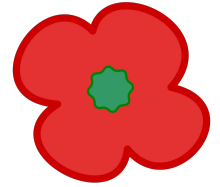




Whitney Public School

November 2018 Newsletter



Lest We Forget.

Message From the Principal

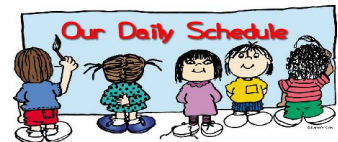
I hope you all enjoyed a wonderful Thanksgiving Weekend! The festive season will soon be upon us - so let's remember to slow down and enjoy the festive atmosphere and excitement. We will be kicking off our next Third Path condition this month - regulation. As we look forward into November, we are looking forward to our annual Fall Fun Extravaganza (Nov. 4th) - I would like to give a special thank you to our School Council, for their hard work on this very popular event! We look forward to seeing everyone there - many hands make light work!

The Senior Class will once again be attending this We Day - on November 15th - it will be an **early** start and a fantastic day of inspiration! Visit <https://www.we.org/> for more information about We Day. As we did last year, we will be needing parent volunteer drivers. If you are able to volunteer, please let us know - Permission forms will be going home over the next few days - we are raring to go! Thank you to our Volunteer Parent drivers for helping us with the early start.

The cold weather is here and winter is on the way. The days are getting shorter - we will set our clocks back on November 4th. With winter knocking on our door, we need to be ready for the cold and snow! Students need to be dressed properly for the weather.

Every year on November 11th, Canadians pause for a minute of silence in remembrance of the men and women who have served and who are serving our country. We remember these brave men and women for their courage. We wear poppies, attend ceremonies, and visit memorials. For one brief moment of our life, we remember why we must work for peace every day of the year. On November 9th, the school will be participating in the ceremony with St. Martin's Catholic School.

Progress Reports will be coming home on November 13th, with Parent-Teacher interviews to be scheduled for Nov. 15th (evening)/16th(morning). As always, if you have any questions or concerns, I encourage you to call the school to speak with your child's teacher.



We're all in this together,

Jessica Poff

Parent Teacher Interviews

Thursday, November 15th & Friday November 16th

Attached to this newsletter is a **Parent Teacher Interview Request Form** for Parent Teacher Interviews taking place on the afternoon/evening of Thursday, November 15th and the morning of Friday, November 16th. Please return the form as soon as possible with your preferred time to meet with your child's teacher.

<i>1st Inst Block</i>	<i>08:45 - 10:45</i>
<i>Recess</i>	<i>10:45 - 11:00</i>
<i>2nd Inst Block</i>	<i>11:00 - 12:00</i>
<i>Lunch</i>	<i>12:00 - 1:00</i>
<i>3rd Inst Block</i>	<i>1:00 - 3:00</i>
<i>Recess</i>	<i>3:00 - 3:15</i>
<i>Dismissal</i>	<i>03:15</i>



@Whitney_Public School

Important Dates

Sunday, Nov. 4th - Fall Extravaganza 11am - 2pm

Friday, Nov. 9th - Remembrance Day Presentation

Monday, Nov. 12th - Picture Retake Day

Tuesday, Nov. 13th - Progress Reports Go Home,
- World Kindness Day

Wednesday, Nov. 14th - Senior Class trip to WE Day in Ottawa

Friday, Nov. 16th - PA Day / Parent Teacher Interviews

Wednesday, Nov. 21st - Comfy Day (PJs and two bedtime items)

Thursday, Nov. 23rd - Dress in Camo Day

I am pleased to announce that there is a new way to access our digital eLibrary collection. OverDrive has launched Sora as a web-based platform along with an accompanying mobile app. You can find information and resources at library.rcdsb.on.ca

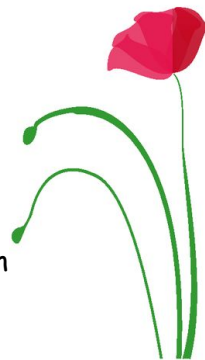
Remembrance Day Poster, Poem or Video Contests

All students are invited to take part in the Legion's annual

Remembrance Day Poster, Poem or Video Contest (Grade 4-8).

We would like to have entries completed by the **end of day November 8th** so they can be displayed at the school during the Remembrance Day Presentation on Friday, November 9th and then they will be submitted to the Legion the following week.

Each student has received an entry form and some guidelines



Milk Orders & Special Lunch Days



We have a milk & special lunch order form attached to this newsletter - you can choose which days throughout the month your child would like to receive milk.

Our pizza hot lunches will begin in October - watch for the order form next month. You may choose to return the order form with payment or order online on our School Cash system. (see last page of newsletter for instructions on how to register for online ordering or feel free to call the school anytime.)

WPS Parent Council

The next school council meeting is on:

**Monday, December 10th
at 5:15 pm**

All parents are welcome - please let us know if you are planning to attend this meeting.

Thank you!



Check out the Whitney Public School Website at:
wps@rcdsb.on.ca

WE Day Ottawa November 14th!

WPS Grade 4-8 students will be heading to the Canadian Tire Centre for an unparalleled event bringing together world-renowned speakers, A-list performers, and tens of thousands of youth to celebrate a year of action that transformed communities and changed lives.

IMPORTANT WE DAY INFORMATION

We usually leave Whitney at 6:00 am. We will be leaving the event in Ottawa at 2:15pm. We estimate our return time to be 5:00 pm. Lunch is not provided by the We Day team. Students are asked to bring a bagged lunch to the event.

Be a Super Recycler!

Help WE support those affected by the recent tornado in Ottawa by bringing an **old pillowcase full of second hand clothing items** to WE Day

Can we bring backpacks to the event?

There is a strict **no backpack policy**. Lunch kits are permitted. There will be food available for purchase, however, we encourage students to pack lunch and bring reusable water bottles. Food lines are very long!

We are looking for any parents or guardians who are willing to drive some of our Grade 4-8 students to the **"We Day" Event at the Canadian Tire Centre in Ottawa on Wednesday, November 14th, 2018.**

If you are interested, and have a current vulnerable sector check with the Renfrew County District School Board, please call us at 613-637-2171.

We provide a form to fill out if you are able to help us out.



Fall Extravaganza



Join us for our 4th Annual Fall Extravaganza on **Sunday, November 4th from 11am-2pm** at the **St. Martin of Tours Parish Hall in Whitney**

Many amazingly talented crafters, artisans, bakers and more will come together for a fund day of Fall celebration.

This year the students will offer a hot lunch, tea and coffee at our onsite "Cafe" and an indoor yard sale. Plan to come out and support our school, local entrepreneurs and get some Christmas shopping done! There will also be a 50/50 and prize draws. Admission is \$2, all proceeds are to support school fun. See you on Sunday!

The Third Path

www.thirdpath.ca

A Relationship-Based Approach to Student Well-Being and Achievement.



This month we will be exploring **Regulation** with our students and staff.

"Regulation is the ability to respond to and recover from stress. Stress is a normal part of life and learning. Regulation, also referred to as self-regulation, is the ability to successfully manage the emotional, psychological, and physical impact of stress" (Dr. David Tranter, The Third Path, 2018, p. 66).

At school, we will be teaching students the signs and symptoms of dysregulation along with strategies to better manage their stress. We know that students often don't recognize the stress that they feel. We want to help help build a toolbox of strategies to help them deal with stress.

Reminder Our Family Lending Library is ready!

Based on surveys that were sent out to all parents last spring, the parent council compiled a list of resources that could benefit families in the following areas of interest:

Anxiety, ADD/ADHD, building relationships, bullying, character traits, math, literacy, mindfulness, mental health, parenting, and so many more!

We have attached a list of books and critical thinking games to this newsletter that are available to borrow for two weeks at a time. Feel free to request to borrow a resource through your child's agenda and we will send it home with them for the next two weeks, or feel free to pop into the school and take a look at the resources for yourself anytime.

Kids Help Phone

Dear Parents/Guardians,

Student mental health and well-being is a priority for student success. During school hours, there are school supports and mental health services available for all students. For more information, please talk to the School Support Counsellor and/or Principal/Vice Principal.

Managing stress is an important developmental task and crisis support lines have been designed for children and youth which are safe and helpful resources. Crisis/support lines are staffed with professionally trained counsellors that are always available to offer safe and confidential services to support children and youth.

Within the Renfrew County District School Board, we are promoting awareness of the **Kids Help Phone** and **Good2Talk**.

If you have any questions or concerns, please contact the RCDSB Mental Health Leader, Lisa LaRiviere at [613-735-0151](tel:613-735-0151) ext. 3332.

**Reminder to turn your clocks
back one hour on
Sunday, November 4th
at 2:00 am**



School Cash

(Ordering items online)

We are hoping to have ALL parents and guardians at Whitney Public School register with School Cash to order items online (milk/pizza)! Please feel free to come into to the office if you'd like some help to register or you can follow the instructions we have attached below. Thank you



For safety and efficiency reasons, Renfrew County District School Board would like to reduce the amount of Cash & Checks coming into our school. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

NOTE: If you require assistance, select the GET HELP option in the top right hand corner of the screen.

Step 1: Register

- If you have not registered, please go to the School Cash Online home page <https://rcdsb.schoolcashonline.com/> and select the "Get Started Today" option.
- Complete each of the three Registration Steps
*For Security Reasons your password, requires 8 characters.
Of those 8 characters you need , one uppercase letter, one lowercase letter and a number.

Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account.
The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created with your account.

Step 3: Find Student

Note: Student Number is Not Required

This step will connect your children to your account.

- Enter the School Board Name
- Enter the School Name
- Enter Your Child's Name & Birth Date
- Select Continue
- On the next page confirm that you are related to the child, check in the Agree box and select Continue
- Your child has been added to your account

Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select "View Items For Students" option. A listing of available items for purchase will be displayed.

School Cash Online

Find Student

School Information

School Board Name: School Board 1575
Looking for a student in a different school board?

School Name: Eagle High School

Student Information

Do you have the student number?

Student Number:

First Name:

Last Name:

Birth Date: Date format: mm/dd/yyyy

(No students? [Click here](#))

Copy the link and paste it into your web browser. If the link doesn't work, contact support at 1-866-963-1882 or email parenthelp@rcdsb.ca. Thank you. Your School Cash Online Support Team.

**Join us for the Fall Extravaganza on
Sunday, November 4th at the St. Martin of Tours Parish Hall
from 11am to 2pm**