



WILCLAY WILDCAT

Principal: Nan Mantle
Vice-Principal: Maureen Daly

Together in Harmony

Superintendent: Rashmi Swarup
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這是重要文件，若不明白，請找人翻譯。 இது ஒரு முக்கியமான பத்திரம். இதை வாசித்து விளங்கும் படுத்தம் கடிய ஒருவர்டன் கருத்துக் கேள்கவும்.

ہم ایک ضروری دستاویز ہے۔ اسے کسی ایسے شخص کے پاس لے جائیے جو آپ کو اس کے بارے میں سہارا دے سکے۔

यह एक जरूरी कागज़ है। इसे किसी ऐसे व्यक्ति के पास ले जायें जो इसे समझ सके।

هذا الخطاب مهم جداً .. نرجو أن تجد من يشرح لك .

DATES TO REMEMBER

Nov 5-7	Grade 6s at Mansfield Outdoor Centre	Nov 11	Remembrance Day Assembly
Nov 12	Progress Reports go Home	Nov 13	Parent Teacher Interviews (evening)
Nov 14	P.A. Day/ Parent/Teacher Interviews a.m.	Nov 19	Milne ~ Hume, Kuchersky
Nov 20	Milne ~ Tzatzanis, Chan-Parks, Loree	Nov 21	Milne ~ Goodman
Nov 21	Intermediates to Mocking Jay	Nov 24	Milne ~ Skilton, Lee
Nov 24	School Council Meeting, 6:00 p.m.	Nov 25	Milne ~ Temelkovski
Nov 25	Gr. 5s Queen's Park	Nov 26	Milne ~ Vidinovski
Nov 27	Milne ~ Franklin	Nov 27	Hospital Trip – Proctor, Hume

ADMINISTRATORS' MESSAGE

Your child's Progress Report Card will be sent home on Wednesday, November 12. Progress Report Cards are an opportunity for teachers to share the development of learning skills and work habits, as well as general progress in the subject areas. Parent-Teacher Interviews for Senior Kindergarten to Grade 8 will take place on the evening of Thursday, November 13 and the morning of Friday, November 14. We would encourage all parents to take advantage of this opportunity so that together we can better support your child/children. You may wish to review the Progress Report Card and talk to your child about their learning experiences so far this year before the interview. We look forward to your involvement in this process and know that you will take this opportunity to recognize and celebrate your child's positive accomplishments in the first couple of months. Parents and guardians of JK students will be invited to their child's classroom for a classroom observation. These observations will take place later in November. Please note that Friday, November 14 is a P.A. Day and there will be no school for students.

Thank you to everyone who participated in our School's Dance-a-thon. There was lots of dancing happening, with all of our students, as well as staff, and even administrators. Prizes were drawn and many excited students received prizes! A grand total of the amount we have raised will be announced in the December newsletter. Thank you to all of the School Council members and parents who helped with the Dance-a-thon. Thank you as well to our many community partners who provided prizes.



As always, we continue to be available to answer questions or help clarify or resolve concerns.

Mrs. N. Mantle,
Principal

Ms. M. Daly,
Vice-Principal

SCHOOL COUNCIL NEWS:

Dance-a-thon:

On Oct. 24th, students and staff alike showed off their funky dance moves and fancy footwork as they grooved to the latest songs. Their efforts paid off as the school raised nearly \$7,000! Congratulations to our top 3 student fundraisers: Colin (3A), Matthew (7B) and Abbey (1D). Six classes earned pizza parties by raising a minimum of \$350: Mr. Si (6B), Mrs. Kleinberg (6A), Ms Chang (3A), Ms Schroedter (8A), Ms Temelkovski (7B), Ms Chen (FTJSE).



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The dance-a-thon's amazing success was largely due to the hard work of many individuals including Mr. Littleford, Ms Schroedter and their respective classes as well as our parent volunteers. The Grade 8 students, led by Mr. Littleford and Ms Schroedter, spent countless hours preparing for the event. Their enthusiasm, energy and school spirit were evident throughout. We would also like to thank teachers, parents and the following companies who donated prizes for the raffle: Pizza Pizza; Walmart (Markville Mall); Walmart (Steeles and Markham Road); Mastermind (Markham location); Loblaws (McCowan Market); Costco (Kirkham Drive location); Maple Leaf Sports & Entertainment; and, The Canadian National Exhibition. Your contributions were greatly appreciated and helped make our fundraiser a success!

Next Meeting:

The next School Council meeting will be held on **Monday, November 24** at 6:00 P.M. in the Library.

IS YOUR CHILD GETTING ENOUGH SLEEP?

Lack of sleep is linked to numerous health problems

Healthy sleep habits not only help your child be alert during the day – they can set him/her up for a healthier life. There is a link between poor sleep and health problems (e.g., diabetes, hypertension and immune problems). Dr. Amin at the Hospital for Sick Children says “Children need to be well rested to develop and grow and live good quality lives”.

How much is enough?

Children five to 12 years old need 10 to 11 hours of sleep per day. That number decreases a little in the teen years, to a range estimated between 8.5 and 10 hours. But kids are not hitting these numbers. According to the Canadian Sleep Society, 40 per cent of young children are sleep deprived.

What to do?

Since quantity and quality are both key factors to healthy sleep, it's important to set your child up for a good night's sleep. Dr. Weiss offers these tips:

- Keep kids away from caffeine, including hot chocolate
- Set the same sleep and wake times seven days a week
- Limit exercise before bedtime, which can get kids stimulated and hard to settle
- Eat meals at regular times
- Lower lights and turn off screens an hour before bedtime
- Do not allow electronics in the bedroom



Source: *Healthy Schools Newsletter*

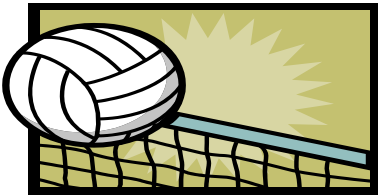
CHARACTER CORNER

November's character trait is **Responsibility**. We are accountable for all our actions. We follow through on commitments. Being responsible means that you are dependable and you make good choices.

"Character — the willingness to accept responsibility for one's own life — is the source from which self-respect springs." Joan Didion

You cannot escape the responsibility of tomorrow by evading it today.
~ Abraham Lincoln

JUNIOR VOLLEYBALL:



Our Junior Volleyball Team is anxious to develop our skills and get ready for upcoming tournaments. Many Junior students showed great initiative by coming to tryouts. As always, our Intermediate students continue to show great leadership by consistently volunteering their time to help develop the skills of our Junior students.

ECO CLUB:

Wilclay continues to work on its efforts to help lessen our impact on the environment within our school. Many students from all three divisions have shown an interest to help out with various environmental causes within our school. Our green bin program continues to divert organic waste from landfill sites. We are in the process of starting an active recycling program to collect used batteries from our greater school community. As well we continue to think of ways to reduce our waste and have discussed possible campaigns to stop the plastic water-bottles and other single use containers. We are very hopeful of getting approval, and starting to create an outdoor classroom at Wilclay in the spring.



Remember little changes make a BIG difference for our planet. Turn off lights and electronics when not needed.



GIRLS RUNNING CLUB:

For the past six weeks, a group of Grade 5 and 6 girls have been actively participating in a six week running program focused on unleashing confidence, developing friendships and appreciating health and fitness. Through a variety of interactive lessons, focused discussions and fun activities the girls were able to share their ideas, thoughts, opinions and experiences in a safe environment where they were encouraged to support and appreciate one another. "I really enjoyed doing activities and learning about my friends," said Candace in Ms. Taylor-Bloomfield's class. "I enjoyed running outside with other girls," said Anjali also from Ms. Taylor-Bloomfield's class. Many teachers also participated in the sessions to encourage the girls and to run along with them including Ms. Miller, Ms. Levato, Ms. Costoulas, and Ms. Chin. A big thank you to Ms. Garcia, Ms. Brown and Ms. Seaver for coordinating this very important initiative! Keep running and stay strong Run It Out (Grade 6) and the Beat Runners (Grade 5)!

WE SCARE HUNGER:

Are you looking forward to Halloween and all the candy you will get? Well, here is an idea from us, the WEclay kids. When you go door to door why not ask for canned food or you can just bring some from your house? WEclay is doing a program called, "We Scare Hunger". We are collecting canned and boxed food that we can send to the foodbank for people who don't have a lot of food to eat. We are not saying to get a hundred cans or boxes of pasta. We are saying to get a few cans or boxes and give it to us so that we can give it to some people that really need food. When you have collected some food items, there is a box outside the office that you can put your contributions in. Hopefully all you kids will collect a few cans so that we can help people who are hungry. Try to remember and help. WE Care about hunger!



Written by Iqra, Nishaana, Asmitha and Serena from the WEclay Club