

THREE MILE PLAINS SCHOOL

www.tmpds.ednet.ns.ca

Office Hours: 7:45-3:15

Phone: 902-792-6720

November 2017 DATES!

Nov 1st Oaklawn Farm Zoo
School Trip

Nov. 8th Remembrance Day
Assembly at 1:00 a.m. for all
students.

Nov. 10th No School .
Regional Marking Day

Nov. 13th Remembrance Day:
No School.

Nov 15th Ray's Reptiles at
TMP

Nov. 15th Parent Support
Group Meeting 6:30 p.m.

Nov. 27th First Term Reports
go home..

Nov. 29th Early Dismissal
11:15 a.m. Parent Teacher
afternoon and evening
conferences and
appointments.

Nov. 29th Fall Frenchy's night
in the gym! 6:30-8:30 p.m.

Nov. 30th In-service day. No
School for students.

FOOD FOR THOUGHT WINNERS!

The winners of the five \$100
Sobey's gift cards are:

1. Gwen Salter of
Windsor
2. Lorna Turner of
Brooklyn
3. Roland Schofield of
Panuke Rd.
4. Leon Beaton of
Windsor
5. Luke Regnier of
Avondale

Thanks to all those who supported
this program.

Thank you! The staff of Three Mile Plains wishes to "thank you!" for your continued support! We realize that during the first 2 months of school, we ask you for a lot! From sending in donations to our breakfast program, treats for a class party, items for Fall Fair, book orders, photo orders, etc..., we ask a lot of you! Please never feel that you have to support all of these initiatives. We only expect you to support the initiatives that you feel you want and can support. We do our best to minimize fundraising thanks to the wonderful support of our Parent Support Group.

Fall Fair... Thank you to everyone who was able to help support our annual Fall Fair! It was a great night filled with a lot of Halloween spirit, great food, fun activities and a lot of money raised to support our school!

Mad Science! Starting on Friday, Nov. 3rd, all classes will be participating in Mad Science. Each class will have a 30 minute Mad Science session every Friday for 6 weeks! Professionally-trained Mad Scientists will deliver half hour-long lessons that are comprised of entertaining demonstrations, educational discussions, and hands-on activities. With professional lesson plans, unique equipment, and animated instructors, Mad Science's in-class interactive workshops are an ideal way to reinforce core science concepts.

Ray's Reptiles: On Nov. 15th, we are excited to welcome Ray's Reptiles to our school. They will spend the day with us and provide each class with an hour long presentation. While fun, entertaining and very educational, Ray's Reptiles help to strengthen the lessons taught in class through an interactive, hands on approach to eco-education. The presentation includes 8-10 animals featuring snakes, lizards, turtles, tortoises, amphibians, invertebrates and even a crocodilian!

Frenchy's Night... we are now accepting donations of gently used clothing. Our Frenchy night will take place in the gym on parent-teacher night on Nov. 29th. For those who are not familiar with this event, it is an opportunity to come find some new gently used clothing items. There is no cost!

New Primary Students: If you have a child or know of a child who will be starting school next year (September, 2018), please contact the school office. Yes... we are starting our list now. 902-792-6720

Flouride Mouthrinse Program: Thank you to our parent volunteers for running this very important program! Did you know... fluoride makes the tooth enamel or the outer white structure of the tooth stronger and able to fight decay or cavities. Fluoride has the power to stop the activity of the plaque (bacteria, germs, sugar bugs) from making the acid that harms the teeth. The fluoride rinse program at our school helps make teeth strong and it also helps to get rid of the acid!

Reminder About Student Drop Off Time - If you are driving your child(ren) to school in the morning instead of putting them on the bus, please do not drop students off at school before 8:00 a.m. If they arrive before this time they have no supervision and have to wait in the entrance of the school.

"My Child is Anxious: Should I Worry?"

Information Session - November 8th and 15th Room 2A at the Hants Community Hospital 6:00 to 8:00 p.m.

Riverview Skating Club -Registration for Winter programs (10 weeks) - **Wednesday Nov. 15th 5 - 8pm/Saturday Nov. 18th 10am to noon** at Newport and District Rink and will be ongoing. Skating begins Nov. 22nd at Newport Rink. Visit www.riverviewskatingclub.weebly.com. For more details. You can also find us on Facebook or e-mail c_t_corbin@hotmail.com for more details."

Report Cards... Our first term reports will be sent home on Monday, November 27th. Some teachers will be hosting student-led conferences while others are having individual appointments. Please note... you can request a private appointment at any time.



Student Led Conferences: As principal, I have parents ask questions about Student Led Conferences and why some have changed from interviews. Research shows that Student Led Conferences is a method that better helps students improve their learning, improve parent engagement, and get higher learning results for our students. Many schools are successfully implementing student led conferences, however, we also value the importance of having individual meetings when necessary.

The student-led conference is:

- child-centered
- parents are more involved and informed
- students, teachers, parents become partners in education
- positive influence on student success
- meaningful conference experienced by all parties
- students learn to have a central role in reporting their progress, strengths and goals
- students learn presentation skills for authentic reasons
- students learn to be organized
- students develop leadership skills
- students develop oral language skills
- students are encouraged to accept personal responsibility for their learning

Why move away from traditional parent-teacher interviews?

- student has a minimum active role, if any at all;
- parents and teachers can be apprehensive, uncomfortable;
- parents may feel that teachers do not offer suggestions to support the student's learning;
- it is focused on a report card, not the learning;
- report cards offer little concrete information about the student's growth over a period of time;
- report cards do not demonstrate student knowledge, learning process, daily progress, needs, or experiences;
- parents may focus on the child's weaknesses rather than strengths;
- report cards do not take into account student self-evaluation, comments and reactions about their learning.

Helping your child relax: basic belly breathing

Have your child sit comfortably with his/her legs uncrossed.

Say the following:

'We're going to spend a couple of minutes playing a breathing game. Put your hands on your belly. Let your eyes close. Imagine a smile on your face. Be aware of how your belly rises and falls as you slowly breathe in and out. Now let your breathing get even slower, and I'll count...1,2,3 as you breathe in and 1,2,3 as you breathe out.'

Ask your child how this felt. If your child has trouble feeling the air in his belly, you can have him lie down and place a small toy or stuffed animal on his belly.

The effect of belly breathing is enhanced when accompanied by soft relaxing music.

It is important to make time for belly breathing. Ten minutes can be very effective. This can help both the child and the parent. Try to avoid interruptions as you practice this. Teaching your child to relax now can have long-lasting benefits.

(Source: The Relaxation & Stress Reduction Workbook for Kids)

Travelling Kindness Rocks will be holding its biggest dotting event in Windsor yet with \$5 from every registration donated to Christmas Angels! Teens for Change of West Hants Middle School are assisting behind the scenes and at the event to make this 100-person dotting experience a total success. Participants will dot their own copies of the 3" ornaments inspired by the colours of Kwanza, Hanukkah, and Christmas.

Event: Travelling Kindness Rocks Presents Dot for Christmas Angels

Date: Tuesday, November 28th, 6:00 – 8:30 pm at the Windsor Super 8

Storm Date: Friday, December 1st

Adults: \$25 + tax

Youth 18 & Under: \$23 + tax

Register at: TravellingKindnessRocks.ca or in the Travelling Kindness Rocks Shop, 49 Water Street, Windsor.

Important Information about Cancellation/Urgent Notices from AVRSB

The Annapolis Valley Regional School Board is now using Alert Solutions to send messages about school cancellations or other urgent situations. Examples of these messages are school cancellations due to weather/road conditions or power outages. Alert Solutions is the system that many schools use to send information to parents/guardians by text, email and phone.

If you are a parent/guardian and have updated your contact information with the school this year, you will automatically receive these notices from AVRSB by text, email and/or phone, depending on the information you have provided and the contact preferences you have indicated.

If you wish to check or update your contact information or preferences for Alert Solution messages, please use the Parent Portal online or contact the school office.

For several years AVRSB has used a system called *Notify Me* to send these types of messages by text or email. *Notify Me* requires users to sign up to this service. AVRSB will continue to operate *Notify Me* so those who do not have parent/guardian information on file with a school—such as grandparents and childcare providers—can receive these messages. Where possible, AVRSB will take steps to ensure parents/guardians do not receive duplicate cancellation/urgent messages from Alert Solutions and *Notify Me*. You can unsubscribe or subscribe to *Notify Me* any time at

<https://www.avrsb.ca/content/notify-me>.

Wellness Check for School Entry 2019

Do you or someone you know have a child born between January 1, 2014 and December 31, 2014? If you do, register now for Wellness Check for School Entry 2019. This FREE wellness check is taking place this fall. It provides speech, hearing, vision, dental and other developmental screening for children 2-3 years old who will start school in 2019. To register call Lisa at 790-2299 and leave your name and phone number, or register online at www.wellnesscheck.ca and Lisa will call you back to book an appointment.