

ELIOT RIVER NEWS

Terry Fox Complex Now Open!!

Terry Fox Run!

Congratulations to all who participated in our Terry Fox Run. So far we have raised almost \$3,000.00 for a wonderful cause! Great work!

Parent/Teacher Conferences

Just a reminder that the first formal set of parent/teacher conferences will take place Thursday, October 28th (evening) and Friday, October 29th (full day). There will be no classes for students on Friday the 29th. Report cards going home to parents in early December.

Scream Park

Plans are underway for this exciting event at Eliot River on October 29th & 30th. We need volunteers to help with set up and take down, finding costumes and acting parts in the park. If you want to be involved in a fun fundraiser, call Mr. MacDougall at 368-4281.

Bookfair!

During the week of parent-teacher interviews, the library will be hosting a Book Fair and we really need some parent volunteers to help. Please call the school if you have any time to volunteer.

Students will have an opportunity to visit the fair during school and parents may visit when they are here for their interview. It's a good chance to do some early Christmas shopping!

Core French

"Ici on parle Francais" (Here we speak French) is our motto in Core French this year. Through oral and written activities, reading stories, playing games, singing songs, and engaging in cultural experience, we trust that all students will enjoy learning French. The grade four students will begin with a unit called "Decouvrons Notre Ecole (Discover Our School), Grade five and six

students will explore the theme of Friendship in "Vive L'Amitie". All students (with exception of Immersion students) attend 30 minute French classes 5 of 6 days. Please take the time to ask about what they are learning and allow them to practice phrases and vocabulary with you. Your interest and support are greatly appreciated.

Un grand merci,
M. Fraser & Mme. Corney

Thanksgiving Assembly

We will be holding our Thanksgiving Assembly on October 9th. As in the past, we will be collecting food items for The Food Bank. We encourage everyone to think of others as we give thanks for all that we have.

Cross-Country Running

Our Cross-Country Team is practising hard and the Unit 3 Cross Country Meet is scheduled for Thursday, October 7th at Fort Amherst. (Raindate Oct 8th)

Help us Recycle

Once again we are saving juice, pop and water containers to be collected by a local company and recycled. We received \$566.00.00 last year. We invite parents to contribute the containers they recycle at home. We will accept any pop, juice or water bottles, with the labels left on. (They will not be accepted if the labels have been removed.) Just drop them off to the school in a blue bag and they will be picked up once a month. Thank you.

Library Notes

Our Librarian Leslie Macdonald welcomes any help in the library with re-shelving books on a regular basis, as this keeps books in circulation and in the hands of the students. If you have an hour or two per week to help out please contact 368-4284.

Thank you...

To those who have made donations of books to our library. We always welcome any donations of books, so remember us when you are housecleaning those closets. Remember too, we welcome donations of Canadian Tire money, pop/juice can tabs, and soup labels. All of these things help us get valuable materials for our students.

Literacy Volunteers

- We need volunteers to come and read with students. This is a wonderful experience for both volunteer and student. Contact Leslie Macdonald @ 368-4284

Breakfast Program

WE NEED

VOLUNTEERS!!!!

We cannot operate the program without your help and right now we do not have enough volunteers to cover the service.

Thank you to all who have made monetary donations and/or volunteered thus far. It is much appreciated. However, we must dig deep, as we still need more people to help out and monetary donations to keep the program going.

Newsletter Distribution

Remember to send in your email address if you want to receive the newsletter via this method or you can check it out on our website.

We need ... a large tricycle to teach life skills to special needs students. If you have one to donate, please drop it off at the office. Thank you.

Student Pictures

-from time to time, throughout the year, teachers like to display students' photos in the school or on a slide show. These photos will not be used on our website or in the newspaper. They are solely for school display.

Weekly Ice Cream Orders

We will be including the ice cream orders with the other items ordered on Mondays. Please send your child's money in on Monday to order for Thursday of each week. Thank you.

School Visitors/ Volunteers

The Eastern School District requires that all visitors and volunteers who are spending time in the school to sign in at the office and a visitor badge will be issued for you to wear while you are in the school.

HPV Vaccine & Notes from Public Health Nurse

HPV Vaccine - Jennifer Doyle and her team from Public Health will once again be inoculating our grade 6 girls. The first session will be on the morning of Monday, October 6th and the booster shots will be given on Wednesday, December 8th.

As well Jennifer Doyle, our Public Health Nurse visits our school each week. Parents are encouraged to contact the Health Nurse if you have any concerns related to the School Health Program offered by Public Health Nursing.

The Public Health Nurse accepts referrals from students, parents, and teachers. The program covers routine screening in specific grades for vision and hearing. The Nurse provides education and follow-up with those students who have a specific health concern, an extreme allergy problem and/or a communicable disease.

Immunizations are given in the schools with parental consent and according to the Provincial

Immunization schedule as directed by the Chief Health Officer. Consent forms are sent home in advance of all immunization clinics scheduled in the school.

The Public Health Nurse may also assist teachers in carrying out the Family Life Program as agreed upon by the Departments of Health and Education.

For Children new to the province, the

Health Nurse requests a copy of your child's immunization record. A copy of this record may be dropped off or faxed to your local Public Health Office at the Sherwood Business Centre. (phone 368-4530)(fax 368-4497).

Re: Head Lice: We are asking parents to be extra vigilant to do regular checks of students heads for head lice. If this condition occurs, parents are asked to treat and have children checked by the Dept. of Public Health, before children return to school. Many thanks to parents for your efforts in this area and for your excellent communication with the school.

Home and School Fundraiser

During the week of October 4th the QSP catalogues will go home with the students. On October 19th & 20th the order forms and money must be returned to the school. On November 12th the orders will be delivered to the school.

Home and School Federation PEI

is offering FREE Home and School leadership training sessions. Wed, Sep 22 at Athena School and Thurs, Sep 23 at Queen Charlotte School, beginning at 6:30. Refreshments and materials will be provided. Call Shirley at 620-3186 to register your name.

Healthy Eating Tips

Packing a litterless lunch - Take a moment to consider the amount of waste you may pack in you and your child(ren)s lunch. Here are 10 ways to create a healthy litterless lunch:

1. Use insulated reusable lunch bags, cloth bags or lunch boxes.
2. Include a refillable drink or water bottle. Children should be encouraged to drink water as much as possible. Not only is water the best choice for staying hydrated, juice pouches and juice boxes are often thrown in the garbage rather than recycled and contain a lot of sugar. If sending juice, pour 100% fruit juice into a small reusable drink container.
3. Buy in bulk. Cut down on packaging and food waste by purchasing bulk items and portion into small reusable containers. For example, purchase larger containers of yogurt and canned fruit and portion into smaller reusable containers, and purchase cheese in larger package and cut into smaller pieces rather than individually wrapped cheese strings.
4. Limit use of all paper and plastic wrap as well as tin foil. Sandwiches and many other foods can be wrapped in large cloth

- napkins, or sealed in reusable containers.
5. Provide a cloth napkin instead of a paper napkin.
6. Involve children when preparing lunch. A child is more likely to eat, and not waste, a lunch they helped pack.
7. Recycle. Teach children about recycling and where to put their proper containers.
8. Plan ahead. Try to have lunch planned for the school week and pack lunches the night before so that you are not rushed in the morning.
9. Provide reusable utensils. If you are worried about losing pieces from your own cutlery set, pick up individual cutlery just for lunches.
10. Buy local foods. Buying local reduces greenhouse emissions released during transportation. Local food tends to be fresher, uses less packaging and has fewer preservatives. Buying foods grown and produced in your area also helps support PEI farmers!

Community Notes:

Active Parenting Now Course - for parents of children aged 5-12, is being offered by the area churches on Wednesdays at Cornwall United Church beginning Oct. 6. 6 Week video-based course is designed to offer parents information and strategies to grow as parents and help your children be happy and successful. For more info, call your own church or 566-3876 and pick up a brochure. Deadline is Sunday, Oct 3. Registration fee is \$10.00.

Cornwall and Area Skating Club - Registration at APM Centre (upstairs), Saturday, Sep 25 and Saturday, Oct 2, from 10:00 am to 12:00noon. For more info visit <http://222.eteamz.com/conrwallfsc>

Adult Tutor Program: call 368-4695 or 800-348-7323(outside Charlottetown). Tutors are free, work on what you need to know and meet when you are available, one - to - one. This service is confidential. If you, or someone you know, wants to read better, call PEI Volunteers for Literacy for more information.

Dates to Remember

- Oct 1 - Professional Development Day - No Classes
- Oct 4 - 4A, D & F to Orwell Corne - Home & School Fundraiser
- Oct. 6 - HPV Vaccine
- Oct 7 - 4B,C &E to Orwell Corner - Cross Country Run at Fort Amherst (raindate Oct 8th)
- October 8 - Thanksgiving Assembly
- Oct 11 - Thanksgiving - No Classes
- Oct 12- Milk and Lunch Token Sale
- Oct 14 & 15 - PEITF Convention -

NO CLASSES

Oct. 19 & 20 Home & School
fundraiser orders returned to school
Oct 25-29 - Book Sale in Library
Oct 28 & 29 - Parent Teacher
Interviews - NO CLASSES on
the 29th
Oct 29 & 30 - SCREAM PARK
Oct 31 - Halloween