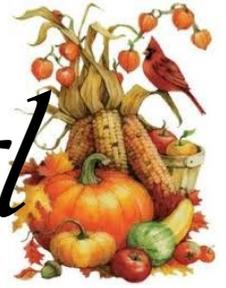




Gault's Journal



Dear Parents/Guardians

Happy November Everyone!

Now that Halloween is done and the kids had their fun, it's time to turn your attention to the end of term. Report cards will be going home this month and we have parent-teacher interviews November 22 and 23. Interview times will be sent home shortly so keep an eye open for the appointment sheet. I encourage all parents to attend the interview session to meet with teachers and to speak about your child's progress. Marks and comments only tell part of the story. Speaking with teachers can provide great insight.

I hope you have an enjoyable November. Before you know it, it will be Christmas Holidays.

Mr. Brindle, Principal

November 2017

Special Points of Interest:

- November 6, 23, 24 - Ped days
- November 15 - We Day!
- November 17- Photo retakes
- November 14 - Report cards go home
- November 14 - PPO meeting 7:00 p.m.
- November 22 & 23 Meet the teacher interviews (further info to follow)
- November 29 - Governing Board 6:45 p.m.

This and That:

Should you need to change your child's afterschool schedule, ie, from Bus to Daycare, please advise the office before 12:00 p.m., to ensure all parties are aware of the change. If there is no answer please leave a message.

This is for the security of your child.

Should your child be absent, please call the office and leave a message advising name and class of your child and the reason for their absence.

Uniformes

Je suis au courant de la situation avec les uniformes de Sauné (manque d'inventaire). Sachez que nous sommes en train de trouver une solution à ce problème.

Nous vous demandons d'être patients et compréhensifs.

A fin d'aider le plus de parents possible, j'ai une demande à faire. Si vous avez des vêtements d'uniformes que vos enfants ne portent plus, vous pourriez les donner à l'école afin que nous puissions faire une vente d'uniformes usagés avec un inventaire plus important que ce que nous avons maintenant.

Je sais que c'est une solution temporaire et soyez sans crainte nous travaillons sur des futures solutions.

Denyse Griffiths

VENTE D'UNIFORMES USAGÉS: JEUDI 16 NOVEMBRE - CASH ONLY

Book Donation

A big thank you to Krista Petrakos for donating a large box of well loved books to Mrs. Patel's class.

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Healthy Eating and Active Living

Falling leaves. When the leaves start falling, head out back or to a park so your family can enjoy the season—actively!

Fill the basket. Put out two big baskets, and divide into two teams. Race to see which team can fill its basket first—by scooping up armloads of leaves and running to dump them in.

Create a maze. Together, rake leaves into a maze. You could make a square maze, a circular one, or one that twists and turns. Then, walk or run through its path. Or your child might ride his bike or push toy trucks through the maze.

Toss and catch. Throw handfuls of leaves high in the air. Run around to catch as many as you can as they come down. Count the leaves to see who got the most. Eat leaves. What? Okay, you're not going to eat the leaves that fall from trees, but see if your children can name any leaves that we *do* eat. *Hint:* Lettuce, cabbage, and spinach are a few examples. After playing in leaves all afternoon, make a salad filled with leaves for dinner.



"Grab and Go" Breakfast Ideas:

- ◆ Hard boiled eggs - Hard boil eggs the night before and simply add a piece of fruit, a slice of whole grain toast, and a glass of milk in the morning.
- ◆ Fresh berries and fruits - Prepare small bags of your favourite berries and sliced fruit. Add the contents of the bags to yogurt in the morning.
- ◆ "Rise and Shine" breakfast burritos - Prepare burritos (scrambled eggs and shredded cheese on a whole wheat or corn tortilla) in batches and freeze in individual bags for busy mornings. Thaw the frozen burritos in the fridge overnight or in the microwave in the morning.
- ◆ Easy Smoothies - Blend the ingredients of the smoothie the night before and leave in the fridge overnight. Play with different combinations of fruit, yogurt and milk.
- ◆ Whole grain pancakes - Make extra pancakes on the weekend and freeze leftovers in bags. During the week, remove the bags from the freezer and either let thaw overnight in fridge or reheat in the microwave in the morning. Tip: add oatmeal to pancake batter to increase fiber content.

Nothing is more comforting than a large bowl of Chili on a chilly November day...

In a large pot, heat 1 tbsp. canola oil, and sauté 1 chopped onion. When soft, add 2 cups shredded cooked chicken, 1 can black beans (drained, rinsed), 1 can pumpkin, 1 large can diced tomatoes, and 1 cup frozen corn.

Season with 2 tbsp. chili powder, 1 tbsp. cumin, and 1 tsp. cinnamon.

Simmer on low heat for 45-60minutes.



CLC News

- **Parent Volunteer Needed: BOKs coordinator.** Monday and Tuesdays at lunch time= 2 hours a week. Helping the junior BOKs leaders plan their training and helping them animate their sessions. Contact Brooke Wilson if you are interested.
- **Lead, Read, Succeed** will be continuing this month; this time with selected students in grade 1. PRAQ has been conducting interactive reading times, developing a love and interest for reading in our students!