

L.M. MONTGOMERY SCHOOL

NEWSLETTER

Heather Cudmore
Principal

OCTOBER, 2011

Patti Davidson
Vice Principal

Upcoming Events

Oct. 3 & 4 – School Pictures

Oct. 6 – Cross Country Meet-
Eliot River School

Oct. 10 – Thanksgiving

Oct. 15 – Provincial Track & Field
Meet

Oct. 20 & 21 – PEIFT Annual
Convention – No School

Oct. 26 – Sports Fair

Oct. 26-28 – Scholastic Book Fair

Oct 27 – Parent Teacher
Interviews in evening

Oct. 27 – Token Sale Day

Oct. 28 – Parent Teacher
Interviews all day – no school for
students.



Literacy Bits

Expending Reading Vocabulary:

Successful readers are continuously building on the number of words they are able to read without hesitation.

- ~ Welcome any opportunity for your child to reread familiar books from home or school.
- ~ Using words from your child's familiar books, play word games like Bingo, Go Fish, Concentration or Word Hunts to increase fast recognition of high frequency words, e.g., where, some, they.
- ~ After reading a book with your child point to a few high frequency words and ask him or her to read them.
- ~ Remember that your child can be a successful reader without mastering every word in isolation.

Lunch Program

L.M. Montgomery offers a variety of food items Tuesday – Friday, including milk, chocolate milk and orange juice available daily. The lunch program is organized by The Home & School with help from parent volunteers, teachers and local food business's

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.

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.

Below are our Tuesday options for this school year.

January, May

Grilled Cheese Sandwich
Combo with slice of
watermelon (or carrot sticks if
watermelon not available)
and a homemade oatmeal cookie!



October, February, and June

Hamburger Combo made with
lean ground beef, packet of
mustard & ketchup, and slice of
watermelon (or carrot sticks if
watermelon not available)



November, March

Baked Chicken Strip
Combo with 2 homemade
chicken strips (chicken breast),
dipping sauce, baked potato, and
butter.



December and April

Spaghetti & Homemade Cookie -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.



GLUTEN FREE MEAL

Please note there will be a Gluten Free option available every Borrowed Kitchen day. The option for the year is 2 Baked Chicken Strips (made with a GF finely

crushed cereal), Baked Potato, Dipping Sauce, and Butter. **Please place order as usual with the school plus email borrowedkitchen@hotmail.com as well as the homeroom teacher every time you order.** We are trying to keep the order process as simple as possible but **to place the special order the email is a must!** Also it needs to be noted that Borrowed Kitchen IS NOT a certified gluten free kitchen. Cost of the gluten free meal is the same as all other Borrowed Kitchen meals.

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.

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 first Home & School Meeting will take place on October 11th at 7:00 p.m.

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.

Guidance News

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

Cross Country Running:

Students have been running each recess time in preparation for the cross country meet which will be held on October 6th at Eliot River School. Students going to the meet have received a permission slip from Mrs. Nogler. The Provincial Track and Field Meet is October 15th.

The after school cross country and soccer club will end on Tuesday, October 4th. Thank you to Mr. O'Hanley for helping out with this.



After School Golf Club



The after school golf club will end on October 5th. Thank you to Belvedere Golf Course for allowing us to use the driving range.

Intramural Soccer



Intramural Soccer will finish up in early October and intramural volleyball will begin at that time.

Afterschool Volleyball Club



There will be an after school volleyball club starting in October for students in grades 5 and 6. Students that are interested will receive a permission slip from Mrs. Nogler.

Sports Fair



Students in grades 3,4,5, and 6 will have an opportunity to take part in Sport PEI's Annual Sports Fair. There will be over 20 interactive sessions set up for the students. The fair is located at the Stratford Soccer Complex. The fair will be held on October 26th from 9:15-11:15. Students will travel by bus to and from the Sports Fair. The cost of the Sports Fair per student is \$2.00 which is to be turned in to home room teachers by October 19.

Stings News



Dear parents, I am looking forward to a wonderful year with LM Montgomery Strings students. I will be sending instruments home very shortly on a regular basis. Please check with your child for instrument care and handling. They will also be taking home a quick reference guide with them to guide their practice. Thank you,
Strings and Music Teacher,
Wendy Evers.

Library News



Congratulations to the 58 students who applied to be a Library Monitor this year. Students have received their contract and schedule and are currently being trained. Thank-you students for the wonderful letters you wrote! Enjoy your year helping out in the Library.

There will be a Scholastic Book Fair in the Library during Parent-Teacher Conferences in October. The dates for the Fair are October 26-28. A Book Fair Flyer and notice with more information about the Fair will be coming home with students soon.

Parent Teacher Interviews



Parent Teacher Conferences will be held on October 27 (p.m. only) & 28 (all day). Conference times will be sent home with your son/daughter in the near future.

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.

District Policies on Volunteers and Identification



As in the previous year there have been some new policies put in place regarding volunteers in the school. The policies were put into practice

to ensure the safety of our students. The safety and education of our students is very important to us here at L.M.

All parents, visitors and volunteers must stop at the office to sign in and obtain identification if proceeding to the classroom area. In addition, all volunteers who are working directly with children, must have a Criminal check completed.

These policies are available for your viewing on the Eastern School District website.

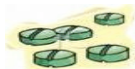
We want to thank all the parents who have been following our policy of checking in to the office, and waiting in the lobby for the children. Your child's education is very important to us here, and in addition to keeping them safe, we do want to minimize disruptions to teaching time.

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.**

Terry Fox Run



We held our Terry Fox Walk on Friday, September 16th, 2011. Terry's dream was for each person to donate \$1.00 towards cancer research. We are happy to report

that we surpassed Terry's dream. Great job everyone!

School Pictures



Individual and class pictures will be taken on October 3 & 4. Students in Kindergarten, Grade 2, Grade 4 and Grade 6 will have their pictures done on Monday, October 3. Students in grades 1, 3 & 5 will have their pictures done on Tuesday, October 4. Retakes will be held on November 3. Picture Day information forms have been sent home with all students. Please review the information form and send it back with your child on Picture Day. Proofs will be sent home for you to preview the images before you buy!

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

Giant Pumpkin Weigh-Off



This will take place on October 8, 2011 at 10:00am-100pm. Lots of fun activities for the kids. Hot Dog BBQ, hayrides, pie eating competition, Pumpkin Decorating/Carving 12:00 Noon is the actual weigh off. Event being held at Vesey's Seeds in York.

Grand Tracadie Ball Tournament



Second annual Grand Tracadie Co-ed Ball Tournament will be held on October 14 -16th at the Grand Tracadie Diamond. Any interested teams can contact Nancy at nxmackinnon@gmail.com \$125.00 per team

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

Island Narratives Project

The Island Narratives Project at the Grand Tracadie Cap Site is winding down. We are still interested in pictures, stories, family trees to include in the history of Grand Tracadie and surrounding areas. Please call Steve at 672-1672 The official launch of the project will be Wednesday, October 26th, from 6 - 8 pm Everyone is welcome!

Zumba is back at Grand Tracadie School Centre!!

Starting Wednesday October 5th at 6:30. Cost is \$5.00 per night. Other dates may be available if there is enough interest.

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.

Girl Guides



Girl Guides are coming to the Tracadie area! We now have a Spark (kindergarten/grade one) unit up and running on Wednesday nights at the Tracadie Cross Community Hall from 6:30-7:30pm. We would love to have your daughter(s) come join us, but we need leaders in order to expand into the older units. We also have a new Spark unit opening up at the Basilica Church basement on Thursday nights from 6:30-7:30 beginning October 6th. If you are interested in becoming a leader, or would like your daughter to join one of these new and exciting groups, please contact the office at 894-4936 or info@girlguides.pe.ca

Healthy Eating Tips

Color Your Day

Eating Well with Canada's Food Guide recommends that children ages 4 – 13 years eat 5-6 servings of vegetables and fruit per day.

Vegetables and fruit have important nutrients such as vitamins, minerals and fibre. Eating lots of colorful vegetables and fruit each day will ensure kids get the nutrients they need to grow and the energy they need to learn to stay active. Eating vegetables and fruit may help to lower the risk of developing chronic diseases such as cancer, heart disease and stroke in the future. It is important to include vegetables and fruit as breakfast, lunch, supper and snacks.

Here are some quick and easy ideas to incorporate more vegetables and fruit into snacks.

~ Raw broccoli, cauliflower, carrots, green peppers, cherry tomatoes, or celery served with

low-fat ranch salad dressing, hummus or bean dip.

~ Apples, oranges, bananas, grapes, kiwi, pear, peaches, pineapple, mango, watermelon, honeydew, cantaloupe, grapefruit, strawberries, blueberries, or raspberries.

~ Unsweetened applesauce served on whole grain toast or added to plain yogurt.

~ Pita bread topped with real cheese & vegetables (heat in microwave or oven)

~ Fruit smoothie (blend a mixture of berries & other fresh fruit with yogurt and milk for a tasty nutritious snack.