



# WEST KENT ELEMENTARY SCHOOL

27 VICEROY AVE., CHARLOTTETOWN, CIA 2E4

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

## NEWSLETTER

SAFE ARRIVAL # 368-6995

Principal: ROSS McDERMOTT

Vice-Principal: FRANCYNE DOIRON

## WELCOME BACK

### School Supplies

The grade 1-2-3 teachers are purchasing school supplies for their students once again this year. If you have not already paid, please try and do so as soon as possible. The amount is \$35.00 which can be sent in with your child (and we will send a receipt home) or you may come to the office and pay it. Please make cheques payable to West Kent School.

### Ice Cream Social

We will be having a ice cream social Friday afternoon, September 11<sup>th</sup>, starting at 2:15 pm. on the front lawn. We hope everyone can make it. It a good chance to meet your friends and neighbours.



### Lunch Program

The Lunch program for 2009-2010 will be beginning next week. West Kent School is pleased to offer a variety of lunch options available to students throughout the week. Information is outlined on pages 12 & 13 in the student handbook.

### Newsletter

Please note that all future newsletters will be published electronically on our school website. We will not be sending home paper copies. If you also would like a copy emailed directly to you please email Mr. McDermott at [rjmcdermott@edu.pe.ca](mailto:rjmcdermott@edu.pe.ca).

### Meet the Staff Night

Please reserve **Tuesday, September 22<sup>nd</sup>**, at **7 pm** for your opportunity to meet the staff.

### School Pictures

On Friday, September 25<sup>th</sup>, we will be having our school portraits taken.

### After School Sports

The West Kent After School Sports program is offered from Monday to Thursday from 2:30-3:00. We often play game centered activities that coincide with the skills we are learning in class. Monday and Wednesday are reserved for students in grades 1-3 and Tuesday and Thursday are reserved for students in grades 4-6.

After School Sports is a great way for students to be active after school. After School Sports will begin on Monday September 14, 2009.

## Art Classes

Once again we are offering art class with Maurice Bernard starting Tuesday, September 22<sup>nd</sup>, 2:30 - 4:00. Classes will run for 7 weeks. The cost is \$95.00 which includes taxes and supplies. Registration is on a first-come-first-serve basis with a maximum of 20 spaces available.

## Sportykids

The SportyLife Fitness programs teach children the skills and action to play sports while having tons of fun! SportyKids (grades 1-4) will be offered on **Fridays after school at West Kent with pick up at 4 pm**. This program will begin on Friday, September 18<sup>th</sup>.

Saturday programs also offered at Sherwood Elementary for Grades 1-4 and pre-school ages 4-6. Cost is \$9/for one practice per week. Registration on line at [www.sportykids.ca](http://www.sportykids.ca) For questions contact Olympian Kara Grant at [pei@sportylife.ca](mailto:pei@sportylife.ca) or 629-0548.

## Peanut/Nut Free School

West Kent is 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. We are asking for everyone's cooperation in making West Kent School a safe environment for all children.

## 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. It is less confusing for all concerned, that when picking up your child for an appointment, you arrange to meet them in the lobby, or come to the office and we will page them in their classroom. It can be very distracting for students when they see their own or someone else's parent in the hallway. 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.

## Indoor/Outdoor Footwear

We continue to pride ourselves on having a clean, well-kept building thanks to the very hard work of Mrs. Condon, Mr. Gallant, and the support of you and our students. We ask that all students have both indoor and outdoor footwear and to remove their outdoor footwear in designated areas. **Indoor footwear must have non-marking soles.** Thank you.

## COMMUNITY NEWS

### Atlantic Veterinary College Open House

Saturday, September 26



Animal lovers and the curious are invited to the Atlantic Veterinary College's annual Open House on Saturday, September 26 from 10:00 a.m. to 2:00 p.m.

Experience life at Atlantic Canada's only veterinary medical school. Be amazed with demonstrations and exhibits that are certain to wow you! Visit our mini zoo, bring your teddy bear in for a check up at our Teddy Bear Clinic, learn how to prep for surgery and much, much more! Enjoy face painting, balloon animals and surprises along the way! Admission is free for this family event. We look forward to seeing you!

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3 Principal: Ross McDermott

Vice-Principal: Francyne Doiron

### **ZUMA ZONE after school program**

Zuma Zone will be opening a second after school center in September 2009. This center will be at Spring Park United Church. We are a licensed program with certified staff. Our center offers a safe and well supervised environment for elementary aged children. Healthy snacks are provided as well as homework support and gym time. If you are interested in a space for your child/children please contact us as soon as possible as space is limited. Patsy Biggar-Smith 628-1698 or 314-1698 or Trudy Loveless 569-2351 or 393-5251.

### **PEI Taekwondo After School Program**

PEI Taekwondo has room in its After School Program for 2 to 3 children from West Kent. We have lots of new kids joining and transportation is included in the monthly fee. Kids have fun learning Taekwondo and get a start on their homework. Parents can pick their kids up after work from a fun but structured environment knowing the evening is now free for family time. More information can be found at [www.peitaekwondo.com](http://www.peitaekwondo.com) or by calling 314-5425.

### **Speed Skate PEI**

Speed Skate PEI will be holding registration at the Charlottetown Civic Centre on Saturday, September 12, 2009 from 9:30 to 11:30 am. Open to both males and female skaters of all levels from: Learn to Skate, Learn to Speed Skate, Development, Competitive, and Recreational. Skaters who have participated in other ice sports are welcome to join. For more information on various programs and fees, please check the website at [www.speedskatepei.ca](http://www.speedskatepei.ca) or email [vp@speedskatepei.ca](mailto:vp@speedskatepei.ca)

### **Charlottetown Minor Basketball**

The Charlottetown Minor Basketball Association will be holding registration on Sept. 12 from 9:00 - 12:00 am. and Sept. 16 from 6:00 - 8:00 pm. at West Royalty Community Center. The program is open to students in gr. 1-9. Costs are gr 1&2 - \$50 for residents and \$65 for non-residents. Gr. 3-6 - \$70 for residents and \$85 for non-residents. Gr 7-9 - \$80 for residents and \$95 for non-residents. All registrations include a jersey and basketball. For more information or for times and locations visit the website at [www.tigersbasketball.ca](http://www.tigersbasketball.ca)

### **PEI Potato Industry Kids Spud Run**

Saturday, October 17th 11:00am-12:00pm. We have Registration forms at the school office if you are interested.

### **Healthy Eating Tips from the PEI Healthy Eating Alliance for September 2009**

#### **Packing a Litterless Lunch**

Take a moment to consider the amount of waste you may pack in you and your child(ren)s lunch. Have you ever thought about where this waste ends up? Non reusable plastic wraps, packages, bags and bottles greatly increase the amount of waste at home, at school, at work and in our communities.

Did you know that the average school-aged child with a disposable lunch generates 30 kilograms of waste per year? (<http://green.cbc.ca/>)

Packing a "litterless" lunch is one easy way we can significantly reduce this amount of waste. To prepare a litterless lunch you need to use reusable containers, bottles and/or food products that have little or no packaging. Taking a litterless lunch is often less expensive and healthier too! Pre-packaged food and drinks tend to be more processed and therefore can be higher in fat, sugar, salt and calories and generally lower in vitamins, minerals and fibre than less processed foods.

Foods such as vegetables and fruit are very healthy and require little or no packaging. Some even come in their own packaging such as oranges and bananas. Including one vegetable and one fruit in you and your child(ren)s lunch is important. Choose reusable containers when sending cut up vegetables and fruit.

Here are 10 ways to create a healthy litterless lunch:

1. Use insulated reusable lunch bags, cloth bags or lunch boxes.
2. Include a refillable drink or water bottle. Children should be encouraged to drink water as much as possible. Not only is water the best choice for staying hydrated, juice pouches and juice boxes are often thrown in the garbage rather than recycled and contain a lot of sugar. If sending juice, pour 100% fruit juice into a small reusable drink container.
3. Buy in bulk. Cut down on packaging and food waste by purchasing bulk items and portion into small reusable containers. For example, purchase larger containers of yogurt and canned fruit and portion into smaller reusable containers, and purchase cheese in larger package and cut into smaller pieces rather than individually wrapped cheese strings.
4. Limit use of all paper and plastic wrap as well as tin foil. Sandwiches and many other foods can be wrapped in large cloth napkins, or sealed in reusable containers.
5. Provide a cloth napkin instead of a paper napkin.
6. Involve children when preparing lunch. A child is more likely to eat, and not waste, a lunch they helped pack.
7. Recycle. Teach children about recycling and where to put their proper containers.
8. Plan ahead. Try to have lunch planned for the school week and pack lunches the night before so that you are not rushed in the morning.
9. Provide reusable utensils. If you are worried about losing pieces from your own cutlery set, pick up individual cutlery just for lunches.
10. Buy local foods. Buying local reduces greenhouse emissions released during transportation. Local food tends to be fresher, uses less packaging and has fewer preservatives. Buying foods grown and produced in your area also helps support PEI farmers!

Remember to participate in the "Litterless Lunch" for **Healthy Eating Week, October 5-October 9, 2009**. Brought to you by the PEI Healthy Eating Alliance <http://www.healthyeatingpei.ca>.