



Sheridan Park Standard

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From the Principal's Desk

Dear Parents & Students,

November is a time to remember, to talk about daily events and reflect on things that have occurred as we often forget to talk about the little things when life becomes so hectic. Remember to stop and take a few minutes to reflect on your day and reflect on the hallmarks in life.

When one reflects on achievements, milestones, accomplishments and special moments in life, the events can often be remembered or captured through videos and pictures. These devices help us to never forget the little things that happen along the way.

As Remembrance Day draws near, remember those who sacrificed their lives for us during wars. The eleventh hour of the eleventh day of the eleventh month marks the signing of the Armistice on November 11, 1918 to signal the end of World War 1.

Share the following with your child: Remembrance Day is also known around the world as Poppy Day, Armistice Day and Veteran's Day. Remind them that the symbol of the poppy, which represents both loss and hope, is a way of helping everyone remember.

Share John McCrae's famous poem "In Flanders Fields". Activate your child's schema. Try the following: Think Pair Share partners, mother-son, father-daughter and encourage your partner to think about...what do I know about...and try to make connections by drawing on personal experiences, text to self, text to world, text to text.

Encourage your child to think, "this reminds me of"- all techniques that good readers use as tools to reflect on and remember along the way.

Yours in education,

J.M. Roberto
Principal



FROM THE OFFICE

KUDOS

A **BIG THANK YOU** to the Dunn family for the turkey donations for our Turkey Trot held in October and to Steve – Store Manager at Sobeys at the Grantham Plaza for our great pumpkins for our Pumpkin Run and to Ms. K. Graham for delivering them to the school. Hats off to Mrs. Penfound, Mr. Etherington, Mrs. Van Slageren, Mrs. Hotton for serving our students at breakfast club and to Mrs. Iggulden for taking our paper for recycling to help Meals on Wheels. Thanks to our NRP liaison officers for dropping in and visiting our students to promote safety. To all our parent volunteer drivers for our sports teams and to Mr. Langelaan and Mr. Nickel for helping to coach. Also to Mrs. Massalis for picking up the treats for the dance and Mr. Mottley for hosting an amazing Halloween dance. Without your support we could not accomplish the extras we do for our students.



VOLUNTEERS

A letter and brochure explaining volunteer assignments and school expectations and policies have been sent to all interested volunteers. Please complete the form and contact the teacher representative noted on the letter.

PROGRESS REPORTS/EARLY RELEASE DAY

Progress reports will be arriving home on Nov. 15th. A separate letter with dates and times will go home later this week for parent –teacher interviews.

STUDENT COUNCIL

The group has done an amazing job, this month demonstrating great leadership. They organized iWalk, the Pumpkin Run and Turkey Trot. Two students attend School Council on a monthly basis and highlight new learning and events with parents at School Council. They have also assisted with Breakfast Club, three days a week and diligently visit classes, make posters to promote events and remind the student body of events on the daily announcements. Most recently, they raised money from the Halloween Dance to support The Child Advocacy Centre's "Hanna's Helpers Campaign." Way to go Student Council.



SCHOOL COUNCIL HIGHLIGHTS

Thank you to Mrs. Massalis and Mrs. Penfound for our popcorn day. Primary and juniors movie night will be held on Fri. Nov. 26th. The feature of the evening is Penguins of Madagascar. Doors will be open at 6:15 pm with the movie starting at 6:30 pm sharp! Come and enjoy a movie with other Skyhawk families. Also note the **food order** changes in the "**calendar updates area**" of the newsletter. Cookie Dough order forms will be going home, this is a school fundraiser. Funds support trips to Woodend, St. John's and the Director's Cut.

Also note that our bottle drive is going strong. A reminder to all parents to drop your items off at the office. Thank you to Mr. and Mrs. Langelaan for organizing this drive!

PARENT INVOLVEMENT COMMITTEE

The conference will be held at Eden on Wednesday, November 3rd. It is an evening, of learning, sharing and networking with other school council member and school staff. The theme of the conference is "New Dimensions in Learning." You can register on-line at www.dsbn.org.

25 YEAR RECOGNITION

On November 18th, Mlle Hedemann and Ms Leip will be recognized at a District School Board of Niagara Recognition Ceremony for their years of service. Congratulations to both of them for their dedication and commitment.

ECO

Congratulations to our Gold bin winners: Grade 4

On November 5th, Ms. Downs, Ms Kamendy, Ms. Osborne and 8 Eco leads will be attending an **Eco Summit** at the Education Centre. They will celebrate our official GOLD EcoSchool certification and learn more about Environmental Sustainability from guest presenters as well, they will share some eco-initiative stories from their school (waste minimization, energy conservation, greening/naturalization, water bottles, etc.)



Also, thank you to Ms. Osborne for providing all classes with their very own mini organic bin!! And kudos to our organic helpers: Allison W. and Sammy M. and our Recycling Crew.

EVENTS

REGAL GR 7/8 FUNDRAISER:

The Holiday Season is around the corner, we have teamed up with Regal to provide you with an on-line shopping opportunity. This is a fundraiser for the grade 7/8 trip to Quebec City. We have our own secure website where you can view the Regal catalogue, place your order and it will be delivered directly to your home. Regal offers more than 500 gift ideas under \$20.00. They also have cards and wrapping paper. Everything is done in the privacy of your home. If you want a catalogue, please pick one up at the office for a loonie. A percentage of all sales will go towards the trip. The website will be open from Nov. 1- Jan. 5th 2011. Please check out the catalogue at www.sheridanpark.shopregal.ca

PUMPKIN RACE

On October 28th we held our Great Pumpkin Race. It was a fun-filled race for students in all grades and winners got to take home a pumpkin!

HALLOWEEN

October 29th Sheridan Park Goolies had their annual costume parade for Gr.'s. 1-6. The Intermediates held an afternoon dance with the tunes being supplied to us by Mr. C. Mottley!

**BREAKFAST CLUB**

We serve breakfast Monday, Wednesday and Friday at 8:30 am in the foyer. Thank you to our parent volunteers and Student Council representatives for their help.

ROOTS

Mrs. Trussell's class has begun the Roots of Empathy program. We welcome Mrs. Rutledge and baby Stefan to our Skyhawk family. The community development model brings an infant and parent from the neighborhood together with a trained instructor to raise the floor of compassion in a classroom which results in emotional understanding, an increase in pro-social behavior and a decrease in the incidents of bullying and aggression.

HOLOCAUST SYMPOSIUM

The 5th annual intermediate division Holocaust Symposium and Anti-Discrimination Day will be held on November 3, 2010. The keynote speaker is Mr. Andy Teti. Students will be placed in workshop groups and participate in various activities. The event will take place at Centennial Secondary School.

SPEAK UP GRANT- GIVE WHERE YOU LIVE

This event is for intermediate students. The idea is to give back to the community in which you live. Students will volunteer for an organization, which they will pick and learn what it is like to work for that organization. Ms. Osborne and Mrs. Barton will be leading this campaign.

Ms. Osborne recently submitted a grant proposal to the Ministry of Education in support of our campaign. We hope to receive funds to further support this campaign.

DIRECTOR'S CUT

The grades 4, 5/6 and 7/8 are preparing their storyboards for this week's exciting Director's Cut workshops! Thank you to the Education Foundation of Niagara, School funds and School Council for supporting these workshops.

REMEMBRANCE DAY SERVICE

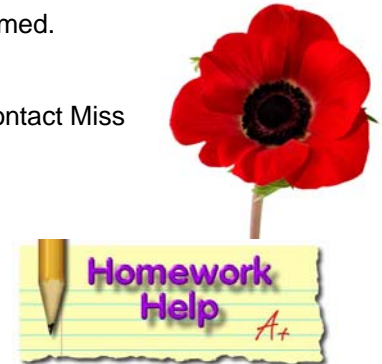
Our service will be held on Nov. 11 @11:05 in our gym. All are welcome to attend this meaningful presentation. Thank you to Mr. Diiorio for organizing this year's service. Student Council will distribute poppies prior to the service. Donations are welcomed.

HOMEWORK CLUB

Miss Derstine's homework club is every Tuesday and Thursday after school. Contact Miss Dertstine for further information.

HOMEWORK HELPONLINE TUTORING

Does your child struggle with their math homework at times? Would they benefit from FREE online math help? The DSBN is part of an exciting Ministry initiative for interactive online math homework help!



Students will have access to free real-time math tutoring by certified Ontario teachers. Students can log in from home, Sunday – Thursday, 5:30-9:30 p.m. for up to 20 hours a week for one on one tutoring. The online tutoring will be grade specific and students will not only be able to ask their own specific questions, but also see what questions other students are asking while watching the tutors explain the answers on their computer. This will all be done within the comfort of your home.

If you have not registered yet, forms are available at your child's school. Once your registration is confirmed a notice will be sent to your teacher and you will be provided with your personal login information to access this valuable resource. If you have any questions, please contact Ms. Downs.



MAD SCIENCE

On No. 25 at 1:35 Mad Science will be presenting at the school. The assembly will be educational, entertaining and kick-off the Mad Science Club which will run for 6 weeks during break-time. More information to be sent home.

RANDOM ACTS OF KINDNESS CAMPAIGN

This year for anti-bullying week Nov. 15-17, our focus will be on appreciation statements and random acts of kindness. Each class will be partnered up with another classroom. The goal of the campaign is to spread the love! Thank you to Mrs. Barton for organizing this event.



SPORTS

SPORTS COUNCIL

Thank you to an amazing group, Victor P., Michael D., Christina F. and Victoria M., your extra time and assistance make a difference!

CROSS COUNTRY

Congratulations to Carter Penfound who qualified to compete at the DSBN level! He placed 88th at the run. Thank you for representing Sheridan Park! We are all very proud of you!!!



VOLLEYBALL

Our Junior Volleyball teams are practicing and getting ready for the upcoming season. Our game nights are Tues. /Thurs. and our first game for the girls is Nov. 2. Congratulations to the following team members: Katie E., Jamie-Lynn L., Courtney N., Suzanne P., Cierra M., Robyn P.E., Kellyona K., Alexis D., Dakota K., Treanne M., Taylor I., August W., Ashley E., Victoria P. and Tiffany P.

Coach Mrs. Trussell.

Mlle. Hedemann would like to congratulate the following boys for making up the junior boys' team: Malcolm A., Dustyn I., Nicholas L., Patrick S., Zach H., Peter S., Erwin B., Zach K., Carter P., Calvin D., Thomas S. The boys begin their season on Nov. 8th.

LEGO ROBOTICS

Mrs. Janzen will continue to hold bi-weekly sessions. Kudos to Victor P., he put our latest robot together in under 30 minutes! **Go Legohawks!**

CHARACTER EDUCATION**CHARACTER TRAIT**

The character trait for November is Integrity.
Say what you mean and mean what you say!

Thank you Kristin R. for distributing the new dog tags!

Indicators:

- Be true to your values and beliefs
- Take responsibility
- Be Honest.

**TRIBES TEAM POINTS TERM 1 UPDATE**

Yellow Hawks 145	Blue Hawks 127	Orange Hawks 154	Green Hawks 123	Purple Hawks 131
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PRINCIPAL'S AWARDS

Our Principal's Awards assembly recognized students for their fine efforts, dedication and commitment to school during the month of October. Our character trait was responsibility

JK/SK	Haleigh H., Braden V.
Grade 1	Grace D., Gabrielle O.
Grade 2	Karter B. Anastasia W.
Grade 3	Taylor I., Sydney B.

Congratulations SKYHAWKS:

Hats off to our teal tickets, iWalk, Turkey trot and Pumpkin Run winners for the month of October.

Principal's Shinning Examples: Congratulations to all our student work on the Shining Examples bulletin board

MARK YOUR CALENDARS**New events or changes only!****Breakfast Club Monday-Wednesday & Friday**

Nov. 1 Cookie dough Fundraiser starts Intermediate Volleyball here vs. Grapeview Director's Cut 7/8 B &)	Nov. 5 Eco Summit-Ms. Downs, Ms. Kamendy, Ms. Osborne & Eco Leads Free Smoothie Day Grade 4 Director's Cut K & Grade 1 @ Woodend	Nov. 15 Grade 1 Roots Homework Club Junior Volleyball @ Pine Grove Nov. 15-17 Random Acts of Kindness
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<p>Nov. 2 Grade 1 Roots Director's Cut</p> <p>Nov. 2 Homework Club Junior Volleyball at Prince Philip</p>	<p>Nov. 9 Grade 1 Roots</p> <p>Nov. 9 Homework Club Junior Volleyball at POW</p>	<p>Nov. 18 Cookie Dough -1st reminder</p> <p>Nov. 18 Homework Club</p>
<p>Nov. 3 Grade 7/8s (20 students) and Mrs. Barton are attending the Holocaust Symposium Parent Conference at Eden Intermediate Volleyball @ Dalewood</p>	<p>Nov. 11 Poppy Donation Reminder Homework Club</p>	<p>Nov. 19 Early Release Day Nov. 22 Food orders home Nov. 23 Homework Club Nov. 25 Cookie Dough Orders due 2nd reminder Junior Volleyball vs. L. Centennial</p>
<p>Nov. 4 Junior Volleyball here vs. Parnall Homework Club</p>	<p>Nov. 15 Progress Reports go home</p>	<p>Nov. 29 Food orders due Nov. 30 Grade 1 Roots Homework Club</p>

INFO CORNER

PREMIER-AT-HOME

We want to share some great news with you about our Premier-At-Home website where you can download reading, writing and study tools that can be used on your home computers. This program is sponsored by our schools in conjunction with Premier Literacy. If you haven't already used the site, you'll want to take advantage of the free literacy tool downloads from www.premierathome.com

You can download software, documentation and support videos using the following login information:

Username: dsbon **Password:** enable.

Please note the following:

- the login page is customized specifically for our school board
- the interface and graphics make the site user friendly
- a Getting Started page will help you determine which tools might be best for you
- a detailed description of each tool is right on the site so you don't have to look anywhere else
- additional support options like online video tutorials, online product manuals and email and phone contact information for Technical Support and Customer Service is available.

We are excited about this technology and hope that you will make use of the great tools that will benefit your child at school and at home.

ENERGY DRINKS – WHAT'S ALL THE HYPE?

Energy drinks often make big promises. Some say they'll increase energy and alertness and some even claim to boost athletic performance or concentration level. But if you cut through all the hype and look past the flashy packaging you will find a stiff dose of sugar and caffeine. These can cause severe side effects like jitteriness, upset stomach; headaches and sleep problems all which can drag you down not power you up. Caffeine may also cause the body to lose calcium which can lead to bone loss. Some of these drinks pack a whopping 200 mg caffeine – Health Canada states adults should not have more than 400 mg/day and children age 7-9 should have no more than 62 mg/day. In addition to caffeine and sugar some brands also have ingredients such as guarana (a source of caffeine) and taurine (an amino acid thought to enhance the caffeine's effect). Some contain herbal supplements such as ginseng. At about \$3 a can you can get a better (and cheaper) energy boost by eating a whole wheat cheese sandwich. The bottom line is the best energy and safest comes from healthy living. Children who eat well, drink water, and keep up with physical activity and proper rest will have plenty of energy – the natural way. For more information visit: www.eatrightontario.ca