

CENTRAL QUEENS ELEMENTARY NEWSLETTER



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DATES TO REMEMBER

- Oct 5th - Lifetouch picture day
- Oct 10th - Thanksgiving Day (NO SCHOOL)
- Oct 11th - Home and School meeting
- Oct 13th - Grade 6 HPV vaccines
- Oct 14th - Dental clinic starts
- Oct 21st - Professional Learning day Joint Staff (NO CLASSES)
- Oct 31st - Black & Orange Day



COOL WEATHER



Fall weather tends to bring with it a chill in the morning air and the temperatures can be quite crisp. Students who dress properly for the weather with coats, hats and mitts/gloves enjoy being outside more. Please encourage your child(ren) to dress appropriately for the weather conditions at this time of the year. Also, it is a great idea to keep an extra pair of socks, mitts or pants in your child’s school bag, so they have them, if needed.

TERRY FOX

Students will participate in the Terry Fox Run on Friday October 14 in the afternoon. More information will be in the November newsletter. So far we have \$499.90 that has been donated, thank you so much!



LOCKDOWN DRILL

A lockdown is an exercise to keep students safe inside a building. It is practiced regularly, similar to a fire drill. A lockdown may be an incident that involves an accident in the school, a hazardous chemical spill, severe weather warning, or an intruder on the property.

Established lockdown procedures enable emergency personnel to respond quickly and effectively in high-risk situations. As a result, students know what to do and parents know what to expect. Parents can help by explaining to their children that it is each student’s responsibility to prepare for emergencies in advance and follow directions during an emergency. Parents should pay attention to any anxiety their child feels about these exercises and report this to the principal, teacher or school counsellor. Our first lockdown for 2022-2023 school year is October 6th at 9:30 am. The second drill will be scheduled for February, 2023.

PATHS CURRICULUM AT CQES

What is PATHS?

The acronym **PATHS** stands for **P**romoting **A**lternate **T**Hinking **S**trategies. The PATHS curriculum is based on evidenced based research and prominent theories of development. It helps children build skills in five key areas:

1. Self-control
2. Emotional understanding
3. Positive self-esteem
4. Relationships
5. Interpersonal problem-solving skills



The PATHS program has been proven effective in improving students’ abilities to manage their emotions and discuss emotional experiences, as well as improving skills related to academic achievement. The curriculum provides teaching tools to make the classroom and the school the healthiest and safest possible place for children to learn and grow. Central Queens teaches PATHS in order to:

1. Promote social and emotional competence
2. Prevent or reduce behavioural and emotional problems
3. Prevent future adjustment problems through development and integration of essential skills in emotional literacy, behavioural self-control and problem solving.
- 4 Enhance the social and academic climate of the classroom and school

PATHS KID of the Day (KOD): Why we do it?

Teaching your child how to give and receive compliments is a very important life skill. Receiving sincere compliments successfully can help foster a child's self-worth and self-appreciation. Being able to give a sincere compliment to another person teaches a child how to gain an awareness and appreciation of others. Recognizing the power of compliments will help a child develop a more positive outlook on life and become more successful. If children can learn to consider and accept feedback that is sincerely given to them, they can use that feedback to grow and improve cognitively and emotionally.

ORANGE AND BLACK DAY

On Monday, October 31st, we will be having our annual “Black and Orange Day.” Parents are reminded, that **due to the high number of allergies** in our classes and the guidelines with promoting healthy eating, please be cautious if sending a treat with your child. Please make sure that your child has a balanced lunch including fruits & vegetables. Good nutrition helps support great learning. If you would like to contribute something to share, please contact your child’s teacher first. Thank you for the cooperation and understanding.



WREATH/TREE FUNDRAISER



CQES is planning our 5th annual Christmas tree and wreath fundraiser in partnership with Smith’s Wreaths & Christmas Tree Farm! An order form will be sent home in the next couple of weeks with more information.

BATTERY BLITZ

Starting on October 3rd we are asking parents to send in any used batteries (except wet cell) to send to Call2Recycle and on October 4th there was be a Virtual Earth Rangers presentation at our school to kick off the 2022 Battery Blitz. The presentation focused on current and pressing environmental issues and conservation projects to ensure content is timely and relevant. It will also provide students with tangible ways they can get involved! These batteries are taken out of the landfill and Call2Recycle has collected and recycled almost 3 million batteries per year! The school that collects the most batteries by weight will win \$3000. Second prize is \$2000 and third prize is \$1000. PLUS, each school that collects 750 kg or more of batteries wins a \$250 Visa gift card for a pizza party.



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Refer to www.earthrangers.org/batteryblitzpei for guidelines on how to prepare household batteries for recycling.

CQES HOME & SCHOOL

Central Queens Home & School will have their first meeting on Tuesday, October 11th at 7:30pm at the school. Everyone is welcome to attend. We will be following CPHO guidelines including social distancing, masks until seated, no sharing items (bring your own pen!) and (sadly) no shared snacks! To facilitate the meeting space, we will require those interested in attending to sign up in advance and be prepared to show proof of vaccination.

We have a Facebook group - Central Queens Elementary Home & School - that we encourage everyone to like - it's a great forum to voice questions and also to get reminders/updates on activities!

NEW SOCIAL MEDIA GUIDELINES

The Public Schools Branch has recently released a policy that outlines the roles and responsibilities of staff, students, and parents in respect to social media platforms such as Facebook, Instagram or Twitter. Parents are encouraged to model appropriate behavior and **monitor student social media use at home**. As technology and social media platforms become more accessible and normalized, it is important to remember our responsibilities. The following has been copied from the PSB Social Media and Digital Messaging operational guidelines.

In accordance with the *Education Act*, **parent/guardian responsibilities**, as they relate to social media, include:

- ~ ensuring that their own conduct contributes to a welcoming, caring, respectful, and safe learning environment.
- ~ encouraging, fostering, and advancing collaborative, positive and respectful relationships with teachers, principals and other school staff.
- ~ engaging in the students’ school community.

In accordance with the *Education Act*, **student responsibilities**, as they relate to social media, include:

- ~ being ready to learn and actively engaging in and diligently perusing student’s education;
- ~ ensuring their conduct contributes to a welcoming, caring, respectful and safe learning environment;
- ~ respecting the rights of others in the school;
- ~ refraining from, reporting and not tolerating bullying or bullying behavior directed towards others in the school;
- ~ being accountable to their teachers and other school staff for their conduct; and
- ~ contributing positively to the students’ school community

Parents/Guardians and students should be aware the posts on social media are rarely private and can be shared more widely. Potential consequences should be considered and students should practice online safety, such as not sharing personal information or passwords.

LEADERSHIP

Any grade 6 student who is interested in joining the Central Queens Leadership team is invited to attend a leadership training that will take place on October, 12th from 3PM – 6PM. Students will be engaged in team building activities and games to cultivate their leadership skills. We have a guest speaker joining us and pizza will be provided for supper. A note has been sent home to all grade 6 for permission to stay for this event and notification of who will be picking them up.

POSITIVE PARENTING FROM TWO HOMES

A member of our Student Well Being Team along with our guidance counselor, Mrs Munn, will be offering Positive Parenting from Two Homes for students. This program is for any student who has gone through family changes and aims to provide support to the child by discussing topics such as concerns around family separation, changes that a separation can bring to a family, and ideas for how to talk to parents. If you are interested in having your child participate in this program, please contact Mrs. Munn at 902-964-7950 or by email. rlmunn@edu.pe.ca

LITERACY LOWDOWN

How to bring Literacy into your Halloween fun!



- Bake a pumpkin pie! Following a recipe will help improve reading and math skills.
- Tell some spooky ghost stories! Make up your own or read a spooky story together, like a *Nancy Drew* or *The Hardy Boys* mystery books.
- Sing some Halloween songs together! www.spookyfun.com has some fun Halloween songs and lyrics.
- Carve a pumpkin! Let your child trace a design on the pumpkin and watch to see what they create!

- Research the history of Halloween together and share the spooky things you learn.

- Watch a scary (and kid-friendly) Halloween flick to end the night. *Monsters Inc.*, *Casper the Friendly Ghost* and *It's the Great Pumpkin Charlie Brown* are all family favorites!
- Organize Halloween candy in different ways. Sort candy by shape, size, name, or even candy type, and then trade! This activity helps to reinforce basic math along with association and matching skills (and also slows down the sugar rush)!

COMMUNITY NEWS

The information provided is for information purposes and is not necessarily sanctioned by the school or PSB