

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

Principal: Jean Boudreau

Vice Principal: Francyne Doiron

November 6, 2019, Day 5

DATES TO REMEMBER

November 7th – Remembrance Day Assembly (Grade 4 classes)

November 7th – Parent Teacher Interviews (after school and evening)

November 8th – Parent Teacher Interviews (no classes)

November 11th – Remembrance Day (no classes)

November 14th & 15th – PEITF Annual

Convention/CUPE Convention (no classes)

November 22nd – Report cards issued

December 6th – PD Day (no classes)

December 10th – Christmas Concert (Grade 1) 6:30 pm

December 11th – Christmas Concert (Grade 2) 6:30 pm

December 20th – Last day of classes, 2019

SCENT FREE SCHOOL

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

BREAKFAST PROGRAM

The Breakfast Program will run Monday through Friday from 8:05 a.m. until 8:40 a.m. Students will be served toast, milk or juice, and fruit. All students are welcome. If you can spare even an hour a week and would like to volunteer please contact Jesse Foster at 902-368-6780.

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 6th.**

All orders must be placed by 9 am on the SUNDAY prior to the 2 week order cycle. (Current Deadline: November 10th 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
- 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.

PHYSICAL EDUCATION

Congratulations to Mitchell Blanchard, David Courtney, Will Dunn, Kyan Court, Carter Campbell, Charlotte Carr, Nolan Chessman, Liam Moore and Caleb Powers for completing the 5 km run in the PEI Marathon. These students trained this fall with two weekly runs after school and had very impressive times in their 5km run on Sunday, October 20th, 2019.

BOOK FAIR

Our first Book Fair is being held this week.

On Thursday, November 7th, the fair will be open from 8:45 a.m. until 2:40 p.m. for students to purchase books.

On Thursday evening, the fair will be open from 4:00 p.m. until 8:00 p.m. for families to purchase books.

The fair will also be open for families on Friday, Nov. 8th from 9:00 a.m. until 12:00 p.m.

STUDENT DROP OFF/PICK UP

The Cody Banks parking lot is the designated pick up/drop off area. There is a stairway at the back of the lot where students can safely cross over to our parking lot. For safety reasons, parents please do not drop off or pick up students on Maple Avenue, Pine Drive or the school's parking lot. Students should be in the building by 8:30 am in order to prepare for the beginning of class at 8:40 am. **Students arriving after 8:45 a.m. are asked to use the main entrance as all other doors will be locked.**

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

FREE MILK DAY

The School Milk Program is pleased to offer one free milk day this year. Every student in the school will receive a free serving of white or chocolate milk on Wednesday, December 11th.

CAUGHT BEING KIND!

Throughout the school year Sherwood School is going to be working on various character traits with our students. We recently held a school assembly and introduced the trait of kindness. We have been seeing wonderful acts of kindness throughout the school; on the playground, in the hallways and in classrooms. Your student may have taken home a "you've been caught being kind" card which describes something that someone witnessed them doing. These cards can be taken home and celebrated! Your student can then bring them back to school and they will be entered into a draw for a small prize. We are very pleased with the effort that students and staff are putting into being kind! Keep up the great work and continue to spread kindness everyone!



Registration for 2020-2021

Parents are asked to register their children for Kindergarten prior to or during the week of November 18-22, 2019.

- Children must be 5 years old by December 31, 2020 in order to be eligible for Kindergarten.
- Parents are asked to register their child at his/her local elementary school during school hours. If you are unsure of your school zone, please call the Stratford Office (902-368-6990) or Summerside Office (902-888-8400). Toll Free 1-800-280-7965.
- A registration form will be completed at the time of registration.
- Parents are reminded to bring a piece of Government issued ID verifying proof of child's age. Examples are:
 - Birth Certificate
 - PEI Health Card
 - Passport
- Verification of home address must also be provided, such as current utility bill.
- Welcome to Kindergarten sessions for incoming students and their parents will be held at schools in the spring of 2020.

Please refer to this additional information regarding locations for the Early French Immersion Program registration:

Bluefield Family (Central Queens, Englewood, Gulf Shore, and Westwood) contact Westwood Primary.

Charlottetown Family (LM Montgomery, Sherwood, and the Brackley & Brackley Beach portions of Parkdale) contact Sherwood Elementary.
Charlottetown Family (Glen Stewart and Donagh) contact Glen Stewart Primary.

Charlottetown Family (Spring Park and West Royalty,) contact Spring Park Elementary.

Charlottetown Family (Prince Street, St. Jean, West Kent, and the downtown portion of Parkdale) contact West Kent Elementary.

Kensington Family (Queen Elizabeth) contact Parkside Elementary.

Kinkora Family (Amherst Cove and Somerset) contact Parkside Elementary. Student transportation to and from school is the responsibility of the parent.
Montague Family (Belfast, Cardigan, Georgetown, Montague Consolidated, Southern Kings, and Vernon River) contact Montague Consolidated.

Morell Family (Morell Consolidated and Mount Stewart) may register at Westwood Primary, Sherwood Elementary, Glen Stewart Primary, Spring Park Elementary, West Kent Elementary or Montague Consolidated. A parent can register their student in Early French Immersion at a school of their choice, subject to PSB approval. Student transportation to and from school is the responsibility of the parent.

Souris Family (Souris Regional) may register at Westwood Primary, Sherwood Elementary, Glen Stewart Primary, Spring Park Elementary, West Kent Elementary, or Montague Consolidated. A parent can register their student in Early French Immersion at a school of their choice, subject to PSB approval.

Student transportation to and from school is the responsibility of the parent.

Three Oaks Family (Athena and Elm Street) contact Elm Street Elementary.

Three Oaks Family (Greenfield) contact Greenfield Elementary.

Three Oaks Family (Miscouche and Parkside) contact Parkside Elementary.

Westisle Family (Alberton for students residing in Brooklyn, and Rosebank; Eilerslie; and O'Leary) contact Bloomfield Elementary.

Westisle Family (Alberton for students not residing in Cascumpec, Brooklyn, and Rosebank; and St. Louis) contact St. Louis Elementary.

Westisle Family (Tignish) contact Tignish Elementary.

PD DAY CAMPS

STEAM PEI - Upcoming PD Day Camps

Think seeing is believing? Come explore light, optics, colour, & optical illusions at this PD day camp!

Charlottetown - Trinity United Church Friday, Nov 8 8:30am-4:30pm \$40

PD Day - Environmental Science: Explore biology & the wonderful world we live in through exciting hands on experiments! Charlottetown - Trinity United Church Thurs Nov 14 and Fri Nov 15 8:30am-4:30pm \$40, Summerside - Trinity United Church Friday, December 6 8:30am-4:30pm \$40

Register online and find more information at STEAM PEI <http://steampei.com>

Bricks 4 Kidz - Upcoming PD Day Camps

Brick Royale - Fortnite theme, Summerside - Trinity United Church Friday, Nov 8 8:30am-4:30pm \$40

Transportation Imagination, Summerside - Trinity United Church Friday, Nov 15 8:30am-4:30pm \$40

Brick City Engineers, Charlottetown - Trinity United Church Friday, December 6 8:30am-4:30pm \$40

Register online and find more information at Bricks 4 Kidz www.bricks4kidz.com/344

PUBLIC SCHOOLS BRANCH CAREER /JOB FAIRS

The Public Schools Branch (PSB) will be hosting two Career/Job Fairs in November in an effort to both address island wide shortages in a number of our employment categories, and to reach out to people interested in knowing more about professional careers within our educational structure, or wanting to explore how their skills/talents, or training can be used to pursue a career or employment opportunity in the education sector. More information is available on the PSB website. Everyone welcome!

Wednesday, November 6th, Stratford Townhall, 234 Shakespeare Drive, Stratford

AND

Thursday, November 21st, Holman Building, 250 Water Street, Summerside
(South Tower Entrance at the rear)

Time: 1:00 – 7:00 pm both dates

REMEMBRANCE DAY ASSEMBLY

Please note that the assembly will begin at **10:30** am on Thursday, November 7th. (There was a typo in the previous newsletter).

GREENING AND GROUNDS

The Greening and Grounds Committee would like to thank the tremendous number of students, parents and staff who came after school on Oct 25th to help with the annual fall clean-up. The grounds look GREAT! What a difference you have made!

HOME AND SCHOOL

The next Home and School meeting will take place Tuesday November, 12th at 7:00 pm in the Library.

Save the Date - We will be hosting a Family Movie night in the gym on December 5th. More information to come.

Message from the Principal

Hello All,

Last week, three staff attended a conference on "Executive Functioning Skills". We knew a fair amount of what this is, however, we were left thinking about the implications for our students who struggle with developing executive functioning skills. I think it is always an advantage for staff as well as parents to understand how kids struggle and how we might be able to help those kids with a few simple ideas. In this newsletter, I will introduce the first of these skills and some of the things we might do to help kids who need to develop this skill. I am not saying that we will solve everything but maybe parents will find a small nugget of information that will help benefit the kids.

The first of the foundational skills is identified as Response Inhibition. This is the capacity to think before you act- this ability to resist the urge to say or do something allows us the time to evaluate a situation and how our behaviour might impact it. A quick and simple example is the ability to play "Simon Says". In this world of instant gratification brought to you by your favourite video games, this becomes quite a challenge for teachers and parents. Teaching kids to wait/stop is a process. We will often discuss students who blurt everything out. We can give those students sticky notes to write down their thoughts. We use a concrete representation such as a talking stick to regulate who speaks and when. If you do not have the stick, you may not talk. We teach kids boundaries using token systems where kids must achieve certain benchmarks before being rewarded for positive responses and behaviours. Remember that delaying gratification is the key to developing this skill. Go to the following link and you can see this in action.

https://www.youtube.com/watch?v=QX_oy9614HQ

There is some controversy as to how much stake you can put into the test but it does illustrate the concept very nicely.

Jean