Principal's Message

Hard to believe we are at the mid-point of this school year. June will be here before we know it! The first half of this school year brought us impressive examples of school community minded students. Students with spirit that we are all proud to call our own. The Legion Poster and Literary contest once again saw our school shine, a highly successful Terry Fox Run that amazingly outdid last year’s endeavours and various fundraising initiatives including the Scholastic Book Fair, Little Caesars, and the ongoing support for the grade 8s ever popular popcorn sales. Then there was the Spirit days, Christmas concerts, WE Day, and of course in the midst of it all, the determination and enthusiasm to which our students continue to show in their academic accomplishments and achievements… not to forget the team who nurture the desire, share their knowledge and encourage our young learners every day. Here’s looking forward to the next half, a successful finish and the building of more great memories to round off a 2016-2017 school year at Pine View.

January 17 - Grade 8 Parents Night at Valour @ 5:30 in the gym
January 19 - Grad Photo Day
January 23 - Registration for JK/SK (till February 3)
January 27 - Family Literacy Day
February 12 - Legion Public Speaking contest

Grade 8 Parents Night

If your child will be attending high school next year at Valour, don’t miss the Parent Info session on January 18 at Valour in the gym.

Legion Winners at Zone Level

3rd place to John Neff for black and white poster
2nd place to Jessica Yemen for coloured poster
1st place to Sierra Bailey for Junior black and white poster

Sierra's poster will go on to compete in the district level which includes Kingston
Extended Day Program for Children Between Ages of 3 - 12

The Renfrew County District School Board (RCDSB) and your school may be offering a School Based Extended Day Program for students (from JK up to age 12) starting September 2017. This School Based Extended Day Program will operate within the school by an early childhood educator or for 9-12 yr. olds a recreation provider before and after school and is meant to compliment the regular day program.

The School Based Extended Day Program is contingent on sufficient enrolment and is funded from parent fees. Subsidies may be available from the County of Renfrew [http://www.countyofrenfrew.on.ca/_documents/childcare/FeeSubsidyApplicationForm.pdf](http://www.countyofrenfrew.on.ca/_documents/childcare/FeeSubsidyApplicationForm.pdf)

The School Based Extended Day Program Family Survey form can be completed from the Online Registration portal if you are new to RCDSB and completing the online registration form or from the Google Survey link [https://goo.gl/HVjnjy](https://goo.gl/HVjnjy), at the Board's website [http://www.rcdsb.on.ca](http://www.rcdsb.on.ca) select the Extended Day Program page from the Programs drop down menu.

Registration for JK/SK Children  (January 23 - February 3)

There are two ways to register your JK/SK child for school next year.

**Online Registration** – Registration is now easier and quicker than ever before. Use our new online system anytime to register your child starting JK/SK September 2017 by visiting [http://www.rcdsb.on.ca/en/parents/registration-and-transfers.asp](http://www.rcdsb.on.ca/en/parents/registration-and-transfers.asp). Access RCJTC's website at [http://www.onthebus.ca/en/student-rider-info/Am-I-Eligible-for-Transportation.asp](http://www.onthebus.ca/en/student-rider-info/Am-I-Eligible-for-Transportation.asp) to find out which school you would attend. Please be sure to complete the School Based Extended Day Program Family Survey that is at the end of the online registration if you are interested in a licensed child care program or recreation program. You will receive a confirmation email after submitting your online registration.

**In Person** - Visit the school for a registration package between 9:30 to 3 p.m. Monday, January 23 to Friday, January 27 and Monday, January 30 to Friday, February 3rd. If you are interested in a licensed child care before and after program, complete the School Based Extended Day Program Family Survey online at [https://goo.gl/HVjnjy](https://goo.gl/HVjnjy)

Both registration methods require you to bring the required documents to your school to finalize the registration process. If you have questions about the registration process, contact the elementary school nearest you.

**Required Documentation** (bring to the school):
Completed, signed and dated registration form (if previously completed online)
Proof of address (driver’s licence, utility bill) or proof of ownership/tenancy (Ontario Property Assessment Notice or lease agreement)
Proof of Student’s Age (birth certificate, registration of birth card or passport)
Child’s immunization records (Students entering from outside Renfrew County should contact Renfrew County and District Health Unit at 613 735-8666.
Proof of custody where applicable (custody orders, court ordered Guardianship)
Immigration documents where applicable
If registering to attend a school outside your home address zone, please complete the Cross Boundary Transfer Request.

**JK/SK Registration at the School**

We encourage parents to complete the online registration for new JK/SK students. Alternatively, they are able to complete registration at the school. The registration forms have been attached in this email.

<table>
<thead>
<tr>
<th>Item</th>
<th>Checklist for JK/SK Registration and Extended Day Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Print off copies of the forms for families coming into school to register and place in your JK/SK Registration Packages: RCDSB Registration Form Immunization Questionnaire (Renfrew County Health Unit usually provides copies to schools)</td>
</tr>
<tr>
<td>2.</td>
<td>The School Based Extended Day Program Family Survey form can be completed from the Online Registration portal if families are new to RCDSB and completing the online registration form or by Google Survey link <a href="https://goo.gl/HVjnjy">https://goo.gl/HVjnjy</a>, at the Board's website <a href="http://www.rcdsb.on.ca">http://www.rcdsb.on.ca</a> only. There will be no hard copies this year.</td>
</tr>
<tr>
<td>3.</td>
<td>We will communicate with you if there is enough interest to provide a School Based Extended Day Program in your school by March 2nd</td>
</tr>
</tbody>
</table>
It’s a Matter of Life and Death

For some of the school community, nuts/peanuts and food items containing nuts/peanuts could be deadly, even in a small amount. Contact with these foods, even with the residue of these foods, can result in a life-threatening medical emergency for an anaphylactic child.

Students share many items throughout the day including door handles, taps, gym equipment, math learning materials, technology etc. Cross-contamination can occur when products that contain nuts/peanuts are brought into the school. Products labelled “May contain nuts/peanuts” are too risky as we have no way of knowing how safe these products really are for an anaphylactic child.

Foods to avoid sending to school...

Almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pistachios, walnuts.

Food items that say “May contain nuts/peanuts”. (There is no way of knowing for sure that they are safe.)

Thank you for sending food to school in packaging clearly labelled as nut-free.

As an added reminder

Exposure to scented products for people who are allergic can make them very sick!!

Please remain mindful to not wear scented products while visiting the school and have a conversation with your pre-teens and teens about how scented products can make some people very sick. Talk
January Character Trait Focus

...Initiative

in·i·ti·a·tive
- Responding to a need without being asked.
- The ability to assess and initiate things independently.
- The power or opportunity to act or take charge before others do.

Synonyms: self-motivation, resourcefulness, inventiveness, imagination, ingenuity, originality

Thank You

Thank you to Sharon Ruddy and Kelly Walker for their generous donation of hats and mittens for our students in need. This donation was made possible by the “Cold Hands, Warm Heart” Crafters Only sale that was organized by these two women in November. With the proceeds they were able to purchase 537 pairs of mittens and 276 hats that were distributed to 8 local schools.

They will be hosting another crafters sale in April, date to be announced.

Register for Kindergarten!

If you have a child who will turn 4 years old by December 31. You can pre-register your child From January 23 until February 3.

For your convenience, you can either come into the school office during the normal office hours or register on-line by following the links on the Board website.
Family Literacy Day January 27, 2017

ABC Life Literacy Canada encourages families to "Learn at play, every day." Engaging in literacy activities as a family improves a child’s skills and also helps adults keep their skills sharp. Here are a few ideas to get your family started!

New Activities for 2017!

1. Grocery Hunt: Write a grocery list with your child and let kids find all the items in the store – a fun way to do the grocery shopping!

2. Play and Tell: While kids teach adults a new card game, adults share stories from their own childhood and even play a card game from when they were a kid.

3. Home Restaurant: Spice up mealtime and have kids create a menu by drawing food items or using grocery store flyers – kids can take orders too!

4. Where’s that Shape: Have a shapes scavenger hunt by taking turns to find shapes indoors and outdoors. Then together make each shape with your body – kids and adults work together.

5. Game Anyone?: Playing a board game is a fun way to learn together as a family. Try the Get Winston game at FamilyLiteracyFirst.ca.

6. Happy 150: It’s Canada’s 150th birthday this year – that’s a lot of candles! What would you do for your dream birthday party and where you would go? Now parents, your turn to tell kids about your dream birthday party.

7. Bowled Over: Make your own bowling game with 10 plastic cups and a tennis ball. Set up your cups and roll the ball to knock down the cups. Together count how many cups fall for each player, then how many cups in total fall for all players.

8. Map it!: Pretend your family is anywhere in the world – on a world map, point to a location. Find out more about that county. What language do they speak, what is the weather, what sports do they play?

9. Animal Dance: With kids and adults in a circle, each person takes turns to move like an animal and say what they’re doing: “I hop like a bunny,” or “I stomp like a dinosaur.” After everyone has had their turn, start at the beginning again and this time together do the moves and say what you’re doing.

Look for Family Literacy Day activities in your area!

Family Literacy Fun http://abclifeliteracy.ca/family-literacy-fun
Seasonal Affective Disorder (SAD)

Weather often affects people’s moods. Sunlight breaking through clouds can lift our spirits, while a dull, rainy day may make us feel a little gloomy. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life. Some people, however, are vulnerable to a type of depression that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of clinical depression that can last until spring.

This condition is called “Seasonal Affective Disorder,” or SAD.

A mild form of SAD, often referred to as the “winter blues,” causes discomfort, but is not incapacitating. However, the term “winter blues” can be misleading; some people have a rarer form of SAD which is summer depression. This condition usually begins in late spring or early summer.

Awareness of this mental condition has existed for more than 150 years, but it was only recognised as a disorder in the early 1980s. Many people with SAD may not be aware that it exists or that help is available.

SAD can be a debilitating condition, preventing sufferers from functioning normally. It may affect their personal and professional lives, and seriously limit their potential. It is important to learn about the symptoms, and to know that there is treatment to help people with SAD live a productive life year-round.

SAVE THE DATE

Laurentian Valley – Alice in Winterland Carnival
Friday, January 20th – Friday, January 27th, 2017

Come join us for a fun week of activities including Family Trivia Night, Magic by Stephen Anthony, Bust-A-Move Kids Dance Party, Family Movie Night, outdoor winter activities including bonfire with s’mores, skating, sliding hill, snowshoeing and much more.

All events require a $2 Carnival Button which will be available for purchase at locations mid-December (makes a great Christmas gift!)

Like our page on Facebook (Laurentian Valley – Alice in Winterland) for updates!