



October 2021

Virtue:
THANKFULNESS

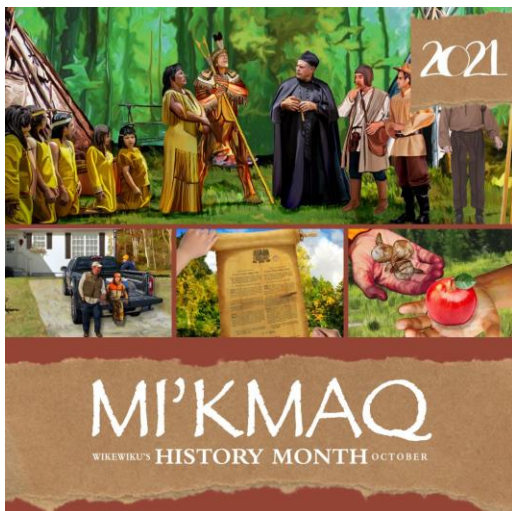
Chiganois Newsletter

Principals Message

As we enter the month of October, our attention is drawn to two main areas: change and giving thanks. As we observe our environment we notice a number of changes; the leaves are turning vibrant colors of red, orange and yellow, the geese are flying south to prepare for the winter ahead and the farmers are harvesting their crops. It is within these changes that we recognize the good as these changes prepare us for the next part of our seasonal journey. Not only do we notice changes in the environment, but also changes in our school community where we see students settled into the daily routines, connections are made with peers and teachers, and school life is moving forward. The school year is always one of change with new faces, families, events and activities. Change will enable us as a school community to move forward with the help and support of one another to benefit our students. It is within these changes that we can grow in strength together and learn from one another to prepare for tomorrow.

As we journey together we need to remember that our goal is the same, the best education for all of our students. We need to be thankful for each one's contribution, no matter how big or small, as every contribution is valued and important to our growth as a school community. As we celebrate our school successes throughout the year I encourage us to always be thankful for our school, our community, our friends and families. Let us be thankful for what we can offer and what we can accomplish as a team. As we focus on our virtue of "Thankfulness" we will work at showing gratitude through our emotions, words and actions. Happy Thanksgiving.

Respectfully,
Mr. K. Harnish



Nutritional Food in Schools

Chiganois Elementary School is committed to ensuring that our students have access to healthy foods while at school. This year, we're renewing that commitment and will be working hard to make sure that all foods served and sold in our school follow Canada's Food Guide (this doesn't include the foods students bring for their individual lunch and snacks). We will continue to offer healthy items for our breakfast program for all students; and this year, in cafeteria we're aiming to offer vegetables and fruits more often. We're also working with CCRCE to enhance our cafeteria menu to make sure it aligns with Canada's Food Guide. Finally, **other foods that students may be provided (for special occasions, for example) must also be nutritious so it is important for parents or guardians to connect with the school office or your child's teacher before bringing food into the school that is intended to be shared amongst students so we can confirm that it will meet our nutritional guidelines.**

We are so thankful for parents, community members and local organizations who support our universal school food program. We want to continue these important relationships! We greatly appreciate the donations we receive for our breakfast program, but all food donations must be healthy foods. We ask that you please reach out to the school office before making a food donation so we can make sure it will meet our nutritional guidelines. If you are planning to make a food donation, we would suggest whole vegetables and/or fruits.

Students need to be well to do well - we're excited to get started on enhancing our school food environment to help all of our students thrive and achieve!

Reminder to parents: check in with the school office or your child's teacher before providing food to your child's class to celebrate occasions such as - Halloween, Christmas, Birthdays, etc. We're working hard to make sure we only provide healthy foods to our students while at school! This year, we'll be celebrating by focusing on nutritional snacks.

Virtue of the Month: Thankfulness

I will show gratitude through my emotions and attitude. I will show thanks when I receive a benefit from someone else or when I give to others through my thoughts, words and actions.

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Safe Arrivals

In the interest of student safety, please email the Administrative Assistant at keizerka@ccrce.ca or telephone the school before 9:15 am and leave a message on our school voicemail if your child is ill, absent from school or expected to be late. Office hours are 9:00 am to 4:00 pm.

Water Bottles

It is imperative that students come to school each day with a full water bottle, clearly labeled with their name. Staying hydrated throughout the day is important for focus and optimum learning.

PTG

The PTG is holding their first meeting on September 22th. The current Executive is Jen McKay (President), Clarissa Millen (Vice President), Shelley Vandenburg (Treasurer), and Susie Bower (Secretary). Please come out and support your child's school. Zoom link will be provided at the beginning of the week. The next PTG meeting is set for October 20th. Everyone is welcome!

SAC

The School Advisory Council (SAC) is looking for new members!

Are you looking for an opportunity to engage more with your child's learning? Or do you know someone who would be a great representative to discuss opportunities and concerns with the school team?

Being a member of SAC is a great way to learn more about what happens at school and how parents and community can support our student's school experience.

We will meet six times in the school year and the meetings will be held virtually for one hour. The dates for this year are set and are as follows:

October 26, November 30, January 25, February 22, April 26 and June 7.

Examples of topics discussed are:

- How to spend extra funding to support students (we receive a \$5,000 budget each year)
- What extra events and activities can we help to support learning objectives?
- Are our kids meeting learning standards met by the province?
- Are there any safety issues or concerns that need to be addressed?

If you have any questions regarding SAC, please contact the chair Jolene MacEachern at jmaceachern@dal.ca

We would love to have you or a nomination for a friend!

Upcoming Dates

October 1st - 31st

Mi'kmaq History Month

October 1st

Treaty Day

October 4th - 8th

Fire Prevention Week

October 5th

PTG Meeting (virtual)

October 11th

Thanksgiving - No School

October 26th

SAC 6:00 PM - 7:00 PM

October 22nd

Provincial Conference - No School

October 29th

Orange, Black & Yellow Day

Terry Fox Run

Wow! This year our school sure had incentive to raise lots of money for Terry Fox. Mr. Gunn provided the students with a challenge which was to raise at least \$2000.00. The student who raised the most money then chose which staff member they wanted Mr. Gunn to dress up as! In addition, any student who raised \$100 or more was eligible to throw a cream pie in the face of a staff member of their choice. In total our school raised **\$6067.00!!** Thank you to everyone for supporting such a worthy cause; this is amazing!



Parent Handbook

A copy of our parent handbook can be found on our website, and has been updated for the 2021-2022 school year. We ask that you please take a moment to review the handbook as it contains important information regarding our schools' policies and procedures.

Housekeeping Things:

- ✓ Please have your child to school by 9:10 AM
- ✓ October is Mi'kmaq History Month.
- ✓ We are a nut aware school. Please do not send any products containing peanuts to school with your children
- ✓ If for some reason you need to pick your child up early, please call the office when you arrive and your child will be brought out to you.