



KNIGHTLY NEWS

March 2020

PRINCIPAL'S MESSAGE:

Unfortunately, it is not business as usual for schools across Ontario. Our priority at this time is to keep our schools open, learning as a focus, and our students safe. We continue to appreciate your support during this provincial labour action.

Thank you staff and parents for alerting friends and neighbours of the Kindergarten registration time lines. It is very important to have accurate numbers before March Break in order to ensure sufficient staff is in place for September. We have already registered over 20 new Kindergarten students

Planning is already in the works for the next school year. If you are moving, or if you know of any families moving in or out of the St. George's School area, please contact the school as soon as possible. The more accurate our projections are for the fall, the fewer potential disruptions we will have once classes have been established for the 2020-2021 school year.

As you are aware, Term 1 report cards were not sent home this month. Although there are no formal interview days scheduled for parent-teacher conferences, I encourage you to contact your child's teacher to discuss your child's progress.

To ensure your child's safety, and encourage independence in all of our students, we ask, please, that all adults drop off and pick up their children in grades one to eight OUTSIDE at the North Entrance. In this manner, we can better manage and greet visitors to our school. Please remember to check in at the office if you'd like to meet with a teacher. Our secretary, Shirley Mills, would be pleased to help coordinate a mutually convenient time for you to meet with a specific teacher. We appreciate your vigilance in getting your children to school before 9:00 a.m. so that vital routines and instruction time can be maintained without interruptions from late arrivals.

I trust your child brought home the flyer for our Wellness event. Our Home and School, and School Council, in partnership with TVDSB Mental Health Lead and Dr. Colin King (Psychologist from Western University) have planned an informative evening for you. By March 2, please register on-line at <http://bit.ly/StGeorgesRSVP> or return the paper copy so we can gear the topics for the evening to your needs. You will have a chance to win prizes! Snacks and beverages will also be available.

Enjoy a safe and happy March Break! I am sure Spring is just around the corner!

Nancy Justin,

Principal



Spring Fling:

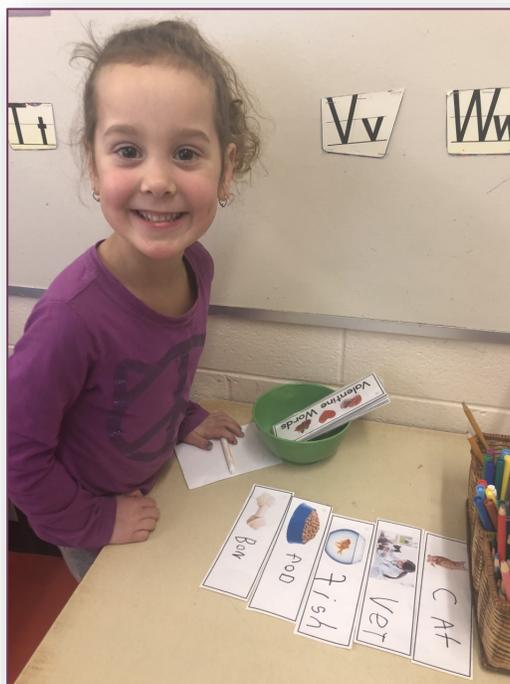
Our biggest fundraiser of the year is coming soon! Mark your calendars for Wednesday, April 22nd from 5-7:30pm. We need your help to ensure a successful event. Please consider approaching a local business for a donation, and/or donate a service or item yourself. Past items have included Gift Cards, Gift Baskets, Small Appliances or Electronics, Wine, Artwork, Jewelry, and Tickets for Shows or Sporting Events etc. Donations (including your name and item value) can be dropped off in the school office.

Please contact Ashley at ashleycharles29@hotmail.com if you have any questions or if you need a donation request form that includes our charity number.

Thank you in advance for your support!

A Focus on Improved Student Learning:

Our JK/SK students demonstrate an interest in writing. Harlow is recording her ideas and is demonstrating an awareness that text can convey messages. She is using her knowledge of the correspondence between letters and sounds at the writing centre.



Emergency Code Drills:

In the Spring and Fall we practise Lock Down Drills to help ensure the safety and well being of students should an emergency event occur. In the rare case where there is a threat inside, on school property or very near school property, all staff and students are asked to clear the hallways and bathrooms and remain in their classroom with the door locked. Also, in a Lock Down, blinds are closed, windows in doors are covered, and children huddle in a corner or under a desk in order to minimize access and visibility. Silence is mandatory. Entrances into the school are locked if it is safe to do so.

Sometimes it is necessary to implement a Hold and Secure. If an aggressive person is in the vicinity of the school, all staff and students are asked to clear the hallways and bathroom and remain in the classroom. Entrances to the school are locked.

Parking Lot Protocol:

To continue to ensure the safety of our children, the entrance and exit to the parking lot will be prohibited between the hours of 8:45—9:15 and 3:15—3:45. You are encouraged to walk your child to school or at least park on St. James Street and walk the remainder of the way to the school. Please note, parking at Rexall is NOT permitted! Rexall is a good neighbour.; when we use their customers' parking spots we are annoying their patrons and are negatively affecting their business. I know this may be an inconvenience to parents rushing to work in the morning, but the safety of our children and respect for our neighbours is of utmost importance. Debbie, our crossing guard, will be at St. James and Waterloo to help our children cross the road safely. Also, please note, the circular drive is designated for our Developmental Education buses only during the hours of 8:45—9:15 and 2:45—3:25. Please—do not attempt to enter the circular driveway when the small buses are in the circular drive! Sufficient room is required for the ramps to be lowered for our non-ambulatory students! Two handicapped parking spots are available out front once the buses have vacated. When the parking lot is open, there are two handicapped spots out back as well. Signage to this effect is posted as a reminder.

London and Middlesex Health Unit:

Tips for getting kids to eat more vegetables and fruit

- **Be a role model** - When you make healthy choices you are teaching your children. Make sure your children see you eating and enjoying vegetables and fruit often!
- **Serve them up when kids are hungry** - Have a plate of vegetables and fruit ready for your kids when they get home from school.
- **Get the kids interested** – Teach them about vegetables and fruits at the grocery store. Plant a garden and show them how vegetables and fruits grow. Get them helping in the kitchen, learning how to wash veggies and fruits or helping to prepare them. Be sure to supervise them at all times. If they help make something, they may be more interested in eating it.
- **Offer new vegetables and fruits with familiar foods** – By offering a new food alongside a familiar food, it makes it easier for your child to try the new food. Stay calm and don't pressure your child – make mealtimes enjoyable!
- **Make it fun** - For breakfast, add banana slices, berries, or apple slices on top of pancakes or cereal. Add pepper slices, zucchini, mushrooms, onions or tomatoes to make pizza faces.
- **Offer vegetables and fruit often** – Buy veggies and fruits in season. During winter months, frozen vegetables and fruits are often cheaper and can be just as nutritious as fresh!

To see more ideas about eating more vegetables and fruit, visit the

Middlesex London Health Unit youtube channel

<https://www.youtube.com/user/mlhealthunit>

Is It Time to Reduce Your Child's Screen Time?

Did you know, in 2015, Canadians were given a D- on the participACTION report card for sedentary behaviour? Sedentary behaviour is when you are awake and sitting or lying down, using little energy (Canadian Society for Exercise Physiology, 2011). Some examples are sitting for long periods of time, getting rides instead of walking or wheeling places, watching television, sitting while playing video games, and spending time on a computer, tablet or cell phone.

Canadian screen time guidelines recommend less than 1 hour per day for 2-4 year olds, and less than 2 hours for 5-17 year olds.

What can **you** do as a parent to improve sedentary behaviour in your child's life?

Allow them to walk or wheel to school

Keep screens (T.V., mobile devices, computers, or video games) out of the bedroom

Monitor and limit screen time in your home

Keep screens off during meals

Be a role model. Limit your screen time in front of your children

Get active with your family



Improve your children's report card by helping them learn ways to be healthier. Begin by reducing screen time!

Sit Less and Move More!