

October 5, 2014

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# École LeMarchant-St. Thomas School

## October Newsletter

### Special points of interest:

- Oct. 8th, SAC meeting - 4:30pm
- Oct. 8th Home & School meeting - 6:30pm
- Oct. 8th, **Picture Day for Annex**
- Oct. 13th, Thanksgiving. **No classes for students.**
- Oct. 14th, Picture Retake for both buildings
- Oct. 23th—Family Halloween Dance,
- Oct. 24th, Provincial Conference Day. **No classes for students.**

With the month of September already finished, we are well underway with the 2014-15 academic year. We have many events and activities planned for this year. We want to invite you to take part in the school life through not just these events, but by staying in communication with your children's teachers and the administration. We are all working together to create a rich environment where our children can succeed and learn to the best of their abilities. The staff at LMST truly appreciate your support and cooperation, and we thank you in advance for all the volunteering, helping and time you will be putting into this endeavor this school year.

As the weather gets colder, please ensure your child is dressed for the temperatures. The field is going to get very muddy with any amount of rain, therefore it would be prudent to put some extra clothes in their school bags just in case they get muddy. Parents of Annex students, we ask you to do the same, as we sometimes have little ones with accidents and it is easier to have them change, than to ask you to come over to bring some new clothes.

Here's what's happening this month.

### Curriculum Night and Ice Cream Social

I want to thank all the parents and guardians who joined us for Curriculum Night. We had a great turn out for this important event. We hope that presentations were informative. If you still have any unanswered questions or concerns, please feel free to contact your child's teacher.

Even with the change of the date, the fact that it was colder, and that it got dark fairly early, everyone seemed to enjoy themselves anyway. There is a consensus that having the Ice Cream Social and the Curriculum Night on the same night works well for everyone. We have, however, had a staff debriefing and have made changes for next year so that it will run much smoother outside with the ice cream and supervision. Also, we will make sure that we direct parents to the proper rooms, as this was a weak area in our planning. It will be even better next year.

## Head Lice

Last year we were able to manage Head Lice fairly well. However, we have already had some cases and it would be important for parents to check their children's hair regularly, at least once a week. We want to ensure that we have a grip on those pesky critters here at LMST. Prudence and constant checking is required by all parents. It is also very important for parents to call us immediately if they find lice in their children's hair. This way, we can send

a notice home to parents advising them to pay close attention to their children's hair. We keep the information given to us by parents very confidential, so please do not be concerned about letting us know. Thank you for helping us keep LMST as lice free as possible. We have posted information on our website if you require assistance. Please feel free to contact us if you have questions.

## LMST Spelling Club

Meeting every Thursday, 3:00-4:00 in LMST Library

Students in grades 4 – 6 are all welcome!

**FIRST CLUB MEETING:  
OCTOBER 16<sup>th</sup>**

**Permission slips going home this week.**

Fun and relaxed.

Spelling games and mini-competitions.

Team and individual Spell-Offs.

Participate in In-School LMST Spelling Bee (January, 2015)

Possible competition in annual Nova Scotia Spelling Bee

(March 7, 2015) sponsored by *The Chronicle Herald*

For more information please contact Colin Mitchell [c.mitchell@dal.ca](mailto:c.mitchell@dal.ca) or Mike Fournier [michael.fournier@dal.ca](mailto:michael.fournier@dal.ca)

**Pick up time 4pm; please wait by the main outside door or in the parking lot.**

## Continuous School Improvement

The School Based Professional Development Day on Sept. 29th was based on our CSI Plan for year 3. The morning consisted of a workshop on Writer's Workshop method for teaching writing. This was followed by analysis of student data done in a whole group and collaborative grade level groups. The afternoon was spent working on the method of 3 Part Lesson Plans for teaching math. Videos were used to instruct and many discussions took place on the strategies being used in our classrooms here, as well as on how to overcome the challenges with this method of delivering the math curriculum. It was a very productive and empowering day for teachers.

## Photo Day

October 8th is photo day for the students in the Annex and any other student who missed the September 26th photo day.

There are also 4 classes who will have their class photo done again with the teacher this time, as we had teachers gone to PD on the 26th. **Please note, picture retake day is October 14 for those who had their picture taken already, but who wants a retake.** Retakes will not be done on October 8th. Bring your smiles and get ready to make them souvenirs for a lifetime.



## No Child Left Behind

If your child has a Life Threatening allergy or illness, please visit the website for MedicAlert

<http://www.nochildwithout.ca>

## Glow On the O Youth Running Series

This year it was a huge hit.

LMST went from 9th place in the rankings to 4<sup>th</sup> overall. There were 44 participants from LMST compared to around 16 last year. LMST has enough participation points that we will be getting money from YRS, possibly around \$250.00 to spend on physical education, which will be awesome! Congratulations students!

## Good Nutrition Tips

### Breakfast

It's that time of year again! Summer vacation has come to a close and students are back in school. As students get back into the school routine, it's a great time to think about getting back into the routine of having a healthy and hearty breakfast. If students are distracted by their hunger, it will be difficult for them to focus on their work in the classroom. To enhance learning and academic performance, make breakfast part of your child's morning. Aim to get 3 out of the 4 food groups in your child's breakfast. This might be a piece of whole grain toast, sliced cheese and an apple or quick cook oatmeal with yogurt and blueberries.

### Packing Healthy Lunches & Snacks

Sending your child with fresh and healthy foods to eat during the day will help them to thrive and be successful in school. For a healthy lunch make sure to include 3 out of the 4 food groups. This might be a whole grain sandwich with chicken and veggies and yogurt or vegetarian chili with brown rice and some strawberries. Think of a healthy snack like a mini meal and include 2 out of the 4 food groups. This might be some carrot sticks and hummus or whole grain crackers and cheese. Use cold packs to ensure that cold food stay cold and thermoses so that hot food stays hot. Get your kids to help you make their lunch too!

For more interesting information on nutrition as well as great recipes, go to:

<https://nourishns.ca>



## Halloween Dance

It's here again this year by popular demand, the **Halloween Dance**. Information will be sent home via email and hard copy on Wednesday this week. This is a favoured event, so get your tickets early as only a certain number of tickets can be sold due to fire regulations. More info to come shortly. Save the date: October 23rd, 6:00—8:30pm



## School Closure Information

The Halifax Regional School Board takes great care when making the decision to alter the normal operations of schools in the event of severe or inclement weather. Decisions on school closures and/or bus cancellations are posted on the board's website at [www.hrsb.ca](http://www.hrsb.ca), on Twitter at [www.twitter.com/HRSBOfficial](https://www.twitter.com/HRSBOfficial), recorded on 464-INFO (4636) and communicated to all local radio stations. You can also receive notice of school cancellations by email or text message by following the link on the front page (left side) of the HRSB website. If you are interested in learning more on how decisions regarding closures and cancellations are made, visit [www.hrsb.ns.ca/content/id/1137.html](http://www.hrsb.ns.ca/content/id/1137.html).

If schools are cancelled partway through the day and the power in the building is still on, we will send an e-mail to all parents first. After that we will start phoning families to let them know that school is being closed. This information may be announced over the radio before we have a chance to reach all parents. It is important that parents come as quickly as possible to pick up their children.

## LMST RealCup Fundraiser

**LMST will be selling K-Cup coffee and tea starting November 6<sup>th</sup>! Each family (goes home with the youngest child) will receive a free three cup sample box and each child will get an order form.** The school is aiming high – we want to enrich the student's learning by purchasing a new iPad for each classroom, new music stands for band and strings as well as other items. Please help us reach our goal by asking friends and family to support LMST. As an extra incentive, for each box of 24 cups sold, a student will receive a ballot to have their name in 2 draws for a \$50 gift card, one from Wozzles and one from Chapters! Thank you for supporting us in this endeavour.



## MusIQ

MusIQ Club is an enriched after school music program where students learn to read music, play the piano, improvise and compose with their friends. Classes and home practice are facilitated by award-winning interactive software that comes free with registration. **MusIQ Club will be at LMST on Wednesday afternoons this year in the Library. Sign up for our fall class at [www.musiqclub.com](http://www.musiqclub.com). MusIQ Club at Le Marchant St. Thomas is for grades 3-6 only**, but MusIQ Club offers classes for all ages on Saturday at the Adventus office, 540 Southgate Drive, Suite 204 (Larry Uteck Drive, Bedford). This fun process of developing music skills provides unique advantages to students.

## LMST Clothing

The Home & School will have a table at the Halloween Dance where you can order LMST T-Shirts, Hoodies or Track Pants for your children if you so desire. **This year we have a choice of colours with the letters LMST.**(no logo) **We also have a choice of fabric, having included a 'wick away' fabric as well.** We will also have adults sizes available for those who want to order for themselves. Order forms will be sent home this week for families not participating in the Halloween Dance. We will have the sizes on display outside the office if you need sizing for your child or yourself. **Orders will be in for Christmas if placed by the end of November.**



# Community

# Corner



# Happy Halloween



**Happy Thanksgiving  
to all our families.**

## **First Lego League WORLD CLASS 2014 Team:**

The Maritime Museum of the Atlantic (MMA) is inviting submission for LEGO teams to apply for sponsorship by the Maritime Museum for this year's First Lego League. The MMA will be sponsoring (2) FLL teams selected from a pool of qualified applicants. Interested teams should review the First Lego League (FLL) Challenge site and understand the requirements of this year's Challenge. This year the FLL team experience is a game about learning. Interested teams will identify their team members, propose a creative meeting schedule and provide a statement on the merits of their team. As sponsor of (2) FLL teams, The Maritime Museum (MMA) will provide each team with a EV3 Core Set with Charger and EV3 software (the essential hardware & software) to meet the FLL challenge. MMA will also provide meeting space and liaison to support with Nova Scotia Community College staff. This year's "**Deadline**" for entering as a FLL team is September 30<sup>th</sup>, 2014. To submit application for sponsorship, contact Lee Schuette, 902-483-9507 or [Schuette@gov.ns.ca](mailto:Schuette@gov.ns.ca)

The Halifax Chapter of **CISV** would like to invite you and your children to an **Open House and Information Night** on **Thursday, October 9th at 7:30pm** at Halifax Grammar School, **5750 Atlantic Street** in Halifax.

There will be a brief presentation summarizing CISV and what we stand for. Following the formal presentations, there will be time to mingle and chat with CISV members, previous participants in CISV programmes and their parents. We will be discussing what our Chapter has been involved in during the past year and what lies ahead in the months to come. Programmes are available for ages 10 up to adults.

Our very active Junior Branch will be represented so if you have a child 10 or older bring them along and they can experience what our activities involve. (They will enjoy it!)

Please feel free to contact us if you have any questions or check out our website at [www.cisvhalifax.ca](http://www.cisvhalifax.ca) This invitation can be forwarded on to anyone you think may be interested. The more the merrier! Hope to see you there.

Lyn Salsman Waller & Stuart Pinks

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CISV is a charitable, independent, non-political, volunteer organization promoting peace education and cross-cultural friendship.