

# February 2020 Newsletter

## Chelsea Elementary School

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Website: www.wqsb.qc.ca/chelsea

### Principal's Message

Dear parents,

February has arrived and it is going to be a busy month! **Staff Appreciation Week took place February 3<sup>rd</sup> until the 7<sup>th</sup>.** Thank you to everyone who has taken time to show your appreciation to the members of the Chelsea team for their hard work. A big thank you to the Home and School association for organizing surprises throughout the week!

I would like to thank Home and School and the many parent volunteers for the work that went into a fantastic winter carnival! It was a wonderful night to celebrate community and warm up with homemade chili!

This month, the staff and students are focused on the value of kindness and inclusion. Throughout the month the students and staff will challenge themselves to commit random acts of kindness.

Jungle Sport will be ensuring that all students are active throughout the week of February 24<sup>th</sup> to 28<sup>th</sup>! Jungle Sport is generously donating the week to Chelsea Elementary in a fundraising effort for *VOIE VERTE CHELSEA*, a community charity. More information regarding this collaborative effort will come shortly.

February 14<sup>th</sup> marks the end of Term 2 and parents can expect report cards to be available March 11th. Wishing everyone a wonderful month!

Andrea Gage  
Principal



### Upcoming Events

#### Feb 3 – 7<sup>th</sup>

Staff Appreciation Week

Luncheon served on Feb. 7<sup>th</sup>

#### Feb 7

Hundreds Day!

#### Feb 10 & 11

PD Days (7:30 a.m. to 5:30 p.m.)

#### Feb 14<sup>th</sup>

WQSB Volleyball Tournament

End of Term 2

#### Feb 19<sup>th</sup>

Défi Génie

#### Feb 20<sup>th</sup>

Science Fair

#### Feb 27<sup>th</sup>

Chelsea Stars Awards @ 8:30

#### Feb 25<sup>th</sup>

School Fees Due

**Fuel for Learning** *Stephanie Austin (saustin@wqsb.qc.ca)*

At Chelsea School we know that children and parents live busy lives. Busy lives lead to active engaged students that require lots of nourishment. As children grow and develop their nutritional needs change and grow. Believe me after raising and feeding four teenage boys I appreciate the crazy grocery shopping trips where no one wants to line up behind you because your cart is overflowing! Feeding growing children is quite a task.

Canada's food guide has moved away from number of portions of food to emphasize a more balanced consumption of foods.

One half of all food consumed should be fruits and vegetables, a quarter protein such as meats, eggs, dairy products etc. and the last quarter being whole grains. It also states that:

*"...everyone has different energy and nutrient needs, which means that recommending portion-specific foods to the population would be inadequate."*

*(<https://nutriviesante.com/everything-you-need-to-know-about-the-2019-canadas-food-guide/>)*

With this in mind, we ask parents to check in with children about the quantities and balance of food in lunch boxes and remember that as children grow they require more food to sustain their activity. What will sustain a child in grade 1 may not be enough for a student in grade 3, 4 or 5. Our students have two snacks and a lunch at school. Children in daycare eat another snack at about 3pm and some return to their lunch boxes again when at school till after five. That's four snacks and a lunch! Lunch boxes are never big enough!

Children at Chelsea will never be left hungry. Our philosophy is that if children are asking for food and their lunch boxes are empty we will find them something nutritional to eat. If you need support please simply reach out to your child's teacher, administration or anyone you feel comfortable with. Nutrition and learning are closely connected and we all want the best for all our students.

Please send a LABELLED water bottle with your child. Pop and sports drinks are not allowed at school and juice has a high sugar content. Water is the drink of choice here at school and a labelled water bottle is the one that we can find and return to students when it goes missing!

## **E-MAIL CONTACTS**

[agage@wqsb.qc.ca](mailto:agage@wqsb.qc.ca) (Principal)  
[mburns@wqsb.qc.ca](mailto:mburns@wqsb.qc.ca) (Admin Assistant)  
[adelemclaughlin@wqsb.qc.ca](mailto:adelemclaughlin@wqsb.qc.ca) (Secretary)  
[nboudreau@wqsb.qc.ca](mailto:nboudreau@wqsb.qc.ca) (Daycare)

### **CHANGE OF DAILY ROUTINE FOR ANY STUDENTS**

In order to keep track of where children should be at the end of the day, we ask that parents send us an email at: [chelseaattendance@wqsb.qc.ca](mailto:chelseaattendance@wqsb.qc.ca) or a written note in the morning for any change. Please ensure that you include first and last names of students.

Phones or e-mails will not be answered after 1:30 p.m. as last minute changes are difficult to manage. Thank you for your understanding.

## **SCHOOL FEES**

Outstanding School Fee reminders will be going out next week. If you have not paid your school fees, please come into the office before Wednesday, February 26<sup>th</sup>.

## **E-MAILS**

If your e-mail address has changed, please let us know as soon as possible so we can make changes in our system. Second Term Report cards will be available in March so we need to have up-to-date addresses.

## **FOOD PROGRAMS**

Our new Pizza & Sharwarma Program started this week and will continue into June. If you have signed up, please check your forms for dates.

## **RE-REGISTRATION FORMS 2020-2021**

Re-registration Forms for the 2020-2021 school year will be going on the portal soon. We will send out another notice when the time comes. So please keep an eye out for it.

## **DAYCARE**

We have two P.D. days this month. February 10<sup>th</sup> will be Super Hero Day and February 11<sup>th</sup> we will have La Zone Tournée joining us.

February daycare fees can be paid between February 12<sup>th</sup> to the 21<sup>st</sup>.

## HOME AND SCHOOL

### Home & School Association - February News

A great big thank you to all the families who came out to our annual Winter Carnival. Thanks to Mother Nature, we had a great turn-out for the event. Our sincere appreciation Meghann Gallant, our event lead, and all the volunteers and cooks who donated their time and tasty chilies, mac & cheese and baked goods. The event wouldn't have been a success without you!

**During the week of February 3 - 7**, we will once again be celebrating our incredible staff at CES and, as usual, we have some fun up our sleeves for this event. Would you consider partnering with us to make the week extra special for our staff? Please consider:

1. Printing **templates** sent by the school and helping your child to express their words of appreciation. Your child can then bring them to school and deposit them at the "Appreciation Station" in the Grand Hall. Notes will be displayed on our themed bulletin board and given to the staff when they are taken down after a few weeks. Blank notes will also be available to the kids at school throughout the week. Don't forget Daycare Educators, support staff, office staff, and custodial staff :)
2. Contributing a potluck item for the Staff Appreciation Luncheon (we also need volunteers the day of!) on Wednesday, February 5th. **Sign up here-** [volunteersignup.org/T9QXE](http://volunteersignup.org/T9QXE)
3. Donating a small item for draws that students will announce each morning during the week. We did this last year, and it was a big hit for staff and students alike! This year, we would like to ask especially for *gift cards* (Tims, Starbucks, La Cigale... etc.), or other gifts that would be appropriate for both male and female staff. Please keep gift card values to a maximum of \$10 per card. If you are able to offer a donation, please Contact Loralie at [brownlor3@gmail.com](mailto:brownlor3@gmail.com) if you have any questions about draw donations.

This is an important time to personally share how individual staff have made a positive impact for your child, whether it's in the classroom, through extra-curricular activities or through maintenance and managing the school community!

Let's show our staff what they mean to us!

**Home & School Meeting** - Please note that our February meeting has been postponed to Wednesday, February 12th at 6:30pm. All are welcome to come and sit in on a meeting

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#### Who We Are and What We Do

The Chelsea Home and School Association (CHSA) is an independent, not for profit, volunteer organization registered with the Quebec Federation of Home and Schools Association (QFHSA). We plan and run events throughout the school year to raise funds for various initiatives. Last year, we raised over \$10,000.00 and funded several projects including new books for the library and classrooms, cultural events, butterfly raising kits, food & refreshments for graduation ceremony, teacher appreciation week and other smaller projects. Funds raised over the past few years were allocated to the construction of the new Outdoor Learning Centre. This year, our focus will be on technology and cultural events.

Like and follow us on Facebook (**Chelsea Home & School Association**) for more news and updates!

Contact us anytime at: [chelseahands15@gmail.com](mailto:chelseahands15@gmail.com)

Check us out on the school website at: <http://chelsea.wgsb.qc.ca/home-school-association/>

## February 2020 - Kindness

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					1/2
3	4	5	6	7	8/9
STAFF APPRECIATION WEEK	Mazzola	Shawarma 	Mazzola	Pizza  Hundreds Day	
10	11	12	13	14	15/16
PD Day 7:30 – 5:30 Daycare Schedule	PD Day 7:30 – 5:30 Daycare Schedule	Shawarma 	Mazzola	Chelsea WQSB Volleyball tournament END OF TERM 2 Happy Valentine's Day 	National Flag Day Feb, 15th 
17	18	19	20	21	22/23
	Mazzola	Shawarma  Défi génie	Mazzola Science Fair	Pizza  	
24	25	26	27	28	29/1
JUNGLE SPORT WEEK	Mazzola	Shawarma 	Mazzola Chelsea Stars Assembly @ 8:30	Pizza 	
		MARCH BREAK			

