



# The Bobcat News!

W.R. Best Memorial Public School \* 2221 Old Barrie Road West, RR#2 Shanty Bay, ON L0L 2L0 - Tel: 705.728.9591

ISSUE NO. 6 – February 1<sup>st</sup>, 2017 – Visit us on the web @ <http://wrb.scdsb.on.ca>

Follow us on Twitter @WRBestPS

Principal: Mrs. Eileen Carl Superintendent: Mr. Stuart Finlayson Trustee: Mr. Peter Beacock – Tel: 705.322.7816

## Principal's Notes:

### Family Fun Math Night!

On Tuesday, February 28<sup>th</sup>, from 5:00 p.m to 7:00 p.m., we are hosting an evening for parents and children to come to Guthrie Public School for an evening of math games and fun!

Dr. Ruth Beatty from Lakehead University and students from the Faculty of Education will be facilitating the evening as well as some of our staff.

This project is a result of the PRO grant and the School Councils of W.R. Best, East Oro and Guthrie working together to provide this opportunity.

Free pizza for dinner and take home math manipulatives are being provided for your family. A separate flyer with an RSVP sheet will be coming home shortly. Stay tuned!

Yours truly,  
Mrs. Carl



## WE'RE BUILDING CHARACTER!

### OUR GOALS ARE:

- To promote virtues of a free and democratic society
- To guide students in their journeys toward becoming individuals of good character
- Each month we are highlighting an attribute we would like to further develop.

### February's Focus: INCLUSIVENESS

We include everyone in what we do and value their unique contributions.

We demonstrate inclusiveness by:

- ✓ Believing that everyone matters and has worth
- ✓ Meeting new people and looking for things we have in common
- ✓ Not making negative comments about others' background, beliefs, or lifestyles
- ✓ Not judging others by how they dress or talk
- ✓ Understanding others' points of view
- ✓ Taking a stand when someone is being intolerant

*"We are here to help one another along life's journey."*

*William Bennett*

### UPCOMING DATES...

February 1 <sup>st</sup> & 2 <sup>nd</sup> , 2017	Garden Club
February 2 <sup>nd</sup> , 2017	National Sweater Day
February 7 <sup>th</sup> , 2017	Grad Photo (Gr.8) Day
February 8 <sup>th</sup> , 2017	Grad Photo (SK) Day
February 9 <sup>th</sup> , 2017	Colts' Game against Mississauga Steelheads!
February 15 – 17th, 2017	Camp Kandalore – Gr. 6 trip
February 17 <sup>th</sup> , 2017	Report Cards go home
February 20 <sup>th</sup> , 2017	Family Day, no school
February 22 <sup>nd</sup> , 2017	Grade 8's go to Eastview
February 28 <sup>th</sup> , 2017	Family Fun Math Night at Guthrie P.S., 5:00 7:00 p.m
March 3 <sup>rd</sup> , 2017	P.A. Day
March 7 <sup>th</sup> , 2017	School Council Meeting, 7:00 p.m.
March 7 <sup>th</sup> , 2017	Nordic Ski Competition
March 13th – 17th, 2017	March Break
April 28 <sup>th</sup> , 2017	Dance-a-thon

### Barrie Colts Night Out!

W.R. Best families are invited to watch the Barrie Colts hockey game on **Thursday, February 9<sup>th</sup>**. The Colts are playing against the Mississauga Steelheads! The cost of the ticket is \$20.00 per person and \$6.00 from each of the ticket sales comes directly back to W.R. Best. Last year was a big hit! We hope to see you there!



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## OUR DAILY “BALANCED” SCHEDULE

9:05 AM – 9:15 AM	Buses
9:20 AM – 11:00 AM	Instructional Time
11:00 AM – 11:20 AM	Nutrition Break
11:20 AM – 11:40 AM	Outdoor Recess
11:40 AM – 1:20 PM	Instructional Time
1:20 PM – 1:40 PM	Nutrition Break
1:40 PM – 2:00 PM	Outdoor Recess
2:00 PM – 3:40 PM	Instructional Time
3:40 PM	Dismissal

## SCHOOL DAY PRACTICES:

We would like to remind you of a few ways you can help us:

- If your child is late or absent from school, a phone call is required before 9:00 a.m. (705-728-9591). For absences of 3 days or more, a written note of explanation is ALSO REQUIRED.
- Students who are being picked up during the day (e.g. for an appointment) must be picked up from the school office. This is for the student’s protection.
- Please advise the office as soon as possible when you have a change of telephone number, address, employment, caregiver or medical information.
- Requests for school personnel to administer medication to students must be made through the school office and an authorization signed by the doctor must be submitted. Without this authorization, we are not permitted to administer any medication (not even Tylenol or antibiotics!).
- Valuable items such as iPods, toys, jewelry, collectibles, cell phones, cameras, etc. should not be brought to school. We cannot accept responsibility for any such items. Students are not permitted to take photos at school without specific permission in specific circumstances.
- Outdoor recesses provide students with a necessary change of pace in their day and serve as a refresher so that further efficient learning can take place. Generally, students who are too ill to benefit from recesses are too ill to be in school.

### WINTER WEATHER

1. Extra mittens/gloves and socks should be in every child’s schoolbag every day.
2. Indoor shoes are needed for classroom use. In the winter, outdoor footwear is always removed before entering the classrooms.
3. Students’ awareness of road safety must be heightened during this time of icy, narrowed, snow-banked roads. Remind them to BE EXTRA CAREFUL while waiting for the bus.

## ECO WASTE AUDIT

How are we doing?

Overall our school has made huge gains on the sorting of our waste and recyclables this year. This month we have been doing waste audits in each classroom throughout the school checking for containments. We are pleased to share that the amount of contaminants has majorly decreased since becoming an Eco school, therefore insuring our recycling is not ending up in the land fill. Let’s keep up the good work, Bobcats!





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“WE CANNOT DO GREAT THINGS ON THIS EARTH, ONLY SMALL THINGS WITH GREAT LOVE.” - MOTHER TERESA

## NATIONAL SWEATER DAY is February 2, 2017!

As a certified Ontario Eco School, we are required to report on four environmental stewardship campaigns that our school has taken part in this year. One of the stewardship’s we would like to take part in is National Sweater Day on February 2<sup>nd</sup>. This day can be a fun way to bring awareness to global warming and the costs to the environment while we heat our building. By being involved we can learn ways we can make a difference.

## OPERATIONS DAY

We are celebrating our custodians! The Simcoe County District School Board (SCDSB) invites all school communities to help celebrate the SCDSB’s annual Custodian Day taking place on February 8<sup>th</sup>, 2017. Custodians are an integral part of our school community. We thank our custodians for their conscientious efforts and commitment to the students of Simcoe County. Their work helps to create safe and supportive environments for learning and working. We hope you will join us in this celebration by expressing your appreciation to the custodians at our school. Thank you Mrs. Couture and Mr. Ferris!

## Closing of Schools under Conditions Brought About by Inclement Weather

Inclement Weather: The principals and staffs of schools will make every reasonable effort to keep all schools open each day for those students who are able to attend.

W.R. BEST IS IN THE BOARD’S CENTRAL WEATHER ZONE.

If buses are cancelled in the morning, they are cancelled for the entire day and will not run at a later time that day.

## Pack a Rainbow in Your Kid’s Lunch!

Make sure your kids do not leave the house without a lunch kit full of colorful veggies and fruit to munch on during the day. Try some of these tasty kid-friendly ideas to ensure they will eat what you pack!

- ✓ Add grated carrot to egg or tuna salad
- ✓ Pack veggies or fruit in small bite size pieces for easy eating
- ✓ Prepare veggies and fruit with different tools that change the shape and add interest to your child’s lunch. Use melon ballers, vegetable crinkle cutters, cookie cutters or even an egg slicer to make some great shapes
- ✓ Use a shake of cinnamon on cut fruit if it tends to turn brown ... they will enjoy the new flavour to their favourite apple or banana pieces.
- ✓ If your kid is a dipper, add a small container of yogurt or pudding for fruit dipping or cottage cheese or hummus for veggie dipping.

## Winter Reminder - Lost and Found

We would like to remind parents and students of the importance of bringing labelled hats and mitts and other winter apparel. Lost and found items will be removed from the box several times throughout the year. Students and parents are urged to make note of this and check for lost items regularly. Items not collected will be sent to a charitable organization.

**This term, items will be picked up on Friday, February 17<sup>th</sup>, 2017.**







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## SCHOOL EVENT INFORMATION & CALENDARS

### Your Top Eight Snow Day Questions Answered

Bus cancellations and snow days are inevitable in Simcoe County. Each time buses are (or aren't!) cancelled, the SCDSB and the Simcoe County Student Transportation Consortium (SCSTC) receive many questions from students, parents and community members. Check out the *Sharing Simcoe* blog for the top eight questions and answers - visit [www.sharingsimcoe.com](http://www.sharingsimcoe.com) and search for 'snow'. Remember to follow the SCSTC on Twitter @SCSTC\_SchoolBus for bus updates and cancellations.



### School Bus Safety Tips (SCSTC)

Winter weather is here, so please be sure your child's clothing provides the appropriate protection against the weather while waiting for the bus. Students are requested to be at their bus stop at least five minutes before their scheduled pick-up time. School vehicle delays of 15 minutes or more are posted under 'View Bus Delays' at the SCSTC website: <http://simcoecountyschoolbus.ca>.

### Student information notice for parents of Grade 8 students

As students progress from elementary school to secondary school, important personal student information is shared which eases each student's transition to secondary school. Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under sections 170, 171, 190 Part X and Part XIII of the Education Act. All information used for the transition process is limited, secure and protected at all times. Please contact **Stuart Finlayson** Superintendent of Education for this area, if you would like more information about the transition process at *W.R. Best*.

### February 2017

			1 Garden Club	2 National Sweater Day Garden Club	3	4
5	6	7 Grad Photos Gr. 8	8 Operations Day Grad Photos - SK	9 Colt's Game	10	11
12	13	14	15 Kandalore Gr. 6	16 Kandalore Gr. 6	17 Kandalore Gr. 6 Report Cards go home	18
19	20 Family Day No School	21	22 Eastview future Gr. 9 night 6:30-8:30 p.m.	23	24	25
26	27	28 Family Fun Math Night At Guthrie P.S. 5:00 - 7:00 p.m.				

### March 2017

			1	2	3 P.A. Day	4
5	6	7 School Council Mtg. - 7:00 Nordic Ski Competition	8	9	10	11
12	13 March Break	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### THANK YOU!!!

- ❖ To our food program volunteers who keep our lunch program going full steam ahead!
- ❖ To our School Council who actively support our efforts!
- ❖ To our custodians who work non-stop to make our school the cleanest in the county!
- ❖ To our parent volunteers who work one on one with students to promote academic achievement
- ❖ To our teachers, DECE's, secretary and EA's who work diligently to provide a great learning experience every day.



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## PARENTING STRATEGIES – Dr. Karyn Gordon

who  
you.

Dr. Karyn Gordon is one of North America’s leading relationship / parenting experts. She has a Bachelor in Psychology, a Masters in Counselling, a Doctorate in Marriage & Family and has done extensive studies in generational differences, personalities, leadership & EQ (Emotional Intelligence). She is a best-selling author; a regular columnist for *New York Parenting* and *Chatelaine Magazines*; she is a regular expert on Good Morning America, Cityline, and Breakfast Television. She is a motivational speaker and the founder of dk Leadership. Her mission is to inspire people to dream their best life, learn the tools and do it! She recently presented a motivational talk at Guthrie Public School, about how to get your children motivated and engaged. The following are three strategies that she spoke about to help your child grow up to have grit and perseverance; to be self confident and self disciplined; and to recognize that their self worth is linked to their effort not their accomplishments.

### #1 Attitude

- Help your child redefine what success is ... instead of asking them how they did on their report card, ask them if they tried their absolute best.
- Things children can control are the effort they are willing to put forth; their learning skills – self discipline, time management, setting goals, asking for help, being responsible for their belongings and their behaviour, etc.
- Helping your child to learn the value of intrinsic motivation is one of the best gifts you can give them.
- If your child is truly putting forth their best effort, then their grades should be irrelevant because in the end it is going to be their attitude, their self-esteem; their determination; and their work habits that take them places in this world, not a grade.

### #2 Ability

- Determine and understand how your child learns. Are they an auditory, visual or kinesthetic learner?
- Help them to maximize their learning style.
- For example, a child who is a visual learner may benefit from having a white board to use when learning so that they can draw or record what it is they are learning. A child who is kinesthetic learns best when using their hands ... encourage them to use manipulatives when working on math concepts.
- Do not let your child play the victim because of their learning style ... instead encourage them to become self advocates and determine how they can learn something more effectively.

### #3 Atmosphere

- Create a routine for them ... determine when they are the most efficient and then create a plan. For example, teach your child to come home, have a snack and then get down to homework that is focussed and uninterrupted by social media. Even if they don't have homework, establish a set amount of time devoted to something academic ... reading, multiplication tables, a gratitude journal etc.. This helps to develop self discipline and time management. Teach them to work first and play second.
- Decorate their room to be inspirational ... de-clutter their space, a comfortable chair; good lighting; a whiteboard; a desk; etc.
- Help them determine what makes them feel calm and focussed.
- Limit their screen time ... research has shown that children who have more than 2 hours of screen time (television, video games, computer) a day are more likely to develop learning challenges, than children with limited screen time.

For more information and the opportunity to receive a free monthly newsletter full of great parenting ideas, please visit <http://www.dkleadership.org>.

## Get the flu shot, not the flu!

Influenza (the flu) is a serious respiratory illness caused by a virus. Anyone can get influenza but young children, those over 65 and people are pregnant or who have chronic medical conditions are more vulnerable and at higher risk of complications like pneumonia. By getting your shot you are protecting yourself as well as those around you. Flu shots are available at many pharmacies and from health care providers throughout Simcoe Muskoka. Protect yourself, protect your family – get the flu shot! For more information, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

Information provided by the Simcoe Muskoka District Health Unit



## Volunteers

We are very fortunate in that we have an army of volunteers, moms, dads, grandparents, and community members who come to our school every day to support our school community. Thank you to all of you for your work at our school. It is very much appreciated!

Your children are certainly fortunate to attend school in such a caring, giving community as ours. They should appreciate the benefits they enjoy. Thank YOU for your continuing support.



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## Financial Literacy

### Expert Speaks at Eastview Secondary School

On Wednesday, April 12, 2017, Eastview Secondary School hosts financial literacy expert Robin Taub.

**What:** Raising Money-Smart Kids keynote by Robin Taub

**When:** Wednesday, April 12, 2017, at 7:00 p.m.

**Where:** Eastview Secondary School  
421 Grove St. E., Barrie ON

Robin Taub is the author of the best-selling book, A Parent's Guide to Raising Money-Smart Kids. Her presentation will discuss why it's important to teach kids about money as well as the challenges parents face, including the challenge of being a good financial role model. She will explain how to address age appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults. The presentation is approximately one hour in length, including time for questions. Robin will also provide specific tips and examples about:

- earning
- saving
- budgeting
- smart spending
- virtual spending
- allowance
- credit & credit cards
- family philanthropy
- investing

“Robin is a dynamic speaker who brings clarity and humour to financial topics.” says Erika Garrett, Guidance Counsellor at Eastview. “We’re offering this presentation to help support the development of sound financial literacy skills.”

This free event is open to all parents and guardians.

*Information:*

*Erika Garrett, Guidance Counsellor  
Eastview Secondary School  
705-728-1321, ext. 40895*

## Eastview Secondary School Hosts SCREENAGERS Screening

On Monday, April 10, 2017, Eastview Secondary School will be hosting a screening of the film Screenagers, a study of growing up in the digital age.

**What:** Screenagers Film Screening

**When:** Monday, April 10, 2017, at 7:00 p.m.

**Where:** Eastview Secondary School  
421 Grove St. E., Barrie ON

Physician and filmmaker Delaney Ruston created Screenagers to probe into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. She presents poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

“The issue of screen time and its impact on our youth is something our teachers and parents alike are struggling with.” says Erika Garrett, Guidance Counsellor at Eastview. “Our School Council was very excited about the idea of bringing this documentary film to the school to give our parent community some ideas to help them support their children.”

This free event is open to all parents and guardians.

*Information:*

*Erika Garrett, Guidance Counsellor  
Eastview Secondary School*

## Kindergarten Registration

If your child was born in 2013

**Is your child turning four this year? It's time to register for Kindergarten if your child was born in 2013**

Our school is now registering children for Kindergarten for the 2017-18 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit

[www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information