



**Metcalfe Public School**  
2701 8<sup>th</sup> Line Road • Metcalfe • Ontario • K0A 2P0  
(613) 821-2261 Fax (613) 821-7801



**"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.metcalfe.ps.ocdsb.ca](http://www.metcalfe.ps.ocdsb.ca)**

**Mr. Guido Ronci, Vice Principal**  
**Mrs. Sarah Lafrance, Office Assistant**  
**Newsletter # 2 – October, 2011**  
**Metcalfe Council - [www.mpscouncil.com](http://www.mpscouncil.com)**

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### **E-Newsletters!**

Last year, we made the move to an e-newsletter which is posted on our school website [www.metcalfe.ps.ocdsb.ca](http://www.metcalfe.ps.ocdsb.ca) during the first week of each month. This critical move will save trees and reduce costs.

**\*\*School Supply lists for the 2011/2012 School year are now online on our website [www.metcalfe.ps.ocdsb.ca](http://www.metcalfe.ps.ocdsb.ca)\*\***

### **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.

### **Student Agendas**

Agendas have been provided for all students from grades 1 through 8. School Council has generously supported the purchase of the agendas. We are still collecting a voluntary school fee of \$5.00 to cover the remaining cost of the agenda, that can be sent in to your child's homeroom teacher.

### **Principal's Message**

We have had a great start to the year, with all of our students settling down into the routines of a new school year. It was wonderful to see so many of our families at our Meet the Teacher night. Communication between home and school is key to our students' success. If you have any concerns about your child's programming, please do not hesitate to contact your child's teacher. If you would like to contact your child's teacher please call the office, and our office staff will connect you to their mailbox, if calling after hours please leave a message in the general mailbox and it will be directed to the mailbox in the morning. You can simply use your child's agenda to communicate with their teacher.



On Tuesday, September 28<sup>th</sup>, School Council elections were held. We were very pleased to see new parents join the council. This year, our chair will once again be Kim Sheldrick, Val Leonard will be the Vice Chair. The next Council meeting will be held on Tuesday, October 11<sup>th</sup> at 6:30pm in the school library.

Thank you for all of the donations towards our Terry Fox Run, which was finally held under sunny skies, on Wednesday, October 5<sup>th</sup>. Our school community raised \$1290.80. Special thanks to Kate, Ashlyn and their families for their fundraising efforts.

Please remember that the school will be closed on Monday, October 10<sup>th</sup>. Have a safe and happy Thanksgiving. Sincerely, Mrs. Nutt

## Vice Principal's Reminder

The Metcalfe Fair has come and gone, and with it are the signs of autumn. As we march on towards the colder months, I would like to remind students and parents alike to take a good look at page 4 of the MPS Student Handbook / Agenda. I cannot emphasize enough that the appropriate dress and footwear will make the day go by that much better. The first two months after summer vacations are geared to reviewing and deepening our school's motto: Respect and Responsibility. Please take a moment to congratulate your child if you see him or her exhibiting them around the house and neighbourhood. We will certainly make time at the end of October to highlight students in our school who demonstrate such traits at school. If you would like to discuss any concerns, or should you have any comments or queries, please feel free to contact me at 613-821-2261. I look forward to another exciting year at Metcalfe PS.

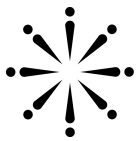


Cheers!

Guido Ronci, OCT

## 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.



**SCHOOL  
BREAKFAST  
PROGRAM**    **PROGRAMME DES  
PETITS DÉJEUNERS  
DANS LES ÉCOLES**

## General Information

Our school provides a nutritious breakfast to ensure that our students are well fed and ready to learn. Various independent studies have found that when students eat a nutritious breakfast they perform better academically.

Our program is available to all students every day starting at 8am. Foods provided meet the Ontario Ministry of Children and Youth Services (MCYS) Student Nutrition Guidelines and focus on fruit/vegetables, milk/milk alternatives and whole grains.

## How is Our Program Funded

Funding for our program is provided by the Ottawa Network for Education (ONFE) School Breakfast Program in partnership with the Ontario Ministry of Children and Youth Services (MCYS) and with support from the United Way, City of Ottawa, various community-based fundraising initiatives and private donations. As well, our school welcomes any parental contributions of money or food towards our school's own program.

## The Importance of Eating Breakfast

Participation in the breakfast program can play an important role in maximizing student success and the healthy development of students. Research has indicated that eating a healthy breakfast contributes to improvements in academic performance, school attendance and improved classroom behaviour.

## Junior Cross-Country Meet

On Wednesday, October 5th, the Junior Cross-Country team traveled to Mooney's Bay Athletic Facility and competed against other schools in our region. It was a beautiful sunny day, perfect for a run up hills and through the trees. We had two top 10 finishes - Ryan and Colin! Of course, as well as the two boys already mentioned, we are proud of the whole team for their effort and participation - Jaden, Spencer, Evan, Jamie, Morgan, MacKenzie, Jordan, Meaghan, Jennifer, Emily, Charlotte, Cammie, Omaira, Morgan, Faith, Liam, Tennyson, Malcolm, Skyler, Alex, Abraham and Samantha. Many thanks to the parent volunteers who helped organize and supervise the students - Mrs. Johnston, Mrs. Oliver and Mrs. Froats. We couldn't have done it without you!!



## Helpful Internet Links

**Metcalfe Public School Website** - <http://metcalfeps.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>)

## Volunteer to Listen to Students Read

If you are looking for a way to volunteer at the school, please consider listening to students read in the Primary/Junior division. You can contact Mrs. Belanger by phone 613-821-2261 or by e-mail [Karen.Belanger@ocdsb.ca](mailto:Karen.Belanger@ocdsb.ca) We can arrange a time to suit your schedule. Thank you!

## MPS Eco News

We are happy to report that over the summer all the lights at MPS were switched for more energy-efficient ones. We will be celebrating **Waste Reduction Week October 17-23, 2011** by encouraging students to bring waste-free lunches (reusable bags and containers, nutritious home-made food). If you have ideas about how to further "green" our school, please send them to [stephanie.hagen@ocdsb.ca](mailto:stephanie.hagen@ocdsb.ca).

## City of Ottawa Public Health News

### BE SAFE WHILE SKATING. WEAR A HELMET.

Head injuries are the number one cause of disability in kids. Often they occur when kids take part in sports or activities. Nine times out of ten head injuries will be less severe if a helmet is worn correctly.

Here are some tips when choosing a helmet:

- It has been tested for safety. It has a CSA sticker.
- It is not used.
- It is not too loose.
- It fits your head now.



For more information about the new rule, please call the Public Skate Info line at 613 580-2666. Or click on the Helmet Link, under the Parks, Recreation and Culture section at [ottawa.ca](http://ottawa.ca). To learn more about why you should wear a helmet visit [thinkfirst.ca](http://thinkfirst.ca).

## 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.*

**1st Greely Pathfinders - YOUTH DANCE** - Friday 28 Oct 2011 from 7-10 pm, Greely Community Centre. Admission \$5 Hot Dogs available for purchase. For more info please email [greelyguides@gmail.com](mailto:greelyguides@gmail.com)

[www.stageonline.ca](http://www.stageonline.ca) - Calling all actors grades 3-8!! 5 spots left for our STAGE II program starting November 1<sup>st</sup>. For info or to register call Kerri Rossiter @ 826-6680.

### **Metcalfe Skating Club**

We offer Skating programs for all ages. KinderSkate, CanSkate , Adult Skate and StarSkate (figure skating). It's never too late or early to get started! Register for our upcoming 2011-2012 season by mail. Forms are available for printing at [www.metcalfeskiingclub.ca](http://www.metcalfeskiingclub.ca)

### **Metcalfe Cooperative Nursery School's Annual Fall GIANT Garage Sale**

Friday October 14th, 4-8pm & Saturday October 15th, 8am-1pm. Metcalfe Fairgrounds Agricultural Hall - Toys, clothes, baby equipment and household goods! Call 821-3196 or visit [www.mcnskids.org](http://www.mcnskids.org) for more information or sell.

### **FALL Programs at Live & Learn Resource Centre**

**Drop in Playgroups** - *Mondays, Fridays:* Provider playgroup, 9-11 am / *Tues\*, Thurs.:* Children 0-6 years and their parents/caregivers, 9-11 am / *Wednesdays\*:* Lullababies – 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 Oct. 18 - Nov. 22, 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 Oct. 13 - Nov. 3., Cost: \$60.00, Time: 1:30-3:30 pm

### **CURIOUS EXPLORERS**

A Parents as Teachers program for children ages 13 - 18 months. Parents and toddlers join Certified PAT Educators on Saturday mornings from 10:00 to 11:30 to look at "What's Special About This Age?" Parents will receive information on child development and brain development. There will be parent-child activities, book sharing, parent coaching and handouts. We finish the morning with a nutritious snack for parents and children. \$150 for 6-week session.

### **BABY CUPBOARD**

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

## **READY TO LEARN**

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.**

## **Metcalfe Cooperative Nursery School**

Spaces still available for 2011/2012 school year.

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](http://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

## **Metcalfe Community Knit Together**

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.