

Cougar Connection



November 2017
Collins Bay Public School



Collins Bay students show good character and will mark November with Anti-bullying Month. Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week to help promote safe schools and a positive learning environment. WITS and LEADS are bullying prevention programs aimed at students in K-6. Our Community Leader for WITS and LEADS is Constable Valerie Hurding from the Kingston Police Community Service Unit. If you want to find out more about WITS and LEADS, check out the website – <http://www.witsprograms.ca>. Teachers are sharing our

large collection of literature that reflects good character and anti-bully themes throughout the year. Our grade 7 and 8 teachers are implementing the Fourth R – an anti-bullying program which is integrated within the Health Curriculum. We will be proud to see all the pink shirts worn on “Wear Pink – Stop Bullying” November 22. Collins Bay ROCKS!!

TAKE A STAND AGAINST BULLYING!

Taking a stand against bullying for the first time can be nerve-wracking for some students, and even some adults. Here are five ways you and your students can “**be more than a bystander**”.

Be their friend

Tell a trusted adult

Help them get away

Don't give bullying an audience

Set a good example



Yours in education,
Laurel Cruise-Alkenbrack and John Mooney
Administrative Team

CPIC Renewals

Ministry guidelines require that all volunteers provide the school with a **current** CPIC. These are renewable each year. If you have a CPIC on file with the school office you need only come in and sign an Offence Declaration annually, which will be kept on file with your original CPIC. It is the responsibility of the volunteer to ensure we have current information on file.

BRRR It's Cold Outside

Just a reminder that students will be outside for recess unless it is raining. Now is a good time to get those warm coats, hats, scarves, mittens and boots out of the back cupboard. Being dressed for the weather to keep warm and dry helps everyone have a good day at school.

Primary students are asked to keep a change of clothes in their backpacks. This will save a phone call home or to work asking for a change of clothes if a student gets wet or muddy from playing in the school yard.



We also ask for students to bring an indoor pair of shoes that can be left at school.

Jingle Bell Run



The Jingle Bell Run is an opportunity for students, staff and parents to kick off the holiday season in an ACTIVE way. KFL&A Public Health is partnering with Partners in Mission Foodbank to encourage physical activity, while collecting for local food banks.

We will be participating in the Jingle Bell Run on Friday, December 1st.

Please provide a non-perishable food donation for your child to bring in, on or before December 1st.

November Events

November 10 th	Remembrance Day Ceremony, 11:00am
November 7 th	Hot Dogs
November 15 th	Parent Council Meeting, 6:00pm
November 16 th	Picture Re-takes Report Cards
November 21 st	Hot Dogs
November 22 nd	Wear Pink Gould Lake, 3/4/5
November 23 rd	Milkshakes
November 24 th	P.A. Day
Friday's	Pizza

R I S K



**“A no-risk
childhood
is risky”.**

(MacDonald, 2006)

What is risky play?

- ❁ **Risky play** is defined as thrilling and challenging forms of play that involve a risk of physical injury. (Sandseter, 2007)

What are the benefits?

- ❁ Promotes independence, creativity, problem-solving
- ❁ Direct experience of the consequences of actions
- ❁ Developing control and coordination of their bodies
- ❁ Boosts emotional resilience, self-confidence
- ❁ Reduces stress, promotes self-regulation
- ❁ Satisfies children's need for challenge and thrill
- ❁ Demonstrates courage and physical skills to peers
- ❁ Reduces fears, increases positive feelings of joy

In children's risky play, we must always consider the risks against the developmental benefits. (Ball, 2002)

Climb a tree, it never gets old!

Provided by: *Ontario Early Years Literacy Specialists*

Progress Reports

Students in Grades 1 to 8 will be bringing home their early progress reports on Thursday, November 16th.

Kindly return the envelope for future report card distributions.



Choose Water

Make it easy for kids to choose water instead of sugary drinks!



Tips



Drinks like 100% fruit juice, chocolate milk, sports drinks, pop, and yogurt drinks have high amounts of sugar and bump out the nutrients that kids need to feel good and perform their best.

Pack a reusable water bottle instead of a sugary drink in your child's lunch bag.

For more tips, visit kflaph.ca/ChooseWater #choosewaterKFLA #YGK

kflaph.ca

2017-09-28



Did you know ...

Collins Bay Child Care Centre provides a **Before and After School Program**, licensed by the Ministry of Education, for children 3.8 years – 12 years of age, located in Collins Bay Public School!

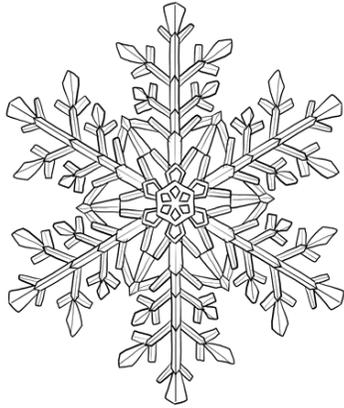
This seamless day concept enables the children to continue to learn and grow hours after the school bell rings with fewer transitions and disruptions to contend with during their day and their family's day.

Full Day School Age Care is offered on all P.A. Days and school holidays; *there is still space available for the November 24th P.A. Day.*

We will also be offering a full day school age program over the Christmas Holidays.

A nutritious lunch and 2 snacks will be provided.

Spaces are currently available and you are invited to contact us at 613-634-6694 or visit our website at www.kingstondaycare.org for further information on how to register your child.



THE BIG CHILL

(HOPING FOR A SNOW DAY)

Join us in the fun as both the students and teachers realize they are hoping for the same thing!!

Please join us Dec. 19 at 6pm for a wintertime musical presentation.

Please bring an item for the local foodbank.

They said it themselves ...

Students were asked: What is your favourite Fall activity?

Isla, JK: "I like pumpkin carving."

Finn, SK: "Pumpkin carving is my favourite."

Quinton, gr. 1: "I like jumping in the leaves."

Shelby, gr. 2: "I like apple picking and pumpkin carving."

George, gr. 3: "Jumping in leaves."

Colin, gr. 4: "I like to play baseball."

Conner G., gr. 5: "My favourite Fall activity is jumping in leaves."

Alyssa, gr. 6: "I look forward to the start up of Dance classes."

Jeannie, gr. 7: "I look forward to hockey season starting in September."



The Power of One

A bullying-proofing performance for elementary school children was held at our school for awareness.

The Power of One was a series of skits presented by actors who used boxes, colours, and masks to vividly portray what bullying is, what can be done about it, and how every child has the power of one, the power to report and deal with bullying when they see it. The Power of One:

- Explained the roles of bullying; Bully, Target, Bystander, and Upstander
- Showed vivid examples of different types of bullying: Physical, Verbal, Exclusion, and Cyber bullying
- Alerted children that Targets need help and shows them how to be Upstanders rather than Bystanders
- Provided solutions to bullying including reporting, intervening, and assisting the Target.
- Emphasized the need for individuals to take action to make their community a safer, better place

The Power of One Oath

*I will not bully others.
I will not stand by while others are bullied.
I will report and deal with bullying whenever I see it...
...because I have
the POWER of ONE*

*All students and staff have signed the pledge -
see the poster in our hallway.*