



# Kenollie News

## March 2019



The months since we started back in January have flown by. It's hard to believe that March Break is right around the corner! February was an unpredictable month, with lots of snow days and a very icy school yard. Our students did a great job of adapting to different play areas and a few indoor recesses too. Thanks to our staff who offered a variety of nutrition break activities for our students, from sports in the gym, to writing and skipping club. A special thank you to our students in the Little Deeds Club, who made and packaged sandwiches for homeless youth.

On the February 8<sup>th</sup> Professional Learning day, our staff participated in the Board's 'We Rise Together' action plan to support black youth. We made collective commitments as a staff to continue to work towards the goals of the plan.

As you can see our Junior students had a perfect day on the slopes! Thank you Snow Valley!

I wish everyone a wonderful March Break and I look forward to some spring weather soon!

Yours,  
Andrea Sekine  
Principal

### *Ski Trip '19*



## BE ALL YOU CAN BE

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# What's Happening

- March 1 Jump Rope Team
- March 4 Sub Day  
Lost & Found items on display to be claimed  
Talent Showcase Sign-Up  
Peel Skills 3:20-4:15 pm  
School Council Meeting 7:00 pm
- March 5 Lunch Moms  
Talent Showcase Sign-Up
- March 6 Talent Showcase Sign-Up
- March 7 Lunch Moms  
Art For Kids 3:30-5:00 pm
- March 8 Talent Showcase Music Selections Due  
Jump Rope Team
- MARCH 11 - 15  
SPRING BREAK  
SCHOOL IS CLOSED
- 
- March 18 Sub Day  
Peel Skills 3:20-4:15 pm
- March 19 Lunch Moms
- March 20 Little Deeds Club Trip
- March 21 Lunch Moms  
Art For Kids 3:30-5:00 pm
- March 22 Talent Showcase USB Music Due  
Jump Rope Team
- March 25 Sub Day  
Peel Skills 3:20-4:15 pm
- March 26 Lunch Moms
- March 27 Grad Photos
- March 28 Lunch Moms  
Art For Kids (final) 3:30-5:00 pm
- March 29 Scorch Assembly 9:15 pm  
Pizza Day  
Jump Rope Team
- March 31 **Annual Offence Declarations due from Volunteers**

## EQAO Assessment

The Primary (Grade 3) and Junior (Grade 6) EQAO provincial assessments will be completed in the mornings on these dates:

May 22 - 29

**Attendance is very important. Please try to schedule appointments and holidays for another time.**



OFFENCE DECLARATIONS  
HAVE BEEN MAILED TO OUR  
PARENT VOLUNTEERS

Completing the Offence Declaration  
will ensure that you will retain  
your approved volunteer status.

Please give your completed form  
to Mrs. Morrison or mail it back  
to our Human Resources Dept.  
using the return envelope provided.

Please let Mrs. Morrison know  
if you mailed the form to HR.

**DEADLINE: MARCH 31, 2019**

# **ARE YOU A KENOLLIE VOLUNTEER ?**

**Have you received your  
Annual Offence Declaration form in the mail ?**

**IF NOT, PLEASE TELL MRS. MORRISON!**

**If yes, have you completed it  
and given it to Mrs. Morrison?**

**If you've mailed it straight to our HR Dept,  
please let Mrs. Morrison know!**

**Deadline is March 31, 2019**

## Lunchroom Supervisors Appreciation Day on March 1

In 2017, the board of trustees declared the first Friday in March as Lunchroom Supervisors Appreciation Day. This year, the recognition day falls on Friday, March 1st.

Take this opportunity to thank the important work of Lunchroom Supervisors, and their support and commitment to helping to ensure that students are safe and secure.



## Smoking & Vaping Prohibited on School Property

The Smoke-Free Ontario Act, 2017 (SFOA, 2017) came into effect on October 17, 2018. This law aims to protect the health of Ontarians by regulating the sale, supply and use of tobacco and vapour products (electronic cigarettes), and the smoking and vaping of cannabis.

Under the SFOA, 2017 it is illegal to smoke (tobacco or cannabis) or vape on:

- School grounds (both inside the school and on the outdoor grounds, including the parking lot and sports fields)
- Public areas within 20 metres of school property

New signs are being posted at our schools to notify users that smoking and vaping is prohibited in these areas.

The smoking and vaping prohibition is always in effect and applies to staff, students and visitors.

Region of Peel - Public Health enforces the smoking and vaping prohibition and has been working with school administrators to keep our schools smoke and vape free. Individuals found smoking and/or vaping in a prohibited area may be subject to a fine.

For more information on how the SFOA, 2017 applies to schools, contact Region of Peel - Public Health at 905-799-7700.

For more information on the health effects of smoking and vaping visit the Health Canada website: <https://www.canada.ca/en/health-canada/services/smoking-tobacco.html>.



## Peel Learning Foundation aims to create hopeful tomorrows for Peel board students

In partnership with the Peel District School Board, the Peel Learning Foundation was created to enable Peel board students to achieve personal excellence by providing resources to help them overcome barriers.

In its first year, the foundation will support Peel board students through:

- **Student Emergency Needs program**  
Depending on the need, the foundation will support individual students with food and clothing, medical supplies, eyeglasses and transportation costs, or where there is an emergency situation that requires a compassionate response.
- **Student Backpack program**  
The foundation will provide backpacks filled with school supplies that students need to fully participate in regular classroom work. The backpacks will be provided to students in need in a respectful and confidential manner. They are tailored for students in kindergarten to grade 3, grades 4 to 8, and grades 9 to 12.

Individuals or organizations who are interested in learning more about and supporting the foundation can visit [www.PeelLearningFoundation.org](http://www.PeelLearningFoundation.org). You can also follow the foundation on [Twitter](#) and [Facebook](#) and use the hashtag #CreateHope to join the conversation.

## Online parent portal to access important student information



Last year, the Peel District School Board launched ParentConnect, an online parent portal to access important student information

### What is ParentConnect?

ParentConnect is a safe and secure website, created by the Peel District School Board, that acts as a single point to stay informed and to access all electronic services provided to Peel board parents and legal guardians.

The parent-friendly website will allow you to:

- view school-based alerts and information
- access real time absence reporting
- view current and historic elementary report card information
- get up-to-date busing information
- review secondary school credit history and diploma status and more
- and more

To learn more about the benefits of ParentConnect, visit our school website or [www.peelschools.org/parentconnect](http://www.peelschools.org/parentconnect)

## Visit the Maple Syrup Sugar Bush at Jack Smythe Field Centre

Open Wednesday, March 13 - 16

10:00 am - 3:00 pm

Enjoy the beauty and wonder of nature as Spring blossoms. Jack Smythe Field Centre offers an exceptional family experience with a visit to its maple syrup bush. The March Break programs runs from Wednesday, March 13 to Saturday, March 16 from 10:00 a.m. to 3:00 p.m.

This year marks the 50-year anniversary of the Peel District School Board's Sugar Bush program, which provides families with outdoor, educational activities and hand-on experience. The program is run by Peel Board staff during March Break.

Families are invited to get involved as spring comes to life in the following activities:

- help tap trees and empty sap buckets
- sample some homemade maple syrup
- hike along our trails and feed the friendly chickadees by hand
- learn how pioneers collected and produced syrup compared to modern-day operations
- experience the indigenous roots of sweet water
- visit the sugar shack where the sap boils and clouds of sweet smelling steam billow out of the chimney

The cost is \$5.00/adult and \$4.00/child 12 and under. Lunch will be available for purchase. It will include: hot chocolate, cookies and hotdogs for you to roast over an open fire.

Jack Smythe Field Centre is located at 14592 Winston Churchill Blvd. in Terra Cotta. Directions as follows:

- Head north on Mississauga Rd.
- Turn left on King St. (you will see Credit View P.S. on your left)
- Turn right on Winston Churchill Blvd. (you will pass the Terra Cotta Conservation Area on your left)
- Head to the top of the hill and turn left into the Jack Smythe Field Centre site

For more information, please contact the Jack Smythe Field Centre at 1-905-877-7771.



### Peel board celebrates public education during Education Week – April 8 to 12

The Peel District School Board will host hundreds of celebrations, activities and events across its 257 schools and worksites to celebrate Education Week from April 8 to 12. On April 15, the Peel board will host *Showcase of Excellence*, an evening to honour recipients for their outstanding contributions to public education. The theme for this year's Education Week is *We Inspire*.

In addition to inviting parents and community residents to visit their classrooms during the week, Peel schools are hosting open houses, plays/musicals, storytelling, environmental activities, awards assemblies, talent shows and much more.

More than 1,000 individuals will also be honoured during Education Week with Awards of Distinction for their contributions to their school or workplace. Schools and worksites will use social media to showcase their Education Week celebrations and events using the hashtag #WeInspire.



### Sleep Tips for Parents, Children & Teens From the PDSB Mental Health Resource Team

Many parents face difficulties getting their children back into regular sleep routines, especially after holiday breaks. Studies have shown that a lack of quality sleep in children can increase the likelihood of anxiety, depression, poor grades and school performance, and even physical pain. Research has proven that kids need a lot of sleep in order to function adequately during the day, and sleep deprived children often overcompensate for lack of sleep by becoming fidgety or even disruptive in school.

#### How much sleep does your child need every night?

Children ages 5-8 need the most sleep, requiring about 10-11 hours every night. Children ages 9-12 need between 9.5-10 hours nightly. And teenagers 13-18 need between 8.5-9.5.

Knowing how much sleep your child needs every night is key in establishing a proper bedtime. And it's important to remember that the above times aren't set in stone, but merely general approximations. Your child will have their own individual sleep needs, and you may need to fine-tune their bedtimes a little bit until you find your child less groggy and sleepy in the mornings, and more alert and aware.

#### Tips for getting your children on a regular sleep routine

- Keep a regular bedtime schedule, including weekends.
- Begin a relaxing bedtime routine such as baths, books, prayers, goodnights.
- Turn off electronics at least an hour before bedtime.
- Bedrooms should be cool, quiet, dimly lit, comfortable and associated with sleep.
- Limit caffeine and sugar intake after lunch and none within three hours before bed.
- Make sure they eat healthy and have regular exercise.
- Communicate with your children about why regular bedtimes are important.
- Practice these tips yourself and set a good example.

For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.

*Adapted from Alaska Sleep Clinic (2018)*