




Day & Date	Day	What's Happening
Mon. December 9 th	1	Toy / Food Drive Continues Junior Boys' Volleyball Practice
Tues. December 10 th	2	Scientists in School – Gr. 4 Junior Boys' Volleyball Practice
Wed. December 11 th	3	Holiday Community Breakfast – 7:00 – 8:00 a.m.
Thurs. December 12 th	4	Pizza Lunch  Concert Rehearsal – 1:10 p.m. Holiday Concert 6:30 – 8:00 p.m.
Fri. December 13 th	5	Food & Toy Pickup Booster Juice Kindergarten Holiday Concert 1:20 p.m.

Please continue to check our school website for updates: <http://www.yrdsb.ca/schools/fairwood.ps>

EVERYONE is Invited to a Holiday Breakfast

Wednesday, December 11th

7:00 – 8:00 am

Pancakes and Sausages – in the gym!



Holiday Concert



Our Holiday Concert will be held **on Thursday, December 12th from 6:30 - 8:00 p.m.** We are also having an **afternoon dress rehearsal beginning at 1:10 p.m.** for our students and any families that are unable to attend the evening performance.

The **Kindergarten concert will be on Friday, December 13th at 1:20 p.m.**

We are hoping to support our local food bank by collecting non perishable food donations or a small donation as an entrance fee. Come out for an evening of holiday cheer and support organizations in our community!

Respect ~ Responsibility ~ Honesty ~ Empathy ~ Fairness ~ Initiative ~ Perseverance ~ Integrity ~ Courage ~ Optimism



School Council Announcement!

Are you coming to the concert?? Not wanting to sit in the usual chairs and want to be front and centre to see the show? Then make sure to purchase your tickets for the big comfy couch on the afternoon and night of the performance. Tickets will be \$1 each or 6 for \$5.00.

Gingerbread Houses

The Fairwood staff has been hard at work building some new gingerbread houses for the holiday season. They will be on display until the draw for winners on Thursday, December 19th. Tickets are 25 cents each and will be available to students during the lunch hour. Thank you in advance for your support 😊





Cold Weather



The colder weather is here and we'd like to remind you to be sure to have students wear coats, snow pants, boots, hats, mittens or gloves and scarves. You may also want to send a change of clothing in a ziploc bag as students love to play in the snow. Students will be outside unless the temperature is extremely cold so please have them well prepared!

Employment Opportunity @ Fairwood

- We are desperately looking for responsible and reliable individuals interested in supervising students alongside staff each day during the lunch hour (12:10-1:10). If you are interested or know of someone who would be interested, please contact the school office for further information. Thank you!

With appreciation,

Jill Maar
Principal

Lillian Lahe
Vice Principal












Pat Best
Admin Assistant

Diane Carlson
Admin Assistant

December

2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Day 1	3 Day 2	4 Day 3	5 Day 4 Pizza Day 	6 Day 5	7
8	9 Day 1 K Trip to Crock A Doodle	10 Day 2	11 Day 3  Community Breakfast 7:00 - 8:00 am	12 Day 4 Pizza Day   Holiday Concert 6:30- 8:00pm	13 Day 5 Kindergarten Concert – 1:20-2:50 pm	14
15	16 Day 1  Red & Green Day	17 Day 2	18 Day 3  Ornament/Santa Hat Day Character Assembly – Empathy 11-12 pm	19 Day 4 Pizza Day 	20 Day 5 Winter/ Holiday PJ Day! 	21
22 H	23 O 	24 L	25 Christmas 	26 Kwanzaa 	27 A	28 Y
29	30	31	BACK TO SCHOOL ON JANUARY 6, 2020			



MILK PROGRAM BEGINS!!!!

December 5, 2019

Dear Parent/Guardian:

Our next milk order begins **JANUARY 13TH**. We will not be offering milk the first week back after the holidays as the order will not be here on time. Both chocolate and white milk will be available every day at the cost of .75¢ per carton. If you would like to order milk for your child, please submit by January 8th, 2020.

You will see new orders on-line with our weekly parent newsletters.

On-line orders can be purchased beginning December 5th. On line ordering will end January 8th.

If you do not want to order one for each day as the online order offers, you can send a form into the office with the payment.

If you have more than one child at the school, please submit a separate form for each child. This helps to make each class order correct.

Please return order either on-line or to the office by January 8th

Teacher Name: _____

Student Name: _____



PLEASE CIRCLE **White Milk** or **Chocolate Milk**

Jan 13 _____.75 Jan 14 _____.75 Jan 15 _____.75 Jan 16 _____.75 Jan 20 _____.75

Jan 21 _____.75 Jan 22 _____.75 Jan 23 _____.75 Jan 24 _____.75 Jan 27 _____.75

Jan 28 _____.75 Jan 29 _____.75 Jan 30 _____.75 Feb 3 _____.75 Feb 4 _____.75

Feb 5 _____.75 Feb 6 _____.75 Feb 7 _____.75 Feb 10 _____.75 Feb 11 _____.75

Feb 12 _____.75 Feb 13 _____.75 Feb 14 _____.75 Feb 18 _____.75 Feb 19 _____.75

Feb 20 _____.75 Feb 21 _____.75 Feb 24 _____.75 Feb 25 _____.75 Feb 26 _____.75

Feb 27 _____.75 Feb 28 _____.75

\$24 is the total for one milk every day **THIS MILK ORDER BEGINS JANUARY 13TH**



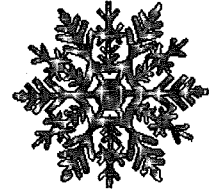
GET SMART

Newsletter

January 2017

Cold Weather Outdoor Play Boosts Immune System!

By: Anne Dodds, Keystone STARS Child Care Health Consultant



Cold weather, outdoor play- It's not only for children, but adults too!

Think layers – adults and children alike! Adults should wear layers of lightweight clothing to stay warm. Don't forget gloves and a hat! Because children's bodies can lose heat faster, young children and babies should be dressed in one more layer than an adult. Make sure their head and neck are covered as well as a warm pair of gloves.

Winter fresh air is good for everyone!

Outdoor winter play has long been blamed for colds and the flu. Our parents told us to "bundle up or you'll catch a cold," and their parents probably told them the same thing. But winter play gets a bad rap. Although going outside unprepared for the elements is unwise, viruses that are spread by other human beings and cause colds and the flu are indoors.

The indoor circulation of germs and bacteria is much more harmful to your child than playing outside. There are plenty of excellent references for winter safety tips, such as [this article by the American Academy of Pediatrics](#) that explains proper clothing, winter health and more. With the right preparation and understanding of winter weather, your child can have as much fun in the cold as he or she does in the sun!

Here are Four Benefits of Outdoor Winter Play

Breathe fresh air

It's no secret that most parents blame winter air as the cause for colds and the flu. Although the viruses that cause flu and colds are more common in the winter months, the circulated air in closed environments is the main cause of your child getting sick. All of the bacteria, dirt, dander, and other germs simply get recycled through the air vents over and over. The more time you spend inside, the more you are exposed. Nothing is more refreshing than that first deep breath of cold, winter air before starting hours of fun with outdoor play. In fresh, outdoor air, children do not have to rebreathe the germs of the group, and the chance for spreading infection is reduced.

Strengthen immune system

Playing outside allows your child an escape from indoor germs and bacteria. This will not only be good for the healthy bunch; the sick kids benefit from the fresh air as well. Just make sure they are properly bundled up and moving around to capture and generate warmth. Being outside more often also allows your child to develop a stronger autoimmune system and a resistance to allergies. Studies have shown that children in rural areas or those who are active outside have the best overall health.

Engage in physical exercise

Just because it's cold outside doesn't mean your children have lost their energy or desire to play. In fact, the California Childcare Health Program states outdoor winter play "gives children an opportunity for a change of environment, a balance in play and routine, and large muscle activities (gross-motor development)." You must remember your child is still growing during these months, and prolonged sessions of inactivity are not conducive to their muscular development. Physical activity gives your immune system a power surge for a full 24 hours. A stronger immune system leads to less illness and less use of antibiotics.

Stimulate the imagination

The winter also offers a variety of ways to stimulate your imagination through play. Does your child like to build things? Build a snow fort in the backyard with tunnels and a home base. Do you have access to a park? Go for a wildlife hike and look for birds and other woodland creatures. With all of the technological advancements of the past decade, many children are using their imaginations less and less. Something as simple as building a silly snowman utilizes problem solving and imaginative skills they would not be using while sitting on the couch.

Remember:

Hand washing is the single most effective way to reduce illness!



Kids' Section:

Making a Snow Volcano

What do you need?

- Empty water bottle
- 2 spoonfuls of baking soda
- 1 spoonful dish soap
- A few drops of food coloring (red makes it look like lava)
- 1 ounce of vinegar



Science experiment
and photo courtesy of
Science-Sparks.com

Next steps:

- Make a volcano in the snow with hole in the center to hold the water bottle.
- Add everything except the vinegar to the water bottle.
- Add the vinegar and watch the eruption!

Tip: If it doesn't work so well, add a bit more dish soap and vinegar.

Why is this science?

Vinegar (an acid) and baking soda (an alkali) react together to neutralize each other. This reaction releases carbon dioxide, a gas which is the bubbles you see, these bubbles make the dish soap bubble up to give the reaction.

If you have any ideas or would like more information, please contact us. To unsubscribe, email knowwhentosayno@pa.gov.