



THE NORTHERN HIGHLIGHTS

DECEMBER 16 - 20, 2019

DECEMBER 16 - 20, 2019: THIS WEEK'S NORTHERN HIGHLIGHTS



Date	Day	Activities	Coming Up:
Monday, December 16	1	<ul style="list-style-type: none"> ● Spirit Day - Crazy Hat/Hair ● Intermediate Girls vs. Staff Volleyball Game @ 12:55 	<ul style="list-style-type: none"> ● First day back - Jan. 6 ● PA Day (no school) - Jan 17 ● PA Day (no school) - Jan 31
Tuesday, December 17	2	<ul style="list-style-type: none"> ● Spirit Day - Ugly Sweater ● Grade 8 music presentation from Dr. G.W. Williams SS staff @ 8:45 ● Junior Boys Volleyball Practice @ 12:55 ● Grade 8 Career Fair 	
Wednesday, December 18	3	<ul style="list-style-type: none"> ● Spirit Day - Jerseys ● Intermediate Math Club @ 10:45 ● Junior Girls Volleyball Practice @ 10:45 ● Intermediates (Co-Ed.) vs. Staff Volleyball Game @ 12:55 ● Grade 8 guidance/transitions presentation from Dr. G.W. Williams staff 	
Thursday, December 19	4	<ul style="list-style-type: none"> ● Spirit Day - Throwback Thursday ● Primary skating (AM) ● Intermediate Intramurals @ 12:55 	
Friday, December 20	5	<ul style="list-style-type: none"> ● Spirit Day - Pyjamas ● Last day for food drive donations ● Pizza Day! ● Intermediate Intramurals @ 12:55 	

YRDSB - INFORMATION FROM ACTIVE SCHOOL TRAVEL

Brrrrrrr, it's cold outside!

For December, we have some tips to get outside and still have fun in the cold, including while you're walking or wheeling to school or the bus stop.

- ❖ Being dressed for the weather is the first step to enjoying the outdoors. Here are a few suggestions on how to stay warm:
 - Wear a base layer.
 - Wear an insulating layer (wool socks, shirt and pants but not jeans or cotton).
 - Wear an outer shell (windproof jacket with a hood and snow pants with elastic or velcro fastening at the cuff).
 - Wear insulated waterproof snow boots.
 - Have a hat that covers the ears (and a spare!).
 - Add a neck warmer.
 - Finish with waterproof mittens.
- ❖ Keep moving!
- ❖ Eat healthy snacks to keep your body going.
- ❖ Drink water! Even though it's cold, the air is dry and your body can become dehydrated.

YRDSB - INFORMATION FROM ACTIVE SCHOOL TRAVEL (CONT.)

It's winter, it's cold, and my children can't be outside - my children will get sick!

Many families believe walking to school in the winter and playing outside in the cold weather months leads to children getting sick. In fact according to many health and children's play experts viruses that cause colds and the flu are spread indoors. The indoor circulation of germs and bacteria is much more harmful to your children than being outside. Being outside more often allows children to develop a stronger immune system and a resistance to allergies. It's snowy....walking to school and playing outside in the winter gives children the opportunity to develop and strengthen their overall muscular system. Walking in the snow encourages balancing and using new muscles that are often not used.

So let's bundle up, get outside and be active! Active School Travel is simple way to do so and can be easily added into your daily routine!

- ❖ Walk and/or wheel to school or to the bus stop.
- ❖ Park and walk a block to school. If Active School Travel every day is a challenge, choose two or three days a week to try and make a change.

The Active School Travel Team wishes you a wonderful Winter Break. Stay Active, Stay Safe and Have Fun!

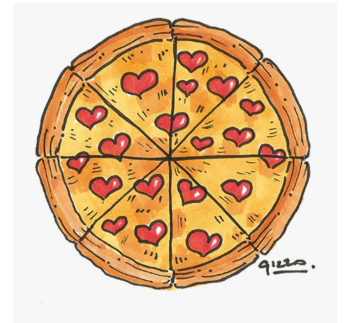
PIZZA DAY VOLUNTEERS NEEDED!

Our School Council is in need of volunteers to support pizza days on Fridays. The time commitment is for approximately one hour, starting at noon. Our volunteers help to sort the pizza into boxes for classes, and then distribute the pizzas to students.

You do not need to be available every Friday, as we can create a rotating schedule! Current parent volunteers are available to provide support; no previous experience is required.

If you are able to volunteer, please call the NLPS office.

Thanks!



NLPS WINTER CONCERT - THAT'S A WRAP!

We were delighted to see so many families join us at our two Winter Concerts yesterday. The students did a wonderful of performing.

Thank you to our staff members who coordinated this special event.

We are grateful for all the food donations for the Aurora Food Pantry.