

Cardigan Consolidated School News

Issue 3, October 4, 2011

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Upcoming Events

- ◆ Children's Wish Recording
- ◆ School Photos
- ◆ X Country Meet
- ◆ Thanksgiving and Holiday Monday!

Happy Thanksgiving!

It has certainly been a very busy first month back at School but everyone seems to have settled into their routines nicely. I would like to thank everyone who came out for the Meet the Staff Night as well as the Family Night last week. It was wonderful to see so many of you turn out.

Students and staff were all very excited with our visit from Rick Hansen as part of his 25th Anniversary Relay and of Emma Stewart and Mrs. Nabuurs who got to take part in the Relay. A huge thank you to all the staff and students who worked so hard on their banners, posters, medals, etc., You all represented our school very well.

Thank you also to everyone who helped in so many different ways to bring the dream of new playground equipment to life. We are all looking forward to letting the children begin playing on it.

I would also like to wish our Cross Country Team all the best as they head to Southern Kings for the Unit Meet on October 11th.

We have so much to be thankful for, so I would like to take this opportunity to wish each and every one of you a Happy Thanksgiving!

Noreen Lisi, Principal

School Choir Records for CD

On Friday, October 7th the Grade 4-6 Choir from Cardigan School will be travelling to the Church of Christ in Montague to record a selection for the Children's Wish Christmas CD 2011. The song they will be recording, "Innkeeper" will be featuring several soloists from Grade 6. Order forms will be going home in the future so that you can purchase a CD.

Cross Country Meet

The Cardigan School Cross Country Team have been busy practicing after school with Mrs. Nabuurs for the upcoming Unit Cross Country Meet which will take place at Southern Kings School on Tuesday, October 11th (with a raindate of Wednesday, October 12th). The winners will move on to The Provincial Meet which will take place at Mill River on Saturday, October 15th. Good Luck to our team!

School Photos

School photos will be taken at the School on Wednesday morning, October 12th. At this time all students will have their photo taken, but are under no obligation to purchase those photos when they come in. As in past years, the photographer will be Wayne Crouse. There will also be a Spring Photo session on April 12th with Rick Dempsey from Lifetouch where all students will have photos taken but will once again be under no obligation to purchase those photos. Two great opportunities to document your child's school days!



Home & School Information

Playground Thank You!

A heartfelt thanks to all the volunteers who worked so diligently in the rain over the weekend to install the new playground equipment and to all those who brought food and helped out in any way. We have a great school and a great community which was certainly evident over these past few days in the number of parents and community residents who pitched in to help without a complaint.



Prize Winners!

A huge thank you to everyone who supported our Playground Fund by purchasing tickets on the draw which was made at the School on Monday, October 3rd. The winners are as follows:

1st Prize - Garden Bench won by John Phelan
 2nd Prize - Garage Door Screen won by Trudy Cheverie-Peardon
 3rd Prize - Garage Door Screen won by Marie Stevens.
 A total of \$1,334 was raised for the new playground.



Home and School Meeting

The first Home & School Meeting of this school year will take place on Wed., October 5th at 6:30 p.m. at the school. It will be decided at that time dates and times for future meetings. We will also be electing a new executive at this time. All parents, guardians and staff are welcome to attend. In the past the Home & School has assisted the school and students with many things, such as field trips, donations to library, pancake breakfasts, BBQ's, end of the year closing, staff appreciation week and of course the new playground. Please come out and help support your school. Many hands make light work!

Light Bulbs for Sale

The school has a supply of Philips Energy Saver 60 Soft White light bulbs for sale. The cost is \$2.00 each, 3 for \$5.00 or a box of 6 for \$10.00. If you are interested, please send the money in to your child's homeroom teacher along with a note stating how many you would like. You can also pick them up in person at the School office.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." ~ Oprah Winfrey ~

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

~John Fitzgerald
 Kennedy~

NO CLASSES

Please take note that there will be no classes on the following dates:
October 10th - Thanksgiving Day
October 20 - TEACHERS CONVENTION
October 21 - TEACHERS CONVENTION



Lockdown Drills

Classes have begun preparing for the mandatory Lockdown Drills. To date we have conducted one with our entire school and hope to conduct three more practice drills. Every effort is being made to make this a positive learning experience for your child. Thank you for your cooperation.



Healthy Eating Week October 3 - 7, 2011

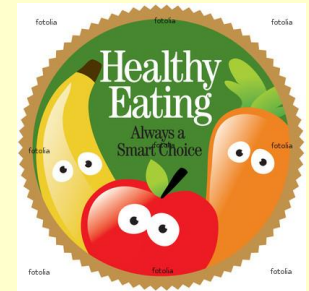
Healthy Eating Week is October 3 – October 7, 2011. The PEI Healthy Eating Alliance promotes Healthy Eating Week every year. To help celebrate this week, some classes will be taking part in a **“Color Your Lunch” campaign**. During this week, your child will be learning about vegetables and fruit. According to Canada’s Food Guide, children ages 4-13 should eat 5-6 servings of vegetables and fruit per day. School-aged children are only consuming 3.5 servings each day on average. Here are a few ideas to add more vegetables and fruit to your child’s lunch:

- Pack at least one serving of each
- add lettuce, cucumber, sliced tomato, avocado or grated carrot to sandwiches
- Wrap up a salad in a whole wheat tortilla wrap!
- Send whole pieces of fruit such as apples, pears, peaches, plums, bananas, grapes and oranges

- add a fruit cup or unsweetened applesauce
- Send raw veggies and a low fat dip
- Add veggies to soups, casseroles, stir fry, chili, meatloaf, meatballs, etc.

One food guide serving is:

- * 1 whole medium fruit
- * ½ cup vegetables or fruit
- * 1 cup salad greens or leafy veggies
- * ½ cup 100% juice
- * ¼ cup dried fruit



Healthy Eating Week
October 3 - 7th



*“If you believe in a dream
and have the courage to try,
great things can be
accomplished.
Anything is possible”
~ Rick Hansen ~*

Community Notes

- Curling Registration – looking for an inexpensive non contact sport to learn? Try curling. Registration is on October 29th from 2-4 at the Curling Club for ages 7 and up. If you can’t make it, call the Curling Club at 838-2513.
- Get your table rental application for the Montague Christmas Craft Fair, Dec. 2nd and 3rd hosted by the Montague Skating Club. To get your application or for further info contact Laurie Godfrey at 583-2811.
- Join us Saturday, October 15th in Montague for the Children’s Wish Foundation Wishmaker Walk for Wishes. It is a short walk designed for families, schools and people of all ages to participate in. Proceeds will help grant wishes to Island children between the ages of 3 and 17 diagnosed with a life threatening illness. Call today for a pledge sheet at 566-5526.
- Do you want to be part of an international organization that will help you to make a meaningful difference within your local

community? The Canadian Red Cross office in Charlottetown is now recruiting volunteers for their various programs: Service Center, HELP, Disaster Management. For more info contact the Red Cross office at 628-6262.

- The Kings County Gymnastics Club is offering a 7 week program at the old Fortune School on Wednesday evenings, starting October 5th. The program is offered to girls and boys ages 3-14. Registration is \$50.00 for more info contact Darlene at 687-2221 or 969-8209

- Girl Guides of Canada invite all girls ages 5-17 to join Girl Guides. Guiding offers busy girls the chance to discover new interests, learn valuable skills and make lasting friendships. For more info call 894-4936 or 1-800-565-8111

-Grand River East 4-H Club will be holding its registration meeting Wednesday, Oct. 5th at 6:45 pm at the Heritage Hall at the Dundas Fairgrounds. The registration fee is \$25 for the first child and \$20 for each additional child (payable at registration). See back of newsletter for extensive information.



Check out the District brochure at this site:

www.edu.pe.ca/esd/pdf/111_2_district_brochure.pdf

Peanut Free!

Please remember, we are a Peanut Free School - that means no peanuts or peanut products in your child's lunch. We want to do everything possible to keep our students in a safe and healthy environment. Thank you for your cooperation!!!



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**“Learning for all in
a safe and caring
environment”**

Literacy Bit

How can I help my child become a good communicator?

The ability to listen and to speak clearly helps students become strong readers and writers. Parents can:

- ask their child to talk about their day's experiences
- share books, movies, sporting events and ask them to make predictions as to what will happen and tell why they think that way, and
- encourage them to give more than one word replies.

Grand River East 4-H Club will be holding its registration meeting Wednesday, Oct. 5th at 6:45 pm at the Heritage Hall at the Dundas Fairgrounds. The registration fee is \$25 for the first child and \$20 for each additional child (payable at registration). We will be discussing the Cheese Sale Fundraising activity at this meeting as well. Not all projects are confirmed yet so if there is a project that you are interested in please come out and find out some information at this meeting. We will be working with the Morell Club on sharing some projects. Beef, sheep, dairy, rabbits and photography (first 5 members accepted) are all confirmed but there are a wide variety of 4-H projects to choose from. Here are samples of the projects that are possible if leaders are available:

4-H Animal Projects: Beef, Canine, Dairy, Goat, Horse and Pony, Poultry, Rabbit, Sheep, Turkey

4-H Leisure Skill Projects: Exploring Crafts, Gears Gizmos and Gadgets, Knitting, Photography, Scrapbooking, Rocketry

4-H Life Skills Projects: Bachelor Survival, Foods and You, Sewing, Small Engines, Woodworking

4-H Outdoor Projects: Great Outdoors, Nature Crafts, Outdoor Living, Outdoor Survival

4-H Personal Growth Projects: Exploring 4-H, Fashionably You, Self-Determined, Looking Good Feeling Great

4-H Plant & Soil Projects: Gardening, Floriculture. For more information visit the PEI 4-H website at pei4h.pe.ca

Wondering if 4-H is right for you? The first thing you should know about 4-H is that it changes you. It will be gradual and at times subtle but when it's all said and done the differences will be extensive. It's not to say that people won't recognize you. On the outside you'll probably change very little. However, after a year with us, meeting the people you'll meet, accomplishing the things you'll accomplish (as a club and individual) you'll feel very different. During the 4-H year (we set our OWN time frames), you'll finish a project (or two) in the field of your choosing and acquire fundamental skills and concepts like meeting procedure, team work, and leadership. You'll participate in a communications project, where you find your voice, and then share it with the rest of us. You'll help your community - like, really help - by working as a club to make the place in which you live better with a community project of your choosing. And you'll learn about what it means to be green, by exploring agriculture on P.E.I. and the environment. If all of these criteria are met, then you'll discover your ability to achieve. Achievement is more than just a concept. It's a skill; and like any skill, you become proficient at it with a little training and practice. We don't publicize our training specifics, we wouldn't want that kind of information falling into the wrong hands. However, we can tell you that from here on you'll be challenged, succeed, laugh and make a few new friends. If you're new, you're likely wondering what the H's are all about? **The H's represent the skills and talents you already have. It's our mission to tune them and amplify them.** **Head - is logical.** Head is problem solving. Head sees things in a new way. Head is listening, challenging and understanding. Head is the achiever and gets a tad annoyed when it fails. Head also learns from its mistakes. Head tries again, and again, and again. **Heart - is caring.** Heart is courage in the face of fear. Heart is introspective and giving at the same time. Heart does the right things, even if it's cheesy. Heart is considerate and makes everyone feel warm, and comfortable and confident. **Hands - is endeavour.** Hands is putting in the time to make it a reality. Hands craft something until it is perfect. Hands reach higher. Hands is about affecting change. Hands is about teamwork. Hands adapt, evolve and get tougher so that they can meet the challenge. Hands wear scuffs and scars like medals. Hands is about more than dreaming, hands is about seeing it happen. **Health - is a lifestyle.** Health is being accountable. Health gets its hands dirty (but always washes up afterward). Health is taking care of yourself. Health is taking care of those who cannot take care of themselves. Health is all around you. Health is fundamental, environmental and instinctual.

4-H Learn to Do by Doing!!!

