

# L.M. MONTGOMERY SCHOOL

## NEWSLETTER

**Heather Cudmore**  
Principal

**Patti Davidson**  
Vice Principal

### Principals Message

Welcome back to an exciting year at L.M. Montgomery School. A special welcome to all new families joining our School Community this year. I am very pleased to be joining you again as part of this dedicated staff and supportive parent community to work together to provide a safe, caring and quality educational experience for all our students.

I look forward to continuing the positive School/Parent partnership that has been fostered here at L.M. Montgomery School.

Heather Cudmore

### Upcoming Events

**Sept. 6** ~ First Instructional Day

**Sept. 13** ~ Meet the Staff Night

**Sept. 15** ~ 1<sup>st</sup> token sale

**Sept. 16** – Terry Fox Trail Walk

**Oct. 3 & 4** – School Pictures

### Literacy Bits

#### *Introducing a New Book*



Taking the time to introduce a new book to your child will pave the way for more success in reading and understanding the book. This is true for books that your child is reading or books that you are reading to him/her.

\*Encourage your child to look first at the front and back covers of the book.

\* check out any author's notes or a table of contents.

\* Let your child have a quick look at any pictures or diagrams.

\* Discuss any connections that can be made between family happenings, life experiences or other books you have shared.

### 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 issued on the last Friday of each month (with the exception of September) for milk, juice food items except for Subway which you will receive a Subway order form. The first token sale date for the 2011 – 2012 school year will be **Thursday, September 15<sup>th</sup>**.

Food items include, baked chicken strips, spaghetti with biscuit, beef taco wraps with home made salsa, grilled cheese sandwich with carrot sticks, hamburger and smoothies, pizza, subway subs (alternative Fridays), hot dogs (alternative Fridays).

<b>2% white milk</b>	<b>.50</b>
<b>2% chocolate milk</b>	<b>.70</b>
<b>100% orange juice</b>	<b>.50</b>
<b>Hot Dog</b>	<b>1.00</b>
<b>Subway Subs</b>	<b>3.00</b>
<b>Tuesday Options</b>	<b>2.75</b>
<b>Baked Chicken strips</b>	<b>2.50</b>
<b>Cheese Pizza</b>	<b>1.75</b>

Milk and juice are provided daily by Purity Dairy. Dianne Fullerton with Borrowed Kitchen provides our Tuesday lunch options which include spaghetti, beef taco and other homemade items.

Wednesday lunch option is provided by Kurley's and includes chicken strips and crackers. Pizza is available on Thursdays and is provided by Dominos. Maple Leaf Original hot dogs are available every other Friday and Subway subs are provided on alternate Friday's. Prices are subject to

change depending on provider price increases.

You will receive a school handbook in September along with a detailed calendar indicating the dates for the monthly lunch options. The monthly school newsletter will also include the lunch program options. Lunch program information is also available on the schools website.

<http://www.edu.pe.ca/lmmontgomery/index.htm>.

Tokens are sold on the **LAST THURSDAY OF EACH MONTH** with the exception of September. Students will receive a token sale order form with a Ziploc bag in September. 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 the 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.

### **September, 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](mailto: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, 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 11<sup>th</sup> at 7:00 p.m.

### **Meet The Staff Night**

On Tuesday, September 13<sup>th</sup> at 7:00 p.m. our annual Meet The Staff Night will be held in the Gymnasium. This will be an

opportunity to meet the staff, the people on the Home & School, and to hear about programming and expectations for your child(ren).

### **Guidance News**

#### *Tip Sheet for Managing Stress in Those First Few Days of School*

To help ease the transition for your child's first days at school, here are some tips:

- Be patient and understanding
- Listen to and respect your child's feelings
- Talk about it. It's healthier for children to talk about their feelings. They don't benefit from "not thinking about it". Be empathetic but remind your child – gently – how well they adjusted to previous transitions
- Keep calm – stay cool. Your child will likely be calm if you are too.
- Leave without fanfare. Tell your child to have a good day, say "I love you", then go – don't stall.
- Your child's reaction will likely be influenced by your reaction. If you stay longer, look worried – get teary – this may be interpreted as cause for fear or avoidance and they may continue with this reaction in subsequent days to avoid coming to school.
- Try not to give in. Reassure your child that he or she will be fine – be confident and assuring (check yourself out in the mirror before speaking with your child: does your facial expression, body language/posture, tone of voice match your words?)

All of you needs to project confidence.

- Praise your child's efforts related to school. Children generally repeat behaviour that gives them the most attention.
- Overprotectiveness: Sometimes the anxiety maybe a manifestation of parent's own anxiety – parents and children can feed one another's fears or anxieties
- Keep your own stress and anxiety in check leading up to the first days. Kids with anxious parents may be more prone to anxiety generally. To help manage your own stress and anxiety here are some tips: Talk about your feelings to others; exercise regularly – exercise is a great stress buster; eat properly and be mindful of your eating; practice relaxation (ex. Yoga, meditation, listen to relaxing music and abdominal breathing); get enough sleep (when we suffer from sleep deprivation we don't know what we think or feel – we are just SO tired and our thinking becomes foggy); keep your sense of humour – laughter fights stress.
- Share stories of your fond memories of going to school. Speak of school in a positive and enthusiastic manner.
- Remember: This phase will pass!

### Phys. Ed. News

There will be an after school golf program for students in grades 5 and 6 that will begin on Wed. Sept. 14th and will run on Wednesday's until October 5th. Students that are interested in this club will receive a permission slip



with more detailed information from Mrs. Nogler.

### After School Cross Country/Soccer Program



There will be an after school cross-country/soccer program for students in grades 4,5 and 6 that will begin on Tuesday September 13th and will run on Tuesday's until October 4th. One half hour of this program will focus on cross-country and one half hour will focus on soccer. Students that are interested in this program will receive a permission slip with more detailed information from Mrs. Nogler.

### Cross Country Running

will start on Wednesday, September 7 and it will be for students in grades 2 – 6. The zone cross country meet will be held at Ft. Amherst National Park in early October.



### Bussing

We are asking parents to pick up students for special events such as birthdays, sleep overs, etc. Please check with the school before making new babysitting arrangements to see if there is room for your child to travel on another bus. **Please remember that unless your child has a note stating that you are picking them up on a particular day, or that this a previous arrangement that the office is aware of, he/she will be sent home on their regular bus.**



### 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.

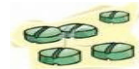
**All parents, visitors and volunteers must stop at the office to sign in and obtain identification if proceeding to the classroom area. In addition, all volunteers who are working directly with children, must have a Criminal check completed.**

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.

### 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

The L.M. Montgomery Terry Fox Walk will take place on Friday, September 16. This walk will occur on the trail between the Union Rd. and the York Rd. Students will be bussed to the start of the walk and picked up by bus at the end of the walk. Students are encouraged to each donate \$1.00 to support Terry's goal of every person donating \$1.00 towards cancer research.



## School Pictures

Individual and class pictures for Grades K – 6 will be taken on October 3 & 4. Retakes will be held on November 4. Picture Day information forms will be 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

### SKATING PROGRAMS

The Sherwood Parkdale Skating Club is pleased to offer skating instruction programs to residents of Charlottetown and surrounding communities at the Cody Banks Arena.



**PreCanSkate** : Designed for children 3 and 4 years old( by April 30,2011), this program is an introduction to skating that focuses on having fun while developing the skills of balance and motion.

**CanSkate**: A learn-to-skate program for beginners of all ages who are placed and taught at the level of their ability. Skaters earn badges as they learn fundamental skating skills.

### **Registration Dates:**

**Wednesday, Sept 7, Friday, Sept 9 & Wednesday, Sept.14,**

6:00 – 8:00pm

At the Maplewood Room, Cody Banks Arena (Maple Avenue).

For more information contact: Karen VanderKloet(368-2804) or visit our website

[www.sherwoodparkdaleskatingclub.com](http://www.sherwoodparkdaleskatingclub.com)

## Come Try Ringette

Do you know someone who is ready to become one of our Future Ringette Stars? Ringette is an exciting team sport that emphasizes fun while allowing for maximum participation of all players. Ringette promotes cooperation with teammates and provides the opportunity for healthy competition. The rules encourage safety, and no intentional body contact. It requires both fitness and strategy. Through ringette, players develop enthusiasm for active life-long participation in sports and active health.

Are you looking for a sport where you can have fun, make new friends and become a great skater? Ringette just may be what you're looking for.

Why not attend our Come Try Ringette event on September 25, CARI Arena B from 1:30 to 3:30 PM and give it a try. This is a



FREE event. BEGINNERS are welcome!

For more information, visit <http://charlottetownringette.com/> or call Michael James, President, Charlottetown Ringette at 626-9612.

## 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](http://www.peitaekwondo.com).



## Healthy Eating Tips

### *Home Grown Goodies!*

PEI has an abundance of fresh produce and seafood produced right here on our Island! These locally grown goodies can be purchased at local farms, local farmers' markets or even local grocery stores. Although PEI tends to be known for our potatoes and lobster, we have so much more to offer.

PEI Fall flavors Festival takes place September 2 – 25, 2011. You can join farmers, producers, crafters and artists for Farm Day in the City. This event will be held in Charlottetown in Sunday, September 25, from 11 – 4 pm. You can see all the local culinary Fall Flavors events held in communities across the Island at [www.fallflavors.ca/index/php](http://www.fallflavors.ca/index/php)

**Girl Guides of Canada – Guides du Canada** would like to extend an invitation to your daughter to register for



Sparks, Brownies, Guides and Pathfinders and experience everything that Guiding has to offer. Registration evenings will be held on the following dates at these locations:

**Stratford Town Hall**

Tuesday 13<sup>th</sup> September 6.30pm – 8pm

**Cornwall United Church**

Thursday 15<sup>th</sup> September 6.30pm – 8pm

**Sherwood Hall**

Thursday 15<sup>th</sup> September 6.30 pm– 8pm

**Springpark Church**

Thursday 15<sup>th</sup> September 6.30pm – 8pm

Guiding offers today's busy girls the chance to discover new interests, learn valuable leadership skills' and make lasting friendships in a safe environment. Through diverse and exciting programs and activities, Guiding gives girls the tools and resources they need to achieve their own greatness. For further information contact Girl Guide Headquarters

40 Enman Crescent

Charlottetown, PEI, C1E 1E6

(902) 894-4936

Toll-Free: 1-800-565-8111

Email: [info@girlguides.pe.ca](mailto:info@girlguides.pe.ca) or

[joinnow@girlguides.pe.ca](mailto:joinnow@girlguides.pe.ca)

**Dunstaffnage-Marshfield 4-H Club Registration**



The Dunstaffnage Marshfield 4-H club will hold its 2011-2012 registration from 6:30-8:00pm on September 19th, at the Olde Dunstaffnage School Centre in Dunstaffnage. The 4-H program is open to youth between the ages of 9 and 21. 4-H members belong to a club, learn about specific projects, develop leadership skills, complete a communications project, and have a lot of fun. Some of the projects offered in the Dunstaffnage Marshfield club include: Crafts, Dairy Calves, Foods, Photography,

scrapbooking, woodworking and Exploring 4-H other projects will be offered.

if leaders are available. For more information please call Fred or

Karen

VanderKloet at 368-2804.

**Montague Christmas Craft Fair**



Get your table rental application for the Montague Christmas Craft Fair being held on Dec 2nd and 3rd hosted by the Montague Skating Club at the Wellness Centre in Montague. To get an application or for further information contact Laurie Godfrey at 583-2811.