McCrosson Tovell School
November 2023

The TIMBERWOLF HOWL

Principal Message

November is here and the days are getting much colder. As children spend 30 minutes outdoors during Nutrition Breaks, we encourage parents and caregivers to make sure students are wearing warm clothes including hats and mittens.

We begin this month with Treaties Recognition Week November 6—10th. During this time, we honour treaties, help students learn about the significance of the treaties and to understand our collective responsibilities as treaty people. On November 16th students will be learning about Louis Riel and the courage he showed.

Our Remembrance Day assembly will be held in the Riverview gym on November 10th at 11:15 am, to honour our Canadian veterans. All parents are encouraged to attend our school ceremony.

Our drama students are pleased to announce that they will be hosting a Wizard of Oz public performance at the high school gym on Wednesday, November 15 at 7 pm and on Thursday, November 16 at 11 am. Please support our students by attending their performances.

Bullying Awareness and Prevention Week will be taking place November 20—26th. Students and staff will be engaged in various activities throughout the week to learn more about bullying and its effect on student learning and well-being.

We continue to work on developing healthy relationships with each other, treating each other respectfully, and being kind. Kids can earn kindness certificates for being noticed going out of their way to be kind to others. We will also begin smudging at school on Mondays. Thank you to all who have returned permission forms to the school.

Progress reports will be sent home on November 14 and Parent Teacher Meetings will take place on November 21 from 4-6 pm. We are looking forward to meeting with parents and caregivers to discuss student progress and ways to supporting students' learning both at school and at home.

Mrs. Beckett and Mrs. Osadchuk

Upcoming Dates

Remembrance Day	NOV 11
Progress Reports Go Home	NOV 14
Wizard of Oz Trip	NOV 15
Parent Teacher Interviews	NOV 21
PA Day	NOV 27
Christmas Tea and Concert	DEC 14
	2-3 PM
Christmas Holidays	DEC 25
	JAN 05
PA Day	JAN 26
Reports Cards Go Home	FEB 12
Family Day	FEB 19
March Break	MAR 11
	MAR 15

Student Attendance

Regular attendance is very important—**a student's over-all growth increases significantly over time when they attend regularly and have strong connections to all aspects of classroom and school learning**. Research demonstrates there is a powerful link between successful learning and regular school attendance.

Special points of interest

- Simply text your child (s) name, your name and the reason your child is absent anytime before 9:15am to 807-271-2622
- Mrs. Everden can be reached until 11:30am in the office, or by email to terri.everden@rrdsb.com

Educating the HEART and MIND of every child – today and tomorrow.

Principal - Kari-Lynn Beckett Vice Principal - Donna Osadchuk

Dress Appropriately

"There is no such thing as bad weather, only bad clothes"

Knowing how to dress your kids for outdoor play in any weather can make a huge difference to the amount of time they're happy to spend outside. Clothing should remove the distractions that less-than-ideal weather imposes, leaving kids free to focus on play, not the physical discomfort of being "too hot" or "too wet" or "too cold".

As you may already know, layering is key to outdoor dress. Layers give you the flexibility to adapt to the weather and your level of activity. They should allow you to stay warm, dry and comfortable in all weather conditions. Layering also helps you mitigate perspiration, which can be dangerous in changing weather and activity level. Avoid overheating by starting with fewer layers, adding them when needed.

IT'S TOO COLD

BODY: synthetic underwear; base layers; warm mid layers (double up if needed); insulated and waterproof outer layers; sleeves that are snug at wrists
HANDS: insulated (and waterproof, if snow) gloves that cinch at the wrist or are long enough to snugly fit (and stay) under or over the jacket.
FEET: insulated boots, wool socks (not cotton): even if your boots are waterproof, your socks may still get wet from sweat. (Wool is a good choice here, as it will still keep you feet warm, dries faster, and also has natural anti-bacterial properties.)
ACCESSORIES: wool hat/toque; goggles; balaclava, neck gaiter or scarf, earmuffs.

Student Success

Regular attendance is very important – **a student's over-all growth increases significantly over time when they attend regularly and have strong connections to all aspects of classroom and school learning.** Research demonstrates there is a powerful link between successful learning and regular school attendance.

Courage Character Trait

I will stand up for my beliefs and principles and face challenges, fear and difficulty with fortitude.

What is Courage?
Courage is demonstrated by people who stand up for what they believe in their heart to be the right thing to do, even when others don't support them and might try to convince them that they are wrong.

Download the NEW SeeSaw App

SeeSaw has revamped their platform and requires you to download the NEW app!

Seesaw Learning on the App Store (apple.com)

Seesaw - Apps on Google Play

Please download the new app to continue connecting with your child's classroom. If you don't have an account for your child, please contact your child's teacher.

Rainy River District School Board uses SeeSaw to connect parents/guardians with our K-Grade 6 classrooms.

Join School Council.

Education is a partnership involving parents, students, teachers, principals, school boards, government, and the community.

Everyone is welcome!

Healthy Snacking

With Halloween just passing, we are all familiar with the sugar highs that can impact our bodies from all the candy. Let's plan for a healthy November to help cleanse our bodies.

Healthy snacks are packed with nutrition. They give your child the right balance of fiber and protein. You can make an easy, healthy snack by pairing two foods from the 5 food groups (fruits, vegetables, grains, protein, dairy).

Follow these simple steps:

Step 1: Start with a food that's high in fiber.
Fiber helps your child feel full.
Choose one:

- **a fruit:** any kind your child enjoys
- **a vegetable:** for example, crunchy sliced cucumber, carrots, bell peppers
- **a grain:** for example, whole-grain breads, wraps, cereal, crackers

Step 2: Serve it with a food that's full of protein.
Protein helps build bones and muscles. And it gives your child energy.
Choose one:

- **protein:** such as turkey, tuna, egg bites, seeds
- **dairy:** such as milk, low-fat yogurt, cheese

Easy and Healthy Snacks
Try some of these favorites:

- **Whole-grain cereal + low-fat milk:** Serve 1 cup of cereal with 8 ounces of milk. Choose a cereal without a lot of sugar, such as Cheerios, Kix, or Wheaties.
- **Fruit + yogurt:** Serve 8 ounces of yogurt with 1 piece of fruit the size of a tennis ball, or ½ cup chopped fruit.
- **Whole-wheat tortilla + peanut butter:** Spread a tortilla with 1–2 tablespoons of peanut butter. Roll it up and cut it into pinwheels.
- **Vegetables + cheese:** Slice cucumbers and bell peppers. Serve with chopped tomatoes and 1 ounce of cheese (a piece the size of your index finger). Older kids can enjoy crunchier veggies, like raw celery and carrots.
- **Whole-wheat toast + hard-boiled egg:** Toast a piece of bread and boil an egg. That's it!

Understanding the Risks of Child / Youth Vaping

Vaping is the act of inhaling and exhaling vapour from a battery-operated devise known as an e-cigarette. A vaping liquid or "e-juice" is heated to produce a vapour that can be inhaled through the mouth into the lungs. The vapour is a combination of potentially harmful substances and chemicals.

A 2019 survey found that 23% of Ontario students in Grades 7-12 had used an e-cigarette in the previous year.

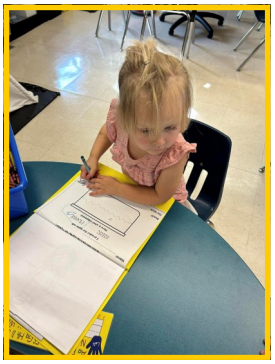
Vaping products also often contain nicotine and sometimes cannabis which can:

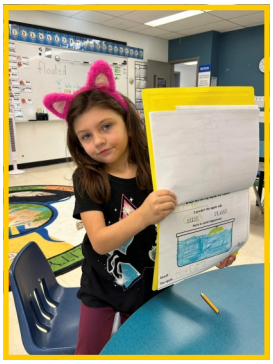
· affect brain development, which continues until 25 years of age
· affect learning, memory, attention, and concentration
· affect behaviour and reduce impulse control
· lead to the development of learning and anxiety disorders
· make symptoms of anxiety and depression worse
· lead to long-term use of cigarettes or e-cigarettes

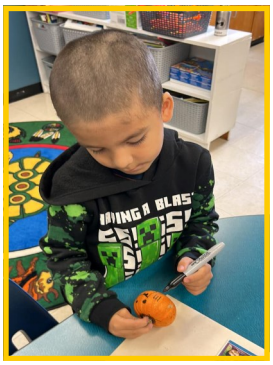
When discussing vaping with your child/youth, it is important to let them know that most people their age are NOT vaping, that vaping (even without nicotine) is NOT harmless, and that using e-cigarettes is NOT a proven strategy to help quit smoking.

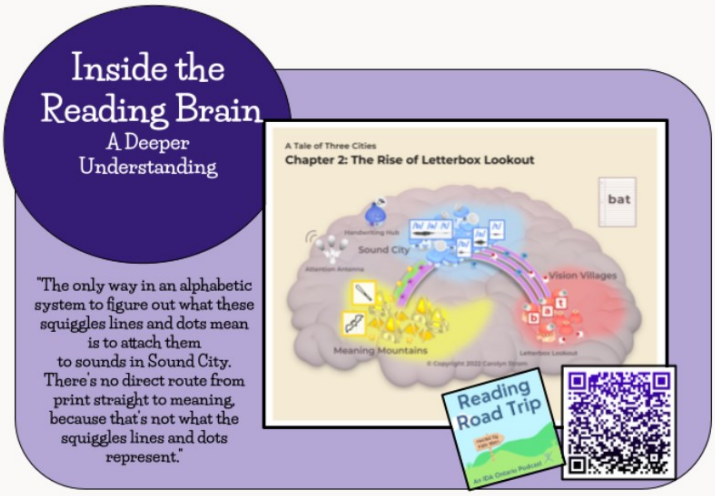
Here is some information you might want to discuss with your child/youth: https://smho-smso.ca/wp-content/uploads/2020/06/Vaping-Student-Resource-EN.pdf

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com









Ontario Language Curriculum

Last spring Ontario revised the elementary Language Curriculum based on recommendations from the Ontario Human Rights Commission's Right to Read inquiry and report. Here is a brief introduction to some of the changes.

Language development is central to a student's intellectual, social and emotional growth, which is a key element of the new curriculum.

The strands (areas of focus) have been updated to include - Literacy Connections/Applications, Foundations of Language, Comprehension (Understanding and Responding to Texts), and Composition (Expressing Ideas and Creating Texts).

Grades 1 to 3 (explicit word work instruction and transferable skills) - word reading, spelling, phonemic awareness, phonetics, and alphabetical knowledge to develop language foundations - emphasis on printing (Gr 1 & 2), cursive (Gr 3)
Grades 4 to 8 (explicit word work instruction and transferable skills) - learning/application of orthographic, morphological, vocabulary knowledge and fluency, to develop reading/spelling skills - emphasis on cursive and word-processing skills.

Fun with words - word origins (there are Indigenous ones too!)

Parents Guide to the New Language Curriculum (click on link)