

**Proud Respect Inclusive**



**Never give up Caring Empathy**

**January, 2018**

**We're on the web!**

<http://www.edu.pe.ca/princestreet/>

60 Upper Prince Street  
Charlottetown, PE  
C1A 4S3

Telephone:  
(902) 368-6950

Fax: (902) 368-6959

## **UPCOMING EVENTS!**

**Home & School  
Meeting – January 23,  
6:30 p.m.**

**January 31  
Administration/School  
Effectiveness Day (NO  
CLASSES)**

**February 16  
Joint Staff Day  
(NO SCHOOL)**

**February 19  
Islander Day  
(NO SCHOOL)**

### ***Dear Families:***

Welcome back and Happy New Year! January is a great month for us to make strides and find a wonderful groove in classrooms! Please let us know of any questions and concerns you may have – let's work together!



**Kindergarten Registration for 2018-19 School Year:** If you have not registered your child for kindergarten it would be very much appreciated if you could do so as soon as possible. Please call the school (902-368-6950) or drop by the school office.

**School Attendance:** Attending school and arriving on time are very important to your child's success. Because we care about your children we want to support you in making sure your children arrive to school on time and attend every day. Please let us know if there is anything we can do to support your child's regular attendance at school.

**Home and School:** The next Home and School meeting will be held on January 23 starting at 6:30 p.m.

**Early Closure:** Please ensure your child knows what to do in the event of an early school closure. With the number of incoming calls we receive, calling home or work is not an option. Announcements will be on the radio so please stay tuned if bad weather is expected.

**Storm Days:** When school is cancelled due to a storm day, the day of the cycle moves forward. For example, if it is supposed to be day 4 on a Monday, and Monday is cancelled, then Tuesday will be day 4. Also, when there is a one-hour delay in the morning, everything will be adjusted accordingly. The bell will ring at 9:20 and outdoor supervision will begin at 9:05. Breakfast club and other morning activities are cancelled when there is a one hour delay.

**Winter Weather – School Delays and Cancellations:** Please listen to the radio/internet every morning for delays and cancellations.

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### Reminder - Peanut/Nut/Shellfish/Tuna Fish Free/Scent

**Free Policy:** Please note that due to life-threatening allergies (anaphylaxis) in our student and staff population, the following food items are not permitted in school or on any of our school busses: Peanuts/nuts/Tree nuts/Shell fish/Tuna fish. We are also Scent Free.



### Community News: Home and School News Update, January 2018

#### 1. **2018 Extra Mile Awards**

Nominate a school staff person (i.e. teacher, education / admin assistant, custodian) for the PEI Home and School Federation's *Extra Mile Award*. Submission deadline is: January 12, 2018. More details are online at: <http://peihsf.ca/extramile>

#### 2. **Resolutions: Affecting Change in PEI's Education System**

Resolutions submission deadline is January 31, 2018 for issues to be considered at the 65<sup>th</sup> Annual Meeting & Convention on April 8<sup>th</sup>, 2018. Assistance with writing resolutions is available. Contact the Federation office at (902) 620-3186 / 1-800-916-0664 / [peihsf@edu.pe.ca](mailto:peihsf@edu.pe.ca)

#### 3. **2018 Teacher/Staff Appreciation Week**

Teacher-Staff Appreciation Week will be celebrated February 12 - 16, 2018. Home and schools are encouraged to find ways of saying thank you to all staff members for the contributions they make to the lives of our children during this week.

#### 4. **President's Reports**

Presidents of Home and School Associations are asked to submit a one page annual report outlining your local Home and School Association's activities for the 2017-2018 school year. These reports are inserted into the Annual Book of Reports. If you have questions and/or need assistance, contact the Federation office at: 620-3186 / 1-800-916-0664. Please send your report to us at: [peihsf@edu.pe.ca](mailto:peihsf@edu.pe.ca) by February 28, 2018.

#### 5. **Save the date for Annual Meeting & Convention**

The P.E.I. Home and School Federation will hold its **65th Annual Meeting & Convention** on **Saturday, April 14, 2018**. All Home and Schoolers are invited to attend with each association asked to designate five attendees as your school's voting delegates. You are encouraged to include teachers, administrators and staff as delegates.

More.....

EXCELLENCE IN EDUCATION AWARD 2018 (CLOSES APRIL 30, 2018):

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Education 20/20 Inc. is offering an Excellence in Education Award in the amount of \$2,500 for the purpose of supporting and encouraging a quality education for Prince Edward Islanders. More at: <http://education2020.ca/>

**Check out the PEI Healthy Eating Alliance website at  
[www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)**

Healthy Eating Tips from the PEI Healthy Eating Alliance for **January 2018**  
Vitamin D is a fat soluble vitamin. It helps with the absorption of calcium and is important for the maintenance of bones and teeth, most importantly helping to prevent osteoporosis. Vitamin D can also be made in the skin when exposed to summer sunlight. Because of our long winter and limited summer sunlight, vitamin D is much more important through diet and we cannot rely on the skin to make it.

Here are some easy ways to incorporate vitamin D:

Consume foods which are fortified with vitamin D.

- If possible, drink the recommended amount of milk each day; milk is fortified with vitamin D. Yogurt and cheese will give you calcium, however not all products are fortified with vitamin D. Check the label for this information.
- To help meet your needs, expose your hands, face and arms to the sun for 10-15 minutes 2-3 times a week without sunscreen. To prevent sunburn, avoid the hottest times of the day.



Incorporate fish such as salmon and cod into your diet to help meet your needs.

- Most breakfast cereals are fortified with vitamin D. When choosing a breakfast cereal, make sure to take note of the label to see if vitamin D is added. Vitamin D needs increase with age. In addition to following *Eating Well with Canada's Food Guide*, it is recommended that all adults over the age of 50 take a daily vitamin D supplement of 10 micrograms or 400 IU.

Try this fruit smoothie to increase your calcium absorption with vitamin D fortified milk.

### **Orange Frosty Smoothie**

- 2 cups orange juice
- 2 tsp. vanilla
- 1 cup of white milk
- 6 ice cubes

Combine all ingredients in a blender and serve immediately.

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**LITERACY BITS:** You can help your child enjoy reading by helping him or her find interesting things to read. If your child enjoys reading, he or she is likely to read a lot and become a proficient reader. Here are some suggestions for encouraging your child to read: • Read with your child. Talk about what you are reading together – for example, compare characters in the story with people you both know. • Make sure that you have books, magazines, and other reading materials on hand for car rides. • Encourage your child to look at the graphic features in reading materials, such as photos, illustrations and charts. Help your child understand how they are used and what their purposes are. Many children like to read such materials as these: • Stories that reflect their image of themselves • Materials that are amusing, such as jokes or funny stories • Fiction that focuses on action or plot • Books in a series that allow the reader to connect with the character

Student Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Please return this ballot to Mrs. MacKenzie for a prize draw!!