

November 2021

Remembrance Day Ceremony

We will hold our annual Remembrance Day Ceremony on Tuesday, November 9th, 2021 at 10:55 am. The students will be asked to honour the fallen soldiers who have fought for our freedoms with a moment of silence within their classrooms.



Scholastic Book Fair

Our Scholastic Book Fair is a widely anticipated event and it will be able to run this year. The students will be able visit the book fair during their library times, Nov 23-25. Unfortunately our parents will not be able to visit the live book fair however Mrs. Sebo has arranged for an online link to be sent out for shopping online.

Parent Teacher Interviews

Our parent teacher interviews will be held on the evenings of Wednesday, Nov 24th and Thursday, Nov 25th from 5pm to 8pm each evening. We will be using School Interviews again which enables parents to select a time for a Google Meet/phone call with the classroom teacher. More information will be coming out after the long weekend.

Powerschool

Teachers have been busy entering assessments and comments into Powerschool for our parent and student community. If you have forgotten your information, please call the school office and we will be glad to assist you. If parents have any questions regarding Powerschool, they can be addressed during Parent Teacher Interviews at the end of the month.



October Eagles



3L - Corinne D
3PR - Noah O
3M - Alora P
3S - Evelyn H
3C- Ryan K

4CH - Sienna H
4W - Brinley S
4J - Luke M
4D - Harlynn B
4C - James H

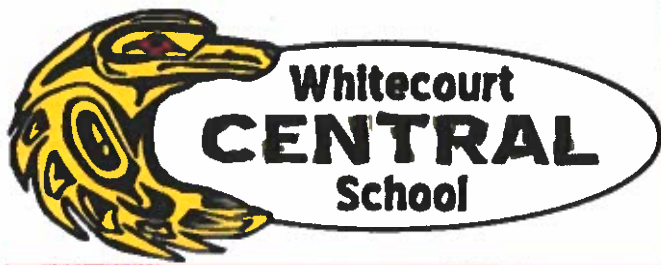
5S - Emma W
5B - Phoenix F
5L - Joe L
5CL - Madysen M
5U - Ethan K



Website:
<http://whitecourt.ca>
Twitter: @ngpswcs
Facebook:
www.facebook.com/WhitecourtCentral

Validation Forms/Proof of Address

As we continue to update our student information, please ensure that you have returned your validation form and provided your proof of address. This is essential information to have in case of emergencies and for busing. Contact the office if you have any questions.



School Council News

Thank you to everyone who attended the October meeting. Our next meeting is scheduled for Nov 16 @ 5:30 pm. We look forward to seeing you as your involvement is important to us. As a team, we will work together to ensure the best education possible for your child/children. Hope to see you there!

Learning and Today's Reality

We all recognize that learning online and having to miss school due to illness has impacted student learning and progress. It is important that students are at school when possible and getting caught up if they are away. We are working diligently to ensure the safety of our students and staff.

Literacy Hints

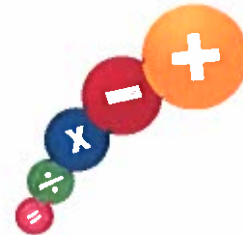
All teachers, Grades 3 to 5, encourage students to pick "Good Fit" books. At the beginning of the year, students are taught a strategy to assist them to pick books that fit their reading and comprehension level which makes reading much more enjoyable.

can choose a book.

Purpose	Why do I want to read it?
Interest	Does this book interest me?
Comprehend	Do I understand the text?
Know	I know most of the words.

Reminders

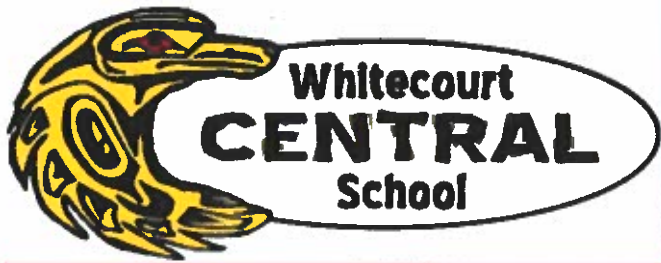
- **If after school plans change during the day, please call the office. Teachers do not always have time to check their emails during the day.
- **Teachers can be reached between 8:30 - 9:00 am and 3:15 - 3:45 pm.
- **Tech fees are now due. They are \$31.50 and can be paid at the school or on School Cash Online.
- **Our Breakfast Program is back up and running. Mrs. Sebo stocks bins in each classroom every morning and the teachers distribute once school starts.
- **Please remind your child that they need a water bottle at school.



Literacy and Numeracy Tips

We have had some parents ask how they can support their child/children in their learning. We have put together some key tips for consideration:

- practicing addition/subtraction, multiplication facts
- practice skip counting forward and backwards
- by 2's, 3's, 4's, etc
- place value; regrouping of ones, tens and hundreds
- reading together for at least 15 minutes each night - discuss characters, setting and problems/solutions
- ensure your child is attending regularly; arriving on time and not leaving early.



November 2021

School Safety Procedures

NGPS schools work with Hour Zero to use established protocols for student and staff safety procedures. Last month we looked at Evacuation, this month it is Shelter in Place.

****Shelter in Place**

- Shelter-in-Place (used in inclement weather or wild animal is on the school grounds etc)
- When there is inclement weather or a wild animal on the playground, an announcement will be made informing all students, staff and visitors that we will be staying in the school for the recess break.
- Students and staff will remain in their classrooms or be directed to a designated place for safety reasons.

****Important information for parents...**

- If you are picking up your child, please let the teacher know and they will have the students at the office with all of their gear.
- In conjunction with the shelter in place, we ask parents to keep animals off of the playground area until after 3:15 pm.
- When students see animals they often run toward them to pet them. Some animals do not appreciate this overzealous attention and may react poorly. We must ensure student safety which is why we are making the request regarding animals.

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 PD Day - No School	11 Remembrance Day - No School	12 No School	13
14	15	16 School Council @ 5:30 pm	17	18	19 Pizza Day	20
21	22	23 Book Fair	24 Parent Teacher Interviews Book Fair	25 Parent Teacher Interviews Book Fair	26 Student Recognition Pizza Day	27
28	29	30				



Encouragement for Weary Parents

Have you ever sat down at the end of a long day feeling exhausted and drained, maybe like you are failing as a parent? As you reflect on your day, do you sometimes replay in your mind the mistakes you may have made with your children that day? Please tell me I am not the only one!

Raising little people is tough business, and the older they become, the more complicated and demanding it can be. As a seasoned mom and experienced social worker, I have had my personal share of difficulties and walked alongside other parents, through extremely painful challenges.

I have learned though there are no perfect parents, every parent does the best they can with what they have. I still have a long way to go in my journey as a mom, but here is what I have observed so far.

1. **"I did then what I knew how to do. Now that I know better, I do better."** These words shared by Maya Angelou are healing for when you feel overwhelmed with guilt at the times you feel as though you have messed up. You cannot repeat yesterday (or this morning), but you can learn from it and do better tomorrow.
2. **Practice self care.** This is not just bubble baths and candles. Looking after yourself involves many aspects. I often rely on teachings from a wise Cree friend when she explained to me the Medicine Wheel. To be in balance, you need to be sure you are caring for your *whole* being:
 - Physical:** Having a balanced diet, exercise, ensuring a safe home environment, following through with medical appointments such as dentist, doctor, or optometrist.
 - Emotional:** Talking about what hurts you or angers you. Seeking out professional help if necessary. Learning how to share your feelings in a respectful manner.
 - Spiritual:** This is not necessarily religion. It is about knowing you are part of something bigger than yourself. It is being connected to nature, your culture and your history. It is knowing there is a purpose for your life.
 - Mental:** Stimulating and challenging your mind, learning something new, reading, games, or keeping an open mind to different ideas and views.
3. **You do not have the right to ruin someone else's day.** My dad was the only male in our very tiny home and his message to my sister and I was this: regardless of how moody/ cranky/impatient etc we were feeling, it was never OK to take it out on someone else and ruin their day. For the times I snap at my kids or unintentionally hurt their feelings, I refer back to #1 for forgiveness for myself and #2 to see where I am out of balance.
4. **Read to your children every day, even when they are older.** My parents were only in their teens when they started their family and my mom was a sponge when it came to

learning how to be a great mother. A smart person told her to read to her babies all the time. She instilled a love of reading and learning in my sister and I at very young ages. Sit with your children daily, when you can, and read to them out loud. Read interesting and age appropriate articles and stories to them as they get older. Listen to books while you drive. This will encourage their imagination and curiosity.

5. **"Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell the big stuff when they are big, because to them all of it has always been big stuff."** Poet and author Catherine M. Wallace shared this advice 20 years ago and it continues to be relevant. There will always be distractions, but when your little ones are trying to tell you something, it is crucial to your relationship with them to put down your phone or mute the TV or whatever for a few moments and give them your attention. It builds a safe foundational relationship so they will come to you with their big concerns when they are older.
6. **Be honest...but discerning when talking with your child about yourself.** If you have had a bad day it's ok to say it, then balance it with sharing what healthy self care activities you will do to make yourself feel better such as going for a walk, cuddling the dog or phoning a friend. Kids are great imitators, give them something great to imitate.
7. **Learn how to speak your child's love language.** Dr. Gary Chapman and Dr. Ross Campbell explain in their book ["The 5 Love Languages of Children"](#) the incredible gift of discovering how to communicate your love to your child so they genuinely feel loved by you. Children are all unique, learn about what makes your child feel adored.
8. **Comparison is the root of unhappiness** and this is especially true if you compare your child with others. Just as you, your children and your family are imperfect, so are others. What you see on social media or the image others portray in public is not always accurate. Embrace the uniqueness of your child and your family.

My home is becoming more quiet these days, with one child playing hockey 12 hours away and another attending university 7 hours away. I am realizing that time truly passes in a blink and I miss the chaos of the younger years. Parents, don't forget to look for the good in yourself and your child each and every day. Parenting is complicated, wild, fun and hard. Enjoy the journey, laugh and love as much as you can.



This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.