

# SHERWOOD NEWS

Sherwood Elementary School

64 Maple Avenue Charlottetown, PE C1A 6E7

Phone: 902-368-6780, Fax: 902-368-6788 [www.edu.pe.ca/sherwood](http://www.edu.pe.ca/sherwood)

Principal: Jean Boudreau

Vice Principal: Francyne Doiron

December 5, 2019 Day 3

## DATES TO REMEMBER

December 6<sup>th</sup> – PD Day (no classes)

December 8<sup>th</sup> – Deadline to order Hot Lunches (Dec 9-20)

December 10<sup>th</sup> – Christmas Concert (Grade 1) 6:30 pm

December 11<sup>th</sup> – Christmas Concert (Grade 2) 6:30 pm

December 20<sup>th</sup> – Last day of classes, 2019

January 6<sup>th</sup> – First day of classes, 2020

## SCENT FREE SCHOOL

Please note that Sherwood School has a fragrance/scent free rule that is in compliance with the Public Schools Branch.

## FOOD SERVICES

We offer food services and milk/chocolate milk and juice Monday to Friday. The orders will be processed every two weeks on a regular basis. If the regular order day falls on a holiday, the orders will be placed for 3 weeks to avoid Tuesday orders. Our volunteers are not available on Tuesdays. **Online ordering is available now up to December 20<sup>th</sup>.**

**All orders must be placed by 9 am on the SUNDAY prior to the 2 week order cycle.** (Current Deadline: December 8<sup>th</sup> at 9 am for the next 2 week cycle). We encourage parents to pay by Bambora. This saves sending money to school with your child and makes it much quicker for the order to be processed by the volunteers. If you need to send a cheque, please make cheques out to Sherwood School and send it in a baggie with your child's name, parent name and homeroom. If the payment is not received on time, your child's order will not be processed.

## MENU OPTIONS

**Mondays:** Pure Kitchen (chicken caesar wrap) (\$4.50)

**Tuesdays:** Quiznos (\$3.75)

**Wednesdays:** Kurley's (chicken strips) (\$3.75)

**Thursdays:** Borrowed Kitchen (Spaghetti OR Grilled Cheese Sandwich with veggie or fruit and cookie OR Soft Taco Wrap Combo – whole wheat wrap with local lean ground beef in a homemade taco seasoning, cheddar cheese and served with fresh fruit or veggie (depending on availability) and a homemade cookie. (\$3.75)

**Fridays:** Domino's Pizza (cheese pizza and pepperoni pizza the last Friday of the month) (\$2.25)

Ice Cream – last Friday of month (\$1.25)

Yogurt tube - first 3 Fridays of the month (\$0.75)

## ONLINE ORDERING PROCESS

- Please visit [www.sherwood.hotlunches.net](http://www.sherwood.hotlunches.net)
- Click on register on the upper right hand corner
- Enter our school access code SEHL
- Fill in your information as required
- Make sure you register your child as the student and not yourself and ensure you pick the proper homeroom
- Please read the order dates carefully, we've had several parents order for the wrong 2 week period.

- If you need help at any time please click on the "help" tab then select "parent instruction guide"
- Choose food items and become familiar with the service.

## PEANUT/NUT RESTRICTED SCHOOL

Sherwood School is a peanut/nut restricted school. We have a number of students who have a life threatening food allergy (anaphylaxis) to peanuts/nuts. Our school strives to keep these students safe in the school environment. It is necessary to check all ingredient labels to see if the products contain peanuts/nuts. Please do not send these products to school or on field trips at any time. Also we do not allow WOW butter in the school so please do not send this with your child. We appreciate the home and school working together to provide a safe place for all our students. Thank you for your cooperation.

## COOLER WEATHER!!!

The weather is changing and parents are reminded to please send appropriate clothing for outdoor recreation. (Hats, mitts, snowpants, jackets, boots, etc).

## LOST AND FOUND

Our lost and found is growing! It's a shame to see so many nice warm mittens and hats turning up. Please take a few minutes to label your child's outdoor clothing so we can make sure lost items get returned to them.

## SCHOOL DELAYS AND/OR CLOSURES

Parents, please remember to listen to radio stations in the morning in order to hear of any school delays or closures. If there is a delay it would be on the radio by 7:00 a.m. Also parents, you can check the Public School Branch website for these announcements as well. <https://edu.princeedwardisland.ca/psb/>

## Eye See ... Eye Learn Program

To ensure children get the best possible start to their education, the **Eye See ... Eye Learn™** program provides one free eye exam and, if required, one free pair of glasses during their kindergarten year.

*Please note:  
The PEI  
Association of  
Optometrists  
and eyewear  
sponsors,  
VisionTech Labs  
PEI and Viva  
Canada have  
partnered with  
Health PEI to  
offer this eye  
health and  
vision awareness program for kindergarten children.  
**Why is it important for my child to have an***



## eye exam?

When children start school, 80 per cent of their classroom learning is through vision. Regular eye exams give them the start they need to reach their learning potential. Eye exams can identify health problems and conditions such as a turned or lazy eye. These conditions may be successfully treated if they are identified early in a child's life. It is recommended that infants should have their first eye exam at **six months of age**.

### How do I register my child for an eye exam?

1. Book an appointment with an [optometrist](#) for your kindergarten child.
2. Bring your child's PEI Health Card and private insurance information with you to the appointment.
3. If your optometrist is unable to bill your insurance provider directly, you will have to pay up front and be reimbursed. Submit your claim to your insurance provider, then [complete and submit an application for co-pay reimbursement](#) [PDF | 70 KB] to Health PEI for the remaining amount.

If you don't have insurance, [complete and sign a Declaration form](#) [PDF | 70 KB]. Your optometrist will not ask you to pay for the exam and glasses, if required, as they are covered by Health PEI and the PEI Association of Optometrists

## HOME AND SCHOOL

Next Home and School Meeting will be Tuesday, January 7th at 7:00 in the school library.

Don't forget about our ***Family Movie Night*** this coming Thursday, December 5th from 6:30 - 8:30. Bring your comfy clothes, blankets and water bottles. Popcorn and treats will be for sale before the movie begins.

## MUSIC NEWS

Our grade 1 and 2 students are excited about presenting their respective concerts on Tuesday, December 10<sup>th</sup> (Grade 1) and Wednesday, December 11<sup>th</sup> (Grade 2). We are confident you will enjoy their performances. On **Friday evening, December 6<sup>th</sup>** the Sherwood Elementary Choir will be singing at the tree lighting ceremony at The Mount Continuing Care Centre.



School Therapy OT Program  
*Working Together for All Students*

### School Therapy Occupational Therapy (OT) Program

Hi everyone! I would like to introduce myself and the School Therapy Occupational Therapy (OT) Program. My name is Rae Fitzpatrick and I am an OT with experience working with children. I am very excited to be working at your child's school for the 2019-2020 school year. I will be at Sherwood Elementary every **day 1** beginning December 12th, 2019.

Occupational Therapists work with children of all ages and know a lot about children's development in the areas of: fine motor, gross motor and visual motor, sensory processing and environmental set-up. The focus of the service will be working together with classroom teachers and school staff in promoting children's motor and sensory development to assist children in achieving their learning goals and successfully participating in school. I will be spending time in classrooms, gym and music, the playground and in small group settings offering guidance, suggestions and tips.

Feel free to contact the school or myself if you have any questions. I can be contacted at the school on **day 1** or at [refitzpatrick@ihis.org](mailto:refitzpatrick@ihis.org) I look forward to a wonderful school year working together with school staff, students and you as parents!

Rae Fitzpatrick, OT Reg(PEI)  
Occupational Therapist, School Therapy OT Program

## FUNDRAISER PRIZES

Congratulations to the following students who had their names drawn for fundraising prizes!

Alice Thomas (KA) – Sequin Snake  
Mia Doyle (KC) – Neon Sign  
Veyla Gallison (KC) – Sequin Snake  
Simon Weeks (3A) - \$100 Walmart Gift Card  
Kris Wheeler (3X) – Karaoke Machine  
Alexis Jadis (5A) - \$100 Walmart Gift Card  
Gavin MacDonald (5A) - \$100 Walmart Gift Card

## Message from the Principal

Hello All,

Following up on our executive functioning item:

Our third Foundational Skill is Emotional Control. Oh boy. Wish me luck trying to keep this to a few paragraphs. It is the ability to manage emotions in order to achieve goals, complete tasks or control or direct behaviour. We have a lot of experience in this area. We often conduct Functional Behaviour Analysis or FBA. This is where we write down what a particular behaviour of a student is trying to achieve. Then we look at ways we can teach a child to respond as opposed to react. To give a simplistic example, sometimes when a student wants to go to the bathroom, he throws everything off his/her desk. So the function of the behaviour is to communicate that he/she needs to go. The replacement behaviour for this would be to teach the student how to raise their hand and ask if they can go. Sounds simple yet it can cause major interruptions in households and especially in classrooms.

Our greatest weapon against this is modeling. We lead by example. The worst approach to help kids with emotional control is to feed the behaviour. Outbursts or anger should not be met with more outbursts or more anger. We talk to kids about alternatives and we reward those with positive feedback. Some kids can talk about things right away. Some need a little cooling off until they have their emotions sufficiently in check so they are ready to hear what we have to share with them. Always modeling the calm way we want them to respond.