



West Kent News



www.edu.pe.ca/westkent



West Kent Elementary School

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Charlottetown, PE

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Ross McDermott,

Principal

Francyne Doiron,

Vice Principal

Cross Country Results

Congratulations to everyone who participated in the Zone 3 Cross Country Meet on Oct. 11th. West Kent students represented our school very well with the Pre-Novice and Novice Girls placing 1st and the Pre-Novice and Novice Boys placing 5th. All four teams went on to the Provincial Cross Country Championships at Mill River on Oct. 15th. Results were as follows: Pre-Novice Girls placed 1st overall; Novice Girls placed 2nd overall; Pre-Novice and Novice Boys placed 6th overall. Well done!

Music News

Our Remembrance Assembly will take place on Nov. 9th at 11:00 a.m. in the school gym. Students in grades 4-6 will participate in this assembly. A guest speaker will be here to address the students. All parents are welcome to attend.

Our Grade 4 students performed "Ring the Bells" for the Children's Wish CD. The CDs will be available by the first week in December. Order forms were sent home earlier in the week. The cost is \$10 per CD and cheques should be made payable to the Children's Wish Foundation. Please return your money and order form to Mrs. Duncan by Friday, Nov. 18th.

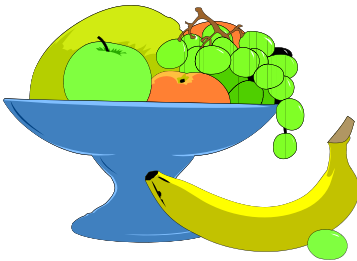


"Spooktacular" returns to West Kent School

Our annual Halloween "Spooktacular" will take place on Monday, October 31st in the afternoon. Students are welcome to bring costumes to wear to the various activities. Please no long capes or weapons as costume props. Also, please do not send treats containing nuts or traces of nuts to the school as we have many serious allergies. Thank you for your cooperation in keeping our school safe for all children. Happy Hallowe'en!



Healthy Eating Tip For November 2011



Snack Ideas for Kids!

Kids don't always meet their nutritional needs during mealtimes. Snacks throughout the day will give them the extra energy they need for school and other activities!

It's always a good idea to keep healthy snacks close by- school bags are a great place.

Packing healthy snacks is the way to go. Pack mini rice cakes or fresh fruit along with a bottle of water or a juice box.

Dates to Remember:

Nov. 10—PD Day (No Classes)
 Nov. 11—Remembrance Day (No Classes)
 Nov. 23—Report Cards
 Nov. 25—PLC Meeting Day (No Classes)
 Dec. 13—Christmas Concert
 Dec. 20—Last day of school in 2011

Some other snack ideas include:

fruit cups
 bite-sized vegetables (carrot sticks, celery sticks, cherry tomatoes, cucumber slices, turnip slices)
 cheese and whole-grain crackers
 yogurt with granola topping
 whole grain toast with unsweetened applesauce
 whole wheat pita with hummus or bean dip

Try this healthy snack recipe that kids can take in a thermos when they are on the run!

The All Canadian Blueberry Smoothie!!

1 cup (500 mL) of milk
 1 cup (500 mL) of local blueberries, frozen
 1 cup (125 mL) of plain or vanilla yogurt
 1 tbsp (30 mL) of honey

Instructions: In a blender, combine milk, blueberries, yogurt and honey; blend until smooth. Pour into glasses; serve immediately. Makes about 2-3 cups.

Sources: www.cancer.ca & www.dairygoodness.ca

Literacy Bits for Parents: Creating Ideas for Writing

Your child may do most of his or her writing in the classroom but their ideas will come from their life experiences.

- Share recreational, social and cultural activities with your child.
- Share vacations or short visits to points of interest with your child.
- Share celebrations with your child.
- Share lots of books together and talk about where the author got his or her ideas.
- Ask questions that encourage your child to talk about his or her ideas and observations.

Math Tips

The kindergarten math tip for November is to have fun exploring some great web sites. The Esso Family Math site is <http://www.edu.uwo.ca/essofamilymath/index.asp>. It is a research based program that was developed at the University of Western Ontario. Parents are able to download information /activities for children ages for 4-6 years and 7-10 years. It has an awesome video showing parents and children learning current math outcomes while on a walk outdoors. It is user friendly and shows how children/parents learn through everyday hands- on activities.

Some other sites we explore include:

www.abcya.com

www.toytheatre.com/math.php

<http://ca.ixl.com/math/kindergarten>



Community Notices

West Kent Fall Fair Fund-raiser is scheduled for Saturday, October 29th, 10:00 a.m.–1:00 p.m. There will be a silent auction, basket raffle, book/cd sale, cake walk, fortune telling, bake sale and more. Money raised from the fair goes toward projects that will have a direct impact on the students. This fund-raising event has been a great success in the past due to your generous support and we hope that we can count on it again this year. If you would like to volunteer, please do so on the sign up sheet in the main lobby of the school. Please join us for an exciting day together with our students and community.

Mi'kmaq Legends is a theatrical experience comprised of music, poetry, dance, visual arts and theatre. This is a free event taking place Saturday, October 29th, 3:30 p.m. at the Murphy Community Centre, 200 Richmond St., Charlottetown.

For tickets, please call Taunya Murchison at 902-626-2882 or email tmurchison@mcpei.ca



Art Class With Maurice Bernard

Maurice Bernard has kindly offered to do a second Art Session for students in Grades 1-6 beginning Nov. 23 and running for 7 weeks. If your child was on the waiting list for the first session, he/she will automatically be included in this new session. There will be four classes prior to Christmas with the remaining three classes after Christmas. Topics covered will be drawing, painting, water colours, pastels and clay. Please contact the school at 368-6065 to confirm that your child has been included from the first session waiting list OR to register your child. The cost is \$95. Space is limited.



Parents, Grandparents, Community Members, and Carers are invited to a public event:

Topic: "The Difference Parenting Makes"
Featuring: Dr. Matt Sanders, Professor of Clinical Psychology, Director of the Parenting and Family Support Centre at The University of Queensland, Australia, and Founder of the Triple P-Positive Parenting Program®.

Date: Tuesday, Nov. 1, 2011
Time: 7 pm
Location: Colonel Gray High School Lecture Theatre

Kids don't come with an instruction manual so chances are, if you're a parent or carer,

- ✓ you wish you had help with children's behaviours like tantrums or sleeping, bullying or teenage withdrawal
- ✓ you wish you had more information on parenting in general and what to expect at your child's stage of development.

Prof Matt Sanders and his colleagues founded The Triple P-Positive Parenting Program® with parents like you in mind.

Prof Sanders is founder of one of the only evidence-based parenting programs available, with over 30 years of proven clinical research to back it up. Triple P has helped six million children and their families, and has the seal of approval of parents, practitioners and experts, worldwide.

Come and hear from an international expert about *The Difference Parenting Makes*.










For more information or to register, contact
1-888-482-5330, 438-4854 or email take30@gov.pe.ca



PEI Children's Secretariat

Calendar

November 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------|
| | Token Sales  | 1 Chicken Strips | 2 Baked Potatoes | 3 Spaghetti | 4 Pizza & Ice Cream  | 5 |
| 6 | 7 Token Sales  | 8 Chicken Strips School Council Meeting | 9 Pizza & Ice Cream Remembrance Assembly 11:00 a.m.  | 10 PD Day (no school) | 11 Remembrance Day (no school) | 12 |
| 13 | 14 Token Sales  | 15 Chicken Strips | 16 Baked Potatoes | 17 Spaghetti | 18 Pizza & Ice Cream  | 19 |
| 20 | 21 Token Sales  | 22 Chicken Strips | 23 Baked Potatoes Report Cards | 24 Pizza & Ice Cream  | 25 PLC Meeting Day (no school) | 26 |
| 27 | 28 Token Sales  | 29 Chicken Strips | 30 Baked Potatoes | | | |
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