



November 2016

CASTLEMORE PUBLIC SCHOOL NEWS

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Principal Gwendolyn Emmerson
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 School Trustee Billy Pang (647) 461-9965
 Superintendent Erik Khilji (905) 940-7800
 of Schools

Message from the administrative team

November has arrived and with it comes the cooler weather. Please be sure that your children are dressed appropriately. All of our students will be expected to be outside before school and during recess breaks in cooler weather conditions. Students need to come to school dressed to play outside during recesses. Boots (for wet weather or snow), warm, water resistant jackets, hats, mitts, scarves and eventually snow pants will help make recess an enjoyable time. It is advisable for children to keep extra pants and socks at school in case they get wet. To avoid adding to our clothing collection in the Lost and Found Bin, please be sure to label all articles of clothing.

November is shaping up to be a busy month at Castlemore P.S. We have already had classroom visits from the Scientists in the School program for some of our primary students, and more classes have scheduled time with the Scientists in the School for later this month. Some of our junior classes have begun their swimming program. Our volleyball teams are preparing for their area tournaments, and the band and senior choir members will be attending workshops over at Pierre Elliott Trudeau H.S.

We would like to invite family members to attend our school's Remembrance Day assembly on November 11th. It is important that our students recognize Remembrance Day as a Canadian tradition that we commemorate together. If you are planning to attend the assembly, please arrive at 10:30 so we can ensure that all people are seated in time for the presentations.

Progress Reports will be coming home with students on November 23rd. Parent/teacher interviews will be scheduled during the evening of November 24th and the morning of November 25th. If you did not receive a form to request an interview time with your children's homeroom teacher, please contact our office. November 25th will be a P.A. day to accommodate interviews – your children are welcome to attend the interview with you but please note that there will be no classes on this day. As always, should you have any questions regarding your children's progress, please contact their teachers.

Gwen Emmerson

Thang Tran

Full Newsletter Available Online

Enter - <http://castlemore.ps.yrdsb.ca/>

Click - News & Events

Select - Newsletters



STUDENT ABSENCE

Is your child absent from school? Please *call the office* at 905-887-1543 for **every student absence and/or late**. Leave a message from 4pm - 8am or call before 8:30 am. Please assist the office with this process by calling in promptly. Thank you.

Dates to Remember:

November:

- 3 6:30 p.m. - School Council Meeting
- 11 10:30 a.m. - Remembrance Day Assembly
- 17 Picture Retake Day
- 21-24 Book Fair
- 23 Progress Reports Go Home
- 23, 24, 28 Dental Screening - JK, SK, 2, 4, 6, 8
- 24, 25 PT Interviews (24th eve, 25th a.m.)
- 25 P.A. Day (no school)

It's Daylight Savings Time!

Sunday, November 6th

Turn your clocks back 1 hour.



Castlemore Remembers



Please join the students and staff as we remember those brave men and women who gave their lives to bring peace to our country. We will be honouring these soldiers on November 11, 2016 at 10:30 a.m. in the gym through songs and poetry.



*They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

Excerpt from O Valiant Hearts



November is poppy month, the time of the year when by the wearing of a simple emblem, a red poppy, we salute the memory of those who sacrificed their health, their strength, even their lives, that we might live in a free country. Thank you for your support.

The Flanders poppy as it is now usually called, grew profusely in the trenches and craters of the war zone. Artillery shells and shrapnel stirred up the earth and exposed the seeds to the light they needed to germinate.



Wear the poppy on Remembrance Day, the 11th of November. At 11 o'clock on that day, everyone is asked to be silent for just one minute. The silence is a chance to remember all those who have died in war and those who are presently involved in war.

KISS AND RIDE SAFETY AT CASTLEMORE

The safety of your child at Castlemore is extremely important to all of us. As your partners, we are asking for your assistance to make our **KISS and RIDE** as safe as possible.

Who should use the **KISS and RIDE?**

The **KISS and RIDE** is for students able to enter and exit cars on their own. (Parents / guardians are to remain in the car.)

If you need to exit your car, please find a safe and legal parking spot.

If you are walking, please do not cross in the driving portion of the **KISS and RIDE** area.

Please use the sidewalks and crossing guards.

A.M. DROP OFF

PLEASE DO:

- Be mindful of road conditions and moving cars.
- Please drop your child off at the far end of the **KISS and RIDE** lane. (Right Hand Side-closest to the sidewalk and fence.)
- Have your child ready to exit the car safely and quickly. (All school items should be with the child in the car and not in the trunk.)
- Exit using the left lane, so other drivers may move closer to the end.
- Always stay in your vehicle and move up each time a space is available.
- Follow the supervisors' instructions.

PLEASE DON'T:

- Drop off your child before the designated **DROP OFF ZONE** and get out of your car.
- Be unprepared to have your child exit safely and quickly.
- Drop off your child on or near the road.
- Walk or have your child walk across the driving lanes of the **KISS and RIDE**.

P.M. PICK-UP

PLEASE DO:

- Remind your child to watch carefully for your vehicle.
- Have students enter the vehicle from the **KISS and RIDE** sidewalk in the designated **PICK UP ZONE**.
- Exit using the left lane, allowing other drivers to move closer to the end.
- Always stay in your car and move up each time a space is available.
- Follow the supervisors' instructions.

PLEASE DON'T:

- Park on the road and call your children to your car or use your horn.
- Get out of your vehicle while in the **KISS and RIDE**.

As a HEALTHY SCHOOL we encourage and promote walking to school as a good and enjoyable way to stay fit.

“接送车辆临时停靠区”安全要求

为确保学生安全，请各位家长配合学校，遵守“接送车辆临时停靠区”的使用要求。

“接送车辆临时停靠区”仅供学生上下车，家长应留在车内。

如果家长想下车，请将车先停泊在其它安全合法的停车点。

如果家长步行来学校，请不要穿过“接送车辆临时停靠区”，而使用行人道。

早上送学生时

请 家长务必：

- 1.让孩子在“接送车辆临时停靠区”最靠近人行道或围栏处下车。
- 2.孩子的书包请放在身边而不要放在车尾箱，以便随时下车。
- 3.驶离的车辆请使用靠左边的车道，以便其它车辆能驶入。
- 4.家长留在驾驶位置，保持交通通畅。
- 5.服从交通监管的指挥。

请家长不要：

- 1.让您的孩子在“Drop Off Zone”标示区外下车。
- 2.离开驾驶的车辆。
- 3.让您的孩子在临近马路的地方下车。
- 4.行走在“接送车辆临时停靠区”。

下午接学生时

请 家长务必：

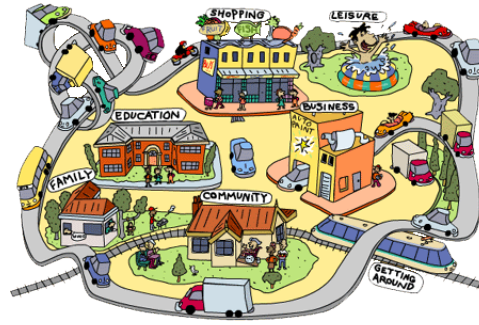
- 1.提醒孩子留意您驾驶的车辆。
- 2.让孩子在“接送车辆临时停靠区”指定的上车区域上车。
- 3.驶离的车辆请使用靠左边的车道，以便其它车辆驶入。
- 4.家长留在驾驶位置，保持交通通畅。
- 5.服从交通监管的指挥。

请家长不要：

- 1.将车停在路边，然后叫或按喇叭提示您的孩子上车。
- 2.在“接送车辆临时停靠区”内下车。

式。

作为安全学校，我们鼓励和提倡学生步行上学。步行是一种愉快健身方



It's time to remind children about being safe in our community.

It's a good time for parents to remind children about personal safety.

Here's what children need to know:

- Their name, age, telephone number, address, city and province. This can be done through rhyme or song.
 - How to contact their parents at any time, by memorizing cell or work numbers.
 - How and under what circumstances to call 911.
 - To never approach or enter a stranger's vehicle. A responsible adult would never ask a child for directions or any other question for that matter.
 - Make sure they know they have a right to say "no" to an adult, especially when the adult is asking them to do something they have been taught is wrong or feels uncomfortable. Reminding children of this right is important because children are taught from a young age to respect adults.
 - To always tell parents where they will be and to never enter someone's home without their parent's permission.
 - If home alone, never admit it when answering the phone. Never answer a knock at the door or speak through it. Adults can be very persuasive. Teach your child to call you if there is a knock at the door and if they fear for their safety, teach them to call 911. Make sure they know that police officers are there to help them and would not get mad if it were a false alarm.
 - If they think they are being followed or are in danger they should run home or to a public place. If someone grabs them, they should try to get away, yelling and screaming while doing so.
- It is important to play in safe areas, never take shortcuts and stick with a buddy whenever possible.

It is never too early or too late to teach children the importance of personal safety. Common sense, communication and consistency are the keys. Remind children to alert a responsible adult if something strange happens that makes them feel uncomfortable. Remember, crime prevention is everyone's responsibility.

For more information on this subject, visit www.yrp.ca.



School & Bus Cancellation Notice

To ensure the safety of students, school bus service may be cancelled from time to time due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements.

Since some busing schedules begin by 7:00 a.m., cancellation decisions must be made by 6:00 a.m. to allow time to communicate this message to bus drivers. Cancellation decisions will only be made after thorough consultation with the Safety Officers of school bus companies servicing York Region and are based on several factors including precipitation, air temperature, road conditions and weather forecast.

Please note the following;

A decision to cancel school bus service will be **region-wide** meaning all school buses, vans and taxis will not operate.

School bus routes may be cancelled when severe weather is not affecting all municipalities in York Region. Both the YRDSB and YCDSB operate many regional educational programs. Students attending these programs are transported over large attendance areas encompassing several municipal boundaries. This limits the ability to cancel bus service using a municipality or zone methodology.

Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. **If buses are cancelled in the morning, they will not operate in the afternoon. Therefore students transported to school by parents will require the same parent-arranged transportation home.**

Parents, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

RADIO

590 AM	640 AM	680 AM	860 AM	1010 AM	1050 AM
1540 AM	1580 AM				
88.5 FM	89.9 FM	92.5 FM	93.1 FM	94.9 FM	
95.9 FM	97.3 FM	98.1 FM	99.1 FM	99.9 FM	
101.1 FM	102.1 FM	104.5 FM	100.7 FM	107.1 FM	

TELEVISION

CITY TV CTV Barrie CFTO TV CP24 GLOBAL NEWS

A bus cancellation message will also be available at www.schoolbuscity.com and by calling 1-877-330-3001, or by following the YCDSB and YRDSB on twitter.

Please note that **school bus charters will not operate when home to school bus service is cancelled.**



November's Eco Theme is What's In—What's Out

Let's "Rethink" our actions before disposing of an item. That is, stop and consider the impact every disposal action will have on the environment and the world around us.

Students are asked to ensure that recyclable items are placed in blue boxes and other refuse go into the garbage bin. The correct sorting of refuse ensures that there is little contamination of recyclable items. Thank you Castlemore for your help!

The EcoTeam will be having their first meeting soon. They'll be encouraging any and all students to participate and to bring new ideas on how eco actions can make a difference to our planet. Further updates will be available each month. Thank you for your support.



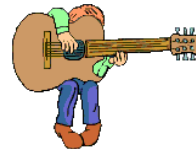
Cross Country



Congratulations to the 2016 Castlemore Cross Country Team for a successful running season. Also a special congratulations to the senior boys for their success and earning the area banner. The team displayed their determination, hard work and great team spirit as they cheered each other on at Bruce's Mill for the Area Cross Country meet and then at the Regional Championships. All students were excellent representatives of Castlemore. Special thanks to Mrs. Hoover-Joy and the other coaches who organized and coached the team this year.



**Join us for the Winter Concert . . .
Thursday, December 15th, 2016.
Details to follow.**



SOME SIGNS OF STRESS IN CHILDREN

Most parents and caregivers can identify behavioural issues in children because these behaviours are visible. Some of these **BEHAVIOURS** might include: **Whining, Poor Listening, Crying, Nail Biting, Day Dreaming, Fighting with Friends & Family, Being Overly Cautious, Poor School Performance, Lack of Appetite or Eating More than Usual**

It is very important to remember that **STRESS** may be behind these behaviours that are seen.

If children are experiencing stress, their **bodies, minds** and **feelings** are also affected. Stress can result in the above kinds of behaviours, but physical, mental and emotional symptoms also occur when a child is under stress. These signs may not be as obvious as the behavioural signs, but they are there. For example, you might notice some of the behavioural signs above when a child is feeling afraid s/he might not be able to keep up with schoolwork when a new school year begins.

BODY

Some **physical** signs of stress might include:

Tense Muscles, Headaches or Stomach-aches, Rapid Heartbeat, Being Cold, Skin Rash, Shakiness, Disturbed Sleep, Fatigue, Illness

MIND

Some **mental** effects of stress might include:

Poor Concentration, Whirling Mind, Forgetfulness, Difficulty Problem-Solving, Being Easily Distracted, Confusion, Being Irrational


FEELINGS

Some **feelings** that may indicate stress might include:

Fear, Anxiety, Frustration, Sadness, Anger, Being Overwhelmed, Panic, Being Overly Sensitive, Irritability, Helplessness, Hopelessness, Feeling Threatened



HELP THEM OUT: Stress Reduction Strategies for Children



What's 'good for the goose' is good for the baby goose too: while the strategies outlined below are geared more towards children, healthy nutrition, regular exercise, getting enough sleep, relaxation techniques and trying to eliminate or reduce stressors are still the best basis for effective stress management at any age!

1 Spend time with your kids. Find some creative and fun things to do with the whole family, such as making dinner together, and encourage your children to come up with their own ideas for activities. Make sure to laugh a lot in the process! Laughter is a great stress buster.

2 Ask your child regularly if there is anything that worries them, and listen carefully to what they say. If there is something worrying them, help them choose what to do next, and then later ask if it helped. Pay attention though: if you think your child (or even yourself) may be dealing with stress that seems more serious than usual, like depression, an eating disorder, or anxiety disorder, consider seeking some additional information and/or professional help from your family doctor. Show your children every day that you love them by giving them a hug or telling them how much you care.

3 Be careful not to overload your child with too many competitive activities outside of school. Sometimes the best cure for stress is just to have some quiet time or to have them be involved in a variety of non-competitive activities in the community or at home, like volunteering at a community centre or walking the dog. Doing nothing sometimes is fine too!

4 Help to create consistency and structure in your child's life. Certain times of transition, like back to school time, can be more stressful for your child. Try creating and agreeing on morning and bedtime routines, and other activities that help to provide some consistency.

5 Create a stress management activity list as a family and post it in your house. Then, suggest that family members go to the list and choose one of the tips to use when they are feeling stressed. If they come up with new ones that work, ask them to add the tips to the list so that everyone can benefit from using the new strategies too.



NOVEMBER FEATURES

Each month we feature new specials and combos to bring you even more variety!

For the month of November you child can enjoy all of these entrees:

Butter chicken with steamed rice



Turkey burger on a whole wheat bun



Beef or Bean Enchilada



Ordering is easy!

Login to place your orders at www.kidskitchen.ca

Orders are accepted until 10am the previous business day (on Friday for Monday orders).

Spend more quality time with your kids. Leave the lunches to us!

905.944.0210 | www.kidskitchen.ca | information@kidskitchen.ca





2016



Mon	Tue	Wed	Thu	Fri
	1 Sub Lunch 🍔 <div style="text-align: right;">CD3</div>	2 Gr 2 - SIS a.m. <div style="text-align: right;">CD4</div>	3 G4/5 - Mr. Basarke & Ms Kypreos - Swimming Gr. 7 & 8 - Immunization 6:30 - School Council Mtg. <div style="text-align: right;">CD5</div>	4 <div style="text-align: right;">CD1</div>
7 <div style="text-align: right;">CD2</div>	8 Gr. 4 Ms Jussawalla & Lo - Swimming Pizza 🍕 <div style="text-align: right;">CD3</div>	9 <div style="text-align: right;">CD4</div>	10 G4/5 - Mr. Basarke & Ms Kypreos - Swimming Sr. Choir - Choral Workshop <div style="text-align: right;">CD5</div>	11 10:30 Remembrance Day Assembly <small>Lest We Forget.</small> <div style="text-align: right;">CD1</div>
14 <div style="text-align: right;">CD2</div>	15 Gr. 4 Ms Jussawalla & Lo - Swimming Sub Lunch 🍔 <div style="text-align: right;">CD3</div>	16 Ks - Gr 2 - Fred Penner Concert <div style="text-align: right;">CD4</div>	17 Photo Retake Day 📷 G4/5 - Mr. Basarke & Ms Kypreos - Swimming <div style="text-align: right;">CD5</div>	18 Gr. 8 - Band Workshop <div style="text-align: right;">CD1</div>
21 Boys Int. Area Volleyball @ UHS Book Fair <div style="text-align: right;">CD2</div>	22 Gr. 4 Ms Jussawalla & Lo - Swimming Girls Int. Area V-ball @ MSS Pizza 🍕 <div style="text-align: right;">CD3</div>	23 Dental screening Progress Reports Go Home <div style="text-align: right;">CD4</div>	24 Dental screening G4/5 - Mr. Basarke & Ms Kypreos - Swimming PT Interviews eve <div style="text-align: right;">CD5</div>	25 PA Day - No Classes PT Interviews a.m. <div style="text-align: right;">CD1</div>
28 Dental screening <div style="text-align: right;">CD1</div>	29 Gr. 4 Ms Jussawalla & Lo - Swimming Sub Lunch 🍔 <div style="text-align: right;">CD2</div>	30 Girls Regionals Int. V-ball <div style="text-align: right;">CD3</div>		

CD = Cycle Day

Pizza 🍕 + Sub 🍔 Days = No Kids Kitchen