



Principals Message:

A big “Thank you” to all parents who attended our Student Led Conferences this month. It was great seeing everyone! If you were unable to attend and would like to talk to your child's teacher, please don't hesitate to call and set-up an appointment. We are happy to meet with you at a designated time.

I would like to again, thank our coaches for volunteering their time to provide extra-curricular opportunities for our students. In addition to all the work in the classroom, it is these opportunities that allow students to connect with teachers on a different level.

Reminder : report cards will be handed out for all students on Friday Nov. 6th

On Monday Nov. 2nd our gr. 11/12 students will be travelling to Saskatoon to attend the “See Your Future” career day. This is a wonderful experience for our students, which allows them to gather information on post-secondary careers

On Wed. Nov 4th the grade 9's will be attending “Take Your Kid To Work” day.

Student Led Conferences

We would like to thank all the families who came out and participated in our Student Led Conference Evenings last week. The school was filled with great energy. The teachers and the students worked very hard preparing for the evening and were very proud to showcase their work and reflect on their learning. In this newsletter there will be a parent survey asking families to reflect on the night. We appreciate the feedback we have already received. A few people mentioned

that they prefer the “old” process of interviews where the parent and teacher meet and the student is excluded from the process. The traditional parent teacher conferences do little to help dialogue between the parent, teacher and child who is the most important participant in learning. Through the Student Led Conference Process, students assume ownership, they are given opportunity to talk about and reflect on their learning. Student Led Conferences generate conversation between all parties involved. The reason we have moved to the Student Led Conference process is because we believe it is an opportunity to celebrate a child's learning, to show growth over time and provide parents with a better understanding of their child's learning process.

Another concern that has been expressed about the Student Led Conference process is around privacy. We have tried as a staff to be aware of this concern when setting up the evening by arranging the tables at greater distances to allow for more privacy. **We also provided parents with the opportunity to request a time to speak to a teacher individually in a private setting for a short period of time.** We do believe that Student Led Conference time should not be the first time parents or teachers are discussing issues of concern. We encourage our staff to communicate to parents and students on a regular basis. Many of our teachers are using the Remind 101 app to share updates. Contact your child's teacher if you have not signed up for this great communication tool. Please contact the school or your child's teacher at any

time to discuss your child's progress or if you have any concerns. We are more than happy to talk to you in fact we encourage families to feel like they can come in at any time. Below is the survey link we encourage you to fill out for feedback. All parties who complete the survey will be entered in a draw to win 2 general admission movie passes.

Jeff Chilibeck and Kristal Mason

Student Led Conference– Survey

<https://www.surveymonkey.com/r/NKL8G9C>

School Booth:

Punch cards for the booth are always available for students to purchase.

We do have a number of I.O.U's at the booth that we hope to get cleared up soon.

Tid Bitz:

Important Dates

Nov. 6: K-12 Report cards

Pizza Day

Nov. 9-11: No School

Nov. 19: Picture Re-takes

Nov. 25: Subway

* Soup every THURSDAY*

Sports

Junior Boys Volleyball

I would just like to thank all the boys for a great season. It was a learning season for many of our players this year. They got a chance to learn some new skills and play a few games. I look forward to working with these younger players over the next few years. For our older players it was their last chance at a run to the junior boys volleyball districts. They won the first round against Langham this week and hosted Delisle later in the week in second round. Unfortunately we fell a little short but they played well and should be proud of themselves. I want to say I have enjoyed coaching you over the last few years and wish you luck as you move into the senior category. I also need to thank the parents for their help with the home tournament and driving us to our exhibition games and tournaments.

Until next season,

Mrs. Mason

Family Health Information

- ◆ Click on the hyper-links below to get informative information

Family Health Information

- ◆ [Safe School Lunches](#)
- ◆ [Impetigo](#)
- ◆ [E-Cigarettes](#)
- ◆ [HIV Not your problem...Think Again!](#)

Find more family health info at:
www.saskatoonhealthregion.ca
(Search: school newsletter inserts)

HEALTHY STUDENTS = BETTER LEARNERS



Population and Public Health

Sneak Peek into December



Dec. 16 : Christmas Concert

Dec. 18 : Christmas Dinner

Dec. 21– Jan.4: Christmas Holidays

Growing Smiles

FUNDRAISING



Grade 3/4 and 5/6 classes will be starting their fundraiser on Nov. 1st to Nov. 27th. Each grade is seeing who can sell the most! All proceeds go to their future field trips. Pick-up date is Dec. 10th. Please make cheques payable to Perdue School P.C.P.P

6.5" Premium Poinsettias




22" Berries & Bows Wreath (Fresh)



10"Holiday Planter



November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Day 6 Kindergarten	3 Day 1	4 Day 2 Kindergarten	5 Day 3 Soup	6 Day 4 Kindergarten - K-12 Report Cards - Pizza Day	7
8	9 NO SCHOOL	10 NO SCHOOL	11 NO SCHOOL Remembrance Day 	12 Day 5 Soup	13 Day 6 Kindergarten	14
15	16 Day 1	17 Day 2 Kindergarten	18 Day 3	19 Day 4 Kindergarten Retakes Soup	20 Day 5	21
22	23 Day 6 Kindergarten	24 Day 1	25 Day 2 Kindergarten Subway	25 Day 3 Soup	27 Day 4 Kindergarten	28
29	30 Day 5					



Nut Alert!

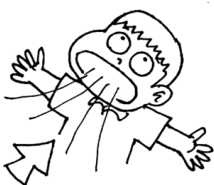
Nut allergies can be life threatening.

Even if your own child does not have a nut allergy, take time to teach your child some simple rules for when they are at school. This will help keep all children safe!

Simple rules to teach your child for school:

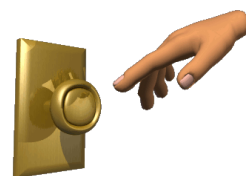
Eating or breathing in:

- Don't share food. Only eat the food that is made for you!
- Don't share things that can have any food or drinks on them such as utensils, cups, bottles, or straws.



Touching things:

- Wash your hands before eating or after touching your nose, eyes or mouth.
- Make sure you wash your hands long enough; sing a song that lasts about 30 seconds.



A quick snack idea that even your child can make for school:

Banana Tortilla Spirals

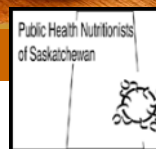
1 whole wheat tortilla
2 tbsp soy nut butter
sunflower seeds, shelled
raisins
1 banana, peeled

- Spread the soy nut butter on the tortilla.
- Sprinkle sunflower seeds and raisins over the nut butter.
- Place the banana on one edge of the tortilla.
- Roll up the banana tucking in the ends.
- Saran wrap and refrigerate for 30 minutes before slicing into bite size pieces. Yum!



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Distributed by Cassandra Touet, Public Health Nutritionist, Saskatoon Health Region



Home & School

CONNECTION®

Working Together for School Success

November 2015

Sponsored by your School Community Council



SHORT NOTES

Take good notes

Help your youngster practice note taking with this idea. During a family discussion, appoint him as secretary. Explain that he doesn't have to write every word that's said, and he can use abbreviations and symbols. Instead of "We are going to Katie's chorus concert on Friday at 7 p.m.," he could write, "Katie's chorus Fri @ 7."

Dress for the weather

Your child will enjoy winter recess more—and get more exercise—if she's warm enough. Plan ahead by making sure she has a winter coat, mittens or gloves, a hat, and boots. *Note:* If your family needs assistance getting these items, let the school counselor know, and she may be able to help.

Make your own audio books

Would your youngster like a collection of audio books? Encourage him to record himself reading favorite stories aloud. He can practice using expression by trying a different voice for the narrator and for each character. Then, he'll be able to play back the recordings whenever he wants to listen.

Worth quoting

"The beautiful thing about learning is that no one can take it away from you." B.B. King

JUST FOR FUN

Q: When you lose something, why do you always find it in the last place you looked?

A: Because once you find it, you stop looking!



Parent-teacher conference FAQ

Whether this will be your first parent-teacher conference or you've already been to several, these answers to common questions will help you get the most out of your meeting.

Q: What should we expect at a typical conference?

A: The teacher will tell you what your child does well, show you work samples, and go over any problems. She may also explain how she's helping your child and suggest things to try at home. Plus, you can share information about your youngster.

Q: How can I prepare for our meeting?

A: It's helpful to write down questions ahead of time. You could ask about schoolwork, your child's behavior, and how she gets along with others. Also, include anything your youngster wants you to discuss.

Q: My child isn't having problems in school. Do I still need to attend the conference?

A: Yes! A conference lets you talk one-on-one with your youngster's teacher and hear how your child is doing. And



it strengthens your relationship with the teacher so it will be easier to reach out to her in the future.

Q: I'm nervous about going into the school and talking to the teacher. How can I feel more comfortable?

A: Keep in mind that the teacher wants you to be her partner in your child's education. Knowing that you are welcome—and needed—may help you feel confident. Arrive early so you're not rushed, and arrange child care (perhaps swap with another parent) so you can talk without distractions.♥

Explain your math thinking

"I know that $3 \times 26 = 78$ because 3 quarters = 75 cents, plus 3 more pennies = 78 cents!" When your youngster explains how he solved a math problem, it helps the process become more automatic for him. Encourage him with these ideas.

Talk. Let your child hear you do math out loud when you calculate a tip or estimate how long a car trip will take. He'll discover different ways of solving problems and learn that math thinking is an important part of everyday life.

Listen. When your youngster finishes his math homework, pick a random problem, and ask him to explain how he figured it out. Talking it through will deepen his understanding of math concepts—and it may help him correct any errors or find a more efficient method.♥



Steps to project success

School is full of projects, from science experiments to social studies reports and more. No matter what kind of project your youngster has, these steps can help him do his best.

1. Pick a topic. Your child will enjoy his project and learn more if his topic interests him. If the teacher assigns a project about the Middle Ages, a Lego fanatic could build a castle to use in his presentation, for instance.

2. Do research. Encourage your youngster to become an expert on his topic, whether he's experimenting with simple machines or researching state history. He should do this by



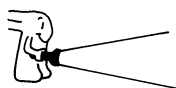
reading various sources, such as nonfiction books, textbook chapters, magazine articles, and websites.

3. Make visuals "pop."

A bright background in his rain forest diorama or a colorful bar graph on his science project poster will catch his teacher's eye. But visuals must also be neat and accurate—for example, he wouldn't include an elephant in his rain forest.

4. Review and rehearse. Have your child look over his project carefully to make sure he addressed all the requirements. If he has to present it to the class, let him practice in front of you so he'll work out the kinks and feel confident.♥

ACTIVITY CORNER



My name, your name

Your child's name is a big part of her identity. Encourage her to explore it with these activities that help her learn about culture, history, and geography:

- Tell your youngster the story of her name—why and how you chose it. Perhaps she is named after a relative or the name is important in your religion. Then, let her look it up in a baby-name book or online.



- Have your child research relatives' and classmates' names. She will discover what the names mean and what countries they're from. Together, find the countries on a map.

- Visit ssa.gov/oact/babynames to see the most popular baby names by year. For example, John and Mary were number one a century ago, while last year it was Noah and Emma. Build thinking skills by asking "Why do certain names become popular?" or "Why do you think Noah and Emma are most common now?"♥



In control of fears

Q: I have twin girls. Suddenly, one is scared of storms, and the other is afraid of dogs. What should I do?

A: Fears are normal for kids—typical ones include bugs, the dark, and doctors, as well as storms and dogs. The good news is that most childhood fears go away over time. Try talking to your girls about their fears and coming up with strategies so they feel more in control.

With your daughter who fears storms, discuss ways your family prepares for weather emergencies. Then, let her do a specific task like gathering flashlights and placing one in each room.

You could have your other twin check out library books about dogs. Often, being more knowledgeable about something can make it less frightening.

Note: If either girl's anxiety interferes with sleep or schoolwork, talk to her doctor.♥



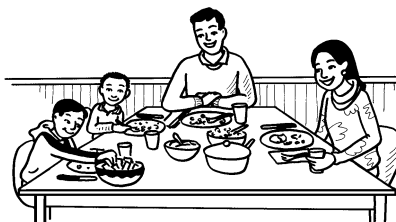
A bowl full of thanks

As we were discussing our Thanksgiving plans, my son Bradley remembered our tradition of going around the table and saying what we're thankful for. Then he asked a good question: Why do we only talk about being thankful one day a year?

His question led to what we hope will become a new year-round tradition. Once a week before dinner, we each get a slip of paper and write one thing that made us feel thankful

that week, such as a delicious lunch or seeing an old friend. We put the slips in a bowl. Then, we take turns pulling out a slip and reading it aloud—and everyone tries to guess who wrote it.

We have only done this twice so far, but Bradley said that now he regularly thinks about what he's thankful for so he has something to share at dinner. And it's fun to guess why others are thankful!♥



OUR PURPOSE

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

Resources for Educators,
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Healthy Snack and Meal Ideas for School Family Nights

With school, work, meetings, and extra-curricular activities, it can be difficult to schedule time with your family. School family nights give opportunities to reconnect with your family in a fun-filled evening complete with tasty healthy meals or snacks that are easy to prepare!

Snack Ideas

- Raw vegetables with hummus (chickpea dip)
- Whole grain crackers topped with light cheddar cheese
- Cut up fruit with yogurt as a dip
- Plain popcorn sprinkled with parmesan cheese
- Fruit salsa with baked pita bread (see recipe below)
- Popsicles made with fruit and yogurt

Meal Ideas

- Quesadillas made with cheese, chopped vegetables, and beans
- Whole wheat pita pizzas with vegetables and cheese
- Baked chicken tenders with Tzatziki sauce and baked sweet potato “fries”
- Tuna salad sandwiches and vegetable kabobs
- Vegetable fajitas topped with cheese
- Hamburger soup with a whole wheat bun

Quick Tips

- Serve milk or water instead of pop or juice.
- Adding strawberries and lemon to water is a great way to boost the flavor!

Fruit Salsa Recipe

2 peaches, chopped
 2 nectarines, chopped
 4 kiwi, chopped
 2 16oz containers of strawberries, chopped
 1 tablespoon lemon juice
 1/4 cup strawberry jam

Add all of the fruit to a large bowl, drizzle with lemon juice and jam and lightly fold. Serve with baked pita wedges sprinkled with cinnamon.



PERDUE CURLING RINK NEWS

Open League Curling starts Monday, January 4th @ 7:30 p.m.

The League will run on Monday and Wednesday nites. The fee is \$80/Adult or Students to Gr. 12/\$40. If you would like to enter a team, be on a team or the sub list- please contact Vivian Eaton @ 237-4489 by Monday, December 21st.

Kids Curl will be one day a week for 6 weeks starting in the new year (if there is enough interest). It would be after school on the day that works best for the most kids.

The cost is \$ 2.00 per child per week. This is for kids in Grades 1-6. Helmets must be worn by beginners!!!

**The rink is also available for rent \$20/Hour or \$150 day
Contact Marilyn Moon @ 237-9161.**

**THE MANAGEMENT
PERDUE CURLING CLUB**
