



# MEMORIAL PUBLIC SCHOOL

Ms. R. Findlay  
Principal

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DECEMBER 2008



## From the Principal's Desk:

It is quite unbelievable that it is already December! We look forward to an exciting but busy month.

We believe that strong ties between school and home are necessary in monitoring student progress. Each family has the opportunity for an interview with the teacher to discuss Term 1 Report Cards. If you cancelled your interview, we encourage you to take the time to speak to your child's teacher. We encourage all students to set goals for term 2. At school, we have talked about setting SMART (Specific, Measurable, Action-oriented, Realistic and Timely) goals. Please remember to return page three of the report card to the teacher. We are encouraging your children to include on this page the goals they have set for themselves for Term 2.

Please take the time to read this newsletter as there is some important information about our school's goals for this school year and ways as a family that you can help out.

We wish our Memorial families all the blessings of the holiday season!

Memorial Staff

*Achieving Success Together*

## NUT AWARE SCHOOL

We continue to ask that all students not bring any kind of nut or products that contain nuts to school. We are doing all we can as a community to provide a safe environment for all students. Thank you for your cooperation.

Please continue to remind your child with these easy tips:

- 1) **Don't share your lunch/snack with other students.**
- 2) **Don't share straws, drinks or utensils**
- 3) **Do not tease someone with food allergies.**
- 4) **Wash your hands before and after eating.**
- 5) **Get help from an adult if you are worried about your allergic friend.**

## HELP AT CHRISTMAS

We are very fortunate at Memorial School because we have many kind community partners and neighbours that want to help families at Christmas. If you are a family that needs help at Christmas either with food or gifts for your children, please contact Rosemary Findlay (Principal) as soon as possible. Help will be given in a confidential and respectful manner.

## LOST AND FOUND

Items will be on display during parent-teacher interviews. Parents are welcome to come and visit the items on display as well. Reminder: announcements are made regularly to encourage students to claim their "lost items". Unclaimed items will be donated to a variety of charities including Community Care.

## MEMORIAL'S LITERACY GOALS

**The staff's literacy goal for Primary and Junior students is to improve reading for meaning (reading critically using higher-order thinking skills). After reading a text, we want students to analyse, synthesize, make connections, evaluate, and use other critical and creative thinking skills to achieve a deeper understanding of the material they have read.**

An effective reader is one who not only grasps the ideas communicated in a text but is able to apply them in new contexts. To do this, the reader must be able to think clearly, creatively, and critically about the ideas and information encountered in texts in order to understand, analyse, and absorb them and to recognize their relevance in other contexts. Students can develop the skills necessary to become effective readers by applying a range of comprehension strategies as they read and by reading a wide variety of texts.

### Parents can help develop higher-order thinking skills by:

- 1) reading with or to your child every day a variety of texts and asking questions before, during and after reading (see sample questions on the reverse)
- 2) thinking aloud as your child reads, writes and solves problems
- 3) asking open-ended questions that require more thinking



## ORAL LANGUAGE DEVELOPMENT

Literacy development requires a partnership between home, school and community. Since oral language is the foundation of all literacy, it is essential that children have ample opportunities at school, in the community, and at home to speak and listen.

What are some ways families can build an appreciation for language? Families could:

- \* talk about the day's events, a TV show/video you have watched together;
- \* look at magazine pictures/ads together. Choose a picture and model how to describe the image in complete sentences. Ask children to describe another picture in complete sentences;
- \* pose sentences beginning with "If" and have children respond (eg. If I could travel anywhere in the world, I ...);
- \* ask clarifying ("Tell me more about the video game you played.") and open-ended ("What was your favourite part of the movie?") questions;
- \* build vocabulary by taking walks in different places and identifying new or interesting sights, sounds and smells;
- \* play card and board games which provide opportunities for conversations about the games
- \* wait patiently - without interrupting - while children find the words they want to use.
- \* encourage paraphrasing to build listening skills
- \* make read-alouds interactive (i.e. alternative endings, favourite parts)

**Families can and do strengthen the literacy skills of their children. When schools and families work together to promote literacy development, we can undoubtedly achieve success together!**

## CHRISTMAS CONCERT

### WEDNESDAY, DECEMBER 17

Our Christmas Concert is on Wednesday, December 17. We encourage as many of you as possible to attend our matinee performance at 1:45 p.m. It is not nearly as crowded! We ask that grandparents and other friends or relatives attend this performance. **Our evening performance begins at 7:00 p.m. with DOORS OPENING AT 6:30 P.M**

Students need to be in their homeroom at 6:45 (not earlier) to get ready for their performance. There will be no supervision available before that time. Students must be picked up from their homerooms following the concert. You will be able to visit our annual quilt raffle draw and Christmas basket sale during both performances.

**Parking will be a major problem; you are urged to walk or park on a side street.**

**Admission to the concert is an item (food, item of warmth, item of personal care)** which will be donated to Community Care, Bethlehem Place or the Humane Society.

## CHRISTMAS CAROL SING

Please join our staff and students in the gym on Thursday, December 18 at 2:30 p.m. and/ or Friday, December 19 at 9:15 a.m. for singing to celebrate the season.

## MEMORIAL SHARES

During the month of December, the local schools (Alexandra, Maywood) are collecting items for Community Care. Memorial will also collect items that will be donated to Community Care, Bethlehem Place and the Humane Society.

**Week of Warmth and Personal Care:** (December 8-12) donations of new items associated with warmth such as mittens, hats, blankets, slippers, sweaters, boots, coats, etc. and donations of new items of personal care such as toiletries, baby needs, bubble bath, hair care, toothpaste, combs. etc.

**Week of Food:** (December 15- 19) donations of nonperishable food such as peanut butter, canned meats, pasta, soups, baby food, canned fruit) as well as grocery store gift certificates.



## S - Virtue for December

Congratulations to all of our students who consistently displayed November's skill **cooperation**. Our skill for the month of December is **helpfulness**. The following description of this skill is as follows:

**HELPFULNESS:** is being of service to someone.

When you are being helpful, you do useful things that make a difference. Helpfulness can be doing something that others cannot do for themselves, things they don't have the time to do, or just little things that make life easier. Helpfulness is giving people what they need, not always what they want.

**You are practicing helpfulness when you....**

- ✓notice when someone needs help
- ✓do a service without being asked
- ✓give people what they need, not always what they want
- ✓listen to someone who needs to talk
- ✓care for your own needs
- ✓ask for help when you need it

*I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference.*

## CHRISTMAS BREAK DISMISSAL

Friday, December 19, is a regular school day with the usual dismissal time at 3:15 p.m. School reopens Monday, January 5, 2008.

**CONGRATULATIONS MAXWELL  
GREER, KALI MARTIN, LIAM  
HARRIS AND ALIKA WILKS**

who were recognized by the Optimist Club for Youth Appreciation.



**DRESSING FOR THE WEATHER**

Dressing for the weather is the first important consideration to ensure that students remain comfortable and protected in the cold weather. Hats, hoods, scarves and mittens/gloves are particularly useful in keeping the extremities covered. Also, proper winter boots give protection from the cold as well as from slips and falls. Encourage your child to dress appropriately. The expectation is that students will be outside unless advisories are received from our Board indicating extreme weather conditions.

**INDOOR SHOES**

With winter coming, and students wearing boots, it is important, for safety reasons, that students have indoor shoes to wear at school.

**WEATHER**

All decisions concerning school closings are made at the Board Office, not at the school. The announcements are made on the local radio stations beginning on the 7 a.m. news. Please listen in the morning if you have weather concerns.

**Please do not call the school for this information.**

**THROW NO SNOWBALLS**

Snowballs can be dangerous and so we have a “throw no snow” policy. Please remind your children of the dangers of throwing snowballs or playing in ditches and on snowbanks as they walk to and from school.

Also, we have the rule “no sliding on the ice”. Again, we are trying to ensure all students’ safety.

**LIBRARY VOLUNTEER NEEDED**

Looking for a parent volunteer to assist in the library with book shelving. Please see Ms Slee if you can offer a few hours of your time each week.

**ST. CATHARINES PUBLIC LIBRARY**

Be sure to visit the public library during the Christmas holidays. There are always some wonderful activities planned for students during the break and a great selection of reading materials for students to enjoy.

**UNICEF**

Memorial School students raised **approximately \$800.00** for UNICEF this year. Congratulations students, parents, and staff. All of this money will go to the “Schools for Africa Project”. We are helping some of the one million orphaned children in Malawi. Thank you so much for your caring, and reaching out to help others. It is exciting to see kids helping kids.

*Mrs. Nelson*

**FAMILY LITERACY DAY**

Tuesday, January 27 at 2:15 p.m. is Family Literacy Day. In celebration of this special day, we have planned several special activities which include students inviting a family member to school at 2:15 p.m. to read with them in the school.

**PARKING LOT REMINDERS**

- 1) Pull into one of the parking spots;
- 2) Do not stop your vehicle in the middle of the lot to drop off or pick up students;
- 3) Exercise caution in the parking lot;
- 4) Never leave the car running.

Thank you to all families and friends for following the parking lot safety guidelines.

**GIRLS' VOLLEYBALL**

- |                       |                    |
|-----------------------|--------------------|
| ☆ Summer Shepherd     | ☆ Larissa Rowdon   |
| ☆ Olivia Westbrook    | ☆ Jensen Westbrook |
| ☆ Cassandra Donatelli | ☆ Jenna Nourse     |
| ☆ Abigail Webb        | ☆ Sadie Schalk     |
| ☆ Frances Johnson     | ☆ Kali Martin      |
| ☆ Jolease Genge       | ☆ Zakeya Zeigler   |
| ☆ Melissa Grant       |                    |

Thank you to all the girls who had a great season.

Thank you Mrs. White and Miss Redman for coaching.

**BOYS' VOLLEYBALL**

- |                       |                  |
|-----------------------|------------------|
| ☆ Jordan Parker       | ☆ Josh Boulanger |
| ☆ Christian DesRoches | ☆ Josh Caron     |
| ☆ Latrell Harris      | ☆ Craig Scholl   |
| ☆ Pierce Osman        | ☆ Ryan Smith     |
| ☆ Julien Perras       | ☆ Wesley Dyck    |
| ☆ Richard Humphreys   | ☆ Aaron Townson  |
| ☆ Maxwell Greer       | ☆ Agush Tusha    |

Thank you Mr. Coles and Mr. Schwartz for coaching the boys’ volleyball team.

**COMMUNICATION MATTERS**

*Smart Talk from your Board Speech-Language Pathologists*

**TIGER WINS AT GOLF AND STUTTERING!**

Most of us know that Tiger Woods worked hard to become an accomplished golfer. Did you know that he also worked hard to overcome childhood stuttering? Stuttering is a communication disorder in which the flow of speech is interrupted. In an interview with CBS’s 60

Minutes, Tiger reported that ‘his words got lost somewhere between his brain and his mouth’\*. Stuttering affects approximately 1% of the population and four times as many males than females. There are several factors that most likely contribute to the development of stuttering: a family history of stuttering; a delay in speech or language development; a difference in where the brain processes speech and language from what is typical; and/or family dynamics (e.g., high expectations and fast-paced lifestyles). Stuttering may have different causes in different people. It is also probable that what causes stuttering, differs from what makes it continue or get worse. As Tiger has proven, stuttering can be treated. It seems that a parallel can be made between the many hours of practise and hard work that may need to be invested to win in sports, as well as in speech. If you are concerned about your child’s speech, contact his or her teacher or the Learning Resource Teacher.

\*Reference: Stuttering Foundation of America, 1991-2008

## **NUTRITION NEWS**

### ***‘Tips for Healthy Holidays’***

It’s that time of year again for fun, festivities, and feasting. Here are some ideas to keep in mind whilst the kids are home all day and the company’s coming over to play!

1. Pre-plan your holiday meals. Decide ahead of time what is going to be the menus for the two weeks off. This way snacking, eating out, and quick take outs, will be avoided if foods are in the fridge and freezer ready to be heated.
2. Don’t forget to pile on the veggies. Kids can snack during the day, while at home, on raw vegetables pre-cut and stored in the fridge. Stock up on healthy dips like Hummus, Tzatziki, and Gazpacho, for the extra ‘holiday treat’ effect.
3. Bake and freeze treats so that they’re not always tempting the family, and pull them out when you need them. (This also works great for boxed chocolate and candies given by co-workers, employees etc. Once out of sight-out of mind, and can be thrown out in the new year, once all the festivities and loose rules are over.) Chew some sugar free gum while baking, this should stop the temptation to nibble.
4. When visiting friends and relatives, eat a healthy snack before hand. This way you won’t be starving before hitting the buffet or treats offered; curbing the urge to overeat.
5. If the kids are staying over at grandparents’ or friends’ houses, don’t be afraid to pack healthy treats and desserts for them to eat while there. It is a nice way to offer to help out, and sends a subtle message that you want your children to stay on a healthy food plan even during the holidays.
6. Try non-traditional Christmas fare such as, veggie lasagna, seafood dishes, low-fat cheese and lean meat trays, with low-fat whole wheat crackers rather than rolls.

7. Too many boxed chocolate and candies given by co-workers, employees, and well wishers? Hand them out to your postal deliverers, garbage and recycle workers, or community food bins. Or you could stick them in the freezer at the back.
8. Hide the remote and make everyone get up to change channels for 2 weeks. It’s a small step but will help to keep from sitting too long especially after large or excessive meals. Once up, try quick exercise bending, running on the spot, or jumping jacks while commercials play. With the amount of TV watching families do on off time, this has actually been proven to have made a big difference in peoples’ circulation, digestion, heart, lung, and muscle strength.
9. Don’t start the holidays any differently than usual. It’s tempting to ‘treat’ with fancy brunches, trips to the drive thru’s instead of breakfast or lunch at home, or while shopping for gifts, but the treat can fast become a daily habit that will be extremely hard to kick in the new year. The damage done by excessive overeating, and lack of exercise is far harder to fix and longer lasting than it is worth.

**Moderation and commonsense don’t need to take a holiday- you and your kids do!**

## **NOVEMBER NEWSLETTER WINNERS**

**Thank you to all the families who returned the November Newsletter draw form -we had many returned to the office. Winners from November’s newsletter’s draw are: Destiny Williams (Gr. 3), Jenna Nourse (Gr. 5), Jensen and Olivia Westbrook (Gr. 6). We encourage all families to return the ballot for the December draw.**

### **DECEMBER NEWSLETTER DRAW FOR A PRIZE (return to office)**

My child(ren) \_\_\_\_\_  
Class \_\_\_\_\_ and I have read the newsletter.

**Question:** What special lunches would you like to see offered to our students?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_

