

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 for your partnership in preparing your children for a 'different-look' September, with health and safety at the forefront. And thanks to those parents who came out 'virtually' 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 arrives on time. Students arriving late miss opening routines and fall behind on work. Morning bell time is:

Morning Bell: 8:55 a.m.

Just a reminder:

NO SCHOOL FOR STUDENTS

Monday, October 12th
(Thanksgiving Monday)

Reminder of

Morning Entry Procedures

Teachers will greet students outside on the yard in the morning in their classroom zones. They will walk their students into the school using specific doors to avoid congestion. We ask that parents not enter the playground area at this time to help limit the number of people and support our social distancing measures. We ask that parents stand on the tarmac by the north wing of the school only.

Reminder of Dismissal Procedures

Teachers will walk their students back outside to the appropriate and designated areas at the end of the day. They will be dismissed by their teachers to either walk home or meet an adult/guardian. We ask that you do NOT enter the playground area. Please be sure that you exit the school grounds immediately upon dismissal as the playground is closed as per Health regulations.

Hallowe'en

We will have to wait and see what kind of Hallowe'en festivities, if any, we can have this year. Please stay tuned for more information.



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.



In the mornings before school, even if it is raining, students will REMAIN OUTDOORS until brought in by their teachers after the 8:55am bell.

If the rain is significantly heavy during fitness break times, students will remain in their classrooms and will be involved in suitable quiet activities.

Calendar

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



parnall.dsbns.org

Absences / Lates

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



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 / Chills
- Cough that's new or worsening
- Shortness of breath
- Sore Throat
- Runny, Stuff or Congested Nose (not related to allergies)
- Headache that's unusual or long-lasting
- Nausea/Vomiting
- Diarrhea
- Loss of Appetite/Stomach Pain

Contact your family doctor for a diagnosis. Your doctor will advise you about care and treatment. For more information, please contact the Infectious Disease Program at 905-688-8248 press 7 then press 2 or 1-888-505-6074 or www.niagararegion.ca

Niagara Region

Children can return to school after one of the following is met:

- Clearance from their health care provider
- Completion of 14 days of self-isolation and must be symptom free prior to return. This includes children who have symptoms and are recommended for testing but testing is declined.
- Negative COVID-19 test results: child is to remain out of school until 24 hours after their symptoms have resolved

I-Matter Winners

I-Matter awards are given out to recognize significant achievement in the class and/or around the school. Winners this month are:

I Matter As a Learner:

8S: Hailey M, Olivia M, Nathan B-P
 6/7C: Chloe C, Morrigan S
 6K: Elliott C
 5E: Mason B, Lanai G
 4/5C: Lily A-G
 3B: Pierson W
 2G: Oliver-Dean B, Colton B, Jacob D
 1/2C: Boston Y, Logan S, Molly M
 K1: Harrison W
 K2: Rori B

I Matter As an Individual:

8S: Erika B, Claudia R, Carter S
 6/7C: Kennedy S
 6K: Charlie F
 5E: Matthew J
 4/5C: Cory I
 3B: Amelia F
 1C: Riley R
 K1: Olivia M
 K3: Rhys R

I Matter As a Community Member:

7/8W: Jhovanny O, Sydney L, Minryul K, Youngki J
 6K: Jack W
 4/5C: Kaylin W
 3B: Sofia B
 1C: Jackson B, Emmett P
 K1: Everly M
 K2: Emiree S



Thank You to Romby's and The Grantham House

Due to the pandemic, our Parnall nights at Romby's and The Grantham House are currently on hold.

We want to take this time to thank Romby's and the Grantham House for their support of Parnall School. We look forward to partnering with them again in the future.

In the meantime, when you don't feel like cooking or want to enjoy an evening out, the patios are open and takeout is always available at both Romby's and The Grantham House!



Romby's
 488 Lake St.
 905-397-1010



The Grantham House
 14 Secord Drive
 289-362-1651

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 to 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.



Parnall Advisory Council

We are thrilled to have parents make up the Parnall Advisory Council which does so many things to help the students at Parnall School.

At the latest meeting on September 28, we discussed:

- PAC membership
- Summary of Fundraising & Purchases from the 2019-20 school year.
- Plans for this school year.

Can Tabs!

Keep collecting your CAN TABS



Although students can't currently bring in their CAN TABS, we anticipate being able to collect them in the future. All CAN TABS from beverage cans, pet food and food cans (soup, tuna, vegetables, etc.) are accepted.

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!

PAC – Parnall Advisory Council Update

Thank you to all of the parents who came to the first PAC meeting for 2020-2021.
We're really excited for a successful school year!

We held an election for this year's membership. Congratulations to:

Executive

Chair: Lauren Hoogasian Treasurer: Sharon Seinen
Vice Chair: Noelle Klassen Secretary: Anne Fedj

Voting Members

Glen Vanderperk
Joanne Adams
Meg Parsons
Melissa DeBeau
Sterling Bidgood
Joy MaGarry

School Staff Members

Robb McLean
Esther King

**Did you know that any Parnall Parent/Guardian can attend meetings?
It's true! Come out to any meeting – listen, learn, and even join
in the discussion. We'd love to see some new faces!**

If you can't come to PAC meetings, you can check out the minutes from meetings at http://parnall.dsbn.org/about_schoolcouncil.html, and contact the PAC via email at parnallpac@gmail.com.

**Our 2020-2021 meetings will take place on:
Oct.27 / Nov.24 / Jan.26 / Feb.23 / Mar.23 / Apr.27 / May 25**



Parnall Advisory Council 2019-2020 Fundraising & Purchases

We like to make sure that the Parnall community knows where PAC funds come from and how they're spent. We try to spread the financial support so that while sometimes specific groups of students may benefit, most of the time ALL students benefit! We're here for the kids!

Fundraising Efforts:

Parnall Pirate T-Shirt Sales
Professor Jamz Dance-A-Thon
Little Caesars – Fall Fundraiser
Laura Secord Chocolate Bars – Winter Fundraiser
Can Tab Collection

Major Purchases:

Forest of Reading Program Subsidy
Niagara Nutrition Partners / Snack Program Funding
Parnall T-shirt Replenishment
Prizes for: Little Caesars and Chocolate Bar Fundraisers
Science Equipment
Reading Program Books
Student Subsidy
(\$10/student for homeroom "wish list" to enhance classroom learning)