

St. Teresa's School École Ste-Thérèse NEWSLETTER

Issue # 5

January 14th, 2020

www.sts.k12.nf.ca

Twitter: @StTerasasSchool

Professional Learning Closeouts

NLESD and Department of Education has scheduled our school, as a Phase one school, two days of Professional Learning. As a result, there will be no school for students on January 30 and 31. Teachers will be involved in professional learning activities.

Earlier this year, we sent tentative dates for Professional Learning. One of the dates was February 13. However; because of the two days in January, February 13 date is cancelled. There **will be school on February 13.**

School Lunch and February 13

When the hard copies of the School Lunch order form was sent out the February 13 closeout was blocked out. However, due to the PL cancellation for this day parents will need to order for this date. The online order form has been adjusted. However, if do your order manually the menu is as follows: Grilled Chicken Wrap, Roasted Potato Wedges, Carrot Sticks, Peach Quarters, Milk, Juice or Water

PARKING LOT

With all the snow we have had and the snow banks around the parking lot student safety is of utmost concern.

We ask parents/caregivers to be patient and vigilant when driving on the school lot. If you park in one of the parking stalls, please walk your child across the parking lot. No child should be permitted to weave in between parked vehicles while trying to cross the parking lot. We are also asking people not to park in our spaces designated for disability parking only. Lately, several people are dropping off students and not parking in the parking stalls. This is very dangerous and we are advising that you refrain from doing this. As well, some parents/caregivers are parking in the drive thru lane and getting out of their car and walking into the school. This is causing traffic to back up and making it unsafe for those walking on the parking lot.



Weather and Delayed Openings

If school has a delayed opening of 2 hours, school doors will reopen at 10:35 am and instruction will begin at 10:55 am. When this happens, the school lunch program will be available to provide lunch. If a morning announcement states there will be an update at 10:00 am and school reopens for the afternoon session, doors will reopen at 12:35 but there will be no school lunch service that day. Students will be expected to eat at home before coming to school.

School Council

All parents and caregivers are welcome to attend School Council meetings. School Council meetings are scheduled for the second Tuesday of the month at 6:30 pm.

Breakfast Program

The breakfast club at St. Teresa's is very active. We are always looking for volunteers and donations to help support our club. Please call the school if you can help.

Please Check in at the Office – Student/School Security

In an attempt to create a safe and secure environment for all students, we ask all students, parents/ guardians or any visitor who comes to the school during the regular school hours to use the main entrance and **do not proceed to the classroom area without first checking with the office.** We will gladly assist if you are dropping off an item for your child(ren) or picking them up. This school policy will allow our staff to know who is in the building at all times and ensure the safety of all or students. Thank you for your cooperation with this matter. **Parents are not permitted to proceed to their child's classroom.**

Allergies



Some of our students and staff have *serious allergies* that can result in these people suffering from a *life-threatening condition known as Anaphylaxis*. Breathing difficulties, and a drop-in blood pressure or shock can result which are *potentially fatal*.

To help ensure that our students and staff are safe at school **please avoid sending the following food items:**

All nuts – including peanuts, (all nuts) and kiwi.

Your understanding and cooperation in this matter is sincerely appreciated.

Kinderstart Session

Our next Kinderstart session will begin on January 17. There will be no classes for our Kindergarten students on this day.

If you know of a child born before December 31, 2015 please remind them to register for Kinderstart. This can be done by dropping by St. Teresa's School with your child's MCP card and proof of address.

Outdoor Clothing

Playing outdoors promotes many social benefits as well as an opportunity for physical development. Many children enjoy playing outside as it allows them the opportunity to play with friends from other classes as well as providing them an opportunity to explore their environment, develop muscle strength and coordination, and gain self-confidence. Playing outdoors also increases flexibility, fine and gross motor skills and is related to the development of a wide variety of physical skills. The fresh air is also welcomed by many! **We will continue to go outside during our lunch period when the weather is suitable. Please ensure that your child(ren) arrive(s) at school dressed appropriately for the weather.**

Recycling

We try to teach our students the importance of being respectful to our environment. Recycling is a fantastic program that promotes environmental awareness and provides funds for our school. We encourage everyone to participate in our recycling program. **Please drop off your recyclables every Wednesday morning.** In the meantime, families may drop off their recyclables to your nearest recycling depot and have the refund credited to St. Teresa's Elementary.



Please Note – Early School Closure Procedures

As in previous years we are prepared for the safe dismissal of our students when an early closure is necessary. District office personnel will make an announcement via **local AM/FM radio stations, Twitter and Status Central** (please note below the steps to follow to access this system through the District website). The target time will be 6:30 a.m. However, if it is determined that schools will close during the day because of weather the School District

communicates that decision through the radio stations and Status Central as well.

Please read – important ... We are continuing to use a system called **School Messenger**. This system will allow the school to call the phone numbers you've provided on your child's registration form. The automated system then informs you of the message. It therefore continues to be essential that the school has **up to date contact information**. If this information which you provided in September on your child's registration form changes throughout the year please make contact with the office and your child's teacher. It is also important that your child is aware of the plans that you've put in place for them in the case of a school emergency.

How to access Status Central

To access **Status Central**, log on to the Eastern School District website www.nlesd.ca. (The Status Central notice board is on the right side of the main page.)

You can also customize **Status Central** and chose only those schools you want to view.

1. Click on... Click Here to Customize.
3. Select the schools you want to view.
4. Click the Submit button at the bottom of the page when finished.
5. When completed, you will see the message – Configuration Saved.

To ensure you're getting up-to-date information on stormy days, remember to refresh your screen regularly.

Upcoming Dates

January 17 Kinderstart – No Kindergarten classes
January 27 – Literacy Day and Silly Squad – Dress as your favourite literary or movie character
January 30/31 - No School for students
February 5 – Global Play Day
February 17 Winter Holiday
March 8 - 14 Education Week

Preventing Head Lice

Parents/Caregivers have the responsibility to take an active role in the prevention of head lice outbreaks by:

- checking your child's head weekly for lice or nits;
- talking to your child about not sharing hats, brushes, headphones, helmets, hair accessories and other personal items;
- tying back long hair;
- treat properly and let your school know if your child contact lice.

Lost and Found

The lost and found pile is building up. Please look if you are missing any item of clothing or lunch containers. All

items not picked up at the end of the month will be donated to a second hand clothing store.

Global Play Day- Feb. 5, 2020

Global Play day has been celebrated since 2015 and again this year we are taking part.

Tell your child(ren) to bring anything they wish to play with to school on Wednesday, February 5, 2020. The only restrictions: they must bring toys/games or just their imagination and the toys must NOT require batteries or electricity. **No electronic devices.** Give them some ideas, today some children rarely play and sometimes own very few toys: board games, dolls, teddy bears, Legos, blocks, trucks, cars, racetracks, playing cards, empty cardboard boxes, markers, jigsaw puzzles, blankets (for forts), social games (charades, Pictionary, etc.) If weather permits some classes will be going outside to play in the snow. Please make sure they have ski pants, boots, gloves and hat. Let's make this a day of play, of fun and of learning!

Benefits of Playing Outside

On average, American children spend four to seven minutes a day in unstructured outdoor play compared to seven or more hours in front of a screen. Here are five good reasons why it's so important for parents to incorporate children playing outside.

1. Builds physically healthier children.

Nowhere is better than the outdoors for running, jumping, throwing balls, catching, pulling, lifting and carrying objects. All these actions require motor skills that improve with practice. Children playing outside get aerobic exercise and gain skills, such as pushing and pulling outdoor play equipment. Studies show children burn more calories outdoors, helping to prevent obesity and strengthen bones and muscles. Playing in the sun builds vitamin D in the body, which means stronger bones and less likelihood of chronic diseases. According to [the American Academy of Pediatrics](#), many children have vitamin D deficiencies.

2. Contributes to cognitive and social/emotional development.

[Unstructured outdoor play](#) helps kids learn to take turns, share and develop other positive behavioral skills. They are more likely to be inventive, explore and learn about the world around them and use their own abilities. While they invent and play games with siblings or friends, these interactions help improve communication, cooperation and organizational skills. Additionally, fresh air and free play reduce stress levels.

3. Improves sensory skills.

Optometry and vision science study showed children who play outside regularly have better distance [vision](#) than children who are always indoors. Preschoolers, in particular, learn new things through their senses. Think of a toddler's delight at seeing new animals (sight), stopping at a bed of fragrant flowers (smell and touch), watching the water form puddles for stomping (hearing and touch) or eating a parent-approved berry from a bush (taste). On the other hand, children glued to television and electronic devices use only two senses (hearing and sight). This can negatively affect development of perceptual abilities.

4. Increases attention spans.

Children who play outdoors regularly are more curious, self-directed and likely to stay with a task longer. Children who spend most of their time indoors with little exposure to activities requiring their own initiation and follow-through show less ability to initiate or participate in new activities. In fact, studies of children diagnosed with attention deficit hyperactivity disorder ([ADHD](#)) found that children with ADHD who spent significant time outdoors exhibited fewer symptoms.

5. Happiness and better immunity.

Outdoor light stimulates the pineal gland. This part of the brain is vital to keeping our immune system strong and making us feel happier. Spending time in nature is also associated with improving mood and happiness. An added bonus is that children who identify with nature are more likely to become adults who appreciate nature and want to protect the environment.

[Dr. Danae Lund](#) specializes in child and adolescent behavioral health, including psychological and developmental testing at Sanford Health.

