



Thursday, September 16, 2010

Newsletter #1

Principal: Megan Egerton
Office Administrator: Janet Veale
Office Assistant: Lynda Larkin
Chief Custodian: Doug Chapman

Safe Arrival Line: 722-4474
Council Co-Chairs: Pam Dillworth-Christie / David Fortier
Trustee: Jennifer McKenzie
School Web Site: www.churchillalternative.ocdsb.ca

Happy September New Year!

I wish to extend a warm welcome to all new and returning families to Churchill Alternative Public School. The staff and I are so excited to begin the school year. September is a favorite time of year for staff with all the promise of a fresh start. It's always so much fun to set up our classrooms, lay out the brand new school supplies, and enjoy that optimistic, energetic feeling after having enjoyed a good rest over the summer. We were so happy to see the students looking fresh, eager and excited to be back with their friends.

Our teachers, educational assistants, custodians, and office staff, have worked very hard over the summer in preparation for your child's arrival to school. In addition to myself, as the new Principal, we welcome new staff members Kristen Riddell, who will be teaching Core French for 0.25 of the day, Meagan Beck, who will be our new grade 2/3 teacher and Andrew Robertson who will be teaching our 4/5 class. We are all looking forward to working with parents and our community to challenge our students in their learning. It was nice to see you at the CASC BBQ this week.

The school newsletter is a key means of communicating between home and school. In an effort to conserve our environment we are hoping to be moving towards posting the newsletter on the school web site and we will be continuing to email it out to you as well.

Please note the dates on the attached calendar of all important events that will be taking place for the month of September and October.

The OCDSB's mission statement is "Educating for Success...Inspiring learning and Building Citizenship." Our dedicated staff at Churchill Alternative Public School is committed to helping your child reach his/her potential in a safe, challenging and respectful environment. If you have any questions or concerns please feel free to call us at 613-722-4474. I wish you all a great start to what I know will be an outstanding school year!



Megan
Megan.egerton@ocdsb.ca

SCHOOL YEAR CALENDAR 2010 - 2011

PA Day	3 September, 2010
Labour Day	6 September, 2010
First day of school	7 September, 2010
Thanksgiving	11 October, 2010
PA Day (Parent/Teacher Interviews)	12 November, 2010
PA Day (Ministry Day)	26 November, 2010
Christmas Break	20 December, 2010 – 31 January, 2011
PA Day (Report Card Writing)	14 January, 2011
PA Day (System Day)	18 February, 2011
Family Day	21 February, 2011
Mid-winter Break	14 - 18 March, 2011
Good Friday	22 April, 2011
Easter Monday	25 April, 2011
Victoria Day	23 May, 2011
PA Day (Report Card Writing)	3 June, 2011
Last day of school	30 June, 2011



BALANCED DAY SCHOOL HOURS

Arrival Supervision	7:45 am - 8:00 am
Classes Start	8:00 am
Recess 1	10:00 am - 10:15 am
Nutrition Break 1	10:15 am - 10:30 am
Morning Kindergarten Dismissal	10:30 am
Afternoon Kindergarten Arrival	12:00 pm
Recess 2	12:30 pm – 1:10 pm
Nutrition Break 2	1:10 pm – 1:30 pm
Dismissal	2:30 pm

2010 – 2011 STAFF

JK / SK	Michèle White
JK / SK	Sandra Burton
JK / SK	Shelley Endenburg (am)
1 / 2	Heather Crysedale
1 / 2	Heather Gilman
1 / 2	Roy Meade
2 / 3	Meagan Beck
2 / 3	Judi Kahler (Sept – Dec)/ Alena Grigerova (Jan – June)
3 / 4	Sharon Hickey-Sano / Heather Earl (Wed)
3 / 4	Russell McLelland
3 / 4	Natalie Shorkey
4 / 5	Andrew Robertson
5 / 6	Ray Kalynuk
5 / 6	Tiiu Tsao
Core French	Lise Kingsley
Core French	Shellie Matthews
Core French	Kristen Riddell
EA	Lyne Filion
EA	Kadra Koulimye
LST	Lynn Koch
LRT	Kelly Poulin
LRT	Cheryl Ashfield
LRT	Terra Phillips
CAT	Andrea McGrath
Principal	Megan Egerton
Office Administrator	Janet Veale
Office Assistant (.5)	Lynda Larkin
Library Tech (.5)	Robert Rutt
Chief Custodian	Doug Chapman
Custodian	Kevin Marks
Custodian	Richard Lalonde

BUSING INFORMATION

Students are reminded to be at the bus stop 5 minutes ahead of the scheduled time to avoid missing the bus or running to the bus stop. Our buses serve two to three schools a day, morning and afternoon. Knowing this will help you to understand what a complex system the transportation department orchestrates, and how initial problems are to be expected. Please contact the bus company directly if you wish to inquire about a late bus, missed stop or to confirm the time of a pick up or drop off. The following information should be retained in case of future inquiries:

<u>Route</u>	<u>Bus Co.</u>	<u>Phone #</u>	<u>Driver</u>
AM:			
#S206	Stock	613-820-0500	Wali
#S285	Stock	613-820-0500	Kelly
#L58	First Student	613-841-8600	Balla

Kindergarten Noon Run

#01S	Stock	613-820-0500	Wali
#338S	Stock	613-820-0500	Travis

PM:

#S206	Stock	613-820-0500	Wali
#S285	Stock	613-820-0500	Kelly
#L58	First Student	613-841-8600	Balla

Empty seat request for busing: If you are requesting empty seat busing consideration for your child, please pick up an application form at the school office indicating your child's grade and address. We will be reviewing your applications as consideration is given to youngest students living furthest from the school. Empty seats will be assigned starting October 4.

LOOKING FOR VOLUNTEERS

The office is looking for Safe Arrival Volunteers that can spare 15 minutes a couple of mornings a month.

Also needed is someone who can maintain the aquarium in the lobby.

Please call the office at 613-722-4474 if you can help out.

RAINY DAY CLOTHING



Students are expected to come to school dressed appropriately for the weather and prepared to spend time outside at recess.

STAFF PARKING LOT

Please do not park or drop off students in the staff parking lot on the west side of the school. Spots are limited and are for staff only. Thank you.

LOST & FOUND

Please have a look at the lost and found items in the lobby by the gym doors to see if something belongs to your child. Items that are not claimed are sent at the end of each month to a shelter for women and children. **Don't forget to write your child's name inside his/her coats and sweaters as this makes it easier to return lost items to their rightful owners.**

FAMILY DAY AT THE BILL MASON CENTER

Family Day at the Bill Mason Centre
Sunday, October 3rd from 10:00 to 2:00

Please join us on Sunday October 3rd from 10:00am to 2:00pm at the Bill Mason Centre for guided explorations, Instructor lead activities and a hot dog cook-out.

Admission is free, hot dogs and drinks are available for a small fee

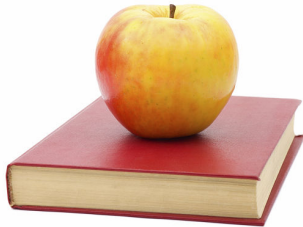
Please bring your friends and family, but leave your pets behind.

Directions and information available at www.ocdsb.ca/oec or by phone at 613 833-2080.

THE IMPORTANCE OF BEING ON TIME



Health Habits for Learning



Consider the following family routine tips:

- **Healthy eating.** Prepare healthy meals. Try to include at least 3 or 4 food groups each meal from Canada's Food Guide. A growing brain will work at its best with good fuel.
- **Regular exercise.** Activities and sports can focus thinking and let out stress. 90 minutes of exercise is suggested each day.
- **Sleep.** A growing body needs nine to eleven hours of sleep each night.
- **Hygiene.** Daily baths or showers will reduce body odour.
- **Health check-up.** Bring your child for a yearly health check-up. Ask for your child's hearing and vision to be tested. Be sure your child's vaccines are up to date.
- **Dental care.** Bring your child for a yearly dental check-up. Brush teeth two times a day for two minutes.

For more information go to ottawa.ca/health or call Ottawa Public Health at 613-580-6744.

1. **You care.** Showing up and on time is one of the best ways to show someone that you care about what they are teaching.
2. **You respect others.** Arriving on time shows that you respect others. Respect is the foundation for creating great long-term relationships. It shows the class that you care and respect their learning too.
3. **You are open to others.** Punctuality says, "I'm ready" -- to be involved with whatever is set before you.
4. **You have an edge.** Being punctual gives you an edge in school. The early bird truly does get the worm. Timing is everything. Being punctual is great; being a little early is even better!
5. **You're in control.** People choose to partner up, play or work with those they like, know, and trust. They like doing things with people who are in control. If you always arrive early or on time, you give the impression that you are in control and manage things well.
6. **You have a standard for excellence.** Punctuality is but one standard of excellence. It implies that you are in control of your life and shows that you respect yourself and others.
7. **You keep things in flow.** Other people are affected by what you do and don't do. If you show up late, you adversely affect others. By showing up on time, you allow other people to get things done on time as well. Everybody wins.

Your habits are your brand. Brands take time to build. When you become known as someone who is punctual, you will enhance your brand. You'll enhance your brand and create a positive personal impact.



Something to think about.

Some people might say, "It is just a few minutes, what is the big deal?"

Being late 5 minutes everyday means that in a year you miss 17 hours in a school year.

If you were 10mins late every day you would be missing 34 hours of school – that is over a week of learning.