

The Parnall Post



Mr. R. McLean, Principal

From the Office...

Dear Parents,

With Thanksgiving just around the corner, it seems appropriate to stop and thank the many wonderful parents/guardians at Parnall who have helped to get this school year off to a super start. Thanks to those who came to visit the staff on Meet the Teacher Night. And thanks to those parents who came out to our first Parent Advisory Council meeting.

Another way every parent/guardian can help out is to remind your children about routines and expectations at school. Of particular note, it is crucial that your child's attendance is regular. Students arriving late miss opening routines and fall behind on work. Entry time is:

Morning Entry: 8:50 a.m.

Just a reminder:

NO SCHOOL FOR STUDENTS

Friday, October 5th (P.A. Day)

Monday, October 8th

(Thanksgiving Monday)



Student Photo Day!

DATE CHANGE!

On **Monday, October 15th**, Edge Imaging Photography will be coming to school to take student and class photos.

Our retake day is Tuesday, November 13th when any students missed on photo day will be taken.

Please be sure you have dressed your children appropriately for the day and **PRACTISE THOSE SMILES!!!**



Bring In Your Can Tabs!

The CAN TAB challenge is back for 2018-2019...



Beginning October 1st, students may bring in their CAN TABS and deposit them into the white buckets in their classrooms. All CAN TABS from beverage cans, pet food and food cans (soup, tuna, vegetables, etc.) are accepted. Last year, our Parnall Pirates collected 224 lbs. of CAN TABS. That was awesome! (The Parnall record was set in 2011-2012 with 383 lbs. of CAN TABS.)

All money raised from recycling the CAN TABS will be used to help support the PARNALL SNACK PROGRAM.

Remember to ask your family, friends, co-workers and neighbours to save their CAN TABS for you too! With everyone's help, it will be another 'CAN-TAB-ulous' year!

Snack Program

VOLUNTEERS NEEDED!

Do you have just 90 minutes to spare ONCE during the school year on a Tuesday morning? We are looking for volunteers to help prepare snacks for our snack program. There is no long-term commitment...just let us know and pick a Tuesday from 9:00-10:30am to help.

If you are available, please contact the school at 905-934-3348 or email Mr. McLean at robb.mclean@dsbn.org.

Save the Date!

The Parnall Glee Club will be performing the national anthem at the November 1st Ice Dogs game against the Mississauga Steelheads. Tickets will be available through the school soon.



Little Caesars Fundraiser!

Coming soon, we will be running a Little Caesars pizza-kit fundraiser! More details to come!



Parnall Advisory Council (PAC) – September Meeting

Thank you to all of the parents who came to the first meeting of the Parnall Advisory Council. We had a great start to the school year and look forward to wonderful things!

Parnall T-Shirts: \$10 each or 3 for \$25

Available at the office, youth & adult sizes; online ordering coming soon!

Fall Fundraiser – Details coming soon; get your taste buds ready! ☺

We also held an election for our 2018-2019 Council. Congratulations and thanks to all!

Executive

Chair: Tiffany Addie
Vice Chair: Scott Gauvin
Treasurer: Sharon Seinen
Secretary: Melissa DeBeau

Additional Voting Members

Joanne Adams	Sterling Bidgood
Liz Brooker	Ronda Cadeau
Scott Gauvin	Lauren Hoogasian
Noelle Klassen	Melissa Losier
Joy MaGarrey	Megan Parsons

Staff Members

Mrs. King
Mr. McLean
Mr. Waldie

You don't have to be a voting member of the Council to attend meetings!

All parents are welcome to any meeting!

Check out our meeting minutes on the Parnall website in the About Parnall tab, and contact the PAC via email at parnallpac@gmail.com.

Next meeting: Tuesday October 23 at 6:30pm in the library!

I-Matter Winners

We will be holding our first I-Matter assembly on Thursday, October 4th at 1:45pm. At these assemblies, we celebrate students who stood out over the past month in one of three categories: Winners this month are:

I Matter As a Learner:

1C: Austin S
1/2C: Grayson G
2G: Lukas B
3B: Emma F
3/4W: Hannah O, Scout B
4C: Makayla W, Bella S, Rachael M, Linda F
5C: Kaleb B, Rhylee M
5/6E: Noah B, Abbey M
6K: Ruby C
7W: Rachael C, Jackson B
8S: Owen P

I Matter As an Individual:

1C: Markus Z
1/2C: Hannah G
2G: Olivia L
3B: Byron A
3/4W: Payton W
4C: Sawyer K
5C: Paige P-V, Kayla A
5/6E: Cameron P, Inshaa A
6K: Bryn K, Nathan B-P
7W: Jack J
8S: Adam E

I Matter As a Community Member:

1C: William J
1/2C: Madison P
2G: Cory I
3B: Parva R
3/4W: Sloane O, Melissa S
4C: Nicolas H, Peter H, Cody M
5C: Luke H, Chloe A
5/6E: Olivia M, Vanessa S
6K: Roman T, Tanner P-S
7W: Sara E, Felix J, Mariam M
8S: Kennedy R, Kylie P



Free Math App!

DREAMBOX is a math program that we are using to help support our mathematics instruction. Now you can download this app on your iDevice and use it for free.

The DreamBox iPad app is now available as a free download from Apple's App Store. All data will sync with existing accounts, so that the deeply personalized learning paths of each student will persist, no matter what device they are using to access DreamBox.

The webpage to the site online is:

<https://play.dreambox.com/play>

Students will know their e-mail address and password as they use the program at school.



Hallowe'en

We will be having our annual Hallowe'en Parade and activities on October 31st. More details to follow. Remember, no weapons and no "gore" please. We want an enjoyable experience for all of our students.



Calendar

Check the calendar to keep up-to-date on our planned events. A calendar is available on the school website:



parnall.dsb.org

School Sports

The Parnall Cross-Country Team is 45 runners strong this year and made a remarkable showing at the first meet on September 25th.

Special recognition goes out to Rowan S who finished in the top 20 of the Midget Boys team, Emma R, Lily K and Madison S who finished 27th, 25th and 22nd in the Pee wee Girls, as well as Haley P and Paige P who finished 20th and 15th. In the Pee wee Boys division, Sean K and Lucas H finished 25th and 19th, and Jamie P finished 9th. Our Atom division also did Parnall proud! Sawyer K finished 3rd for the boys, Payton W and Makayla W finished 24th and 20th and Rachael M finished 18th in the Atom Girls race. Finally, a hearty congratulations goes out to Sloane O who came in first place and won the Atom Girls race!

Our next meet is Monday, October 1st at Burgoyne Woods. Thanks to Mrs. Coveney, Mrs. Cosby & Mrs. Chuchman for coaching. Go, Pirates!!!

The intermediate (gr. 7-8) boys and girls volleyball teams are starting their league play this week. The teams are working hard for a busy month of October. Thanks to Miss Erwood and Mr. Sotola for coaching. Go Pirates!

On Friday, September 28th, we had TWO teams compete in the Junior Co-Ed Soccer Soccer Tournament at Westpark Park. The teams had a fun-filled day representing Parnall School well. Thanks to Mrs. Coveney and Mr. Keyes for Coaching.

On Tuesday, October 2nd, Mr. Palmer is taking our intermediate soccer team to the area tournament. Go Pirates!

Inclement Weather!!!

We will be expecting rain and cold temperatures during the fall. **Please dress your children appropriately for the weather!**



We will attempt to allow students outside during as many breaks as possible. If there is heavier rain, the following procedures will be followed:

At 8:40am – students will be allowed in the hallway using their **normal** entry door. A teacher on duty will supervise the students until the bell rings, and then will direct students to their classes.

Fitness Breaks – students remain in their classrooms and are involved in suitable quiet activities.

When to Keep your kids at Home

Please keep your child at home and away from others if he or she has any of these symptoms:

- Fever
- Diarrhea
- Vomiting
- Rash
- Frequent coughing or sneezing
- Yellow or green discharge from the nose, ears, or eyes
- Sore throat

Contact your family doctor for a diagnosis. Your doctor will advise you about care and treatment if a communicable disease is diagnosed. For more information, please contact the Infectious Disease Program at 905-688-8248 ext. 7330 or 1-888-505-6074 or www.niagararegion.ca

Niagara Region

Milk Orders

We are pleased to facilitate students drinking a healthy beverage daily. We will have MILK ORDERS available on SchoolCashOnline (click the link on parnell.dsbm.org) If you wish your child to have milk, please complete the form online. Orders are for a milk card, good for 20 milks for \$15. Students bring their milk card to the milk station each day they wish to get milk.



Special Lunch Days

Pizza will continue to be offered most Fridays. Cost is \$1 per slice and it remains a healthy option with whole wheat crust and pepperoni, or plain cheese.

Orders for subs and pasta will be available later this month.

Be sure to honour the due date. No late orders are accepted!

Special lunch days for October (and order due dates) are:

Oct. 12: PIZZA	(due Oct. 10)
Oct. 18: SUBS	(due: Oct. 15)
Oct. 19: PIZZA	(due Oct. 17)
Oct. 24: PASTA	(due Oct. 15)
Oct. 26: PIZZA	(due Oct. 24)



Absences / Lates

To help out our secretary, Mrs. King, parents are reminded to call the school prior to 8:40am if your son/daughter will be absent or has an appointment first thing in the morning.



Parent Involvement Conference

The DSBN Parent Involvement Committee invites you to join us for an evening of learning, sharing and networking with a focus on ideas for all DSBN parents and School Councils. It's free to register and a light dinner will be provided. Session topics include mental health, special education, math, Kindergarten, transitioning to high school and so much more! It's on Wednesday, November 7th! Get more info & register at:

<https://www.dsbn.org/pic/register.html>

Mad Science

Mad Science, the world's leading provider of educational and entertaining science programs for children is coming to Parnall Public School! They will be getting kids excited about science with fun, entertaining and exciting activities and demonstrations. Students and teachers will be thrilled on October 19th at 1:45pm when Mad Science comes to the school to do a Spectacular Science show. The assembly will be educational, entertaining and also the kick off to the Mad Science Club. The Club is a 6-week science enrichment program offered to the students. Students who join the Science Club will go on a voyage of discovery designed to support the Ontario Science and Technology curriculum. The topics will be different this year than when Mad Science was last at the school. The Club will take place on Wednesday, November 7, 14, 21, 28, Dec 5, 12. More information will follow. Mad Science also performs Birthday Parties, Camps and Special Events. Give them a call at 905-937-1878 and watch out for them in Malls, at Fairs, Festivals and Scouts and Guides.



October is International Walk to School Month

Lace up your shoes or snap on those bike helmets for an active trip to school.

If you live far from school, park a few blocks away and walk part of the trip. If you ride a bus take part by walking to your bus stop.

Here's a quick trivia question to have fun with at the dinner table tonight. Walking and wheeling to school can improve:

- A) Health
- B) Happiness
- C) Stress Level
- D) Grades
- E) Safety
- F) All of the above

If you said F, you're correct! Walking and wheeling to school has many benefits and those are just a few. (Source: activesaferoutes.ca)

Tips to remember when walk or biking:

- Look left, right and left again when crossing the street
- Never run or dart out into the street or cross between parked cars
- Make eye contact with drivers before crossing in front of them and watch out for cars that are turning or backing up
- It's always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible
- Cross streets at corners, using traffic signals and crosswalks
- Watch out for cars coming out of driveways and alleys
- If what you are doing has wheels, protect your brain – always wear a helmet
- When riding your bike, ride in the same direction as the cars are driving

Communication Matters

Smart Talk from the DSBN Speech-Language Pathologists:

Communication is at the core of learning and developing self-esteem. Learning how communicate effectively with others is critical for social and academic development. Children become more receptive to learning when they feel good about themselves, and when they feel good about themselves, they are more willing to risk academically since making mistakes is less devastating.

Good communicators do the following:

- use eye contact
- observe before they communicate
- notice body language
- listen
- take turns
- speak clearly & use a polite tone
- act interested
- remain on-topic
- allow space between others

To help your child focus on good communication, your family might spend some time noticing all the 'habits' good communicators use. For example, if someone accidentally interrupts you and apologizes, you might comment on their good communication. You might also like to have each family member identify their best communication skill. Dad might be a good listener, while mom might be a good turn-taker. Once everyone is aware of communication, enhancing and learning new communication will be far easier.

