

November 2018 Newsletter



Chelsea Elementary School

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Principal's Message

Dear Parent Community,

November has arrived and with it, the cooler weather. It's time for students to bundle up and protect themselves from the inevitable wind, wet, and cold!

Students will bring home their Term 1 report card on November 19th. Parent-Teacher Interviews will take place on November 22nd between 4:00pm and 7:00 pm and on November 23rd between 9:00am and 3:00 pm. The interviews will be scheduled using *Sign-Up Genius*, an online service, and parents will receive an email with details on how to sign up. Please let the office know if you have any difficulties with this system.

This month we are exploring the value of *gratitude* with the students. Feeling grateful for the positive things in our life is an important part of feeling happy. By sharing strategies that cultivate gratitude with children, we help them to feel happy, build resiliency, and promote positive social interactions. This month, speak with your child(ren) about the benefits of an attitude of gratitude!

The Chelsea Elementary Remembrance Day assembly will be held on November 12th at 10:45 am. We would like to extend an invitation to parents or family members who are veterans or currently serve in the Armed Forces to attend as our guests. Please let the office know if you are able to join us.

Thank you to the Chelsea Home and School Association for all the hard work that went into the Halloween Dance! It was a fantastic evening and money raised will be directed toward our bat conservation project!

Attached to the newsletter you will find an outline of the emergency procedures and drills that are practiced at school. Please let me know if you have any questions or concerns.

In gratitude,

Andrea Gage
Principal,
Chelsea Elementary School

Upcoming Events

November 2nd – WQSB Touch Football at Lord Aylmer Elementary

November 7th – Home & School meeting @ 6:30 p.m.

November 8th - 9th – PD Days

November 12th – Remembrance Day Assembly @ 10:45

November 13th - 14th – Bag2School drop off

November 15th – GB – 5:30 p.m.

November 19th – Report Cards go home

November 22 – 23rd – Parent Teacher Interviews / Scholastic Bookfair

November 23rd – PD Day

November 30th – Chelsea Star Awards

Change of daily routine for any student:

In order to keep track of where children should be at the end of the day, we ask that parents send in a written note in the morning or an e-mail for any change. **Phones will not be answered after 1:30** as last minutes changes are difficult to manage. Thank you for your continued collaboration.

After School Program News:

Our next P.D. Days will be on Nov. 8, 9, 23, 2018.

Registration forms went home October 23rd for regular A4 students and must be returned by November 1st. If your child is not regularly attending A4 and you would like a registration form, please contact Heather Beresford: hberesford@wqsb.qc.ca or 819-827-0245, extension 3103.

Parents wanting their child to stay on a sporadic basis must contact Ms. Heather directly.

Dressing for the weather:

With the seasons changing and the weather getting colder, please make sure to send your child well dressed for the weather. Layering is a good option at this time of the year.

Governing Board 2018-2019:

On October 11th, the GB met to discuss and provide guidance on some of the day to day decisions that affect the life of the school. Here are some highlights:

- Grants: Principal Gage gave an update on some of the fantastic ways the school has been putting funding from grants to good use. Through a Technology Grant received last spring, Robotics have arrived at the school and a plan is being formulated to roll them out to different classes as soon as possible. Has “Rosie the Robot Maid” finally arrived?!? Fingers crossed.
- Field Trips: As all field trips are provided to students free of charge, there was a lot of discussion amongst GB members on how to ensure this valuable experience is provided to each class. We are working on putting together a snapshot of field trips the teachers would like to take with their students and will address funding requirements from there.
- “Educational Project”: Every five years the GB collaborates with the school’s staff, students and community members to put together a plan that outlines Chelsea Elementary’s commitments within the Ministry’s mission. Formerly known as the “School Success Plan”, the Educational Project will consider academic success and social emotional achievement to tell who we are, what we want to be, and act as an action plan on how we’ll get there. We look forward to representing you, the parents, in contributing to the plan and invite any and all input.

Appointments/Late arrivals:

We ask that parents notify the school by leaving a message or e-mailing when you know that your child will be late or has an appointment. You can reach Ms. Larose at 819-827-0245 or e-mail her at Chelsea@wqsb.qc.ca.

Our next meeting will be held Thursday November 15th at 5:30pm. All are welcome to attend, but please feel free to reach out to any of the parent reps to discuss anything related to GB business:

- Sarah Gay (sarahgay@live.com or 204.799.7279)
- Correne Giles (cgiles@wqsb.qc.ca)
- Matthieu Hack (write2matt@gmail.com)
- Patrick Hall
- Jennifer Olson, Parent Committee Representative on WQSB Parent Committee
- Marty Thomas, Board Chair (marty.thomas123@gmail.com)

Home and School

Halloween Dance

Thank you to all those who attended the Halloween Dance. The Grand Hall and MPR were filled with princesses, Hogwarts students, zombies, jedis and many more spooky and scary dancers. We even had a visit from Inspector Gadget, Gandalf and the Incredibles! Students and families ate, talked and danced the night away. It was a huge success! A great big thank you to all the volunteers who helped make this event happen. Without you, it would not have been possible. The funds raised at this event will be used to help support school initiatives.

What is coming for November

The Bag2School fundraiser will run in November. Drop off your items at the school on November 13th and 14th. Donations will also be accepted until 9:00am on November 15th. To help raise the maximum funds for our school, please ask your relatives, neighbours and friends to go through their closets too – a team effort makes all the difference! Just a reminder, we accept old textiles, clothing, hats, belts, purses, footwear (tied in pairs), stuffed toys, linens, etc. textiles

only. No toys, plastic, glass or wood please.

The Scholastic Book Fair and Bake Sale will again run in conjunction with the Parent/Teacher Interviews November 22nd and 23rd from 4:00pm to 7:00pm and from 9:00am to 5:30pm respectively. Please be sure to stop by and browse the wide selection of books, maybe even get a jump on Christmas shopping. All funds raised at this event goes back to the school in support of our school library!

How to get involved

Interested in volunteering for an upcoming event? All are welcome to participate based on your own availability and interests. Please send us an email and we will add you to our Volunteer distribution list. Our next meeting is Wednesday, November 7th at 6:30pm. All are welcome to sit in on a meeting!

Like and follow us on Facebook (**Chelsea Home & School Association**) for more news & updates!
Contact us anytime at: chelseahands15@gmail.com

Check us out on the website at: <http://wqsb.qc.ca/chelsea/homeschool.asp>

November 2018 - Gratitude

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			1	2	3 / 4
		Shawarma  H & S Meeting @ 6:30 p.m.	Mazzola	WQSB Touch Football Tournament @ Lord Aylmer Pizza  End of term 1	
5	6	7	8	9	10/11
	Mazzola	Shawarma  H & S Meeting @ 6:30 p.m.	PD Day 7:30 - 5:30	PD Day 7:30 - 5:30	
12	13	14	15	16	17/18
	Mazzola	Shawarma  	Mazzola Governing Board 5:30 p.m.	Pizza  	
19	20	21	22	23	24/25
Report Cards go home 	Mazzola	Shawarma 	Parent Teacher Interviews 4:00 - 7:30	PD DAY 7:30 - 5:30 Parent Teacher Interviews 9:00 - 3:00	
26	27	28	29	30	
	Mazzola	Shawarma 	Mazzola	Pizza  Chelsea Stars Assembly 8:30 a.m.	

Planning and Preparing for Emergencies at School

There are 3 major types of incidents that we prepare for:

LOCK IN

This is in the event that there is a threat to the students and staff from outside the building (e.g. bears in the school yard, threatening weather, incident in the community)

LOCK OUT

This is in the event that there is a threat to the students and staff from inside the building (e.g. fire)

LOCK DOWN

This is in the event that there is a threat of a violent incident, i.e. a situation involving an armed individual posing immediate threat to life (i.e. has a knife, gun, explosives). We also refer to this as a “CODE RED”.

How we prepare:

- We develop Emergency Preparedness Plans for these three situations, reviewing two times a year with all staff members
- We discuss as a staff how we will implement the drills
- We practice these three situations as drills with the students and staff, so that everyone is prepared in the event of an emergency

What drills are like for the staff and students:

LOCK IN: this means securing the doors and restricting students’ access to the yard (indoor recess). Parents could pick up and drop off students at the front door, but we would be monitoring the door and keeping it locked. If there is an issue in one part of the school, it could mean that all of us could be in one area, like the Gym. It could also mean that we need to evacuate the building to another site (we don’t practice this, but it is in the plan).

LOCK OUT: this means evacuating the building as quickly as possible. The fire department comes to monitor the drill or we pull the alarm ourselves. The staff and students evacuate the building via the nearest door and to the meeting point, the back field. The principal checks to make sure the drill is properly executed. Attendance is taken and we can have either a follow up announcement or assembly to let them know how well they did and to remind them of certain points (staying calm, keep quiet, stay with class). This drill takes about 3 minutes from start to finish.

CODE RED: this means securing the staff and students out of any sight lines and remaining calm, quiet and hidden from view. During a drill, the teacher closes the door and locks it after checking the hallway for any students, closing the blinds and moving students out of site if there is a window in the door. If they are in a more open area of the school, it means moving them out of sight from windows or doors with windows so they are hidden. If students are alone (e.g. the bathroom), again they need to make sure they are hidden from view and quiet. The principal makes sure the drill is properly executed (cannot hear any sounds, doors are locked) then the announcement is made that the drill is over. This drill takes about 3 minutes from start to finish. Police can be present for the drill.

Drill Schedule:

- One LOCK IN, three LOCK OUT, three CODE RED per year

List of Resources for Parents

Reassuring children and helping children cope

Talking to children about violence – Information for parents and educators

<http://www.nasponline.org/resources/handouts/revisedPDFs/talkingviolence.pdf>

7 ways to reassure your child after frightening news events

<http://www.todayparent.com/blogs/on-our-minds/moncton-shootings-7-ways-to-reassure-your-child-after-trauma/>

Helping children and youth cope after traumatic events (CHEO)

<http://www.cheo.on.ca/en/helping-traumatic-event>

Resources from the Canadian Psychological Association (CPA):

<http://www.cpa.ca/public/emergencies/Resources>.

http://www.cpa.ca/docs/File/Emergencies/helping_child_cope_EN.pdf

http://www.cpa.ca/docs/File/Emergencies/helping_teens_cope_EN.pdf

http://www.cpa.ca/docs/File/Emergencies/care_for_families_EN.pdf

<http://www.cpa.ca/aboutcpa/cpasections/traumaticstress/>

Ten Steps to Creating Safe Environments, 2nd Edition - How organizations and communities can prevent, mitigate and respond to interpersonal violence (Red Cross)

http://www.redcross.ca/crc/documents/3-5-7-1_respected_2011_tensteps_english_c15_proof.pdf

Kindness (as an antidote to trauma)

Video:

<http://www.youtube.com/watch?v=nwAYpLVyeFU>