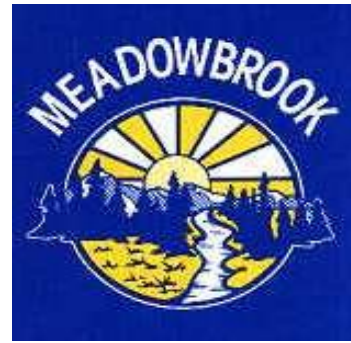


# Meadowbrook Newsletter

(Scent Free School)



## November 2011

Dear Families,

### Remembrance Day

On Thursday, November 10th students will be participating in our Remembrance Day Assembly at 10:45 a.m. when we will remember and honour those men and women who gave their lives for the freedom we enjoy in Canada. We will also remind us of the responsibility we have to help create a world at peace. Parents are invited to attend.



All across Canada there will be special ceremonies held to commemorate Remembrance Day on Friday, November 11<sup>th</sup>. **School is not in session on this day or on the following Monday, November 14<sup>th</sup>.**

**Student Progress Reports:** Please ensure that you read the letter from Superintendent Tom Grant on the back page of this newsletter.



### NUT ALLERGIES

We have several students in our school who have a severe allergy to nuts. We would like your cooperation in helping keep our school nut free. For people with severe allergies, even the fumes from nuts or the tiniest trace left on a surface can be life-threatening. Thank you in advance for making nut free choices for your child's snacks and lunch.



### Hallowe'en Parade

We all had fun dressing up in costumes and parading around the school in the afternoon of Monday, October 31st. Our Spooktacular costume parade was a great special thank you to students, staff, and parents who joined in the fun of wearing a costume during our afternoon costume parade. We all met in the gym

afterward to enjoy a Hallowe'en story and students were shown a presentation about safety while trick-or-treating.

### Meadowbrook PAC Meeting

November 7th at 7:00 p.m You are encouraged to attend the next PAC meeting, held in our school library – everyone is welcome!

### Staffing updates

I would like to introduce you to some temporary staff members who have been working with our students while permanent staff members are absent.

Mrs. Bentley is the Choices teacher until Ms. Fennell returns.

Ms. Eskildsen is the SEA in the Choices program until Mr. Halvorsen comes back.

Ms Erwin is the kindergarten teacher until Mrs. Hart returns.

Mrs. Dajani is the new SEA in the grade one/two room.

Please make sure you welcome them to our school – we are lucky to have such a dedicated and skilled group of professionals at Meadowbrook!



### **Concert Coming:**

Preparations are being made for Christmas Concerts presentations on Tuesday, December 13<sup>th</sup>. There will be both an afternoon and an evening performance in our school gym, times to be announced closer to the date. Mrs. Citulec, our wonderful music teacher, will be working with students over the next month to showcase our Meadowbrook talent. Please mark the date on your calendar and join us in the gym on this day.

### Christmas Hamper

Individuals and families residing in the Tri-Cities **with** the required documents may apply for a Christmas hamper. Toys and gifts are available for children 17 & under. Custodial parents **must** provide legal documents indicating custody.

At the time of registration you **MUST** apply in person with **CURRENT I.D.** and the following:

1. **Proof of Address (for all adults in the household)**, e.g. Rental Agreement, Utility bill, MEIA print out
  2. **CareCards and / or Immigration Cards for all members of the family**
  3. **Income Source**, e.g.: cheque stub from MHSD, E.I., CPP/OAS, WCB
- No means test required – source of income is used for tracking purposes only.*

Beginning on Thursday, November 3, 2011, you may register at only **ONE** of the locations below:

**COQUITLAM:** Fellowship Hall, Como Lake United Church, 535 Marmont Street (corner of King Albert & Marmont Street)

**Public Transportation:** 152 Lougheed Station/Coquitlam Station bus line. Take the Marmont and Austin stop.

### **When?**

**MONDAYS, WEDNESDAYS & FRIDAYS:** Nov 2 to Dec. 2 from 11:00 AM – 1:00 PM

-except November 11th and November 18th (no registration on these days)

**Photo Retakes: Reminder: Photo retakes by the school photographer will be done on Thursday, November 10th first thing in the morning before our assembly.**



### **Closure of Schools for Extreme Weather Conditions**

In the case of extreme weather conditions such as ice, wind and/or excessive snowfall, the Superintendent of Schools has authority on behalf of the Board, to temporarily close a school.

As a general expectation, parents should assume that schools are open. If parents believe the local conditions are unsafe, they should keep their child at home or arrange his/her early dismissal. If schools are to be closed before morning classes begin, an announcement will be made on local radio stations CKNW (980), CKWX (1130) and CBC (690) by 7:30 am if possible.



### **Sleep and Your Child**

Developing proper sleep habits is essential for good health. Elementary-aged children need to develop proper sleep habits early, as they need at least 10-11 hours of sleep each night. Improper sleep habits will affect their performance in school, lead to mood swings, hyperactivity, improper cognitive development, and behavioral problems.

It is vital to your child's health to teach proper sleep habits and remain consistent with this schedule throughout the year. Proper sleep habits will allow the brain to develop and it will improve your child's mood, performance, behavior, and daytime functioning. Children who stay up late often have difficulty paying attention and cannot concentrate for long periods of time. Research has shown that even losing 20 minutes of sleep will impact a child's behavior. Students with poor grades often sleep 25 minutes less than their peers that consistently get 10 or more hours of sleep each night. As well, children who regularly get less than 10 -12 hours of sleep tend to be tense, moody, tired, stressed, depressed, irritable, and less alert than other children with good sleep habits.

To promote a good night's sleep for your child, shut off TV and computers an hour before bedtime, avoid caffeinated beverages and sugary snacks, and ensure that bedtime is consistent every night.

### **Hot lunch dates:**

**Friday, November 25**  
**Friday, December 16**  
**Friday, January 20**  
**Friday, February 24**  
**Friday, March 30**  
**Friday, April 27**

### **Dates to Remember**

**November 8 - Coquitlam Express Hockey visit**  
**November 10 - Photo Retakes**  
**November 10 - Remembrance Day Assembly**  
**November 11 - Remembrance Day School not in session**  
**November 14 - Schools in SD43 not in session.**  
**December 13 - Christmas Concert – afternoon and**

**Friday, May, 25**  
**Friday, May 25**  
**Friday, June 22**

**evening performances**  
**December 16 - Last day of school before winter break**  
**January 3 - School back in session**