

L.M. MONTGOMERY SCHOOL

NEWSLETTER

Heather Cudmore
Principal

DECEMBER, 2011

Patti Davidson
Vice Principal

Upcoming Events

Dec. 1 – Grade 4, 5 & 6 students to Murphy Centre for X-mas Matinee

Dec. 6 – Christmas Concert 7:00 p.m.

Dec. 6 – Grade 6 girls 2nd round of Gardasil.

Dec. 20. - Last day of classes 2011

Jan. 3 – First day of classes 2012

Jan. 12 – Token Sale

Jan. 26 – Token Sale

Literacy Bits



Talk with Your Child

Talking with your child and encouraging him or her to talk with you is extremely important.

Listening and speaking are a child's introduction to language and literacy. Activities such as talking and singing will teach your child the sounds and structures of language, making it easier for him or her to learn to read and write. Here are some things you can do to help your child build an appreciation for words and language.

- Tell family stories about yourself, your child's grandparents, and other relatives.
- Encourage your child to tell you about his or her day – about activities, sports, and games.
- Ask lots of questions so that your child knows you are interested in what he or she is thinking about.
- Talk with your child as much as possible about things you are doing and thinking.

- Encourage your child to tell you what he or she thinks and feels.
- Don't interrupt! Let your child find the words he or she wants to use.
- Sing songs, such as the alphabet song, and recite nursery rhymes, encouraging your child to join in.
- Play rhyming and riddle games.

(Source: The Literacy and Numeracy Secretariat)

Lunch Program

Tokens are sold on the **LAST THURSDAY OF EACH MONTH**. Parents are to fill out the token order form indicating which items they would like to purchase along with the subway order form if you wish to order Subway subs. Enclose your money and your token form in a Ziploc bag and send it back in on Token Sale day. **Please remember to put your child's name and teachers name on the token sale order form.** You will need to plan for the whole month up to and including when the next token sale will be. If you wish to pay by cheque please make all cheques payable to L.M. Montgomery Home & School and please send exact change if you are sending cash. Please date your cheque for the date of the token sale. Sorry, we do not accept posted dated cheques.

All tokens and Subway orders for that week are to be handed into your child's teacher on Monday. Teachers will be placing all lunch orders for that week on Monday. If your child is absent on the day he/she ordered from the lunch program you have the option of picking up the lunch or it can be sent home with a sibling. No absent orders will be carried forward to the next week.

Tuesday Lunch Item



Spaghetti and Homemade cookie is the lunch item on Tuesdays in December. This will come with an 8 oz. serving of spaghetti in a lean ground beef homemade spaghetti sauce with a sprinkle of parmesan cheese and served with a homemade oatmeal cookie.

In the event of a storm on a Tuesday and school is cancelled, the lunch option will be donated to the Soup Kitchen on behalf of L.M. Montgomery. This is due to all Tuesday lunches are made from scratch the day before and cannot be reheated, frozen or served again.

Thank you to our lunch volunteers for the month of November: Giselle Dalton, Donna Welsh, Shannon Micallef, Tanya Kelly, Monica Ready.

The lunch program requires volunteers for hot dogs, pizza and the sale of tokens. **PLEASE** consider volunteering in the lunch program if you are able to do so. It is a great way to become involved

in your child's school. All money raised through the lunch program goes back to the school to help purchase books, sports equipment, musical instruments, cost sharing for field trips and much more.

Token Sales:

Please note that there will be no token sale in December; instead we will be having 2 in January (January 12th & 26). If you are available to help out with the token sale please contact the school.

Home & School

Becoming involved with the Home & School Association is a great opportunity to keep connected and involved in your child's education. It provides a meeting place where parents/guardians, teachers and our principal come together to discuss how we can help meet the needs of our children, both at school and at home. Meetings are held five times a year and often have guest speakers on a variety of topics (anxiety in children, internet safety, etc.).

Our next Home & School Meeting will take place on January 10th at 7:30 p.m

Ways & Means



This year's Winter Carnival Family Fun Night was a great success! This year's event raised \$12,100 which includes a \$2,463 donation from Scotiabank-Sherwood Matching Program.

A very special **thank you** to my dedicated committee members as well as the countless volunteer students, parents, staff, friends, families, and businesses who donated their time and or items for the fun night. I also want to thank

Janice Wright, Lois MacFadyen, Morag Havenga, Jacqui MacLeod and Krista MacDonald, staff of Scotiabank for helping out again this year.

Thank you to Rhonda Victor, Co-Op Food Market (Walker Drive) for donating all the supplies for our Ice Cream Parlor, it was a huge success!

Thank you to the individuals who made cash donations and donated items for the Bake Sale, Theme Baskets and Silent Auction items. The Theme Basket Draw raised \$1,399.

Everyone's support of our school's major fund-raiser is greatly appreciated.

Here is a list of the winners from the fun night draws:

Raffle : 1st Place- Lottery Present – Nancy MacKinnon
2nd Place- Blow-up Santa decoration – Jim Gormley
3rd Place – Magic Bullett - Kristina Currie
50/50 draw: \$150.00 – Michelle Carmody

Theme Basket

Draws:

Mrs. Carr - (Art)
Jackson Paquet
Mrs. MacCormack (Read and Write) Shirley Simpson
Mrs. Dowling (Healthy Snacks) Annette Johnson
Mrs. Murchison (Surprises) Kera Hughes
Mrs. Ritchie (Games) Sharon Gormley
Mrs. Lingley (Sports) Maddie MacDonald
Mrs. Walsh (Toys) Sheila Anderson



Mrs. King-Compton (Toys and Treats) Gloria Yard
Mrs. Mrs. MacKinnon (Movie Night) Cameron Whitlock
Mrs. Hennessy (Art) Tracy Evison
Mrs. Lanigan-Campbell (Sports) Tracy Evison
Ms. Tublin/Mrs. MacBeath (Christmas) Donna Crasford
Mrs. Kelly-Doyle (Sports) Luke Coughlin
Ms. Courtney-Bradley (Surprise) Daniel Collins
Mrs. Brothers (New Year's) Buffy Hambley
Mrs. Proude (Alphabet) Tracy Dennis
Mrs. Davidson (Candy) Alex Murphy
Mr. O'Hanley (Mystery Basket) Alden Keus

Home & School

Greetings

L.M. Montgomery Home & School would like to take this opportunity to wish all students, families and staff of LM Montgomery a very Merry Christmas and a safe and Happy New Year!!

Scent Free School



Just a reminder to parents and students that L.M. Montgomery School is a scent-free school. Please refrain from wearing scented products such as body sprays, perfume, ect.

Kindergarten Registration



Last week was kindergarten registration for students entering kindergarten in September, 2012. If you have child(ren) who will be

5 years old by December 31st, 2012 please call the school to register them for Kindergarten. Parents will be required to provide proof of child's age. Please contact the school at 368-4150 to register your child.

Guidance News

Childhood Stress

As providers and caretakers, adults tend to view the world of children as happy and carefree. After all, kids don't have jobs to keep or bills to pay, so what could they possibly have to worry about?

Plenty! Even very young children have worries and feel stress to some degree.

Sources of Stress

Stress is a function of the demands placed on us and our ability to meet them. These demands often come from outside sources, such as family, jobs, friends, or school. But it also can come from within, often related to what we think we *should be* doing versus what we're actually able to do.

So stress can affect anyone who feels overwhelmed — even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially from trying to fit in) create stress.

Many kids are too busy to have time to play creatively or relax after school. Kids who complain about all their activities or who refuse to go to them might be overscheduled. Talk with your kids about how they feel about extracurricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn't an option, explore ways to help manage your child's

time and responsibilities to lessen the anxiety.

Kids' stress may be intensified by more than just what's happening in their own lives. Do your kids hear you talking about troubles at work, worrying about a relative's illness, or arguing with your spouse about financial matters? Parents should watch how they discuss such issues when their kids are near because children will pick up on their parents' anxieties and start to worry themselves.

World news can cause stress. Kids who see disturbing images on TV or hear talk of natural disasters, war, and terrorism may worry about their own safety and that of the people they love. Talk to your kids about what they see and hear, and monitor what they watch on TV so that you can help them understand what's going on.

Also, be aware of complicating factors, such as an illness, death of a loved one, or a divorce. When these are added to the everyday pressures kids face, the stress is magnified. Even the most amicable divorce can be a difficult experience for kids because their basic security system — their family — is undergoing a tough change. Separated or divorced parents should never put kids in a position of having to choose sides or expose them to negative comments about the other spouse.

Also realize that some things that aren't a big deal to adults can cause significant stress for kids. Let your kids know that you understand they're stressed and don't dismiss their feelings as inappropriate.

Signs and Symptoms

While it's not always easy to recognize when kids are stressed out, short-term behavioral changes — such as mood swings, acting out, changes in sleep patterns, or bedwetting — can be indications. Some kids experience physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone.

Younger children may pick up new habits like thumb sucking, hair twirling, or nose picking; older kids may begin to lie, bully, or defy authority. A child who is stressed may also have nightmares, difficulty leaving you, overreactions to minor problems, and drastic changes in academic performance.

Reducing Stress

How can you help kids cope with stress? Proper rest and good nutrition can boost coping skills, as can good parenting. Make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. Don't try to make them talk, even if you know what they're worried about. Sometimes kids just feel better when you spend time with them on fun activities.

Even as kids get older, quality time is important. It's really hard for some people to come home after work, get down on the floor, and play with their kids or just talk to them about their day — especially if they've had a stressful day themselves. But expressing interest shows that they're important to you.

Help your child cope with stress by talking about what may be causing

it. Together, you can come up with a few solutions like cutting back on after-school activities, spending more time talking with parents or teachers, developing an exercise regimen, or keeping a journal.

You can also help by anticipating potentially stressful situations and preparing kids for them. For example, let your son or daughter know ahead of time that a doctor's appointment is coming up and talk about what will happen there. Tailor the information to your child's age — younger kids won't need as much advance preparation or details as older kids or teens.

Remember that some level of stress is normal; let your kids know that it's OK to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident that they can handle the situation.

Helping Your Child Cope

When kids can't or won't discuss their stressful issues, try talking about your own. This shows that you're willing to tackle tough topics and are available to talk with when they're ready. If a child shows symptoms that concern you and is unwilling to talk, consult a counselor or other mental health specialist.

Books can help young kids identify with characters in stressful situations and learn how they cope. Check out *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst; *Tear Soup* by Pat Schweibert, Chuck DeKlyen, and Taylor Bills; and *Dinosaurs Divorce* by Marc Brown and Laurene Krasny Brown.

Most parents have the skills to deal with their child's stress. The time to seek professional attention is when any change in behavior persists, when stress is causing serious anxiety, or when the behavior is causing significant problems in functioning at school or at home.

If you need help finding resources for your child, consult your doctor or the counselors and teachers at school.

Source: Kidshealth.org

Positive Parenting from Two Homes for Kid's Group

At LM Montgomery School we run both primary (grades 1-3) and elementary (grades 4-6) Positive Parenting from Two Homes for Kid's Groups at the school during the school day. Some of the topics that we cover during these groups include:

- What is a family?
- What changes will separation/divorce bring to a family?
- How will these changes affect your child?
- Family dynamics during separation and divorce
- How will separation/divorce affect me now and in the future?

If you would like to have your child attend this group or should you have any questions about the group, please call Ms.

Doiron, School Counsellor at: 368-4089.

Phys. Ed. News

Basketball

Intramural basketball and after school basketball clubs are now taking place.



Gymnastics

In the new year the gym will be set up with gymnastics equipment. There will be after school practices held for students in grades 3,4,5 and 6. Some of our students will be able to compete at the Zone 3 gymnastics meet, which will be held in February.



Stings News

Hello String students and parents, A quick reminder that we have a couple of concerts coming up so please keep practicing the Christmas carols. Our Christmas concert is December 6, and we are going to try to go to a seniors home in late December. If anyone has a family member at any of the local seniors places, please let me know so we could try to book at that location!!! Thanks, Wendy Evers , Strings and Music.



Music News

The L.M. Montgomery School Concert will take place on December 6th at 7:00 p.m. Participating will be the grade 1, 2 & 3 choir, grade 4, 5 & 6 choir, Grade 6 Instrumental group and the grade 5 & 6 string students.



The Grade 4, 5 & 6 choir will be performing during the Christmas luncheon at the Delta Prince Edward on December 13, at 12:15

p.m. Parents are welcome to watch!

School Supplies



At this time a few students supply fees for this year are still outstanding. We would ask you to send the fee to the School within the next week. The fee for students in Grades K – 5 is \$35.00. Thank you in advance for your cooperation with this. If you are unsure if your child's fee has been paid, please feel free to contact the office and Ms. MacNeill will be more than happy to assist you.

Ice Cream Program



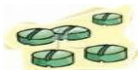
Our grade 6 students are organizing an Ice Cream Program. Ice Cream will be available to for students to purchase for \$1.00 on Tuesday & Thursday's of each week. Student who wish to order can bring their money in on ice cream day. The money raised will go towards our grade 6 year-end trip.

Labeling clothing



Parents please make sure that all clothing and footwear are labeled before sending to school. In the past couple of weeks various clothing articles have been found outside and unless the students name is on the articles; it is impossible to know who they belong to.

Medication



The Eastern School District has a policy regarding the administration of medication. Teachers are not permitted to give students medication without specific written instructions from your physician. **Forms for your**

physician to sign are available at the office.

General Information

The school office is open at 8:00 a.m. each morning for you to call when your child(ren) are unable to attend school.

If you are calling the school to make a change in regard to picking students up at the end of the day, it would be much appreciated if you could call prior to 2:00 p.m. as the end of the day can be a very hectic time in the office.

Community Events

Craft Fair



Reserve December 3rd for the Small Halls Craft Fair to be held at the Grand Tracadie School Centre from 9 - 2pm. Lots of crafts, baked goods. Anyone wishing to book a table can call 672-1672, please leave your name and number

Do you want to be part of an international organization that will help you to make a meaningful and rewarding 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 information please contact the Red Cross office at 628-6262.

PEI Taekwondo



Your child can build their confidence while having fun learning a martial art from qualified black belt instructors. Our \$80 Back to School special includes the first

month of instruction and a Taekwondo uniform. Beginner classes are on Monday and Wednesday nights at 6:00 and 7:00. Please contact Mike Ives at 314-5425 for further information or check www.peitaekwondo.com.

Kidsport Program



This program helps children and families overcome financial barriers which prevent or limit their participation in organized sports. It is administered by Sport PEI. If you would be interested in more information please email sports@sportpei.pe.ca or visit the website at www.sportpei.pe.ca. Telephone number is 368-4110.

Positive Parenting from Two Homes

Parents Worry About Their children:

Are you worried about the effects of separation, divorce and parenting from two homes on your children? Do you want help managing these changes to ensure that your children do not get caught in the middle of parental conflict? This program can help.

Positive Parenting from Two Homes

This cost-free program is presented in two, three hour sessions one week apart. Trained facilitators will give information, present videos, facilitate discussion and answer questions. You will learn to understand your feelings, your children's needs, and develop a business like relationship with the other parent. You will not be asked to talk about your individual situation because the program is intended to provide general information. Facilitators will be available during the break and at the end of the sessions for individual consultations. Your co-

parent will attend a separate session.

Registrations: Call 368-4333 and leave your name and telephone number. Parents living outside the Charlottetown area call toll-free 1-800-877-203-8828. The Parent Education Program Coordinator will return your call and complete your registration. Programs are offered in Charlottetown, Montague, Summerside, Confidentiality is maintained in the program.

Healthy Eating Tips

Healthier Holiday Eating

During the holiday season sweets and treats are often at hand. Here are some healthy holiday eating tips to get you and your family through the holiday season.

Healthy Holiday Eating Tips

- ~ Plan several healthy meals and have healthy snacks ready to grab.
- ~ Include daily physical activity as part of holiday gatherings (skiing, skating, sledding, caroling).
- ~ Instead of denying yourself during the holiday season, have smaller portions of your favourite dish or dessert.
- ~ Balance high fat, high calorie choices with lower calorie choices.
- ~ Have a snack before going out shopping or to a party.

Recipe Substitutions

- ~ use skim milk or 1% milk instead of whole milk.
- ~ Use evaporated skim milk instead of heavy cream.
- ~ Use yogurt instead of sour cream
- ~ use 2 egg whites instead of 1 whole egg.
- ~ Use applesauce instead of oil in baking recipes.

Double Chocolate Brownies

- 1.5 cups** ~ canned black beans, drained, rinsed and mashed
- ¾ cup** ~ whole wheat flour
- ½ cup** ~ unsweetened cocoa
- 1 tsp** ~ baking powder
- ½ tsp.** ~ salt (optional)
- 3** ~ eggs
- 1 cup** ~ sugar
- ¼ cup** ~ unsweetened applesauce
- 3 Tbsp** ~ canola Oil
- 2 tsp** ~ vanilla
- ¼ cup** ~ miniature semi-sweet chocolate chips



1. Preheat oven to 350F. Line an 8-inch square metal baking pan with foil, leaving a 2 inch overhand at opposite ends. Lightly spray foil with non-stick cooking spray.
2. In a large bowl, combine beans, flour, cocoa, baking powder and salt. With a wooden spoon, beat in eggs, sugar, applesauce, oil and vanilla until well blended. Stir in chocolate chips. Pour batter into prepared pan.
3. Bake for 30 – 35 minutes, or until just a few moist crumbs clink to a tester inserted in the centre. Do not over-bake. Let cool in pan on a wire rack. Using foil overhangs as handles, remove from pan and transfer brownies to a cutting board. Cut into squares.