

# Cardigan Consolidated School News

Issue 5, November 2, 2010

Noreen Lisi, Principal  
Janie MacDonald, Vice-Principal



National Anti-Bullying Week  
16th - 20th November 2009

## Contents

Principal's Message	1
Family Channel Update	1
Stars of the Month	1
Phys Ed News	2
Book Fair Update	2
Winter Challenge	2
Literacy Bit	2
Remembrance Day Winners	2
Anti-Bullying Week	2
Canteen Update	2
School Development	3
Anti-Bullying...A Poem	3
Community Notes	3
Christmas Wreath	4
Kindergarten Registration	4
Mikinduri, Kenya Update	4
Survey	4
Anti-Bullying Info	4

## Upcoming Events

- ◆ Christmas Concert, Dec. 15

## Only 24 School Days

Hard to imagine that the school year is going by so fast, but it is true, only 24 more school days until the Christmas Break. All teachers and students are into their preparations for this year's Christmas Concert which is coming up on December 15<sup>th</sup>.

I would like to take this opportunity to thank all those who took part in our Remembrance Day Assembly – to the staff and students who gave us all much to think about with their wonderful presentations; to the School Choir under the direction of Ms. Brown for their beautiful music; to the DVA "Canada Remembers" Choir who entertained us with music from World War II era; and to the Home and School who spear-headed a luncheon to follow for all the veterans and DVA choir members in

attendance. A special thanks to Philippa Gordon, Nancy MacDonald and Sharon MacEachern for hosting the luncheon and seeing that everything ran smoothly. Finally, a big thank you to the crew of the Sea King who made the day so special for everyone at Cardigan Consolidated. It really was a special privilege to be able to meet the crew and be there for the landing and take off and even to see inside the Sea King! It was quite an exciting day for all. Thank you also to the Cardigan Fire Dept. as well as the RCMP for their presence.

*Noreen Lisi,*  
*Principal*

## Family Channel Update

Time to get tuned in to the Family Channel!!! We have just received word from the producers at the Family Channel that you can catch Cardigan School at **6:50 p.m. on Monday, November 15 or at 5:50 p.m. on Tuesday, November 16.** You can go on line at [www.family.ca](http://www.family.ca) to catch the show. Just click on "STAND UP", scroll down and then click on "Charlottetown". Enjoy!

## Stars of Month!

Stars of the Month for October were selected for their listening skills.

Gr. K = Abby Aitken/Tanner Fleming  
Gr. 1=Liam MacDonald/Nolan Stewart  
Gr.2=SarahMcEachern/KeeganWagner  
Gr.3=Caleb Schurman,  
Nathan Fitzpatrick  
Gr. 4=Logan MacNeill/Shayla Downe  
Gr. 5A= Tristen Johnston/  
Carmen Ohlandt  
Gr. 5B=Keegan Gillis/Kristen MacIntyre  
Gr. 6 = Jenna Smith/Syl Yoston

Keep up the Good Work!



## Phys Ed News!

Students continue to turn out for the After School sports program with the focus on Volleyball for November. The program runs from 2:30 - 3:30 pm. Dates for After School Sport for November include:

Tuesday, November 16<sup>th</sup>, 2:30 - 3:30  
 Thursday, November 18<sup>th</sup>, 2:30 - 3:30  
 Tuesday, November 23<sup>rd</sup>, 2:30 - 3:30  
 Wednesday, November 24<sup>th</sup>, 2:30 - 3:30  
 Tuesday, November 30<sup>th</sup>, 2:30 - 3:30

### Book Fair Update at Cardigan School

Our November Book Fair was a huge success! Thank you to students, parents and staff for supporting this library fundraiser. A special thank you to Twila Palmer and Nancy MacDonald for volunteering their time to help with the book fair during parent-teacher interviews. Happy Reading!



## Anti Bullying Week, November 15-19

Bullying is a relationship problem in which an individual or group repeatedly uses power aggressively to cause distress to another. Bullying can take many forms including:

- **Physical Bullying** (hitting, kicking, shoving, spitting, beating up, stealing or damaging property)
- **Verbal Bullying** (name-calling, mocking, hurtful teasing, humiliating or threatening someone, racist comments, or sexual harassment)
- **Social Bullying** (excluding others from the group, gossiping or spreading rumors, setting others up to look foolish, and damaging friendships)
- **Cyberbullying** (the use of e-mail, cell phones, text messages and internet sites to threaten, harass, embarrass and humiliate, socially exclude, and damage reputations and friendships).



## Canteen Update

On **Monday, November 22<sup>nd</sup>** a new item will be added to our canteen order sheet. Grilled Cheese Sandwiches with 2 carrot sticks and 2 celery sticks will be available for \$2.50. The new owner of the Cape Light Restaurant will be supplying these along with the chicken burgers on Fridays from now on. This will give us a special lunch item for each day of the week.



## Remembrance Day Posters

Congratulations to all students for putting their posters in The Remembrance Day Contest. Well done everyone. Following is a list of the winners from Cardigan School:

1<sup>st</sup> Place = Emma Stewart  
 2<sup>nd</sup> Place = Logan Fitzpatrick  
 3<sup>rd</sup> Place = Matthew MacDonald  
 Honorable Mention = Grade 2 Class

### Literacy Bit

How can I help my child with homework?

Organize for independence:

- Provide an area free of distractions.
- Provide all necessary tools, i.e. sharp pencils, eraser, etc.
- Provide a regular, but flexible time for homework
- Keep the teacher informed of homework successes and challenges. The purpose of most homework assignments is to reinforce learning ...

## School Development

Currently staff are continuing to work towards a stronger achievement level in both reading and writing comprehension across all grade levels. Staff are in the process of purchasing new book resources to support teaching practices and student learning in the different genres. Staff are also looking at and evaluating the results of the Gr. 3 and 6 Provincial Assessments to guide our teaching.

### Winter Challenge

If you haven't already done so, you still have time to sign up for the Maritime Electric Winter Challenge. The cut-off date is November 30<sup>th</sup>! You will find additional information attached to this newsletter regarding the Winter Challenge. Save on your bill! And help our School win funds for our Library! When signing up, please choose Cardigan Consolidated from the list of schools on the registration page.

**Take the Challenge!**



**Sign up for the Winter Challenge!**

## Remember Me...A Poem for Anti-Bullying

Remember me?  
I am the boy who sought friendship,  
the boy you turned away.  
I am the boy who asked you  
if I too might play.  
I am the face at the window  
when your party was inside.  
I am the lonely figure  
that walked away and cried.  
I am the one who hung around,  
a punch bag for your games.  
Someone you could kick and beat  
someone to call names.

But how strange is the change  
after time has hurried by.  
Four years have passed since then  
now I'm not so quick to cry.  
I'm bigger and I'm stronger,  
I've grown a foot in height,  
Suddenly I'm popular and  
you're left out of the light.  
I could, if I wanted, be so unkind to you.  
I would only have to say  
and the other boys would do.  
But the memory of my pain holds back the  
revenge I'd planned and instead,  
I feel much stronger by offering you my  
hand.

***"The child who bullies is learning to use power and aggression to control others. The child who is victimized becomes trapped in an abusive relationship and needs help to stop the bullying"***

## Community Notes

- Interested in Synchronized Swimming? Come to a "try it night" on Nov. 24<sup>th</sup> from 6-7:30 at the Cari Complex. Please bring bathing suit to join other swimmers as they try synchro. There will be a short watershow featuring our current recreational swimmers as well as the Canada Games Team. Registration for the next session is on Dec. 1<sup>st</sup> at 6pm and the first class begins that night. For more info contact Doreen at 566-9765 or [dmwalsh@eastlink.ca](mailto:dmwalsh@eastlink.ca)  
-The Kings County Gymnastics Club is offering a "7" week gymnastics program at Ecole La Belle Cloche School (old Fortune School) in Fortune on Wed.

evenings starting Dec. 1 - Jan. 19 (No classes Dec. 29<sup>th</sup>) The program is offered to girls and boys 3-12. Registrations taking place at Main Street Mall in Souris, Saturday, Nov. 20<sup>th</sup> from 10-3, \$40 (1 hour class) + \$20 insurance fee. Please note that the insurance fee is a once a year fee. For more info contact Darlene at 687-2221.  
- The PEI Indoor soccer League currently runs indoor leagues at the under 14 boys and girls level. They play Friday evening and still have room for more players. The leagues would begin the first week of January 2011. Registration forms and info can be found at [peisa.goalline.ca](http://peisa.goalline.ca).



***"Bullying is a relationship problem that requires relationship solutions"***

# MIKINDURI , KENYA NEWS

Cardigan Consolidated  
1614 North Royalty Rd  
Cardigan RR6, PE  
COA 1G0

Phone:  
(902) 583-8575

Fax:  
(902) 583-8576

“Learning for all in  
a safe and caring  
environment”

We're on the Web!  
[www.edu.pe.ca/cardigan](http://www.edu.pe.ca/cardigan)

Miss Quinn is heading to Mikinduri again in February. Her first packing day is Dec. 4<sup>th</sup>. If you are wanting to donate supplies for her to take, this is a list of items she can bring: small notepads, pencils, pens, stickers, candy (individually wrapped) Canadian flags and pins, balloons, whistles, soccer balls with pumps, wrapped suckers, skipping ropes, children's sunhats and sunglasses. They can be dropped off at the School. Thanks in advance for your generosity. *Shawna Quinn*

## Survey for Staff & Students

All staff members as well as students from Grades 4-6 will be asked to complete an on-line provincial survey within the next few weeks. The data collected from these surveys will be helpful in determining ways to improve the school environment here at Cardigan. In the spring, parents will also be doing an on-line Provincial survey. Again, a reminder that open communication between the home and the school is vital in the education of your child. Do not hesitate to call the school at 583-8575 if you have a concern.

## Wreath Orders

By now all students should have taken home the green order forms for the Christmas Wreaths – our next Home and School fundraiser. Please return orders with money to your child's teacher. Thank you for your Support!

*Home & School Committee*

## Kindergarten Registration

will take place the week of **November 15 – 19<sup>th</sup>**. Children who reach the age of 5 years on or before December 31/11 are eligible to begin school in September 2011. Proof of age is required before a child begins school.



## Here's a list of 10 things you can do if you are being bullied:

1. If it's hard to stand up for yourself, ignore the bullying and walk away...then tell an adult who can help.
2. Talk to an adult who can help, like a teacher or a parent
3. If you're scared to talk to an adult, ask a friend to go with you.
4. Practice with your parents or teachers what to say and do the next time you are bullied.
5. Go to areas where you feel safe.
6. Stay close to students who will stick up for you.
7. Look brave and tell the child who bullies to back off ...  
Bullying is NOT cool.
8. Stay calm ... try not to show that you are feeling sad or mad.
9. Be safe...fighting back can make things worse.
10. Don't blame yourself...it's not your fault

