



Amherstburg Public School

# Eagle Pride News



## Principal's Message

**Amherstburg Public School**

**252 Hamilton Drive**

**Amherstburg, ON**

**N9V 1E1**

**Phone: 519-736-2189**

**Fax: 519-736-1375**

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Dear Parents,

It is hard to believe that it is already December. Thanks to our students, teachers and parents for working so hard to continuously move our school forward. As you know there have been changes to the way we report student's progress here at the school. First term continues with report cards going home at the beginning of February. Parent-teacher interviews for the progress reports were well-attended. It is so important to keep this home and school connection strong. Agendas, newsletters and teacher blogs are all great ways to keep in touch with what is going on at the school.

Our community continues to show great school spirit and continues to be very generous. The Operation Christmas Child campaign was a great success with 226 boxes being donated this year. This is over a hundred more boxes than were donated last year. A very special thank you to Mrs. Breshamer who has organized this very special event since it began three years ago. We had a number of newspapers come out to cover this story and a few of our students ended up in the pages of The Windsor Star (follow the link below). There were also articles in The Amherstburg Echo and The River Town Times.

<http://www.windsorstar.com/business/Operation+Christmas+Child+vital+lesson/5763500/story.html>

The 'We Care, We Can' food drive was also very successful. The students brought in 1110 cans. When students brought in a canned good they received a ballot to vote for the staff of their choice to participate in a 'dance off'. The lucky winners were Mr. Rosati and I. We were dressed for the part and had a lot of fun at the Recognition Assembly. Thank you again for all your contributions.

Our Christmas Concert will take place on Tuesday, December 20<sup>th</sup> with performances at 11:30 am and 6:00 pm. We look forward to seeing all of you there!

I hope you have a wonderful holiday season with your family and friends. All the best to you for 2012!

Sincerely,

C. Mills

## A few reminders...

### **Yard Supervision**

Please do not send children to school before **8:45 am**. There is no adult supervision on the playground until 8:45. We want to ensure the safety of all of our students.

### **Parking Lot**

Our parking lot and the front of the school are very busy at dismissal time due to the many cars and school buses. Please be sure to park your car in a marked spot and walk your children to and from the school. Thank you for assisting the staff on duty and Ms. Alexopoulos and I by walking your children to your cars. We would also like to thank you for not parking in the middle of the parking lot or in the drop off area, when picking up your child, especially on rainy days. This can create safety issues and we appreciate your cooperation. The safety of our children is our utmost concern. Our Drop-off area provides safe passage for our students from their cars in the marked area on the parking lot to the school yard every morning. Please be sure to use the crosswalk when walking your children from the parking lot.

### **No Parking Zones**

Please be sure to abide by the no parking signs in our parking lot. This is to ensure the safety of our students. We would also ask that you do not park in the drop off area in the morning. If you are going into the school with your child please park in a space in the lot.

### **Safety Reminder**

We ask that all parents dropping off their children to please use the crosswalk. Before and after school there is always a teacher with a stop sign to assist you in crossing. Please assist us in assuring the safety of all our students by emphasizing the use of the crosswalk with your children. Thank you for your assistance and co-operation.

## **Jersey Day and The Student Nutrition Program**

Our school registered for a fundraiser for the Ontario Student Nutrition Program called 'Pass the Puck for a Buck' which is sponsored by the 2012 World Under 17 Hockey Tournament. Organizers of the tournament are donating \$2 for every \$1 raised by the school. As a school we raised \$303 dollars. This means the organization will be donating another \$606 to our school for a total of \$909 raised for our student nutrition program!

On Friday, Dec. 2nd. we held a 'Jersey Day' at the school. Students and staff brought in a loonie to wear their favourite jersey. Students wearing a jersey were put into a draw to win tickets to games at the Vollmer Complex (USA vs Czech Republic on Dec. 29th or Atlantic vs. Germany on December 31st).



## Playground Update

The work has finally been completed in two of the three playground equipment areas. Unfortunately the equipment has to be closed from November to March due to Facility Service safety standards. The third piece of equipment (in the Kindergarten area) will need to be removed because it does not comply with current safety standards. This will be removed shortly but the Parent Involvement Committee is in the process of looking at quotes for new equipment. They are hoping to have installation of new equipment take place in the spring.



## School Spirit Wear and Candles

School Spirit Wear and Candles will be arriving before the Christmas holidays. The Parent Involvement Committee will be sending home a memo closer to the arrival date.



**Monthly Newsletters and calendars will continue to be on line this month. Check us out at [www.gecdsb.on.ca/schools/elem/aps](http://www.gecdsb.on.ca/schools/elem/aps)**

**Newsletters will be sent to e-mail addresses submitted to the school starting this month. If you would like to receive newsletters to your e-mail, please send us your e-mail address.**

(Should you require a paper copy, please contact the school.)

## **Kids Have Stress Too!**

Kids have stress too! Sometimes concerns that seem small to adults are big concerns to children. Children don't have the experience of adults to understand how to deal with new problems. They depend on adults to recognize their stress and help them through it.

Stress is a normal part of everyday life. Children can feel stress in their lives at home, school or even at play. That's not all bad since stress can positively motivate or challenge a child. But when children have more stress than they can handle it can hurt their health. Children deal with daily stressors like arguments with brothers and sisters, changes, new situations, not understanding homework, being late and busy schedules. Going back to school can be a big stressor for many children. Some children have to deal with ongoing stressors like families breaking up, loneliness, or major losses.

Children show their stress in many ways. They may behave differently than usual. They might be more argumentative, demanding or more quiet. They may have trouble sleeping, report tummy aches, have difficulty concentrating or want to avoid situations. Some feelings such as fear, sadness, anger, or irritability can indicate stress.

Spending time with your child is the most important way to help. Family activities such as exercise (a great way to let off steam), games, walks and eating meals together help children to feel that they belong. Show your child affection with words and hugs. Kids need time to themselves to just do nothing and relax too!

If you think your children are feeling stressed ask them. Listen to them when they talk to you and try to understand how they feel. You can help them to problem-solve when they feel stressed:

Ask them to calm down to think clearly and take a few breaths to relax.

Ask them how they feel and why they think they feel that way.

Next ask them how big the problem is. Listen carefully to what they have to say.

Help them choose what to do next. Later you can ask if it helped. \*

Here are some helpful ways to build a less stressful home:

Make sure your child gets exercise and time to play.

Healthy food can help the body cope with stress more easily.

Spend time with your children and ask them how they feel.

Hugs and kisses show children you love them and make them feel good.

Bedtime routines help children relax at the end of the day.

Sleep is important. A tired child gets stressed more easily.

Morning routines get the day off to a good start.

Have fun together. A good laugh helps fight off stress.

Learn to manage your stress.\*

The good news is even young children can learn to manage their own stress. For more tips for parents and downloads visit [www.kidshavestressto.org](http://www.kidshavestressto.org). For local services visit [www.werkidsmentalhealth.com](http://www.werkidsmentalhealth.com).

\*From “The Psychology Foundation of Canada.” *How to Help Kids Handle Stress*. [Brochure]. Kids Have Stress Too. Retrieved from [www.kidshavestressto.org](http://www.kidshavestressto.org) .

Here’s a list of helpful books for parents of anxious children:

*Freeing Your Child from Anxiety* by Tamar Chansky; *Keys to Parenting Your Anxious Child* by Katharina Manassis; *Worried No More* by Aureen Wagner; *Helping your Anxious Child* by Ronald Rapee et al; *What to Do When You’re Scared or Worried: A Guide for Kids* by James Crist.

*Submitted By: Social Work and Attendance Counselling Services, GECDSB*

You can teach your child to deep breathe...

Help children calm down by teaching them to take a few deep breaths. Even young children can relax this way. Ask her to sit quietly, or lie down, and close her eyes. Ask her to imagine she has a balloon on her belly button. Tell her to breathe in slowly and imagine the balloon filling with air. You count to four while she does this. After four she can breathe out slowly – letting the air out of the balloon. Repeat breathing in and out slowly five times. With practice she will be able to do this on her own. It will help her relax and stay calm. You can try it too!\*



## COOKIE DOUGH AND MUFFIN BATTER FOR SALE

\*\*Please call the school and check for availability as there are limited quantities of each one.

\*\*Cheques can be made payable to Amherstburg Public School

Cookie Dough \$14

Double Chocolate (3)

Shortbread (3)

Oatmeal Raisin (1)

Cookie Dough \$16

White Chocolate Macadamia (3)

Toffee Supreme (3)

Muffin Batter \$16

Lemon Poppy Seed (1)

Golden Raisin Bran (1)

Carrot (1)

Blueberry (4)

Banana (3)