

Gault's Journal

Dear Parents/Guardians

It is hard to believe that September has already come and gone. In just 5 short weeks we will be at the end of Term 1. Please make sure to follow up with your child's teachers to verify their progress. If there are concerns or issues, it's always best to address them early.

With the colder weather coming, changes occur on a daily basis. Mornings are cooler and afternoons warm up. Make sure to send your child to school appropriately dressed for the change of season.

Please make sure to read every evening with your children. Reading together not only improves literacy for our children but can provide some nice family time as well.

Have a nice fall.

Mr. Brindle, Principal

October 2017

Special Points of Interest:

- **October 3, Cross Country**
- **October 5 & 6, Ped days,**
- **October 9, Thanksgiving Holiday**
- **October 25, Governing Board**
- **October 26, Community 5 à 7 at Gault**

This and that:

Should you need to change your child's afterschool schedule, ie, from Bus to Daycare, please advise Veronika before 12:00 p.m., to ensure all parties are aware of the change. This is for the security of your child. **Please ensure that the message is received by the secretary. If you leave a message, call back to make sure the message was received.**

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.

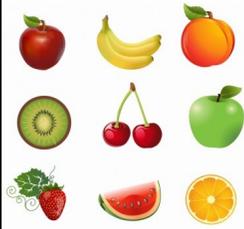
FACEBOOK: Please check us out on Facebook, we ask that you "like" us. We will be using Facebook to pass on school information.

Inside this Issue:

<i>Principal's Message</i>	1
<i>This and That</i>	1
<i>CLC News</i>	1
<i>H.E.A.L</i>	2
<i>Paper free</i>	2

CLC News

- *October 26th, Gault will be hosting its community 5 à 7. Come out and support your school, eat spaghetti, and enjoy some family time. Each class will be participating in a pumpkin decorating competition the week before. Come out and vote for your favorite pumpkin during our community evening! The winner will be announced that evening.*
- *Lead, Read, Succeed has started this month. Selected students in grade 1 get extra reading practice with our community partner, PRAQ.*



Healthy Eating, Active Living (H.E.A.L.) - Please note that we only eat the following foods during snack. This is to teach and model for our students the ideas behind healthy eating, active living. We ask that you provide any one of the following snacks for your child's morning snack: Yogurt, cheese and crackers, fruit, vegetables and dip, applesauce (unsweetened), peanut-free granola bars, hard-boiled eggs, juice box (not fruit drink), V8. **NO cookies, cakes, soft drinks, fruit roll-ups.** We thank you for your support!

Flu and Cold Season is upon us again! Please be advised that should you child come down with the flu or cold accompanied by fever, please make sure that your child remains at home. Fever can be a sign of an infection and infections can spread. As a rule children with fever or those contagious should remain at home for a minimum of 24 hours.

Safety and Security

1. Please be advised that electronic devices and any toys should be left at home. The school is not responsible for any lost or misplaced items.
2. Also with the changing weather, please make sure to dress your children appropriately.
3. Bus safety is a concern. Please remind your children to remain seated at all times and to listen to the bus driver. If your child receives 3 warnings from the driver, they may lose bus services.

Thank you!

Active Living/Active Families

Family Activities and exercise help children focus better at home and at school as well as provide some quality time together. Try this Active Living Tidbit on for size...

FAMILY FITNESS TIME

Get your youngsters thinking about ways to be active by putting them in charge of a regular family fitness night. Begin by setting aside one night a week for "The Smith Family Fitness Night." Be sure to mark it on your kitchen calendar, along with whose turn it is to be the leader. That person gets to decide on the week's activity.

Share these four ideas to get your children thinking.

1. Play kickball.
2. A jump-rope contest.
3. Create an upbeat playlist, and dance to the music.
4. Have wheelbarrow races (hold another person by her legs as he/she "walks" with her hands)

Healthy Eating = Healthy Families

Did you know? Oatmeal contains fiber that will keep your youngster feeling full and satisfied through a morning of school. Help her make her own "instant oatmeal" with this easy recipe:

- ◆ Combine 1-3 cup quick oats, 2 tbsp. golden raisins or dried cherries, and 2 tbsp. nuts (any kind).
- ◆ Add 2-3 cup boiling water, cover, and let sit for 3 minutes.

Kid Challenge!

Challenge your youngster to eat colors matching his clothes. Say he's dressed in blue jeans and a white T-shirt with a green and orange design. He might have blueberries for a snack, cauliflower and a green salad at dinner, and an orange before bed. Ask him how many other matching fruits or vegetables he could name. Tip: Join your child, and point out produce that matches your clothes, too.

PAPER FREE! That is the direction we have now taken! Please take time to go on either our Facebook Page or our school's new Website (gault.nfsb.qc.ca) and check out the monthly news that will be posted during the first week of the month.