

SHERWOOD NEWS

Sherwood Elementary School

64 Maple Avenue Charlottetown, PE C1A 6E7

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Principal: Jean Boudreau

Vice Principal: Francyne Doiron

January 29, 2020, Day 4

DATES TO REMEMBER

February 3 - Deadline to order Hot lunches
Feb 2nd @ 9 am

February 14 – Skating Grades K – 3

February 17 - Islander Day – no classes

February 26 - Pink Shirt Day

February 27 - Anti Bullying Assembly pm
(Grade 5's performing)

February 28 - PD Day – no classes

Parent Information Session for Late French Immersion at Stonepark is Monday, February 3, 2020 at 7:00 p.m. in the library of the school. (Storm date is Tuesday, February 4th).

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.

All orders must be placed by 9 am on the SUNDAY prior to the 2 week order cycle.

(Current Deadline: Sunday, February 2nd 2020). 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
- 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.

PINK SHIRT DAY – On February 26th we encourage everyone to wear something pink to show that we are all working together to prevent bullying in our schools, in our communities and online. Pink Shirt Day comes from two Nova Scotia High School students who decided to stake a stand against bullying in their own school. <http://www.pinkshirtday.ca/>

Free Triple P-Positive Parenting Seminars will be held February 18th, 25th and March 3rd at Murphy's Community Centre (Room 207) from 7:00 – 8:30 pm. Triple P is an international project promoted and supported by the Government of PEI. There are three sessions in the seminar series and each session addresses a different theme. Father, mothers, grandparents and guardian are welcome! Contact Catherine Noseworthy at cnoseworthy@upe.ca

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/>

COOLER WEATHER!!!

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

HOME AND SCHOOL

Can't wait to see everyone at the next Home and School meeting; Tuesday, February 4th at 7:00 pm in the school library. New faces are always welcome.

Message from the Principal

Hello All,

Sustained Attention is the executive functioning skill that allows the individual to maintain attention to a situation or task in spite of distractibility, fatigue or boredom. These are the kids who are frequently out of their seats during independent work time. We then look to the other side of the room and there are kids who knuckle down to the task and get it done before they even pick up their heads. First thing is first. They need to fidget while they work and we need to cut down on the white noise.

Here is what we do. We use wobbly stools for some kids. Those exercise balls you have gathering dust at home are excellent seats for kids to do their homework. We also provide them with ear protectors to cut down on the white noise. Drop by Princess Auto and pick up a set for less than \$5. Talk to your child's teacher about some other things we do at school. We also work with kids on mindfulness here at school. If the kids are talking to you about taking big belly breaths, you know what the teachers are doing.

There are even a few apps out there to help teachers and parents with many executive functioning skills. "Lickety Split", "Chore Monster", "iReward Chart". These were recommended at our conference.

And yes parents, give them chores. They do not need to be excessive but they should have chores.

REMAINING SKATE DATES:

Fri., Feb 14th – K – 3
Fri., Feb 21 – 4 – 6
Fri., March 13 – All grades skate

K's skate at 8:45 am
Gr 1 skates at 9:45 am
Gr 2 skates at 12:15 pm
Gr 3 skates at 1:15 pm

Gr 4 skates at 8:45 a.m.
Gr 5 skates at 9:45 am
Gr 6 skates at 12:15 pm

If there happens to be a one hour delay on any of the skating dates the first two groups will skate together at 9:45 a.m.