

Westwood Primary School Newsletter

October 3, 2023



Principal: Sherry Flynn
Vice-Principal: Lynette MacKinnon

Dates to Remember

October 2nd – National Day of Truth and Reconciliation (**NO SCHOOL**)

October 5th – Thanksgiving Day Assembly for students

October 9th – Thanksgiving Day (**NO SCHOOL**)

October 11th - Lockdown Practice (school wide)

October 12th – Home & School Meeting 6:00 pm

October 12th – Evacuation Practice

October 16th – Big Emotions Parent Session (Part 1) 6:00 pm

October 17th – Lockdown Practice

October 18th – School Pictures

October 19th – School Pictures

October 23rd – Big Emotions Parent Session (Part 2) 6:00 pm

October 25th – Case Conferences

October 27th – Provincial Development Day (**NO SCHOOL**)

Wellness at School

A reminder to parents/guardians, students, staff and visitors to Westwood Primary School that you should not attend school if you are feeling unwell.

If you or your child has any of the following symptoms you should NOT attend school:

- Fever (38°C or higher) / chills
- Worsening cough
- Body / muscle / joint aches/unusual headache
- Gastrointestinal symptoms (nausea, vomiting, diarrhea)
- Shortness of breath / difficulty breathing
- Sore/raw throat/consistent runny nose

Exemptions include on-going, existing conditions and symptoms that would not be new or unusual for that individual (e.g., chronic allergies, asthma, etc.)

It is important that we all work together to keep our school environment healthy for all students, staff and visitors so that attendance and staffing is not impacted by illness.

If your child is required to take medication during the school day a Administer Medication form must be completed first. All medications must be sent premeasured. Medications are to be dropped off at the OFFICE by a parent. Medications are kept and administered in the OFFICE.

School Office Hours

Please note that school office hours are **Monday – Friday from 8:00 am – 4:00 pm**. Our administrative assistants are more than happy to assist you with anything you may need between these hours of operation. Thank you.

Guests In Our School

We would like to take a minute to remind all of our Westwood Families and Guests to our school that when you come into the building you must **stop in the office and sign in and pick up a visitor/guest tag**. This tag must be worn while you are inside the school. This includes walking students to class, volunteering in the building, arriving for a meeting during school hours, etc. Thank you for doing your part to keep everyone safe at Westwood.

A Note of Thanks

Thanks to all parents for getting your children to school on time for our 8:30 am start, we really appreciate it. As you know, being on time for school has a huge impact on learning. Some students have specialized programs at the beginning of the day such as Resource or specialty classes such as Music and Physical Education. It is **very** important that students arrive on time to receive all of their school instruction.

There will, of course, be times when your child has a dental or medical appointment and may arrive late but overall we're noticing that most are arriving on time and it's helping us to get off to a great start this year! ***If you do happen to arrive late for school (after 8:30 am), please walk your child to the front door, we will buzz you and your child in and you can sign them in at the office.***

End of Day Pick Up

Dismissal time at Westwood Primary is 2:30 pm. We are asking that all parents/guardians please respect this time. If you need to pick your child up on a particular day early for an appointment we ask that you please send a note or call ahead so that the teacher can send the student up to the office at the appropriate time. ***Buzzing into***

*the classrooms to ask for a student interrupts the instruction and learning for ALL students. **We will not be buzzing in to classrooms unless there is an emergency.***

It is also important that parents/guardians please do not arrive at the school before 2:15 pm. Arriving early to pick up your child creates a great deal of congestion in the pick-up area and blocks the bus entrance. **Please do not block the bus lane entrance at any time while you are dropping off or picking up your child.** Our buses serve four schools in the Bluefield family of schools and must be on time to pick up students for their next runs.

Bus Notes/Passes

This year students are not permitted to receive bus notes to go to a friend's house for birthday parties, get together, etc. Bus passes are to be issued only for primary child care.

Lockdown Drill

During the month of September we practiced fire drills. The children did extremely well and are very well prepared! In October we will be practicing our lockdown drill. This drill is a three-step process.

In the first step (Week of October 2nd), the classroom teacher will explain the purpose of the drill. All teachers use a common script for this so that all the children get the same message regardless of the class or teacher. During this week, the class will practice moving to the designated 'safe area' in their classroom and specialist classes at a time that is convenient for the class.

In the second step (Week of October 9th), we will conduct a School-Wide Drill. As per Public Schools Branch policy, we have been doing lockdown drills at Westwood for many years and they have gone very smoothly. If you have any questions or concerns please contact Ms. Flynn or Mrs. MacKinnon. If you find that your child is anxious about this procedure, please contact one of the counsellors, Mrs. Wood or Mr. Sirois.

The third-step of the process involves a school lockdown practice accompanied by the RCMP liaison officers. This will be scheduled for later October. Please note that if you are visiting the school on any of the dates above, you may have to wait outside the building until the drill is completed, if we are practising at that time – there will be a sign on the front door that says "Lockdown Drill in Progress".

Lost & Found

Reminder to please make sure that you are labeling your child's belongings so that it does not make its way to the lost and found. This includes; clothing, water bottles, hats, boots, sneakers, etc. Currently both of our lost & found bins are FULL.

Halloween Treats

Parents/guardians, due to the high number of food allergies and life threatening allergies in our school, we ask that you not send food for sharing in with your child during Halloween or any other holidays or events. If you would like to contribute something for a special occasion, please contact your child's teacher. In the past in lieu of food, some have donated items for a Halloween craft, stickers, fun pencils or donated a book to the class library. Thanks for your cooperation and understanding.

Personal Safety Program

Counsellors Mike Sirois and Cindy Wood will be working with our classes during the month of October on the Personal Safety Program. This program is part of our Health Curriculum for Kindergarten – Grade 3. If you have any questions regarding the program, please do not hesitate to contact our counsellors at 902-368-6855.

Positive Parenting From Two Homes – For Kids

Westwood we will be offering "When Mom and Dad Separate" which is Westwood's version of *Positive Parenting from 2 Homes for Kids* which is operated from the provincial government. It is an excellent educational program designed to support kids in understanding that your family is still your family even after separation and/or divorce. This program talks about the changes that families often go through by discussing topics such as:

- There are many kinds of families
- The many different feelings they might have about the changes
- Tools to help communicate feelings
- Positive changes that can happen
- Challenges
- Coping with additions to the family (Mom and Dad get new partners/kids)

This group will be held once per week and run for five weeks. This will be held during school time. Students will be in two groups (Kindergarten & Grade 1) and (Grades 2 & 3). There is great power in seeing that you are not alone in this journey. If you would like your child to participate, please contact School Counsellor Cindy Wood at 902-368-6855. A permission form to participate will then be sent home.

A.M. Drop Off & P.M. Pick-Up Reminder

Children may be dropped off any time after 8:05 a.m.

Please note: there is no supervision available for students prior to 8:05 am.

If you'll be dropping your children off at school, we ask that you drive slowly on the inside of the yellow barriers and drop children off in front of the school. **There is NO PARKING at the front of the school or by the dumpsters or along the lane in/out of the school.** Please park in the newly converted visitor parking area (old tennis courts) and walk over to the school using the crosswalk area.

When parents are dropping their children off in the morning, we ask that you stay in the line until the cars ahead of you have exited. There are pylons in the lane so **no passing** is permitted. This is to ensure student safety while exiting the vehicles. Students **MUST** be ready and dressed and exit the vehicle quickly on the sidewalk side of the car. If your child is not ready to exit quickly, please park in the visitor parking lot and walk them to the sidewalk in front of the school. Please be considerate of others by having your child exiting the vehicle quickly. Parents should be staying in line to drop their child(ren) off. Please do not pull by the side of the school by the garbage cans to let your child out as this is an unsafe location. Thank you 😊

Bus Safety

All students attended a grade level assembly about bus safety. Students were shown a video which parents can view by clicking on this [link](#). Students are expected to stay seated the entire bus ride, sit seat to seat, back to back, use a quiet voice on the bus, keep hands and feet to themselves and listen to the bus driver.

PEI School Food Program

Please make sure you are sending cutlery for lunches with your child. We do not have cutlery available at the school. Also please make sure that you include your child's classroom when ordering (E.g. 2A, 3F, etc)

Bus Evacuation

Students and staff will be participating in bus evacuation practice this month. The dates is October 24 with October 25 as a rain date. We will be starting the evacuation around 2:00 pm in the bus lot so all students can practice. Students who do not normally go on the bus will be dismissed in their usual way after the bus evacuation practice has been completed. Please make sure if you need to pick your child up early that day, that you send in a note that morning so your child can be ready to do in the office.

Music Adventures/Thanksgiving Assembly

Grade 2 English students have been working hard in Music Adventures to get ready for our Thanksgiving Assembly.

The assembly will be for students only on Thursday, October 5th.

Recorders: Recorders have arrived and will be handed out to Grade 3 students soon. If you have not already sent in your \$10 fee, please do so ASAP. The recorders and booklets will be for the students to keep. We will be working on making a beautiful sound in class before sending recorders home. Please help your child remember to bring them back to school for music class. Thank you! You can help your child with home practice by asking them to share the song they are working on.

Outdoor Play

At Westwood Primary, we value the importance of play in the growth and development of our students. This year we are going to be heading outdoors during our recess times in all kinds of weather. It is important that children are dressed for the weather when they come to school.

For example:

- Rainy Days - children should be wearing boots, splash pants and water resistant coat (such as a rain coat).
- Snowy Days— children should have winter boots, snow pants & coat, winter hat and mittens
- Sunny Days – Hat to block the sun, cooler/light clothing, foot wear they can run and play in (flip flops are sometimes not safe on the equipment)

The only time we will be remaining indoors for recess, is if there is a storm or severe cold temperatures. We are going outside! Please ensure your child(ren) are dressed for the weather.

Outdoor play is critical for young children in schools. Many of the developmental tasks that children must acquire—exploring, risk-taking, fine and gross motor development and the absorption of vast amounts of basic knowledge—can be effectively learned through outdoor play. Children need opportunities to explore, experiment, manipulate, reconfigure, expand, influence, change, marvel, discover, practice, yell, sing, and create.

Outdoor play enables young children to learn lots and lots and lots of things about the world. How does ice feel and sound? Can sticks stand up in sand? How do plants grow? How does mud feel? Why do we slide down instead of up? How do I make my tricycle go faster? How does the overhang of the building

create cool shade from the sun? What does a chrysalis change into? How do butterflies have to learn to fly?

Children need lots of opportunities outdoors to develop basic social skills and social competencies: pushing each other on the swing, pulling a wagon carrying another child, playing together in the sand, imaginative play, dramatic play and so on.

Outdoor play also provides a chance to practice social and emotional skills with other children, including problem solving, turn taking, encouragement, self-control, safe risk taking, and following the rules of a game.

Westwood Primary Facebook Page

Follow us on our School Facebook Page! Stay up to date on upcoming events, bus delays, school information and much more! Our page can be found at <https://www.facebook.com/profile.php?id=100057288586113>

Westwood Hot Lunches

Milk and pizza can be purchased for students using the Hot Lunches ordering system. The website is westwood.hotlunches.net. Parents can purchase white Milk (50 cents), chocolate Milk (80 cents) daily. We are currently offering the option on Tuesdays to purchase pizza from Little Caesar's cheese or pepperoni pizza (\$3.00). We have recently added 4 Crazy bread from Little Casear's on Wednesdays for \$3. Orders will be placed for a month at a time and must be placed and paid for online at 11:59 pm by the dates below. We are unable to accept any late orders. Unpaid orders will be deleted.

October orders – Deadline is Sunday, October 1

November orders – Deadline is Sunday, October 29

December orders – Deadline is Sunday, November 26

January orders – Deadline is Sunday, January 7

February orders – Deadline is Sunday, January 28

March orders – Deadline is Sunday, March 3

April orders – Deadline is Sunday, March 31

May orders – Deadline is Sunday, April 28

June orders – Deadline is Sunday, May 28

Westwood School Apparel

Now is a great time to order your Westwood Primary School Apparel!! Order early to ensure that your Westwood Clothing is ready for under the Christmas Tree... makes the perfect gift! Log onto the link below and order your favourite items. Remember to pick up your order when it is ready at All Star Cresting.

https://allstarcresting.ca/westwood_apparel/shop/home?fbclid=IwAR2G1XJJ2oFWkSo3-JmgWVEZCs6OXfS2c9Q6Wfr3CAwGhQjxwneGYLrIMw

Community News

APM Centre Skating Schedule Current to December 21st, 2023

Fees for skates : \$2.50 Adult , \$2.00 Students, \$1.00 Preschool, \$7.00 for Family (Max 6 people)

All children under the **age of 14 must** be accompanied by an adult.

All children under the **age of 18 must wear a Helmet**. (Limited Loaner helmets available at the Canteen)

All Regular Rules apply. Please visit website at www.apmcentre.com and follow our Facebook page "APM Centre" for up-to-date rules, skate additions and changes.

Family Skate:

Sunday 12:50pm to 1:50pm

Tuesday & Thursday 10:00am to 11:00am

Adult Skates:

Tuesday & Thursday 9:00am to 10:00am

Home & School News

Semi-Annual Meeting

The PEI Home and School Federation's Semi-Annual Meeting will be held on **Monday, October 23, 2023, 6:00-8:00 PM** at **Central Queens Elementary School, 19821 2 Rte, Hunter River, PE COA 1N0**. Light refreshments provided.

"HELP MY CHILD" Panel Discussion topics/speakers will include:

1. **What is Home & School? David Schult**, Former international school teacher and administrator having worked overseas for over 24 years, in seven countries before returning to Canada in 2021, will provide background and context to what Home and School is and does.
2. **COMPASS Student Health Survey! Cody Davenport**, PEI COMPASS Research Project Lead, PEI Chief Public Health Officer, will present student health survey results about their health and health behaviours including sedentary behaviours, physical activity, mental health, healthy eating, substance use, bullying, academic outcomes, and sleep.
3. **Screens in schools: simple ways to maximize the benefits and minimize the harms! Dr. Travis Saunders**, PhD, CSEP CEP, Professional Kinesiologist (he/him), UPEI Associate Professor, Dept. Applied Human Sciences. Screens are an increasingly regular part of the school day bringing both opportunities and challenges for student learning and health. Dr. Saunders will give an overview of research on the ways that schools can maximize the benefits and minimize the harms of screen use in schools.

REGISTER by Oct. 18/23 using the [Online Registration Form](#) linked here:

<https://docs.google.com/forms/d/1jqKPoXSD01MH9GulZ9Hp3xqXJbtNXtr1dENvPmPmqEM/edit>

What's on your Home and School agenda?

Home and School = TEAMWORK

Meet with the principal/other school staff in Sept./Oct. to set goals for the 2023-2024 school year.

- Add discussion about collaborative ways to support the school to your agenda
- Add activities and educational topics (e.g., COMPASS Student Health Survey)
- Add Federation monthly news (e.g., Semi-Annual, Oct. 23; Training Wksps, Nov. 6&7)
- Add gov announcements applicable to student learning and supports
- Add fundraising initiatives discussion and determine the purpose

REMEMBER: Everything we (parents and teachers) do is for students' benefit!

Training Workshops for Volunteers

Vicki Bryanton and Stephen Gould will lead Home and School Training Workshops as follows:

Nov. 6 - Miscouche Consolidated School, 6:30 – 8:00 PM

Nov. 7 - West Royalty Elementary School, 6:30 – 8:00 PM

All school volunteers are welcome! No cost.

Register by emailing peihsf@gov.pe.ca or call 902-620-3186 by Nov. 1st.

Parent Leadership Grants

Funds are available for up to \$500 per Home and School Association to organize **parent educational, leadership** initiatives in your school community. For more information, go to: <https://peihsf.ca/grants/>
Questions? Contact the Federation office at: 902-620-3186 / 1-800-916-0664 / peihsf@gov.pe.ca

 Follow PEIHSF on Twitter @peihsf and Facebook at: PEI Home and School Federation

