



West Kent Newsletter



West Kent Elementary
School
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Ross McDermott,
Principal

Francyne Doiron,
Vice-Principal

School Council:

- **Next Meeting**
February 7, 2012

Dates to Remember:

Feb. 1 In-School Professional Development Day (No classes for students)

Feb. 7 School Council Meeting at 7:00 p.m. in the library

Feb. 8 Zone 3 Gymnastics Meet at West Royalty School

Feb. 14 Valentine's Day & Friendship Gymnastics Meet at St. Jean Elementary

Feb. 18 Provincial Gymnastics Meet (Kensington)

Feb. 20 Islander Day (No classes)

Feb. 22 Late F.I. Meeting 7 pm & West Kent School Science Fair (Visitors welcome in the pm)

March 1 & 2 Parent Teacher Conferences (No classes Mar 2)

March 14 Report Cards

March 19-23 March Break

www.edu.pe.ca/westkent

February 2012

Grade 7 Late French Immersion

If you are considering Late French Immersion for your child in September, 2012, you are invited to an information meeting to learn about the program. The Eastern School District offers this program beginning at Grade 7. Registration week is February 27—March 2, 2012. For students presently enrolled in Grade 6 at West Kent, the information meeting is scheduled for Wednesday, February 22, 7:00 p.m. at Queen Charlotte Intermediate. Registration forms are to be completed and returned to your child's homeroom teacher by Friday, March 2.

Merci

Music Program Update

Music Festival

Grade 4-6 choir will practice at lunch recess on days 3 & 5. Girls' choir for grades 2 & 3 will meet every Tuesday at little recess. Boys' choir for grades 2 & 3 will meet every Wednesday at little recess. The rehearsals will not conflict with gymnastics schedules so students are able to participate in both activities if they wish. All West Kent choirs will participate in the upcoming Queen's County Music Festival scheduled for April 23-27. The provincial finals (if we are selected) will take place on April 30-May 4. More information will be provided as it becomes available.

Recorders

Students in grades 4, 5, and 6 have started their unit on playing recorders. We will use a recorder method called "Recorder Karate". Each grade level will learn to play songs for which they will receive a belt (a different colour string to tie to their recorders). Once the songs are mastered, students may challenge for belts by playing the songs in class, during recess, lunch or after school. Grade 4—challenge day is Day 4 (except little recess on Tuesdays or Wednesdays); Grade 5—challenge day is Day 2 (except little recess on Tuesdays or Wednesdays); Grade 6—challenge day is Day 6. Students may take their recorders home to practice but need to bring them back everyday.



West Kent Gymnastics

Gymnastics students participated in an in-school competition today, where they were able to showcase their progress for their classmates. Classes were invited to go to the gym to see the students compete in a variety of gymnastics events. This is the third year that students were given the opportunity to demonstrate their gymnastics abilities. Many students involved will also participate in the Zone Meet which is scheduled for Feb. 8th at West Royalty School, the Friendship Meet at St. Jean Elementary on Tuesday, February 14th and the Provincial Meet on Saturday, February 18th, in Kensington.



Healthy Eating Tips for February 2012

What are root vegetables?

Root vegetables refer to a group of vegetables that are actually plant roots. There are several popular root vegetables which are grown on PEI and available year-round, including potatoes, sweet potatoes, carrots, turnip, parsnips, radishes, and beets.

Nutritious roots!

Root vegetables make a great addition to a balanced diet, as they are generally low in calories, fat, sodium (salt), and high in fiber, potassium, and Vitamin C. When preparing these vegetables, try to use low-fat methods like baking, boiling and grilling, as opposed to frying as often as possible. Also, keep in mind that serving these vegetables with items like ketchup, sour cream, and butter adds calories, fat, sodium, and sugar.

Try this recipe for an easy and healthy root vegetable side dish!

Roasted Root Vegetable Medley

Yield: 5-6 servings



Ingredients:

- 2 PEI carrots, peeled
- 1 sweet potato, peeled
- 2 PEI potatoes, peeled
- 1 PEI parsnip, peeled
- 1 small PEI turnip, peeled
- 1 small PEI onion
- 1 PEI beet, peeled
- 2-3 PEI garlic cloves
- 1-2 fresh sprigs of rosemary, thyme, or sage (if you do not have fresh, you can use 2 tsp of dried!)
- 1-2 tsp each black pepper and salt
- 2-3 Tbsp olive or vegetable oil

Note: If you cannot find PEI grown vegetables, vegetables grown in other locations will work as well!

Directions:

1. Preheat oven to 400°F.
 2. Chop all vegetables (except onions and garlic) into similar sized pieces, about 1"x1".
 3. Fine chop the onions and garlic.
 4. Place all vegetables and herbs into a large baking dish. Season with pepper and salt and drizzle oil evenly over the vegetables and toss to coat.
 5. Bake for approx. 45-55 minutes (oven times vary) stirring occasionally throughout baking process, until they are tender and golden brown.
 6. Portion, serve, and enjoy!
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Literacy Bits for Parents

How Can I Help My Child?

As a parent, you can support your child's learning both at home and at school in many ways. Here are some things you can do with your child:

Establish with your child a consistent routine for completing homework, including a regular study time and location, and encourage your child to maintain the routine.

Keep in mind that children who read well usually come from homes where parents:

- Show an interest in reading;

- Read to their children;

- Talk with their children about what they are reading, thinking, and doing.

(Source: The Literacy and Numeracy Secretariat)



Science Fair

We will be having a science fair again this year at West Kent. Students in grades 4, 5, and 6 are eligible to submit projects. Science fair is an extra-curricular activity and in most classes students will be expected to complete their projects on their own time. Teachers will be available for support in choosing project ideas, understanding the scientific method, etc. The school science fair will be held on Wednesday, Feb. 22 with a storm date of Thursday, Feb. 23 in the school library. Parents may visit the fair on the afternoon of Feb. 22. More information will be available as the date approaches.



Math Tips for Parents



Quick recall of addition and multiplication facts is a goal for many students. Here is an activity you can do at home: Multiplication Challenge (2 player game)

Remove the jokers and face cards from a deck of playing cards. Shuffle the deck and divide the cards into two equal piles. Keep one pile and give the other to your opponent. Each player turns over 2 cards and multiplies the numbers on the cards. Ace is counted as one. The player with the greater answer takes all four cards. Continue until one player is out of cards. Variation: Add the numbers on your cards instead of multiplying them.

Spelling Bee Results

Congratulations to Jacqueline McQuaid for winning the recent Spelling Bee. This will be the second year that she will represent West Kent at the Canspell National Spelling Bee at UPEI on February 25. Grace Lloyd placed second. Good luck to both girls as they prepare for the upcoming spelling bee. Congratulations to all participants. Great job, everyone!

Professional Development Day

West Kent teachers and educational assistants will participate in Professional Development Activities on Wednesday, Feb. 1. This is a full day program and students are reminded that there are no classes that day. Topics to be covered will be SmartBoard, Math

Healthy Hearts Food Drive will take place the week of Feb. 13th to 17th here at West Kent School.



Community Notice Board

Guitar Lessons with Jeff Morris: Teaching a variety of styles, beginner through advanced, all ages welcome. Jeff is a Grant MacEwan College of Music graduate in Jazz Studies with 16 years of professional teaching experience. He has extensive performing and recording experience. For more information, please call Jeff at 620-8291 or email him at jeff@jeffmorris.net

Piano Lessons with Helen Holman (ARCT): Registered with the PEI Music Teachers' Association, Helen has 25 years experience teaching students of all ages and skill levels. Classical to popular piano styles, ear training, and theory available. Festival, exam preparation and performance opportunities. Studio located on Prince Charles Drive in Charlottetown. For more information, please call 566-1434.

PHASE II Dance and Auction In Support of Kevin and Jeanie Campbell

Friday, February 3, 2012 at Murphy's Family Centre, Richmond Street, in Charlottetown. Music by Phase II, 9:30 p.m. to 1:00 a.m. Live and Silent Auction!! Golf fees, Adam McQuaid signed photo, camp registrations, paintings, jewelry, and much, much more. Tickets are \$5.00 and may be purchased at Eliot River, Stonepark, East Wiltshire, Cornwall Save Easy, Cornwall Pharmacy or at the door. Doors open at 8:30 p.m. Call 368-4270 for more info!!

Art Classes

Children ages 3-12 are invited to participate in Saturday art classes at the Confederation Centre Art Gallery's Schurman Family Studio. Classes for the young art enthusiast begin February 11 and run for eight weeks. Parents looking for more information or to register a child for Winter Art Classes may contact the Art Gallery by email artgallery@confederationcentre.com or by calling 902-628-6111.

CANADA-WIDE SCIENCE FAIR 2012 (CWSF 2012) LAUNCH AT UPEI:

The Canada-Wide Science Fair is coming to PEI this year for the first time ever!

UPEI will be hosting CWSF 2012 from May 13th - 18th and we are excited to have this great event on the island. The first national CWSF competition with 45 student winners representing 12 regions was held in 1962. Since then, this national competition has grown to more than 100 regional science fairs across Canada. Needless to say, the 2012 CWSF is a tremendous opportunity for the winning students who represent these regions and who will be competing for the national awards organized by Youth Science Canada and the local Host (UPEI) in partnership with government and local businesses. It is also a unique opportunity for volunteers to assist with the delivery of this event. Volunteers will be needed in many capacities from judging to hospitality, communications, food services, administration, school tours, exhibit set up, decorating, public viewing and more. It is estimated that some 200 to 300 volunteers will be needed in the various capacities. If you have some time that you could contribute, please contact John Burka via E-mail at burka@upeii.ca. If you are particularly interested in judging, you should contact the Chief Judge, Barry Linkletter blinkletter@upeii.ca ... you can both judge and volunteer for other activities! Francophone judges (and volunteers) are particularly needed.

Winter Woodlot Tour

The 2012 Winter Woodlot Tour is scheduled for Jan 28th. This is an initiative involving Hunter-Clyde Watershed Group, Wheatley River Improvement Group, PEI Model Forest and the PEI Department of Agriculture and Forestry.

We are on the web, visit us at :
www.edu.pe.ca/westkent



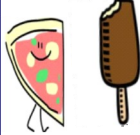







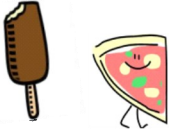



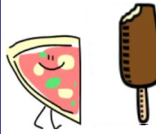


Tell us what you think...

We always welcome your comments or feedback.

Please call the office at 368-6065 or email Mr. McDermott at

rjmcdermott@edu.pe.ca

Reminder: Parent Teacher Conferences are scheduled for March 1 & 2. Appointment times will be sent home with students in the next couple of weeks. There are no classes on March 2. Report Cards will be sent home March 14.

~ February 2012 ~						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Professional Development Day (No Classes)	2 Spaghetti & Meatballs 	3 Pizza & Ice Cream 	4
5	6 Token Sales 	7 Chicken Strips School Council Meeting 7:00 p.m.	8 Baked Potatoes  Zone 3 Gymnastics Meet	9 Spaghetti & Meatballs 	10 Pizza & Ice Cream 	11
12	13 Token Sales 	14 Chicken Strips Gymnastics Friendship Meet	15 Baked Potatoes 	16 Spaghetti & Meatballs 	17 Pizza & Ice Cream 	18 Provincial Gymnastics Meet
19	20 Islander Day (no classes)	21 Token Sales (*No Chicken Strips today.) 	22 Baked Potatoes Science Fair 	23 Spaghetti & Meatballs 	24 Pizza & Ice Cream 	25
26	27 Token Sales 	28 Chicken Strips	29 Baked Potatoes 	Dates to Remember: Feb. 1 – Professional Development Day Feb. 7 – School Council Meeting @ 7pm Feb. 8 – Zone 3 Gymnastics Meet Feb. 14 – Friendship Gymnastics Meet @ St. Jean Feb. 18 – Provincial Gymnastics Meet Feb. 20 – Islander Day Feb. 22 – Science Fair & Late F.I. Meeting @ QC 7pm Feb. 27 – March 3 – Late F.I. Registration Week		