



Proud Respect Inclusive

Never give up Caring Empathy

October 2018

We're on the web!

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

We are on Facebook!
<https://www.facebook.com/princestschool>

60 Upper Prince
Street Charlottetown,
PE
C1A 4S3

Telephone:
(902) 368-6950

Fax: (902) 368-6959

UPCOMING EVENTS!!

**October 8 (No
Classes) –
Thanksgiving**

**October 18
Family Fun Night**

**October 19 (No
Classes) – PD Day**

**October 22 –
School Pictures**

Dear Families – We have officially entered autumn which means beautiful leaves, crisp mornings and cool evenings. I encourage you to make sure your child has lots of layers of clothes so that they can be comfortable throughout the school day!



I would like to remind you that we DO NOT have supervision on the playground until 8:00 am, so please do not leave your child at the school before this time. Also, a change of clothes in your child's back pack really help us out... especially on the muddy days!

Our hot lunch and milk ordering system has been going quite well. Don't forget to look for the order form on Thursdays. It is due back to the school Monday morning by 9am. We cannot accept any late orders. Please send the order in your child's bag... that is the best and easiest way for us to be efficient with ordering.

Never hesitate to call us with questions or concerns!

School Pictures: Our school pictures will be taken on October 22 for all the students. The company name is Lifetouch.



Parents/Visitors: All parents/visitors to Prince Street School are required to check in at the main office upon arrival. If you are dropping off an item, please be sure to label it with your child's name and grade level and leave it in the office.

We will ensure the item gets to your child. Again, for the safety of all children at Prince Street, it is important that we know who is in the building at all times. Parents and visitors are asked **not** to go directly to classrooms must have a completed criminal background check and be permitted to work in the schools.

Student Drop Off: Please drop your child off in the drop off area at the front of the school. Do not pull into the staff parking lot at the side of the building. It is a very busy area and not a safe zone for students to be walking through.

Cross Country Run: The school will be taking part in the Cross Country running championship on October 10. The rain date is October 11. Students will travel by bus to Eliot River School.



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Fun Night: Prince Street Home and School Association invites you to a night of fun on **Thursday, October 18, from 6-7:30pm** in the school gym.

There will be board games, crafts, just dance, chess, a Pokémon table (please bring your own cards) and a bake sale.

Items for the bake sale would be greatly appreciated! Please bring these donations to the office during the day.

Lockdown Practice: The Public Schools Branch and Prince Street Elementary School has a primary responsibility to ensure the safety of students and staff inside school buildings and while on school property. As a result, every school in the district has developed, and practices, a school lockdown procedure. A school lockdown is initiated should a high risk incident involving weapons, hazardous chemical spill, severe weather warning, student or other intruder, etc. occur in the schools or on school property. Lockdown might also be initiated if there are circumstances in the vicinity of the school that could endanger the safety of students and staff. Schools will work as part of a coordinated team with emergency responders such as the RCMP, local police, and fire departments to respond appropriately to the threat.

In order for all students and staff to become familiar with the expectations during a lockdown, our school will practice emergency lockdown procedures on a regular basis, as we do with fire drills. During these drills there will be signs posted on the entrances doors indicating that the school is in lockdown. The doors will be locked and no one will be permitted to enter or leave the school during these exercises. This is the same procedure that will be followed in a real situation.

Teachers will have a conversation with their students about what a lockdown is, and the expectations during one. Staff will rehearse what to do in a classroom should a lockdown occur. **On Thursday, October 11 a full practice lockdown will be initiated.**

Community News: Home and School News, October 2018

1. Home and School Semi-Annual & Exchange Cafe

Date: Tuesday, October 23, 2018

Time: 5:45 – 8:00 p.m.

Place: Central Queens Elementary School

Food: Upon arrival you will be treated to delicious foods prepared by Yellow House!

What: An opportunity to discuss current issues and opportunities, share resources and ideas, and build connections within the school community on P.E.I. The Exchange Cafe format will provide a space for facilitated, open discussion on various topics of importance to your work in Home and School. We hope that one of the outcomes will be links between individuals at the event (i.e., info, resource sharing, and possibly next steps for collaborating to address common areas of interest).

Registration: Register names of people who will attend from your school with the Federation office by e-mail to: peihsf@edu.pe.ca or by phone to: 620-3186 / 1-800-916-0664.

2. Drug Free Kids Canada

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How to talk with your child about drugs! Drug Free Kids Canada is offering free information kits on Order online

at: <https://www.drugfreekidscanada.org/> Speak with your principal and home and school members about organizing an information session in your family of schools on this topic. Professionals are available to present information and answer questions.

3. Parent Leadership Grants deadline: October 15th

Find 2018-2019 Parent Leadership Grant application guidelines at:

<http://peihsf.ca/content/parent-leadership-grant-application-guidelines-2018-2019>

4. Public Schools Branch

The next meeting of the Public Schools Branch board of directors is scheduled on November 6th. Location: TBA.

5. School food initiative continues at 3 Island schools

Initiative will involve public consultations with parents, students, producers. A program aimed at trying to get more local, healthy options in P.E.I.'s school cafeterias and increase student education and awareness about food will continue in three Island schools this year. Morgan Palmer, the co-ordinator hired to work on the food environment initiative project, said she's spent the last year working with students and staff at the schools to come up with ways to incorporate more nutritional, local food options into their meal

services. <https://www.cbc.ca/news/canada/prince-edward-island/p-e-i-school-food-initiative-1.4831738>

More news....

* Education Resource: All about Food

All about food: Exploring Canada's Food System is an education resource geared towards grades 9-12. The book presents factual info on 'hot topics' in agriculture such as food waste, biotechnology and career opportunities. More at: allaboutfood.aitc.ca

PEI Home and School Federation
902-620-3186 / 1-800-916-0664
peihsf@edu.pe.ca

Healthy Eating Alliance: Lunch Making Tips and Ideas: We all know that packing school lunches that are both tasty and nutritious can be a challenge. Children need a boost of energy and nutrition at noon time to get them through the day and to support their growth and development. Using a few simple tricks, packing delicious healthy school lunches can be an easy and even fun process.

Here are some lunch-making tips:

➤ Try to include foods from each of the four food groups from *Eating Well With Canada's Food Guide*. The groups are: Vegetables and Fruit, Grain Products, Meat and Alternatives, and Milk and Alternatives. Some balanced lunch ideas are given below.

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➤ Get your kids involved! Children are more likely to eat a lunch they have helped prepare. Let your child choose from healthy options, and have them help with preparing and packing foods and drinks

➤ Try new foods and dishes regularly; this will prevent your child from getting bored of their lunches. Be sure to always include a well-liked and familiar food

when you introduce a new food, since that will increase children's acceptance of a new food. E.g. turnip sticks with ranch dip.

➤ Put a frozen juice box or water bottle in their lunch box to keep food cold and at a safe temperature until lunch time

If you are running out of ideas for lunches, here are a few simple and healthy lunch ideas which include all four food groups:

- Lunch #1: Hummus, whole wheat pita bread wedges, bell pepper strips, yogurt, and milk
- Lunch #2: Whole grain tortilla wrap with cheese, roasted turkey and baby spinach. Side of canned peaches packed in their own juice or water, yogurt, and milk
- Lunch #3: Cold homemade pizza on whole grain crust, cherry tomatoes and cucumber slices. Homemade oatmeal cookie, and 100% fruit juice
- Lunch #4: Vegetarian chili, small whole grain roll, nectarine, and yogurt drink
- Lunch #5: Whole grain spaghetti with turkey meatballs, celery and carrot sticks, and milk

Don't forget fluids!! Fluids are also important to your child's health.

Include a drink in your child's lunch every day. Try and avoid drinks with added sugar (soda, fruit drink), instead choose healthier options like milk, water and 100% fruit or vegetable juice.



Brought to you by the PEI Healthy Eating Alliance www.healthyeatingpei.ca

Student Name _____

Parent/Guardian Name _____

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