, cooled to room temperature
- 16-ounce can of black beans, drained and rinsed
- 1 large tomato, seeded and chopped
- ½ cup shredded Cheddar cheese (optional)
- 4 green onions, chopped
- 1/3 cup light Italian dressing
- 1 tablespoon lime juice (optional)

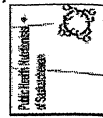
### Preparation

1. Combine rice, beans, tomato, cheese and onions in a large bowl.
2. Pour dressing and lime juice over rice mixture and toss.

For other ideas and tips for a great lunch visit [www.dietitians.ca](http://www.dietitians.ca)



Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2014)





## PERDUE DAYCARE NEWS – NOVEMBER

November has arrived and we are lucky to have such great weather!

Our themes for November will be Poppy's and red, Space and All About Me!

Thanks to everyone who came out to our Spooky Halloween party. We had a lot of fun!

### PLEASE JOIN US!

We are currently looking for Parents and Community Members to join our Board for the 2014-2015 year. Our Board meets once a month and makes decisions with regards to the centres operations, fundraising, and community involvement. **New Board members will be elected at our Annual General Meeting Thursday DECEMBER 4, 2014 at 7:00pm at the Daycare. This meeting is open to anyone in the community who wishes to attend.** Childcare is provided free of charge. We Hope to see you there☺.

### Please mark your Calendars:

- There is No School on Monday November 10<sup>th</sup>. Please call in advance if you need childcare for the day as space is limited.
- We will be closed on Tuesday November 11th.

Thank – you to everyone who supported and helped out with the community calendars! We will be calling you to pick them up at the daycare once they arrive in December.

### TO DO LIST:

Please send boots, mittens, toques and splash pants for your children to wear in the playground. It's getting chilly in the afternoons.

**MONDAY NOV. 10<sup>TH</sup> WILL BE  
PJ AND MOVEMBER  
MOUSTACHE DAY!**





# November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Day F6 Kindergarten	4 Day A1	5 Day B2 Kindergarten	6 Day C3 Soup/Bun—2.50	7 Day D4 Kindergarten	8
9	10 No School Teacher Prep Time	11 No School Remembrance Day	12 Day E5 Subway	13 Day F6 Kindergarten Report Cards-K-12 Soup/Bun—2.50	14 Day A1	15
16	17 Day B2 Kindergarten	18 Day C3	19 Day D4 Kindergarten	20 Day E5 Soup/Bun—2.50	21 NO SCHOOL Day In Lieu	22
23	24 Day A1	25 Day B2 Kindergarten Pizza Day	26 Day C3	27 Day D4 Kindergarten Soup/Bun—2.50	28 Day E5	29
30						

