



Metcalfe Public School

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"ENCOURAGING EXCELLENCE IN EDUCATION AND RESPONSIBLE CITIZENSHIP"
Respect+Responsibility=Recognition

Mrs. Jennifer Nutt, Principal
Mrs. Tina Fournier, Office Administrator
Mr. Bruce Marleau, Chief Custodian
Metcalfe Public School - www.metcalfepts.ocdsb.ca

Mr. Guido Ronci, Vice Principal
Mrs. Sarah Lafrance, Office Assistant
Newsletter # 3 – November, 2011
Metcalfe Council - www.mpscouncil.com

E-Newsletters!

Last year, we made the move to an e-newsletter which is posted on our school website www.metcalfepts.ocdsb.ca during the first week of each month. This critical move will save trees and reduce costs. If you would prefer a paper copy of the newsletter, please send in a note through your child's planner. Thank you.

Change of Information

Verification documents have been sent home for you to review, correct, sign and return. If you have any additional changes throughout the school year, please call our school office. Thank you.

A message from the office

This week started off with great excitement, as many of our students were dressed up to celebrate Halloween. We held our first spirit assembly on October 31st as well. It was wonderful to see so many students and staff in costumes. At the assembly, we celebrated students who received certificates recognizing their demonstration of our monthly character traits. As well, we acknowledged our student athletes and were treated to some dancing and poems by several of our primary classes.

November is a busy month around the school. Student Progress Reports will be sent home on November 10th. Parent teacher interviews will be held on the evening of Thursday, November 17th and the morning of Friday, November 18th. Marilyn Acres, our librarian will be hosting a Scholastic book fair during the interview period, from Wednesday, November 16th until Friday, November 18th.

During the month of October, many of our students represented Metcalfe Public School at a variety of interscholastic sporting events. Read all about the different teams' endeavours further in the newsletter. Again this year, we received many compliments regarding the spirit and sportsmanship that our athletes displayed. A huge thank you to all the parent drivers and supervisors, without you, our students would not be able to participate in these events.

We will be holding our Remembrance Day Ceremony on November 11th at 10:40am, all parents and community members are welcome to join us.

We look forward to seeing you during the interview period.

Sincerely,
Mrs. Nutt and Mr. Ronci

The Elementary Progress Report Card

The Elementary Progress Report Card is designed to show:

- a student's development of the learning skills and work habits during the initial weeks of the school year, and
- a student's general progress in working toward the achievement of the curriculum expectations.

Assessing student learning is used by teachers and students to determine what students know and can do, their interests and strengths, what they need to do next to improve achievement, and what strategies will help them achieve the identified learning goals.

We know that you, as a parent or guardian, are vital partners in your child's education and that children do better at school when parents are involved.

The intent of the Progress Report Card and the Parent Interview/Conference is to provide clear and understandable information about how your child is doing at school and to facilitate a home and school partnership for ongoing communication throughout the school year.

Arts Awards 2011 - Presented to Jeremy Alward & Hedy Burton - Jeremy Alward and Hedy Burton, Teachers at Metcalfe Public School, jointly received the Elementary Drama award! As director and producer respectively, Jeremy and Hedy's grades 4 – 8 production of Sleeping Beauty was a phenomenal success! Through their patience, teaching skills and long hours of mentoring, students were taught the important skills of timing, enunciation, volume control, body language, improvisation, as well as about sound, lighting, costume and set design, prop building. Their students learned not only effective theatre skills, but also, that hard work in the arts brings great satisfaction and lasting memories. CONGRATULATIONS!

Character Awards given for Respect

Congratulations to - Lilla D., Daniel J., Jaimie B., Kyle B., Trevor P., Halima R., Naomi P., Zach R., Blaire B., Logan D., Allie B., Mitchell B., Erin C., Jayla I., Rhian D., Nathan B., Madison B., Willem V., Trevor P., Olivia W., Thomas M., Cody M., Samantha P., Tia L., Jordan A., Jaden P., Ashley R., Danica E., Katrina M., Lauren R., Marshall R., and Katrina K.

Character Awards given for Responsibility

Congratulations to - Alex H., Erin L., John B., Shelby A., Jaime B., Shobana R., Sarah M., Cameron Q., Max H., Jaimie B., Atilla V., Georgia L., Jens S., Avery G., Justin D., Sabrina R., Owen B., Jordyn B., Tommy D., Noah J., Kate L., Austin R., Spencer A., Jaidyn D., Samantha B., Megan V., Michael P., Megan R., Jessica S., and Patrick W.

School Spirit is high at Metcalfe Public School

The results of this year's Halloween Costume Competition reached record highs. The following classes had 100 % participation: Junior and Senior Kindergarten, all the Primary students (grades 1 - 2 -3), all the grades 4 and 5 Middle French Immersion students, the grade 8C class and not to be outdone, all the Metcalfe PS staff! Hoping you all had a howlish ghoulish Halloween Nite! Till next year's fright!!!!

Metcalfe Mustangs Clothing Orders - Blue and Gold! - Wear your colours proud!

Order forms for our School Clothing will go home next week. Many exciting items this year. Lots of colour choices. Hoodies, backpacks, caps and more. Be sure to check out the new camouflage caps too!



Upcoming Book Fair

Come to Our Book Fair! **Reading is Out of This World!** Metcalfe PS is hosting a Scholastic Book Fair during the week of November 15-18, 2011. The book fair will be held in the library and classes will be visiting the book fair with their teachers. This is an important fundraising event for our library. Watch for a take home flyer and letter in mid November. There will be contests to win gift certificates as well as a Planet Discovery Contest run by Scholastic to win books and games.

Helpful Internet Links

Metcalfe Public School Website - <http://metcalfe.ps.ocdsb.ca/>

Metcalfe Public School Council - <http://mpscouncil.com/>

Mr. Fitch's World - Information for Kids and Parents - <http://www.angelfire.com/ego/mr.f/>

Follow us on Twitter @MetcalfePS (<http://twitter.com/#!/MetcalfePS>)

MPS Eco News

We have a new water fountain, with a bottle refilling station! Please encourage your child to bring a reusable water bottle/sports bottle to school. Since it was installed last week, our counter shows that we have saved 436 plastic bottles by reusing ours from home.

Reusable Water Bottle | Cleaning Your Reusable Water Bottle - Bought water can become costly fast. With students back to school, now is a good time for a reminder of the importance of keeping your *reusable water bottle* hygienic. A reusable water bottle, or a sports bottle, is a well known eco-friendly and cost saving alternative to buying water in disposable bottles. A reusable water bottle comes in all sizes. The most important thing to remember about a reusable water bottle is to clean it often to keep it free of bacteria; inside and out. If you carry other liquids in your bottle you should disinfect it daily.



Why Frequent Cleaning Is Important - Bacteria thrives in dark, moist environments. Under the right circumstances, a reusable water bottle can make an inviting home for germs, so sanitizing the bottle regularly is the best way to keep your water fresh, clean, and safe. Sports bottles come with spouts, filters or caps that are as important to keep disinfected as the bottle itself. Care should be taken to wash them properly to ensure your water is clean and hygienic.

How To Keep A Clean Water Bottle Starting to sound complicated? It's really not. Here are some ideas that will do the job:

- 1. A dishwasher is probably the easiest option, if you have one. Make sure your reusable water bottle is dishwasher safe. Many are, but not all brands can be cleaned in a dishwasher. Load caps and spouts separated from the reusable water bottle.**
- 2. Wash the reusable water bottle by hand using warm water and the same dish washing detergent you use for plates, cups, and utensils. Using a brush can help reach the nooks inside the bottle and the grooves of the screw caps. Once washed, rinse with warm water and leave the bottle in the rack to air dry or dry it with a towel.**

The popularity of reusable sport bottles is on the rise. The recent scare over the pervasive use of BPA in plastics has reusable water bottle manufacturers switching to safe, BPA free construction materials. They are versatile, colorful, stylish, and they have a huge impact on reducing the environmental waste produced by disposable bottles. **Go green, but remember to keep your reusable water bottle clean too!**

MPS Sports News

Intermediate Cross Country

Congratulations to the intermediate cross-country team who competed in the Southeast Regional meet. All four teams represented our school extremely well by running fantastic races. There were some personal bests and absolute fantastic efforts on the part of all the runners in Metcalfe blue. 5 students represented Metcalfe at the Board meet. Allie B., Zach R., Beth F., Tim O., and Cameron F. Congratulations everyone!

Intermediate Girls Football

It was a cold, windy and rainy day for the Mustangs at the Girls Touch football tournament. But the weather could do nothing to break the spirits of our gold and blue warriors. As quarterback, we had Jaimie B. and Sam S., who ran the offence like 2 generals taking their team into battle against both the weather and opposing teams.

The running back tandem of Beth F. and Montana M. and a receiving core of Drew P., Sarah M., and Kiera M. ran chaos over opposing defences. On defence, the Mustangs posed an imposing defensive wall that featured Jayde S., Kristen M., Kassidy H., Dana L., Allie B., Sierra F., Jasmine L., and Willow D. that held teams to an impressive 27 points against total!



In the end, the damp and weather-beaten Mustangs squad made it to the recreation semi-finals and lost a hard fought game against Roberta Bondar. I was very proud of our team's performance and congratulate them on their tremendous effort in the face of poor weather conditions. And of course, as always, the girls were the loudest and most supportive school there. Way to go team! Mr. MacDonald.

Intermediate Boys Football

Attention Metcalfe! Records were set yesterday for Metcalfe touch football. In round Robin play the boys defeated Sawmill 15-14. Later they tied Vincent Massey and won the tie breaker to be first place in the Pool. Their quarter final was close at first, but at half time the boys made the adjustments and won 20-0. That's right.....The Metcalfe team went to a Competitive Semi Final. However, the strength of the Hopewell team was a little too much and the boys fell short in the semi. Hopewell went on to win the tournament. All in all it was a great effort and a great day for Metcalfe Touch Football! Congrats to all the players and a special thanks to all the parent volunteers.

Allergy Smart School

Help to make Metcalfe P.S. an "allergy smart" school by creating a peanut/nut free environment.



Please do not bring nuts or nut products to school. Help your child to carefully screen all lunch foods and snacks brought to school for peanut/nut content. This means reading the labels of items such as cookies, granola bars, muffins, cereals, etc. to ensure that they have not been prepared with peanuts, peanut butter or peanut oil and do not contain traces of peanuts/nuts in them. It is the "hidden" ingredients that are of concern. When sending snacks in on special occasions, please be very careful not to use any peanut/nut products and please send along a list of ingredients.

Cross Contamination

Cross contamination occurs when residue of nuts or nut oil is transferred from a kitchen counter, a knife, a plate, or from unwashed hands etc. We can all help to reduce the chance of cross contamination by hand washing after breakfast and by carefully packaging lunches away from areas in the kitchen where nuts, peanut oil and peanut butter have been used. Cross contamination can also take place at school in areas that all students access such as the computer lab or library. A trace of nut butter or nut oil left on a desk, a book, a counter or a computer could be life threatening to the "peanut/nut anaphylactic" child. This is why it is important to reduce the risk to these students.

The Snowsuit Fund



Ottawa winters can be bitter. Without proper winter clothing, the chill can be unforgiving. Every adult in our community recognizes the need to dress their children appropriately for the weather, but for so many families, this basic necessity is financially out of reach.

The snowsuit distribution Depot is now open for the season, ready to assist families of needy children, 15 years and under, in our community. For further information, please contact (613) 746-5143. The Snowsuit Fund can also be contacted via email. Please email all inquiries to [Joanne Andrews](mailto:Joanne.Andrews@snowsuitfund.ca). The Snowsuit Fund offices are open the following hours from September to February.

Monday: Closed

Tuesday: 9am - 4pm

Wednesday: 9am - 4pm

Thursday: 9am - 4pm

Friday: 9am - 4pm

Saturday: (During peak season. Please call ahead to check.)

Community News

From time to time, the school is asked to distribute information about activities in the community that may be of interest to some parents/students; for example, summer camps, gymnastics clubs, sports groups, etc. This information is provided for your consideration only and should not be viewed as an endorsement of any particular organization or activity by the school or its staff.

Babysitters Course

A great course for youth aged 9-13 (grades 4-7).

- Basic skills such as diaper changing, feeding a baby and simple meals for kids
- How to cope with common problems, like tantrums and crying & maintaining household rules
- What to do if anything makes the babysitter uncomfortable & how to find jobs safely!
- Great games & other ideas for having fun with the kids while babysitting
- How to make the children's environment safe, enjoyable & babyproofed
- The respective rights and responsibilities of the babysitter and the hiring family
- First Aid, Fire Safety & The Emergency Medical System (EMS)
- Handling emergencies – choking, Airway Management, Rescue Breathing & an intro to CPR
- Emphasis is also placed upon staying Home Alone & supervising younger siblings & relatives
- ...with course content supplied by the Ontario Provincial Police & Ontario Fire Marshal's Office

Nepean – Friday, January 20, 2012 – 9:15am – 3:15pm (PA Day)

Orleans – Saturday, January 21, 2012 – 10am to 4 pm

Kanata – Sunday, January 22, 2012 – 10am to 4pm

You must pre-register – please sign up early, space is limited. Register online or for more info www.kidsafecanada.com

The Greely Players is pleased to announce that our 2012 (23rd) production will be 'The Sound of Music'.

Auditions

Rogers and Hammerstein's

The Sound of Music

Information Meeting and Audition sign-up:

November 6, 2011, 1pm

at the Greely Community Centre

1448 Meadow Drive

Auditions: November 12 and 13 by appointment only.

For more information: www.greelyplayers.ca

or 613-821-1756

Manotick Arts Camp

Manotick Arts Camp workshops on PD days

The Manotick Arts Camp is a performance arts program for kids . This year we will be offering workshops in Drama, Music and Visual Art on PD days at the Manotick United Church. We will take kids 7 and up, no experience is necessary. All PD days are themed, the goal is to create a skit to be filmed by the end of day. The program runs from 9:00 am- 4:00 pm. Before and after care is available by request. The next PD workshops day are Nov 18th/Jan 5&6. We are limited to accepting 20 registrations each day. The Manotick Arts Camp has been in operation for 12 years, offering wonderful opportunities, experiences and memories for youth. For more info: www.manotickartscamp.ca 613-692-0162 c. 613-890-1529 .

Music for Wee Ones

Currently Accepting Winter registration for children aged 3-6 into Music for Wee Ones. Music for Wee Ones is an excellent introduction to music for young children and involves singing, movement and the playing of Orff instruments. Classes are at the Manotick United church. Check out the website: www.manotickartscamp.ca 613-692-0162 c. 613-890-1529.

HELP WANTED

Rural Family Connections is seeking an experienced, qualified Early Childhood Educator (or equivalent) for part time work in all 3 programs - the Nursery School, Live & Learn Resource Centre, Home Daycare Agency. Please call Maria at 613) 821-2899 for more information.

We are also looking for a volunteer 1 or 2 times a month.

Drop in Playgroups

Mondays, Fridays: Provider playgroup, 9-11 am

Tues, Thurs.:* Children 0-6 years and their parents/caregivers, 9-11 am

Wednesdays:* Lullabies – children 0-18 months and their parents, 9-11 am

Wednesday evenings:* drop in, 6-8 pm

Outreach Playgroups

*Wed. *, Fri. *:* Osgoode, 9-11 am

**programs are supported by Ontario Early Years Centre-Nepean Carleton*

PRENATAL PLUS

A series of workshops funded by City of Ottawa, Community Project Funding Program. **FREE** 6-week series of workshops which will focus on nutrition, yoga, childbirth, breastfeeding, infant massage, car seats, immunization, post partum, market place of products.

Dates: Tuesdays Jan 31 - Mar 6

Time: 5:30-7:30 pm

BONDING WITH BABY

Plan to attend these 4 one & a half hour classes and learn infant massage and baby sign language. The first half of class will be spent demonstrating and practicing the simple techniques of *Infant Massage* to help babies with gas, colic, constipation, teething and soothing those "fussies". The second part of class will be a combination of *Baby Sign* and *Parents as Teachers (PAT)*. Registration required.

Dates: Thursdays Nov 17 - Dec 8

Cost: \$60.00

Time: 1:30-3:30 pm

READY TO LEARN (still some spaces available - please call us).

- The 2011 fall session dates are Nov. 14-Dec. 21, 2011. Each Mon. and Wed. 1:00-3:00pm.
- Foster early literacy and numeracy skills
- Help stimulate each child's motor, cognitive & self-help abilities
- Help identify any "learning obstacles" that your child may have before they enter kindergarten
- Facilitated by a professional educator
- Limit of 10 children in each session

Program open to children planning to attend 4 yr old kindergarten in Sept. 2012 & those attending 4 yr old kindergarten this year 2011/12

For any of the above programs, or if you have any questions or would like to register, please call 613 821-2899.

BABY CUPBOARD

Diapers and wipes are available to families experiencing financial difficulties. A program of Nepean, Rideau & Osgoode Community Resource Centre.

Metcalfe Cooperative Nursery School

Spaces are available in both of the following programs:

Toddler Program (18 months - 2 1/2 yrs): 9-11 am on Tuesday & Friday

Preschool Program (2 1/2 - 4 1/2 yrs): 9-11:30 am on Monday, Wednesday & Thursday

For more information please visit www.mcnskids.org or phone (613) 821-3196.

Metcalfe Home Daycare Agency

Caregivers urgently needed in Manotick and Greely areas.

CHILD CARE CONNECTION

This meeting is facilitated by Child Care Providers Resource Network. It presents a venue that encourages private home child care providers and home child care providers registered with our licensed program to interact with parents looking for care. Other options such as the City of Ottawa before and after school programs and group child care centres are sometimes present.

Date: Nov. 8

Time: 7-8:00 pm

MONTHLY EVENING CLUB

The second Thursday of each month: Metcalfe Community Knit Together (KTog). Join Christine, bring a friend, share your passion. All fibre artists are welcome.

7-9pm. For more info. Call 613 821-0231.

1st Greely Pathfinders **YOUTH DANCE** - Friday 25 Nov 2011, 7-10 pm - Greely Community Center - Admission \$5. Hot Dogs now available. Info: greelyguides@gmail.com