

NEWSLETTER

September 2009



www.wsd1.org/brockcorydon

National Member of UNESCO's Associated Schools Network

Dear families,

Welcome to another wonderful year at Brock Corydon. I trust your summer has gone well, and that you are as ready as I am to begin the school year. As you know, open communication between Home and School is an essential ingredient for student success. The monthly newsletter is one way in which the school can keep families informed about what takes place at Brock Corydon. Please take the time to read the important information in this first newsletter and post the school calendar in a prominent place at home for a quick reference about special events, student activities and school closures. It is my hope that the school's website, newsletters classroom notes and e-mails will help you stay in touch with what's happening in your child's school life.

As always, I encourage you to speak with your child's teachers and myself should you have any questions or concerns. In addition, I am arranging two evening discussion sessions at the school - one for parents/guardians in the English program on Oct 14 and one for parents/guardians in the Hebrew Bilingual program on Oct 21 - with the opportunity to share any concerns, questions and comments they may have regarding their child's program. More information about these two meetings will be sent home next week.

I am pleased to inform you that we now have closed circuit cameras at each entrance of the school; new vanities, sinks and taps in the washrooms have been installed and the walkway near the parking lot has been replaced. Plans are underway for an electrical upgrade for the whole school. The custodians have done a thorough job of cleaning the school and will continue to ensure its cleanliness throughout the school year. We will all do our part in maintaining a healthy environment, especially with the up-coming flu season.

The teaching staff will continue to focus on the following priorities and student outcomes for this school year:

- **Strengthen Literacy Through the Arts:** Students will demonstrate understanding of and facility with the elements of dance and drama in a variety of contexts and with visual and musical elements, principles, materials, tools and processes.
- **Strengthen Math Skills and Strategies for all Students:** Students will demonstrate the ability to use a variety of strategies to solve math problems and greater conceptual understanding of Place Value, Multiplication and Division, Fractions and Decimals and Algebraic reasoning.
- **Promote Healthy Choices with regard to Nutrition, Physical Activity and Healthy Lifestyles:** Students will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being and to make informed decisions for healthy living related to personal health practices, active living and healthy nutritional practices.
- **Strengthen and Enhance Aboriginal Education:** Students will develop an understanding and respect for the histories, cultures and traditional values, contemporary lifestyles and traditional knowledge of Aboriginal peoples and will be able to express informed opinions on matters relating to Aboriginal peoples.
- **Strengthen Literacy with Information and Communication Technology (ICT):** Students will develop their critical and creative thinking, in curricular context, through the responsible and ethical use of ICT and will become proficient in the use, management and understanding of Information and communication technologies

In addition to these priorities, the teaching staff will continue to strengthen our connection with UNESCO's Associated Schools' Network - promoting a sustainable culture of peace in which students are made aware of local and global issues regarding world issues, human rights, environmental sustainability, and intercultural learning. The teaching staff continues to be committed to the principles of Assessment for Learning - specifically in helping students of all ages develop the habits of involvement in and responsibility for learning and moving them towards a deeper level of understanding and confidence.

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The staff and myself look forward to seeing you at the up-coming Meet the Teacher evening next week.

Ira Udow, Principal

MEET THE TEACHERS

Thursday, September 17, 2009 - 6:30-8:00 p.m.

Join us in the school Gym for opening remarks at 6:30 p.m. There will be two half hour sessions during which time the classroom teachers will share information about their classroom programs. The two sessions will offer you the opportunity to visit more than one classroom especially if you have more than one child at the school.

BROCK CORYDON SCHOOL STAFF . . .**Classroom Teachers**

English Program

Gail Fehr	Nursery/Kindergarten	Mornings	Rm. 9
Camie Lawson	Gr. 1/2 English Program	Full time	Rm. P3
Chitra Pradhan	Gr. 3/4 English Program	Full time	Rm. P6
Susan Pereles	Gr. 5/6 English Program	Full time	Rm. 5

Hebrew Bilingual Program

Brenda Gerson	Kindergarten	Mornings	Rm. 11
Carrie Standil	Gr. 1 and 2 Hebrew	Alternate mornings and afternoons	Rm. P2
Carrie VandeGraaf	Gr. 1 and 2 English	Alternate mornings and afternoons	Rm. P4
Eileen Curtis	Gr. 3 and 4 Hebrew	Alternate mornings and afternoons	Rm. P5
Dorothy Goddard	Gr. 3 and 4 English	Alternate mornings and afternoons	Rm. P7
Paula MacPherson	Gr. 5 Hebrew	Days 1,3,5 all day	Rm. 3
Stacie Edgar	Gr. 5 English	Days 2,4,6 all day	Rm. 1
	Gr. 6 English	Days 1,3,5 all day	
Leah Braemer	Gr. 6 Hebrew	Days 2,4,6 all day	Rm. 4

Support/Specialist Teachers

Barb Lercher	Resource/Special Education	Full time	Rm. P1
Doug McGregor	Physical Education	Full time	Gym
Ella Golubchik	Music	Days 1, 3, 5	Rm. A1
Colleen Rossman Gordon	French	Mornings	Rm. 2
Gail Fehr	Reading Recovery	Afternoons	Rm. 9

Clerical Staff

Sharon Rossi - Secretary Ellen Nothstein - Library/Office Clerk

Educational Assistants

Patty Best, Marla Chernick, Debra Kofsky, Barb Kowall, Marni Portman, Claire Rodger Dyck, Johnathan Rodger, Liane Brandt

Custodial Staff

Ross Ewbank - Head Custodian Randy Andries - Evening Custodian
Afonso Diogo - Evening Custodian

BROCK CORYDON LUNCH PROGRAM . . .

Shelley Breslaw-Wynne - Co-ordinator
Johnathan Rodger - Playground Supervisor
Roxanne Kaplan/Signe Jewett - PASCAL Co-ordinators
Ruth Ackerman/Mila Teterro - Fun Lunch Fundraiser Co-ordinators

CHILD GUIDANCE CLINICIANS . . .

Reesa Nerman - Social Worker
Antonella Sciangula - Psychology
Eileen Froehlich - Reading
Neelam Balchan - Speech and Language

PUBLIC HEALTH NURSE . . .

Marla Johal (mjohal@wrha.mb.ca) 938-5089
Mondays, Tuesdays or alternating Wednesdays.

BROCK CORYDON DAYCARE . . .

Rilla Drobot - Director
Lucy Chagas - Assistant Director
Cynthia Szkop and Polin Rozenman - Supervisors

SCHOOL DIVISION'S NURSE EDUCATOR . . .

Kerry Heather (kheather@wsd1.org) 788-0203

SCHOOL EDUCATION OFFICER . . .

Constable Gary Anning #1710 (ganning@winnipeg.ca)

CALENDAR OF SPECIAL EVENTS AND SCHOOL CLOSURES

The school newsletter is sent home on the last day of each month, one per family, with the youngest child. Please note that there have been some date changes since the Summer Newsletter went out at the end of June.

September 8	In-service - NO SCHOOL
September 9	Gr. 1-6 start school
September 10	PASCAL Orientation 1:00 & 7:00 p.m.
September 17	Meet the Teacher Open House 6:30-8:00 p.m.
October 12	Thanksgiving - NO SCHOOL
October 16	School Photos
October 23	Provincial In-service - NO SCHOOL
October 30	In-service - NO SCHOOL p.m. only
November 10	School Photo retakes Remembrance Day Assembly in a.m.
November 11	Remembrance Day - NO SCHOOL
November 25/26	Parent-Teacher Conferences—after school
November 27	Parent-Teacher Conferences - NO SCHOOL
December 18	N-4 Winter Extravaganza in p.m. Last day of classes before Winter Break
January 4	School reopens - Day 1
January 28	Open House Registration - evening
January 29	In-service - NO SCHOOL
February 15	Louis Riel Day - NO SCHOOL
February 26	Purim Celebrations
March 1	In-service - NO SCHOOL
March 26	Last day of classes before Spring Break Passover Seders K-4 a.m.; 5/6 p.m.
April 5	School reopens - Day 6
April 23	Student-led conferences - NO SCHOOL
May 7	In-service - NO SCHOOL
May 24	Victoria Day - NO SCHOOL
May 26/27	Gr 5/6 Musical
May 28	In-service - NO SCHOOL
June 28	Grade 6 Farewell in a.m.
June 29	In-service - NO SCHOOL p.m. only
June 30	Last Day of Classes - 11:30 Dismissal

School Website

We have links on the homepage to school notes that have been sent home, forms to be completed and the school newsletter and calendar.

The children will continue to receive hard copies distributed to the younger child in the family.

You can find us at:
www.wsd1.org/brockcorydon.

School Closures

Manitoba schools are able to close for 10 days during each school year for administrative and professional development in-services.

A note will be sent home at least 2 weeks in advance indicating the date when your child(ren) will not have school.

We will make every attempt to prepare you in advance so that you can make alternate arrangements.

Please note: The school is open for Yom Kippur and all other Jewish Holidays.

Changes and/or additions to the school calendar will appear in the monthly newsletters and will be updated on the school's website.

PAC Meetings:

Sept 21; Oct 20; Nov 18; Jan 14; Feb 8; March 9; Apr 14; May 13

PAC Family Events:

Movie Night Nov 10
Family Dance Feb. 5
Winter Carnival March 19
Movie Night April 30
Family Fun Fair June 3

PAC Fundraising Schedule:

Sept - Entertainment & Show n Save Coupon books
Oct/Nov - Sobey's gift certificates & Magazine Subscriptions
Mar/Apr - Sobey's gift certificates and Plant sale

Fun Lunch Fundraiser - Hot Lunch and Pizza Pasta Lunch		
Forms and Dates for the second term will be distributed in January.		
HOT LUNCH	PIZZA/PASTA	SUBWAY
October 9, 2009 November 6, 2009 December 4, 2009 January 15, 2010	September 30, 2009 October 29, 2009 November 26, 2009 December 18, 2009 January 28, 2010	October 19, 2009 November 16, 2009

HOME AND SCHOOL CONNECTION. . .

Brock Corydon School has a reputation of welcoming parents/guardians to take an active role in participating in their children's school life. Your involvement can take many forms:

- **Parenting**—providing home conditions to support your child as a learner and assisting the school in understanding your child
- **Communicating**—maintaining effective communication between home and school
- **Learning at Home**—being involved with your child's learning and knowing how to assist your child with skills and strategies they need to know
- **Decision-Making**—participating in school decisions and taking a leadership role in school by attending PAC meetings
- **Collaborating with the Community**—coordinating resources and services from the community
- **Volunteering**—making time to be involved at the school. Our classrooms need your active involvement. Please consider donating some of your time to:

PARENT ADVISORY COUNCIL (PAC). . .

Brock Corydon's Parent Advisory Council (PAC) is an involved and vital support to school and community. All are welcomed to join the monthly meetings on a regular or adhoc basis, and become involved with committees and/or special events throughout the school year.

Elections for the following 2009-2010 Executive positions will take place September 21 at the first PAC meeting:

Chair or Co-Chairs; Secretary; Treasurer.

Bunny Feuer will continue on as Vice Chair. Anyone interested in joining the exec should contact Shelley Breslaw-Wynne 489-6530, Liane Brandt at 489-8291, Bunny Feuer 269-7770

Our 2008-2009 PAC Executive:

Liane Brandt	Co-Chair
Shelley Breslaw-Wynne	Co-Chair
Bunny Feuer	Vice Chair
Signe Jewett	Secretary
Lori Walder	Treasurer

ROOM REPRESENTATIVES . . .

The role of Room Rep is to act as liaison between the Parent Advisory Committee (PAC) and parents of the class. The job entails:

- Prepare and update phone/e-mail list of classroom students
- Welcome new families in the class to Brock Corydon School.
- Attend PAC meetings or appoint an alternative to attend.
- Invite parents to attend PAC meetings.
- Pass on important information via e-mail.
- Recruit parents to volunteer for school-wide events
- Coordinate volunteers for class-specific functions (when requested by a teacher).

Room Reps are still required for the following classrooms:

N/Kdg Rm 9
HGr 6 Rm 4

If you are interested in becoming a Room Rep, please contact Bunny Feuer at: bunnyfeuer@gmail.com or 269-7770

VOLUNTEER REGISTRATION FORM...

Please take the time to fill out the volunteer registration form and return it to the office .

CLASS PHONE/E-MAIL LIST...

The PAC develops a yearly school phone/e-mail list for distribution to all families.

Please take the time to provide your contact information and return it to the office . Please inform the school office of any changes.

BULLETIN BOARD...

There is a bulletin board located outside of the office. Please feel free to check the community notices, and other information on the board.

If you need childcare or are interested in providing childcare, please feel free to post your notice on the board and in our school's newsletter.

LUNCH TIME AT BROCK CORYDON SCHOOL...

BROCK CORYDON LUNCH PROGRAM...

Brock Corydon's Lunch Program is a not for profit supervisory program service provided by the Parent Advisory Council. Children in grades 1-6 who stay for lunch must be registered for and fees submitted to the Brock Corydon Lunch Program.

Lunch program fees and forms are due now. Forms for the 2009-2010 school year may be found in office #2 or online at the school's website. Past due accounts must be settled before students will be accepted into the current year's program. If you have any questions about fees and fee structure please contact Shelley at breslaw@mts.net; ph 489-6530.

The lunch program provides milk, straws and plastic cutlery. We do not provide plates for microwaving or bowls for soup/cereal. Please remember to send your children to school with the appropriate dress for the weather. All children are expected to go outside for recess unless it's raining or temperatures reach -27c with windchill.

Families, please review the rules of the lunch program in advance of the start of school.

I look forward to another wonderful year in the BCLP!

Shelley Breslaw-Wynne Brock Corydon Lunch Program Co-ordinator

PASCAL PROGRAM (PARENTS ARE SUPERVISING CHILDREN AT LUNCH)...

PASCAL is a program that allows parents to work in lieu of full payment in the Brock Corydon Lunch Program. For a reduced yearly fee (\$60) parents work one lunch period a month. Application forms are available in office #2 or online at the school's website. There are still a couple of positions open on the schedule if you are interested in being a part of the PASCAL Program.

MANDATORY orientation sessions for parents enrolled in the program will be held upstairs in the library on Thursday, September 10th at 1:00pm and 7:00pm. If you do not attend one of the orientation sessions, you can not participate in the program.

If you have any questions regarding the PASCAL Program, please contact one of the new PASCAL Coordinators.

Signe Jewett sbjewett@mts.net 488-4638

Roxanne Kaplan krba@shaw.ca 489-8716

FUN LUNCH FUNDRAISER - HOT LUNCH AND PIZZA LUNCH PROGRAM...

As Fun Lunch Coordinators, we would like to welcome you to our Fundraising Lunch Program! For those of you new to our school, Fun Lunch days are fundraisers. Over the past years we have raised about \$5000.00/year for our school. These funds go directly to the classrooms and benefit all our kids. Teachers volunteer their time to supervise our children one lunch time a month; Lunch program staff and parent volunteers supervise on the other days.

These programs run twice a month, from October – June and participation is optional. They are run completely by volunteers and are separate from the Brock Corydon School Lunch Program. Order forms are sent out in September and January. Food is ordered in from a number of places. As with all lunch times, the children eat in their classrooms and then go outside.

For further information about the Hot Lunch and Pizza Lunch Programs please contact your Fun Lunch Co-ordinators,

Ruth Ackerman 889-5381 Ruthack@mts.net

Mila Tettero 475-0026 milinski@shaw.ca

NOON HOUR ACTIVITIES...

All Grades 1-6 students will be invited to participate in noon hour activities of intramurals, Chess Club, Garden Club, UNESCO, Student Council, etc. Students can sign up when teachers ask if they are interested. The newsletter will help keep parents informed of when these events occur.

THE FIRST MONTHS OF SCHOOL . . .

Building Community: September is the time when teachers and students build relationships and develop the strong sense of community in their classrooms. Routines, procedures and expectations are put into place so that the best possible learning and teaching can take place. Respect for oneself, for others and for property is essential for ensuring a safe and purposeful learning environment.

Assessment: All N-Grade 6 teachers conduct the Winnipeg School Division's **Comprehensive Assessment Program (CAP)**. After classroom routines have been established, the teacher begins conducting assessment activities and interviews with each child. Some of the activities are done as a class or small group but all involve some individual interaction between the teacher and the child. The overall assessment process is completed by the end of October (end of November for Nursery/Kindergarten). Assessment results are shared with parents in a written format during the first reporting period.

Student Leadership and Involvement: Students of all ages are encouraged to take an active role as responsible members of their classroom and school community. They are given the opportunities to take advantage of the many lunch hour clubs and activities that will be taking place this year and to take on the various leadership opportunities offered to them.

Labeling Personal Belongings: Please ensure that any belongings that your child brings to school are labeled. Hopefully this will minimize the chances of things being lost. Also, parents and/or students may want to check our lost and found from time to time if any items have gone missing. All lost and found items will be given to charity at the end of the school year.

Hallway Decorum: Our wide hallways are extensions of the classrooms where children and adults engage in a variety of activities. Please use quiet voices so as not to interrupt the teaching and learning that is taking place.

Office Hours: Sharon Rossi and Ellen Nothstein are in the office from 8:00 a.m. to 4:00 p.m. daily. Messages may be left on the school's answering machine.

Please complete the following forms and return them to the office as soon as possible:

- Lunch Program Registration - due Sept 9
- Winnipeg School Division Student Description form - attached
- Informed Consent form - attached
- School Volunteer form - attached
- Parent Advisory Council Class/Phone/Email form - attached
- Hot lunch and Pizza Lunch forms - attached

DAILY SCHEDULE . . .

7:00 a.m.	Brock Corydon Daycare begins
8:00 a.m.	Office staff begin day
8:30 –8:55 a.m.	Outside supervision
8:45 a.m.	Crossing Guard and Student Patrols on Duty
8:55 a.m.	Students come in
9:00	Morning announcements
10:35-10:50 a.m.	Morning recess
11:30 a.m.	N/Kdg dismissal
11:55 a.m.	Patrols on duty (as needed)
12:00 noon	Gr. 1-6 dismissal for lunch
12:45 p.m.	Patrols on duty (as needed)
12:55 p.m.	Students come in
2:30-2:45 p.m.	Afternoon recess
3:25 p.m.	Patrols on duty
3:30 p.m.	Gr 1-6 dismissal
4:00 p.m.	Office is closed
6:00 p.m.	Brock Corydon Daycare ends

Morning Announcements

The singing of O Canada and morning announcements take place daily at 9:00 a.m..

All students are expected to be in their classes by 9:00 a.m. Morning announcements are an important aspect of school life, providing staff, students and family members with information about the day's activities.

Please stop all activities and remain quiet in the school until after the announcements.

HEALTH AND SAFETY AT SCHOOL . . .

SEVERE ALLERGIES ALERT . . .

There are children in our school who have **severe allergies to peanuts and nut products**. Even exposure to a tiny amount of this item could be serious and life-threatening.

We can all play a role in preventing such a dangerous and frightening situation at our school. Although the students and their families must take responsibility to avoid exposure, staff, other children and their families can also help to make this school environment safe.

We do not restrict peanut butter, peanuts and food containing nut products from school and the lunch program. However we do ask parents to help educate all children about these foods and allergies. If these foods are brought in lunches, children must be responsible not to spread these foods, and to wash their hands thoroughly after eating. Of course, if you are able to find alternatives to peanut butter sandwiches and choose healthy snacks for your children that do not include nut products, that would be the safest way to go for these children.

This may be an inconvenience for you, but please realize how important your cooperation is. We would take the same care should your child have such a health care need.

STUDENT ACCIDENT INSURANCE . . .

Brochures are sent to all families in September. The basic insurance plan provides ambulance coverage, unlimited coverage for dental damage due to accident for the first **ten** years after the accident, as well as benefits related to death, dismemberment and total permanent disability at a cost of only \$6.00 per year for one student. Extended benefits are available at a slightly higher premium as outlined in the brochure. The insurance coverage is for 24 hours per day/365 days per year and covers all accidents whether at school or outside of school hours.

FIRE DRILLS AND LOCKDOWN PROCEDURES . . .

Throughout the year our school will practice 10 fire drills. Five practice drills will occur during the Fall Term and 5 will occur during the Spring Term.

Lockdown practices will occur during the school year to ensure that everyone is aware of the procedures to follow in the event of an unsafe situation. The children and staff have practiced this in the past and are familiar with the procedures.

New and former students will need to practice during the school year.

PUBLIC HEALTH NURSE . . .

My name is Marla Johal and I am the Public Health Nurse for Brock Corydon School. I am looking forward to working with the school & community for the 2009-10 school year. With flu season around the corner, I would like to make everyone aware that flu immunizations will be occurring in the community in October. If you are eligible, I would encourage you to attend one of our clinics. Date & times will be advertised in the media. Prevention is key, so please wash your hands regularly. If you are sick, please stay home & get better.

Feel free to contact me with any concerns or questions you may have @ 938-5089. I work part-time so my office hours are usually Mondays, Tuesdays & alternating Wednesdays. Take care & keep healthy!

MEDICATION FOR STUDENTS . . .

This is to remind parents that when the school is asked to administer any medication to a child, a letter from a medical doctor must support the request. A telephone communication from the doctor will suffice, pending the receipt of written verification that can be faxed from the doctor's office.

- ◆ The medication must be brought from the home by the parents, guardian, or other reliable adult.
- ◆ The medication container must have the dispensing instructions noted on it and must have the **official label of the druggist**.
- ◆ The container should be one for school use—a separate container should be kept at home.

Students with asthma who bring "inhalers" to school will be allowed to carry them with them at all times.

Students requiring epi-pens should be carrying these epi-pens with them at all times.

CALL BACK SYSTEM . . .

It is the responsibility of the parent to call the school and inform the office if your child will be absent from school or will arrive late. If we have not heard from you shortly after 9:00 a.m. and 1:00 p.m. and your child is not in class, the office will call your home, work, or emergency phone number to ensure the safety of your children.

All students arriving late to school (after 9:00 a.m. and after 1:00 p.m.) **must report to the office**.

PARKING, STOPPING, DROP OFF AND PICK UP . . .

Please ensure the safety of **all** children by parking on Cordova or Queenston Streets as your drop off and pick up spots. Patrols will safely cross everyone at the back lanes.

Please adhere to the NO STOPPING zone near the crosswalk on Corydon Ave. The student patrols are trying their best to cross the children, and are prevented from doing so when cars are illegally stopped or parked near the crosswalk.

For the safety of the students and for convenience of the school staff, please avoid using the staff parking lot and the back lanes.

MORE IMPORTANT INFORMATION . . .

Busing - If your child takes the school bus and because of unforeseen circumstances he/she cannot take the bus on any particular day, please call the school preferably before 2:30 p.m., send a note to the classroom teacher or come to the office to let the staff know of the change. **If there is no phone call, note or visit to the office, your child will be placed on the school bus.**

School Bus Behaviour - Your school bus driver's number one interest is your safety. He or she will ask you to be on your best behaviour. It is important to listen to your bus driver in case there are any special instructions for your bus ride. Sit quietly in your seat. Speak quietly to the other children near you. Do not jump up and down, fight or tease other passengers or make a lot of noise. These activities can bother your bus driver and he or she will not be able to give proper attention to driving.

Phone Calls - Students are welcome to use the school phone when there is a need (emergencies, school events changed, etc.). Students are NOT to use school phones to make after school social arrangements, as these can be made ahead of time. When teachers and students receive phone calls, we will generally take messages. If it is an emergency or we know the teacher is available, we will forward the call. Again, please make calls to teachers, and arrangements with your children before school.

Cell Phones at School - The Winnipeg School Division has a policy prohibiting the use of cell phones, personal digital assistants and other multifunctional devices. The use by students, staff and community members of camera, video, telephone and text messaging is strictly prohibited in all schools unless permission has been granted by the principal.

Birthday Invitations - Families are reminded that birthday invitations are best delivered to party goers in private, away from the school.

Home Child Care - From time to time we are asked about child care. If you or anyone you know offers daily child care or before and after child care in your home, please contact the school. With your permission, we would be willing to share your information with interested parents.

Code of Conduct - Brock Corydon School follows the Winnipeg School Division's Code of Conduct for Safe and Caring Schools which outlines the roles and responsibilities of students, staff and parents/guardians, a proactive/preventative approach, the intervention strategies and consequences for inappropriate behaviours that may be used.

Children's Personal Items from Home - Some children bring personal items to school such as toys, electronic devices, cd players and trading cards to school to play with at recess times. There have been past occasions when some of these personal items have been lost or stolen or arguments have resulted over them. These problems can often interfere with the children's work and focus in the classrooms even though they occur at recess times. We are asking you to be aware of what your child is bringing to school and that you discuss whether or not your child should be bringing these personal items, especially valuable and expensive items. The school will not be responsible for lost, stolen or broken personal toys brought from home. Of course, conflicts over these items will continue to be addressed by either student conflict managers or staff using conflict mediation problem solving strategies.

Outdoor Recess - All students are expected to go outside for all recess breaks. If students are well enough to come to school, we feel they are well enough to go outside. The only exception will be students under a doctor's care. During the cold months we have a shortened or indoor recess as per the Winnipeg School Division's guidelines. We feel this policy is reasonable to all.

Skateboards, Scooters and Roller Blades - Children may choose to travel to and from school using skateboards, scooters or roller blades. The assumption is that they have a parent/guardian's permission to do so. When children arrive at school, they are to hold onto their skateboards, scooters or roller blades and not use them on school grounds during the hours from 8:40 a.m. to 3:40 p.m.

Lice in the Classroom - Lice seems to be a part of school life. We ask that if you notice lice please treat immediately and notify the office. Your child may return to school after first treatment.

Attention Pet Owners - Please be reminded that for the health and safety of Brock Corydon students and staff, dogs are not allowed on the school grounds at any time (Day/Night-Monday-Sunday).

Nursery and Kindergarten Registrations - Open to children who will be 4 years old by December 31 for Nursery or 5 years old by December 31 for Kindergarten.

Phys Ed Classes - All students are required to wear runners for Phys Ed classes - sandals, flip-flops and crocs are not safe. Classes will be outdoors on warmer days - hats are recommended. Grade 4-6 students are required to have a change of clothes for classes. During the warmer months, the students can wear the same leg wear as they wear for school (shorts, sweatpants, capris or skirt). A change of t-shirt and deodorant are recommended.

FOOD FOR THOUGHT . . . SARAH MORRY, BROCK CORYDON SCHOOL PARENT AND DIETITIAN

WHAT'S FOR LUNCH

With the start of a new school year comes the much dreaded question "what to make for lunch?" I am sure that everyone wishes that the lunch fairy will magically appear on your doorstep every morning with a delicious yet healthy lunch packed and ready to go, for your kids. Unfortunately that won't happen, but hopefully I will be able to give everyone some pointers that might make planning lunches not so scary as well as some nutrition information which you might find helpful!

I would like to start with a reminder about 'Eating Well with Canada's Food Guide'. 'Eating Well with Canada's Food Guide' groups food according to the nutrients they contain. The four food groups are vegetables and fruit, grains, dairy and meat and alternatives. Fruits and vegetables provide carbohydrates, vitamins and fiber which are beneficial in health. Grains provide carbohydrates, vitamins, proteins, minerals and fiber essential for energy. Foods from the dairy group provide vitamins, minerals, minerals and fats needed for bone and teeth strength. Meat provides protein, fats and minerals essential for growth.

Another point to keep in mind are portions and recommended number of servings from each of the four groups. The number of servings one requires of a food group differs depending on age and gender. So the quantities that you are eating aren't necessarily what your kids should be eating.

I recommend that you tape a copy of Eating Well with Canada's Food Guide to your fridge for easy reference. I will make copies available on the counter by the office.

Food Tips:

- Use fresh ingredients or freshly cooked foods (no more than two days old)
- Try cold leftovers like chicken, tacos, pizza or Chinese food.
- Try hot leftovers like soup, stew, chili or macaroni.

Packing Tips:

- Keep foods either very hot or very cold because food spoils quickly at room temperature.
- Pre- heat thermos with boiling water before putting in hot food and let it stand for 2-3 minutes.
- In hot weather put an ice pack or a frozen juice box (which will thaw by lunch) to keep from spoiling.

Wrapping Tips:

- Wrap foods in waxed paper or in plastic food bags. If you use bags make sure the printed side faces out.
- If you want lettuce or tomato in a sandwich wrap it separately to avoid the bread getting soggy. Add raw vegetables to the bag with lettuce. When wrapping up lettuce add a moist paper towel in the bag.

For more information, please contact Sarah Morry at 453-5171 or email sarahmorry@shaw.ca.

The 'Eating Well with Canada's Food Guide' can be found at the Health Canada website at www.hc-sc.gc.ca or go to the following web page to view the guide:
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

MEDIC ALERT'S NO CHILD WITHOUT PROGRAM. . .

MedicAlert's No Child Without Program is at Our School

The **No Child Without** program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program.

Your child's voice in an emergency, MedicAlert membership;

- Gives emergency first responders immediate access to your child's medical information on their MedicAlert bracelet or necklet
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline**.
- Communicates with the parent or emergency contact upon activation of the **Hotline**
- Allows free updates of the child's medical record as needed

MedicAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

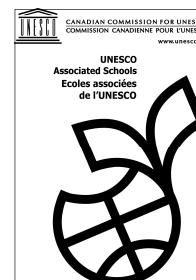
For further information come to the office for a brochure or visit www.nochildwithout.ca. To register your child you will need a **No Child Without** brochure from the office.

If your child is already part of the **No Child Without** program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 Ext 1 to update your child's file.



1510 Corydon Ave.
 Wpg., MB R3N 0J6
 Ph: 488-4422 Fax: 489-8764
 E-mail: brockcorydon@wsd1.org
 Web: www.wsd1.org/brockcorydon
 Office Hours: 8:00 a.m. to 4:00 p.m.

September 2009 School Calendar



National Member of UNESCO's Associated Schools Network

Mon	Tue	Wed	Thu	Fri
7	8 Day 1 Staff In-Service No Classes	9 Day 2 Lunch Program Forms and Fees due Grades 1 - 6 classes begin N/Kdg Interviews	10 Day 3 N/Kdg Interviews PASCAL Orientation 1:00 & 7:00 pm	11 Day 4 Rm 9 starts for one hour in morning; Rm 11 all morning Entertainment and Show and Save order forms go home
14 Day 5 All N/Kdg students attend full time	15 Day 6	16 Day 1	17 Day 2 Meet The Teacher 6:30-8:00 pm	18 Day 3
21 Day 4 12:20 Gr. 4-6 Intramurals PAC Mtg 7:00 p.m.	22 Day 5 3:30 Gr. 5/6 Interschool Soccer Practice All forms and payments due	23 Day 6 12:20 Gr. 4-6 Intramurals	24 Day 1 12:20 Gr. 5/6 Interschool Soccer Practice	25 Day 2 12:20 Gr. 4-6 Intramurals Terry Fox Run 2:30 pm
28 Day 3	29 Day 4 12:20 Gr. 4-6 Intramurals	30 Day 5 12:20 Gr. 5/6 Interschool Soccer Practice	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">The following forms and payments are due on Tuesday September 22:</p> <ul style="list-style-type: none"> • Student Fees • Volunteer Registration Form • Phone-Address-Email Form • Student Description Form • Informed Consent Form • Fun Lunch Fundraiser Forms and Payment </div>	

Upcoming dates in October:

- 6 Immunizations
- 12 Thanksgiving - **NO SCHOOL**
- 14 Discussion evening regarding English Program
- 16 School Photos
- 20 PAC meeting 7-9 pm
- 21 Discussion evening regarding Hebrew Bilingual Program
- 23 Teacher In-Service - **NO SCHOOL**
- 30 School In-service - **NO SCHOOL p.m. only**