

Cardigan Consolidated School News

Issue 3, October 4, 2010

Noreen Lisi, Principal
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Cardigan



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Upcoming Events

- ◆ Thanksgiving
- ◆ Cross Country Meets
- ◆ Dental Clinic

Happy Thanksgiving!

It is hard to believe that September has been here and gone and we are already into October!

I would like to take this opportunity to thank all those parents who turned out for our Meet the Staff Night at the School on September 21st as well as for the Family Night on Tuesday, September 28th. A big thank you to our Home and School for supplying us with the food and refreshments for the Family Night - it was great to see such a good turnout.

October promises to be a busy month at our School. The Unit and Provincial Cross Country Meets are coming up this month. As well, the Dental Clinic will be setting up on October 25th for three weeks.

The Annual Teachers Convention is also coming up this month on Thursday and Friday, October 14th and 15th. There will

be no classes for students on these days.

Also coming up this month is the Thanksgiving Day Holiday on Monday, October 11th. This is a great time to be thankful for the many blessings that we are privileged to.

I would like to take this opportunity to wish each and every one of you a very Happy Thanksgiving.

Noreen Lisi,

Principal

Important Bus Note Information

When your child is being dropped off at an alternate stop, or if you are picking your child up after school the school needs a note. Especially with so many new young students we want to make absolutely sure that they arrive at their correct destination. Please remember to put your child's complete name (i.e. John Smith) as in many cases there can be another student with the same first name which can lead to incorrect information being passed on to bus drivers - especially if there is a substitute (either teacher, bus driver or admin assistant). Your cooperation in this matter will ensure that your child reaches their correct destination.

Bus Notes Checklist

Please make sure that your bus note includes the following information:

- ~ date
- ~ student name (first and last)
- ~ name of destination (civic if no student at drop-off)
- ~ Bus Driver if known
- ~ Please sign the note.



*Unit Cross Country Meet
at Southern Kings
Consolidated on
Wednesday
October 13th!*

Phys Ed News and Updates!

The After school Soccer club is continuing in October. Please consult your October Calendar for dates and times of practices.

October 5, 2:30-3:30 Cross Country Practice (Grades 2-6)

October 6, 2:30-3:30 Soccer Club

October 12, 2:30-3:30 Cross Country Practice (Grades 2-6)

****Reminder that all students need a note to stay for after School Sports.**

The Unit Cross Country Meet will take place on **Wednesday, October 13th** at Southern Kings Consolidated (raindate of Monday, October 18th). Those who qualify at this meet will then take part in the **Provincial Cross Meet at Mill River on Saturday, October 23rd**.



Healthy Eating Week, October - 8th

The theme for this year's Healthy Eating Week is "*Rethink Your Drink!*" It is designed to increase knowledge and awareness about the amount of sugar found in commonly consumed beverages and how it can affect people's overall health including their dental health.

Quick Facts

- -Did you know: 1 tsp sugar, 1 sugar packet, 1 sugar cube = 4g
- Water is the best drink to quench your thirst.
- When choosing juice, look for the words "100% juice" to appear in the name. Words like drink, cocktail, & beverage mean the product contains little or even no real fruit juice and

instead is just flavored sugar water.

- One 591 ml bottle of pop or fruit juice (SunnyD for example) has 17-18 tsp. of added sugar.
- If you drink one 591 bottle of pop every day for one year, you will have had over 6,205 tsp. of added sugar! That is almost enough sugar to fill sixteen (16) 2L ice cream containers!
- Sports drinks such as Gatorade and Powerade are designed for athletes who do physical activity greater than 1 hour. They contain sugar and salt. In most cases water is the best choice!
- Energy drinks have been banned from school property due to their extremely high sugar and caffeine content.



*Rethink
Your
Drink!*

PEI Healthy Eating Tips

Attached to this newsletter please find a copy of the Healthy Eating Tips for October. It includes a list of healthy alternatives for Halloween Treats as well as for students snack at School. For more healthy eating tips and information on "Rethink Your Drink" go to <http://www.healthyeatingpei.ca>



School Photos

By now most of you have returned your School Photo orders along with the money to cover those orders. The photographer has agreed to extend the deadline date to **Friday, October 7th**. Any orders received after that date will be subject to the Late Order Fee.

Retakes will be taken on **Wednesday, October 13th** first thing in the morning. Please note that the cost to have a retake is \$5.00.

Children's Wish CD Recording

The Grade 5-6 choir have been practicing in preparation for their recording of a selection to be included on this years edition of the Christmas Wishes CD with all proceeds from sales going to the Children's Wish Foundation. The choir will be recording on **Thursday morning, October 7th at the Montague Church of Christ.**

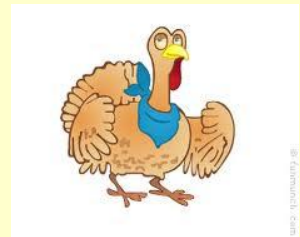
*"Teddy Bears have what
in common with turkeys?"*

...
Stuffing

Twas the Night of Thanksgiving...

But I just couldn't sleep.
I tried counting backwards,
I tried counting sheep.
The leftovers beckoned,
The dark meat and white.
But I fought the temptation,
With all of my might.
Tossing and turning, with anticipation.
The thought of a snack became infatuation.
I raced to the kitchen, flung open the door
And gazed at the fridge,
full of goodies galore
I gobbled up turkey, And buttered potatoes,
Pickles and carrots, Beans and tomatoes.

I felt myself swelling,
so plump and so round.
'til all of a sudden, I rose off the ground.
I crashed through the ceiling,
Floating into the sky,
With a mouthful of pudding,
And a handful of pie.
But I managed to yell
as I soared past the trees
Happy eating to all,
Pass the cranberries, please!!



*"Celebrate the
happiness that friends
are always giving,
make every day a
holiday and celebrate
just living!"*

Community Notes

- Kids Spud Run, October 16th at the Red Shores Race Track at 10:45 am, part of the 2010 PEI Marathon. This FREE event for kids is a great way to get kids involved in fun fitness. The first 400 to register receive a free t-shirt. Registration can be done on website at www.princeedwardislandmarathon.com

- The Kings County Gymnastics Club is offering a Gymnastics program at the old Fortune School on Wed. evenings beginning Oct. 6th. The program is offered to boy and girls 3-12. Registration at Main St. Mall, Souris, Oct. 1st, 5-7; Oct. 2nd 11-2.



Photo Retakes!

**Photo retakes will
take place on
Wednesday,
October 13th
in the morning**



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“Learning for all in
a safe and caring
environment”

We're on the Web!
www.edu.pe.ca/cardigan

October Calendar

**Attached to this newsletter is a
copy of the October Calendar of
events for Cardigan School ...
Please Post!**

