

GULF SHORE NEWSLETTER
ISSUE #6
FEBRUARY, 2011

Children's Wish:

Once again congratulations go out to students, parents and all those who contributed to our Children's Wish fund raising events this past year. We are the lucky winners of a \$500 Gift Card to Staples for being the school on PEI that raised the most money for the Children's Wish Foundation. This would not be possible without the excellent support from the Children's Wish Committee in North Rustico or the generosity of parents and friends. The money will be used to purchase much needed supplies for the school.

Lunch Program:

Just to update you with regards to our lunch program here at Gulf Shore. Tokens are sold every Tuesday and orders for meals are taken on Tuesday. Milk is .40 for white and .60 for chocolate. Students will now have a choice between chicken burgers or lasagna for Thursday.

Monday - Sub Order forms sent home

Tuesday - Tokens sold - Orders for Chicken Burgers or/and Lasagna taken
Sub orders returned and subs are served

Thursday - Chicken Burgers or Lasagna served

Friday - Pizza served

Islander Day:

Monday, February 21st is Islander Day - no school.

Mid Immersion Meeting:

An information meeting for parents regarding the grade 4 Mid Immersion program next year will be held on Tuesday, February 15th at 7:00 pm. at the school.

Report Cards:

Our next set of Reports Cards will be going home to parents on Wednesday, March 2nd followed by interviews on March 3rd and 4th.

Book Fair:

Our Annual Book Fair will also be held on Interview Days.

Sports Notes:

A basketball program has started for students in grades 4-5-6. Girls practice on Wednesdays from 3:00 - 4:00 while boys practice on Friday also from 3:00 - 4:00. It is hoped that we will be able to play another school in early March.

Our intermediate girls and boys basketball teams are into the final weeks of their schedule. Play offs start in mid February. Both teams are expected to make the play offs.

Literacy Bits:

How do I help my child understand what he/she reads?

Talking about books is key to developing better understanding. Use comments such as:

I wonder what will happen next?

I wonder why he did that?

I wonder how he feels?

Literacy Bits for Parents: Creating Ideas for Writing

Your child may do most of his or her writing in the classroom but their ideas will come from their life experiences.

*Share recreations, social and cultural activities with your child

*Share vacations or short visits to points of interest with your child.

*Share celebrations with your child

*Share lots of books together and talk about where the author got his or her ideas.

*Ask question that encourage your child to talk about his or her ideas and observations.

Building Resilient Girls:

Girls in Grades 5-8 are fortunate to have the opportunity to participate in a girls conference sponsored by the Women's Network PEI. This day will take place on Feb 28 during the school day with a storm date of March 1. Building Resilient Girls is a project designed to deliver programming for girls ages 9-14 that address key health and social issues for girls including self-esteem, body image, healthy living, media literacy and healthy relationships. The programming is delivered through one day intensive work-shops. To learn more please go to <http://wnpei.webnode.com/girls-project/> . Since this is a school day, the boys on that day will be participating in a variety of activities as well. If you have any questions, please call Tammi Jo Auld, School Counsellor, for more information.

Shapes:

Our school has been invited to participate in the 2010-2011 School Health Action Planning and Evaluation System/Youth Smoking Survey - Prince Edward Island. This project is a provincial initiative, which collects information on physical activity, healthy eating, mental fitness, and tobacco use behaviors of Island youth .

Home & School Notes:

Next meeting is scheduled for February 16th, 7 pm in the science lab at the school.

Teacher and Staff Appreciation week is February 14th - 18th and we are looking for volunteers to bring in treats for our awesome staff. Please give me a call so we can organize a time that will be good for everyone 621-0219 (Jennifer). We have an awesome staff and we want to show them all just how much we appreciate all that they do.

Wishing everyone a Happy Valentine's Day and a suggestion that maybe some one on one time with your little valentine or a new book would be a great treat instead of the traditional sweet treats for this special day.

Healthy Tips From the PEI Healthy Eating Alliance:

A healthy lifestyle includes eating right and incorporating physical activity. But how do you eat right to support physical activity? Here are some tips on what to eat to obtain the best results!

*Before an event, a small meal high in carbohydrates, low in fat and moderate protein are best.

*Stay hydrated! Before exercise (2-3 hours) drink 400-600 ml. During exercise, drink 150-350 ml every 15-20 minutes, and after exercise replace fluid losses (450-675 ml/0.5 kg body weight lost during exercise).

*Supplements will not increase performance if the athlete is eating properly. Be sure to follow Canada's Food Guide to Healthy Eating.

*No need for protein powders! The body has an increased need for overall calories including carbohydrate fat and protein, however enough protein can be obtained from a balanced diet.

COMMUNITY NEWS

Ringette: This FREE on-ice event takes place on Sunday, February 6th from 12:20 - 2:20 p.m. at the North Star Arena. Please visit www.cometryringette.com to register or to get more information.

Celebrate Winter Fun at Ski, Skate and Snowshoe February 6th in PEI National Park Parks and People Association will hold its annual Ski, Skate & Snowshoe Event in the Dalvay area of PEI National Park on Sunday, February 6, 2011 from 1:00 – 4:00 pm. The activity will consist of open-air skating on Dalvay Lake, cross-county skiing on the Woodlands trail and snowshoeing on the Reeds and Rushes trail behind the Dalvay Trailhouse- all great opportunities for family and friends to explore PEI National Park under a blanket of snow! Please note that equipment is not provided.

Parks Canada is celebrating 100 years since it was founded as the first formal national park service in the world. We are inviting all Islanders to celebrate with us at Ski, Skate and Snowshoe. The public is cordially invited to attend this free event. Don't miss the hot chocolate and light refreshments to be served by the skating area at Dalvay Lake!

For more information check the Parks and People website at www.parksandpeople.ca or call 894-4246. Winter trail and ice conditions in PEI National Park are available 24-hours-a-day all winter long by calling (902) 672-6404 or visiting the PEI National Park website at www.parkscanada.gc.ca/pei .

