



West Kent News



www.edu.pe.ca/westkent



West Kent Elementary School

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Ross McDermott,

Principal

Francyne Dairon,

Vice Principal

Welcome back!

We hope you had a restful holiday and are ready to begin the new year here at West Kent Elementary. We would like to welcome two new staff members: Ms. Amy LeDrew who will be sharing duties in the Grade 3A class with Ms. Lydia MacKay for the remainder of the school year. Mrs. Lynch will be on maternity leave. As well, Mandy Jenkins has joined the staff as an Educational Assistant.

Successful Christmas Concerts

Once again, our Christmas Concerts were a great success! Congratulations to all students for your hard work in preparing for these concerts. Thank you to all parents/guardians who attended. Special thanks to Mrs. Duncan, Ms. Miles and Mrs. Newson who gave so much of their time to help with this year's productions.

Dress for the Weather

A reminder to please be sure that your child is dressed for the cold weather (snow pants, coat, hat, mittens, etc.). Students will be going outside most days at recess and lunch.



Dance Club Performance

Congratulations to all dance club members on the completion of a great performance. Dance club is now finished for this year and will resume again in October, 2012.

McDermott Cup Results

Congratulations to all McDermott Cup participants on a great tournament this year. The Tampa Bay team won the final game against Winnipeg but all players and teams showed excellent participation and skill.

Physical Education Information

Please note that students are to wear appropriate clothing (i.e. no skirts/jeans) and come to school with their hair tied back when they are participating in Physical Education. Thank you for your help with this.

Dates to Remember:

Feb. 1—Professional Development Day (no classes)

Feb. 7—School Council Meeting

Feb. 20—Islander Day (no classes)

Volunteers Needed:

West Kent's lunch counting crew is looking for 2-3 volunteers for the remainder of the school year. The commitment would involve one morning/month from 8:30—10:30 a.m.

If you are available and would like to help, please call the school or email Mary Robinson at westkentlunch@gmail.com. Thanks!

Healthy Eating Tip For January 2012

Quick & Simple Weeknight Suppers!

The week nights can be busy with work, school, sports practices and games, lessons, homework and friends. Preparing supper can sometimes seem like a hassle. It can be tempting to stop into a fast food drive thru or to pick up something you can cook in the microwave.

Here are a few tips to help you prepare a healthy meal that is quick and simple!

It all starts with a little planning and organization. First step is to have a week's worth of menus in mind. Choose some options that are popular with everyone. Once you have a main dish such as tacos, spaghetti, or oven baked chicken you will just have to add a vegetable and/or fruit and perhaps a whole grain roll to complete the meal.

Another tip is to keep your kitchen stocked with quick and easy to prepare food. Whenever you shop, look for specials on rice, pasta, beans, etc. as well as frozen and canned fruits (in juice) and vegetables. Having a wide variety of quick and easy to prepare foods will make supper time less stressful on everyone.

One last tip is to involve the whole family in the planning and preparation of supper. Choose age appropriate jobs for the kids - for example: choosing the fruit for dessert or setting the table. When everyone is involved it makes supper time a more relaxed and enjoyable time.

Try this quick and easy suppertime favourite:

Green Macaroni and Cheese

Preparation time: 5 minutes/Cooking time: 10 minutes

Yield: 5 servings

- 1 bag (10oz/300g) baby spinach
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp extra-virgin olive oil
- 12oz whole wheat macaroni
- 1 cup shredded white cheddar cheese
- 1/2 cup slivered almonds, toasted
- freshly ground black pepper



1. In food processor, pulse spinach, lemon juice and olive oil for 15 seconds, until roughly pureed (don't overdo it).
 2. Cook macaroni according to package directions until al dente (tender to the bite). Drain and return to pot. Add spinach mixture, tossing to coat evenly. Stir in cheese and almonds. Season to taste with pepper.
- Source: Dietitians of Canada *Simply Great Food* Cook Book, 2007

Brought to you by the Healthy Eating Alliance www.healthyeatingpei.ca.

Math Tips for Parents

When practicing math facts with your child, be sure to mix it up a little from the typical way you ask the question. For example instead of what is $8+7$, try what is 7 more than 8. Or instead of what is $12-5$, try what is 5 less than 12. This can also be extended to larger numbers for example what is the sum of 25 and 40 or what is the difference between 65 and 30. By using the words more than, less than, sum and difference we are challenging the students to really think about what they have to do in order to solve the problem and they are learning some of the language used in mathematics.

Literacy Bits for Parents

Make Reading and Writing Fun

Reading aloud to your child is the best way to get him or her interested in reading. Not only is it fun for the whole family, but it will also help your child to learn what reading is about. Encourage your child to write also. Here are some things you can do to help make reading and writing fun for your child.

Read all kinds of materials - stories, poems, informational books, magazines, newspaper articles, and comics.

Read stories aloud with drama and excitement! Use different voices for different characters in the story.

Use your child's name instead of a character's name. Make puppets and use them to act out the story.

Re-read your child's favorite stories as many times as your child wants to hear them, and choose books and authors that your child enjoys.

Read stories that have repetitive parts, and encourage your child to join in.

Discuss the themes of a story, and ask questions about the characters. Ask questions that make your child think about what might happen next or what he or she might do in the same situation.

Discuss the ideas in an informational piece, such as a newspaper article.

Encourage your child to write lists and to write cards or send e-mail messages to friends and relatives.

(Source: The Literacy and Numeracy Secretariat)



Knitting Club

Knitting Club will start up again Thursday, January 12th.

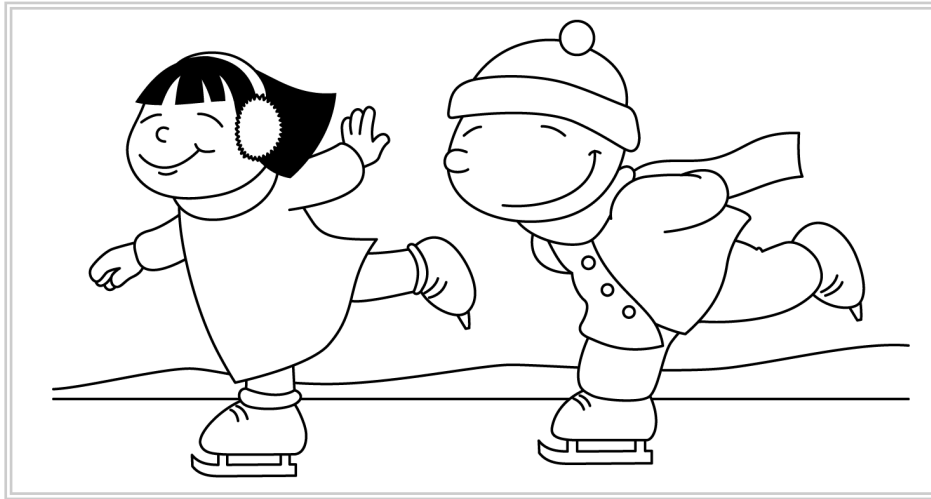
Community Notice:

Royal Canadian Sea Cadets




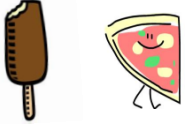



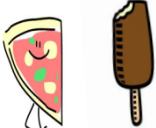



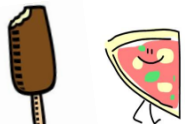



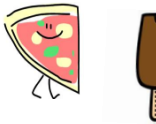

Interested in trying something new ? Consider joining the Sea Cadets! This exciting program is open to any youth who has reached their 12th birthday and has not yet turned 19.

Sea Cadets do many things including sailing, canoeing and safe boating; biathlon; drill; marksmanship; music and the possibility to attend summer camp; they learn about naval history, they tour ships and they can get involved in the Duke of Edinburgh program or practice public speaking.

The Charlottetown Corps - #23 Kent - meets every Tuesday evening during the school year from 6:30 to 9:00 pm at HMCS Queen Charlotte. There is no entrance fee, cadets become eligible for academic credits, and the program offers experience for a lifetime! Pamphlets providing more information are available so drop by HMCS QC on Tuesday evenings, or contact CO Lt(N) Curtis Doucette at 368-0414 ext 256, for more information.



MONTH of JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 (Day 5) First Instructional Day in 2012 Token Sales 	4 Baked Potatoes 	5 Spaghetti & Meatballs 	6 Pizza & Ice Cream 	7
8	9 Token Sales 	10 Chicken Strips	11 Baked Potatoes 	12 Spaghetti & Meatballs 	13 Pizza & Ice Cream 	14
15	16 Token Sales 	17 Chicken Strips	18 Baked Potatoes 	19 Spaghetti & Meatballs 	20 Pizza & Ice Cream 	21
22	23 Token Sales 	24 Chicken Strips	25 Baked Potatoes 	26 Spaghetti & Meatballs 	27 Pizza & Ice Cream 	28
29	30 Token Sales 	31 Chicken Strips				