

COPELAND COMMUNICATION FOR THURSDAY FEBRUARY 16th, 2018

Visit Copeland's website <http://schools.peelschools.org/1518/Pages/default.aspx>

Want to keep up to date with what's happening at Copeland? Check out our school website where you'll find:

- the latest school news, frequently asked questions
- contact information for school administration, superintendent and trustee
- monthly calendar, school hours,
- enrolment data, registration information, volunteer information
- mission, vision and values



Copeland
École publique • Public School

REMINDER: MON. FEBRUARY 19TH = "FAMILY DAY" NO SCHOOL

- **Monday February 19th** is Family Day Holiday so there is no school at all
- Enjoy your day with loved ones, and enjoy the extra loooooong weekend!
- We will see everyone back on Tuesday February 20th



TUESDAY FEBRUARY 20TH = GR.3 HIP HOP DANCE WORKSHOPS

- The grade 3 classes will be participating in a 1-hour Hip Hop Dance Workshop in our very own gym, hosted by Dance and Play Studios. Dance and Play Studios will be coming to Copeland Public School on Tuesday February 20, 2018.
- Don't forget your dancing shoes grade 3s!

WEDNESDAY FEB. 21ST AND THURSDAY FEB. 22ND = GR.2/3 CITY OF BRAMPTON

- On Wednesday and Thursday our grade 2 and 3 classes will participate in presentations with the City of Brampton
- Gr.2 students will explore "Animals and their Habitats" as part of the gr.2 science curriculum for second term
- Gr.3 students will explore "Life cycles of Plants" as part of the gr.3 science curriculum for second term



THURSDAY FEB. 22ND = SUB DAY AND FRIDAY FEB. 23RD = LUNCH LADY

- Students who ordered lunches will receive their orders at morning nutrition break
- Families of students who are absent on Thursday can pick up orders from the main office until 1 pm that day ONLY
- It is not too late to order Lunch Lady! For more information or to place an order online, please visit www.thelunchlady.ca

NOW POSTED ON-LINE..... PIZZA AND SUB DAY ORDERS FOR MARCH AND APRIL

- Check cash on line to purchase pizza and sub lunches for March and April
- Now posted **February 15th to 25th** Place orders now!



SPECIAL SHOUT OUT TO OUR SCHOOL COUNCIL AND VOLUNTEERS!

- Last week our **Family Movie Night** was a huge success! Even with the snow-day, families changed their plans and joined us on Thursday evening for a wonderful community event. We could not do this type of evening without the hard work and dedication of our School Council and all of the Parent Volunteers that came out to lend a hand!
- On February 14th our School Council and Parent Volunteers also joined together and "sold out" of cookies throughout the day!
- **We continue to invite any parents to attend our next School Council Meeting on Mon. Feb. 26th and get involved with this wonderful team!**



THANK-YOU SO MUCH!

Coming soon: online parent portal where you can access important student information

We're excited to launch our new parent portal, ParentConnect, as a convenient method for parents to access information. We will be sending an email with instructions to parents who have provided their email address to the school on **Friday February 23rd**.

What is ParentConnect?

ParentConnect is a safe and secure website which provides a single point of access for parents and legal guardians to stay informed and access all electronic services provided by the Peel District School Board.

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

To access the ParentConnect site, parents/legal guardians will need to provide the following two pieces of information:

- the student number associated with the student whose information you want to access (located on any official school document, e.g. Report Card)
- a unique ParentConnect token--passcode. You will receive this by email or you can obtain the token by calling or visiting the main office of the school. Please note that you will need to provide proof of identity, and if you have more than one child registered with the Peel board, each one will have a different token. Please ensure your email address is up-to-date at the school.

More Information to come next week.....

COPELAND CARES ABOUT OUR FAMILIES!

#WELLinPEEL

Healthy Body! Healthy Mind!

When we invest in our physical health, will be able to combat stress and anxiety with greater success. This includes being: [Well-rested](#), [Well-nourished](#), [Well-exercised](#)

Some Tips:

Set a Sleep Schedule – Set an alarm to go to bed! Our body likes a regular schedule. Bedtimes and wake times should not vary by more than one hour from one day to the next.

Drink plenty of water - Many of us go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help us make healthier food choices.

More steps – Step side to side. Start by doing it 10 times per foot. Do this while watching TV, working on your computer or brushing your teeth. Do it with your children to make it fun.