

October

PLEASE BE SURE YOUR CHILD IS DRESSED FOR THE WEATHER!



Autumn leaves are beginning to fall and so are the temperatures. Our students are outside in the morning, for recess and again at noon. Also, gym classes are still being held outside when weather permits. Please be sure your child has appropriate clothing for the weather. If your child tends to gravitate toward wet places, please keep a change of clothes in their book-bag.



School Pictures

Harvey Studios will be at Summerhill on **October 9, 2019**. Bring your best smile.

PSSC

Our first PSSC meeting will be held on **Wednesday, October 2 at 6:30** at Summerhill. Please join us. All are welcome!

STAR theme – BE RESPECTFUL



The Grade 5 team at our school are leading an initiative to go along with our 3 Stars message. For every example of RESPECT someone sees, they will write it up on a card and put it on the wall. We cannot wait to see how much of the wall can be decorated and what examples of RESPECT we will see!

Cross Country



Summerhill Street Elementary School will be holding a School Cross Country Run on **Wednesday, October 2 at 1:00**. All students are encouraged to walk, jog or run the cross-country course. The race will be held at the school. **Parents and relatives are invited to come and watch this cross country event.** Students who place 1st to 6th in our school races will be invited to the District Championship Cross Country race in Oromocto on October 19th.

Field Trips and Special Presentations

Each grade level will enjoy field trips in the month of October. The Grade 3 class will go to Charlotte's Apple Orchard in Gagetown on **October 7** and the Grade 5 class will go to Kings Landing the next day, on **October 8**. The Grade 4 classes will visit Dunbar Falls and they will also be going Apple Picking. All three trips are related to curriculum outcomes for the grade levels and give an excellent opportunity for student learning outside the classroom setting.

If field trips fall on hot lunch days, we will make every effort to provide it on an alternate day. For example, the Grade 5 trip to Kings Landing falls on a pizza day. Any Grade 5 students who ordered pizza will receive it on Monday instead.

We also have a special presentation scheduled for October. On **October 22** there will be a production titled "The Water Chronicles" from Geordie Productions.

Spookarama



Once again, Summerhill will be putting on a “Spookarama”. The event will be on **Tuesday, October 29 starting at 6:00**. More information in the form of a letter to our families will be going home very soon.

Nutrition Programs

We have been fortunate to obtain a few grants this year to help with our Nutrition program. This year, we received a PC Children’s Charity grant that we are using to help with our Breakfast program. Students at our school can visit the kitchen between 8:00 – 8:25 to get some food to eat if they missed breakfast or are still hungry.

As well, we got a grant from the Fredericton Community Foundation to help with snacks. We are happy to be getting fresh apples for each classroom weekly. We also have snacks in the classroom for any students who are still hungry (especially later in the afternoon).

****A goal this year is for us to eliminate using single – use utensils. **We no longer give out plastic spoons and forks so please ensure your child has a fork or spoon in his/her lunch.** We hope to soon be using only washable dishes for our Hot Lunch program. Stay tuned for this new development.*

Transportation Concerns

If your child is late getting home from the bus, and it is after 4:00 PM when our office closes, you can call Karen Hulberg at the Transportation office directly at 357-4256 to receive information/ assistance. If there is no answer at that telephone number, you can contact the Transportation

Department at the Office of the Superintendent at 453-5454. They can also assist you.

CALL FOR VOLUNTEERS!

3 WAYS YOU CAN HELP

- 1) Our breakfast program runs 5 days a week and we would love to keep it going every day. Thank you to Mrs. Gaillard, Mrs. Hilson and Mrs. Bos along with Mrs. Jackson who are keeping the breakfast room running. **We do need a volunteer for FRIDAY.**
- 2) We also need Hot Lunch volunteers! We have Hot Lunch Tuesday, Wednesday and Thursday. We would love some helpers with this!
- 3) The Food Bank is also looking for people to help with their programs. We have a wonderful partnership with the Food bank and they have put a call out for volunteers to help with their programs.

Please contact Mrs. Atherton if you are able to volunteer for any of these 3 activities!

An Important Reminder to Parents

Summerhill Street Elementary School is a closed campus during the instructional day. This means that all school doors are locked in the morning and remain locked throughout the instructional day. All visitors to the school enter through the main entrance doors by ringing the doorbell and signing in at the office. This is the standard in all schools in Anglophone West School District and is in place for the safety of children.

To avoid disruptions and maintain our safety protocols, parents and visitors are asked to not walk through the school during the instructional day. In the case of an emergency, should a parent be needed in the classroom, the parent will be asked to sign in. Otherwise, parents are asked to remain at the office and to allow for the child to come to them.

At the end of the day, parents wait outside or in a vehicle and children will be dismissed through the front doors. The foyer is too small to have parents waiting. Once again this is to minimize disruption and maintain our safety protocols.

Should parents wish to speak with their child's teacher, they are requested to make an appointment as opposed to walking in to request a conversation during the school day. Safety is our number one concern and if there is not a pre-arranged meeting time with the teacher, it is very difficult for the teacher to speak with a parent while supervising their class. Emails also work very well in connecting with a teacher.

If there is someone who is picking your child up who does not appear on their registration form, we will have to call you to ensure that person is allowed to pick your child up. It is wonderful if you can let us know in a note or a message the name of the person who is picking your child up (if it is someone who does not typically come for pickup).

We appreciate your assistance with this.



Seeing All That Life Has To Offer!

One of the most important senses is our sight. Having good eyesight contributes to our overall sense of well-being and is an important factor in achieving success at work, home and school.

Tips for good eye health:

1. **Eat a healthy, well-balanced diet.** Eating a diet rich in antioxidants and Vitamin C (like fruits, nuts and vegetables) contributes to good eye health.
2. **Get regular eye exams.** Eye examinations are recommended every two years; sooner if any vision changes are noticed or if there is an injury to the eye(s).
3. **Limit Screen time.** Screen time is hard on the eyes. For better eye health, limit screen time to less than 2 hours per day.
4. **Take 20.** Take a 20 second "eye break" from your computer screen by focusing on something 20 feet away every 20 minutes.
5. **Exercise Regularly.** Exercise improves blood circulation and oxygen flow to the eyes. For good eye health, exercise at least 60 minutes a day.
6. **Get enough sleep.** Getting adequate amounts of sleep at night maintains eye health. Health Canada recommends 9-11 hour of sleep at night for children ages 5-13 and 8-10 hours of sleep for youth 14-17.
7. **Protect your eyes.** Wear protective eyewear when doing at-risk activities. Wear Sunglasses to protect eyes from the sun's harmful ultraviolet rays. When purchasing sunglasses, look for lenses that block out 99-100% of both UVA and UVB radiation.

For Parents

For some families, lack of insurance can be a barrier to obtaining an early eye exam for their children. For those who lack private insurance coverage, there is a provincial dental and vision plan for children (18 years of age and younger) of lower-income families called the "Healthy Smiles, Clear Vision" program. Eligibility for the program is based on several criteria, including a limited family net income. To apply, families can download the application form at www.gnb.ca/socialdevelopment. For families who do not fit the financial eligibility criteria of the program and are unable to afford vision exams for their children, please contact your school's Healthy Learners in School Program nurse.

APPLE SALES – FIRST ROUND

Way to go Summerhill! We sold almost 190 bags of apples and this is only the first round! Thank you so much!

POPCORN FOR IPADS

Please see the memo about our new fundraising activity for technology in our school. To initiate our Ipad a month event, we were pleased to accept a \$500 donation from Riverview Ford! Chad Livingston and his son Connor (a proud Summerhill Star) presented the cheque to our Vice – Principal, Christie Jordan. This donation is a great kickstart for us to get more I pads in our classrooms! Thank you!



| <u>DATES TO REMEMBER: Mark Your Calendar</u> | |
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| Sept 30 | Gr 4 Morgan/Davidson – Field trip to Dunbar Falls |
| Sept. 30 | Orange Shirt Day |
| Sept. 30 | First day for milk program |
| Oct 1 | First day for hot lunch program |
| Oct. 1 | Grade 4 FI/Grade 4 from Ms. Morrison’s class – Field trip to Dunbar Falls |
| Oct. 1 – 4 | Wellness Week |
| Oct 2 | PSSC 6:30 |
| Oct. 2 | Popcorn Sales start (Every Wednesday and Friday) \$1 \$10 punch cards available online |
| Oct 2 | School Cross Country Run at 1:00 for all students who are interested. Parents and relatives are invited to come and watch this event. (Rain Date: Oct 10) |
| Oct 4 | Grade 4 field trip to Charlotte’s Apple Orchard in Gagetown (morning only) |
| Oct. 4 | District Cross Country race at 1:15 (at Geary School) |
| Oct 7 | Grade 3 field trip to Charlotte’s Apple Orchard in Gagetown |
| Oct 8 | Grade 5 field trip to Kings Landing |
| Oct 9 | School Picture Day |
| Oct 14 | No School – Thanksgiving Day |
| Oct 15 | November Hot Lunch orders available |
| Oct 18 | District Cross Country Meet - Waasis Turf |
| Oct. 21 – 25 | Safe Schools Week |
| Oct. 22 | Geordie Productions – The Water Chronicles |
| Oct 25 | November Hot Lunch orders due |
| Oct. 28-Oct. 31 | Scholastic Book Fair |
| Oct 29 | Summerhill Spooktacular – 6:00 to 7:30 |