



# WEST KENT ELEMENTARY SCHOOL

27 VICEROY AVE., CHARLOTTETOWN, CIA 2E4

Tel: 368-6065 Fax: 368-4559

[www.edu.pe.ca/westkent](http://www.edu.pe.ca/westkent)

## OCTOBER 2011 NEWSLETTER

SAFE ARRIVAL # 368-6995

Principal: ROSS McDERMOTT

Vice-Principal: FRANCYNE DOIRON

### **Terry Fox Run**

The annual Terry Fox run for Cancer Research took place yesterday on the school's sports field. This year this fundraising activity was organized by Ms. Miles and involved the leadership students from grades 5 and 6. The leadership students decided to have a theme week to raise funds for Terry Fox Cancer Research. Students brought in \$1 to dress as the theme. Thanks to all for your participation in and contribution to this very worthwhile cause.

### **Music News**

Grade 4 students traveled to Trinity Church today for the Children's Wish Foundation CD taping. The Thanksgiving Assembly will be held on Oct. 7, beginning at 1:30 p.m. Students in Grades K-3 will participate. Parents are welcome to attend.

### **Gardasil Clinic**

The Gardasil Clinic will be held at West Kent School on Wed., Oct. 5 (Gr. 6 girls only).

### **Zone 3 Cross Country Meet**

The Cross Country Running Team has been practicing hard for the Zone 3 Meet which will take place Thurs., Oct. 6, at Eliot River Elementary (please note location). Bussing has been arranged through the Eastern School District. The rain date is Oct. 7.

### **School Pictures**

A representative from Life Touch will be here on Fri., Oct. 14, for school picture retakes.

### **PEITF Convention**

The Annual Prince Edward Island Teachers' Convention is scheduled for Oct. 20 & 21. There are no classes either day.

## **Sport Fair**

Students in grades 4-6 will be transported by bus to the Stratford Indoor Soccer Complex on Oct. 25, to participate in the annual sport fair. Students will leave West Kent School at 11:00 a.m. and return by 1:30 p.m.

## **Parent Teacher Conferences**

Conferences will be scheduled for Oct. 27 & 28. Appointment times will be sent home in the next couple of weeks. There are no classes on Oct. 28.

## **West Kent Fall Fair**

The annual Fall Fair is set for Sat., Oct. 29, beginning at 10:00 a.m. There will be a variety of family friendly activities with all funds raised going to support the students of our great school. There will be a silent auction, games, face painting, cake walks and bake table. There will also be an inflatable train, mad scientist show, Scooby Doo, crafts, etc. Please come out for a great day of fun. *Donations big and small are desperately needed for the silent auction.* Used books, dvds, etc., would be greatly appreciated. Just drop off your items to the main office. Volunteers are also needed. Please add your name to the sign up sheet in the lobby if you are available.

## **School Newsletters**

If you would like a copy emailed to you directly, please email Mrs. Phillips at [japhillips@edu.pe.ca](mailto:japhillips@edu.pe.ca).

## **After School Sports**

The West Kent after school sports program is offered from Monday to Thursday from 2:30 - 3:00 p.m. Monday and Wednesday are reserved for students in grades K-2 and Tuesday and Thursday are reserved for students in grades 3-6. Students are only permitted to attend on their designated days. Parents are responsible for providing transportation home.

## **Peanut/Nut Free School**

West Kent continues to be a peanut/nut product restricted school. Parents are asked NOT to send peanut butter sandwiches, cookies or other snacks containing nuts. Please watch for the phrase, "May contain nuts" on the package. Your cooperation in making West Kent School a safe environment for all children is greatly appreciated.

## **Parents/Visitors**

Thanks to all of you who are continuing to check into the office upon arrival at the school. For the safety of all our children, it is important we know who is in the building. Children must be signed out by a parent when leaving school early. We appreciate your continued cooperation with this policy. If you are dropping off a forgotten lunch, homework, a change of clothes for gym, or anything else, please leave it in the office and we will ensure it gets to your child.

## **Chess Club**

West Kent Chess Club will meet in the library after school on Thursdays (October - May) from 2:30 to 3:15. All students in kindergarten through grade 6 are welcome to participate. The club will focus on friendly games, general rules and etiquette, improving tactics and strategy and tournament play. Opportunities for ratings through the Canadian Chess and Math Association will be available (for interested members) through organized tournaments held periodically throughout the year. The first meeting will be held on Thursday October 6th. For more information contact Jennifer Drew at 892-7003 or email [jenniferbarrettdrew@gmail.com](mailto:jenniferbarrettdrew@gmail.com).

### **WOWBUTTER**

All parents are aware that there are a number of students at our school who have a life threatening allergy to nut products, particularly Peanut butter. As a result we **are** and will continue to be a 100% nut free school . As some parents already know, there is a new product on the market which is called WOWBUTTER and it is available locally. This product is Soy based and is touted as tasting like, smelling like and looking like Peanut butter. I am sure you understand the confusion of having such a product in the school such as WOWBUTTER when we have worked diligently to monitor lunches and snacks to ensure the safety of our students with food allergies. We appreciate your understanding and commitment to ensuring that this product **not** be brought into West Kent School. Thank you.

### **Parking Lot**

West Kent School continues to grow and with this growth, the traffic congestion in the morning and in the afternoon is increasing. We have tried different avenues to alleviate the traffic from using cones and pylons to the current use of Jersey Barriers to control the flow of vehicles. All the solutions have been somewhat successful but the greatest success has been attained by reminding all parents yearly to please exercise extra care when dropping off or picking up students. Young children often omit to "look both ways" as they dash to enter the school or meet parents at the end of the day. This year we have decided to load students at the end of the day on Viceroy Avenue and no longer enter the lot as there have been times when the busses had difficulty entering the lot due to parked cars. I am sure you will assist us by being extra cautious when dropping off or picking up your child(children).

### **Primary Math Assessment**

Students in grade 4 will be participating in this year's Provincial Primary Math Assessment taking place on October 4 and 5. Parents will be receiving the results of these assessments directly once the assessments are completed.

### **Bus Evacuation**

Drills will be taking place in the next week. All students whether they travel on the bus or not will participate in this activity.

### **Literacy Bits for Parents: 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 or 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.

### **Math Tip:**

In Grade 2 we are studying Patterns. In studying simple patterns we are developing our thought process to help discover the many, many patterns in our number system. To help your child get off to a solid start in this area, play I Spy for patterns in your life. Some examples could be looking for patterns on articles of clothing, bedding, displays at the grocery store, etc. Talk about the elements and attributes that make up each pattern. You can take this one step further by making a pattern at the dinner table. Take a plate, spoon, mug, spoon and repeat this core 3 times. Remove some items and ask your child, "What's missing?" Then ask, "Where does the spoon go?" "Can you extend this pattern?" Remember have fun discovering patterns all around you!

### **COMMUNITY NEWS**

**CBC Open House** - You are invited to celebrate 75 years of CBC/Radio-Canada at our Open House, Saturday, Oct. 1, from 11:00 - 3:00 at 430 University Avenue in Charlottetown. Meet the staff and tour the facilities. Come enjoy musical entertainment, barbeque and a birthday cake!

### **Healthy Eating Tips from the PEI Healthy Eating Alliance for October 2011**

#### **Colour 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 and 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 at breakfast, lunch, supper and snacks.

Here are some quick and easy ideas to incorporate more vegetables and fruit into snacks throughout the day:

- Raw broccoli, cauliflower, carrots, green peppers, cherry tomatoes, or celery served with low-fat ranch salad dressing, hummus or bean dip.
  - Try a combination of two or more veggies.
- Celery sticks, apple slices and/or banana pieces with peanut butter.
- Apples, oranges, bananas, grapes, kiwi, pear, peaches, pineapple, mango, watermelon, honeydew, cantaloupe, grapefruit, strawberries, blueberries, or raspberries.
  - Try a combination of two or more fruit.
  - Serve fruit with yogurt.
  - Make a fruit salad. Cut a variety of fruit into pieces and add orange juice.
  - Try making fruit kabobs! (eg. apple slices, grapes and cheddar cheese on a skewer)
- 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).
- Make a veggie kebob!

**Veggie Kabob**

Adapted from Simply Great Food, Dietitians of Canada, 2007. [www.dietitians.ca](http://www.dietitians.ca)

**Ingredients:**

- 6 grape or cherry tomatoes
- 12  $\frac{1}{2}$  inch slices cucumber
- 12  $\frac{1}{2}$  inch cubes lower fat cheese
- 12  $\frac{1}{2}$  inch squares red, green or yellow bell pepper
- 6 black olives, pitted (optional)
- 1/3 cup tzatziki sauce or other low fat dressing

**Directions:**

1. Thread ingredients onto skewers in the following order: 1 tomato, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 olive.
2. Serve with tzatziki sauce or other low fat dressing.

Makes 6 servings

Note: For smaller children you may want to use toothpicks rather than skewers. In this case you will need only one of each type of vegetable.

# October 2011 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Token Sales	4 Chicken Strips	5 Baked Potatoes	6 Spaghetti Cross Country Run	7 Pizza/Ice Cream Rain Date for Cross Country	8
9	10 Thanksgiving (No Classes)	11 Token Sales (No Chicken Strips)	12 Baked Potatoes	13 Spaghetti	14 Pizza/Ice Cream Picture Retakes	15
16	17 Token Sales	18 Chicken Strips	19 Pizza/Ice Cream	20 PEITF Convention (No Classes)	21 PEITF Convention (No Classes)	22
23	24 Token Sales	25 Chicken Strips Sport Fair	26 Baked Potatoes	27 Pizza/Ice Cream Parent Teacher Conferences - 2:30-8:30 pm	28 Parent Teacher Conferences (No Classes)	29 Fall Fair
30	31 Token Sales Halloween					