



DR. EMILY STOWE P.S.

May 2018

“Where Children Grow”

Principal's Message

Dear Parents / Guardians:

We often talk a lot in schools about integrity. It is one of the foremost qualities taught through our Character Education traits. It is also one of the most difficult to describe to children, especially when they are very young. What does it mean to have integrity?

According to the Canadian Oxford dictionary, integrity is “the quality of being honest and having strong moral principles” or “the state of being whole and undivided.” Certainly, we have seen evidence of our integrity this month as, once again, we continue to stand by our fellow Canadian citizens throughout great tragedy and grief. We stand united as we support our brothers and sisters in Humboldt, Saskatchewan, and most recently, in Toronto, touching some of us directly. In the face of adversity, we find strength in coming together in our own community to support those in need.

Throughout Earth Week, Bowling for Kids and Pedal for Hope campaigns, we continue to exemplify the importance of integrity as our actions and support for others and our world speak to our deep moral purpose. Even staff training this month regarding student achievement, equity and diversity and safety in the workplace emphasized how we act with integrity and honour one another.

Ultimately, this past month highlights for us that we are not alone. Our day to day lives have meaning and purpose. Make each day count, strive to be your best and be kind to one another.

Sincerely,

Mme Haley-Twiss



School Council

Update From the School Council – May 2018

As we head into the last couple of months of the school year, the School Council is busy planning this year's Fun Fair. Please watch for newsletters coming home about donations of gently used toys, books, games, etc. Also watch for information about the Basket Raffle and Jazzy Bags. We cannot have a successful Fun Fair without the generous support of our Stowe Community.

A big thank you to all who came out for our Health and Well Being Night. The event was a success with participants having a fun and informative evening. The School Council appreciates your feedback and will incorporate your suggestions into planning future events.

Our next meeting is on Monday, May 28th at 6:15 p.m. in the school's library. Everyone is welcome to attend.

Dawn Chapell – School Council Chair

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sarah_bobka@kprdsb.ca



Safe Arrival



At Dr. Emily Stowe, the safety of our students is first and foremost. We have a Safe Arrival Program so that you may report an absence 24 hours a day, 7 days a week. At 1-866-740-2902, log into the Parent Portal at kprdsb.schoolconnects.com or download the app (available through your app store). If your child arrives late, please remind him or her to report to the office on their way to class, so we can record that your child has arrived safely. Thank you!

School Lunches through Healthy Hunger

Domino's Pizza is offered Mondays, Subway on Tuesdays and Pita Pit on Thursdays.

If you haven't signed up, there is a link on the school website.



Character in the School May Attribute

Integrity

I behave in an ethical and honourable manner even when no one else is around. I am genuine, in that my actions consistently match my words.



Badminton

Congratulations to the Intermediate Badminton Team at the tournament on April 19th. Team members include Brody S., Logan P., Matt C., HongHao C., Takumi H., Hayden W., Lia H., Brooklyn M., Lauren C., Abeigh R., Lauren G., Morgan J. We all had a great day, played hard, and had fun. A special congratulations to Brody and Matt who came second in grade 8 boys doubles, Logan and Lia who came second in grade 8 mixed doubles, and Abeigh and Lauren G. who came first (ish!) in grade 7 girls doubles.



Mme. Johnson and Mrs. Luloff



Bowl For Kids Sake

Students enjoyed participating in this fundraising event organized by Big Brothers Big Sisters of Clarington. We raised \$1,485. Thank you for your support!

Congratulations!



Dawn Chappell, our School Council Chair, received an Accolades Award for her many years of volunteering at Dr. Emily Stowe. Her contributions have made a great deal of difference to the students and the greater school community. Dawn received her award at the Board Meeting on Thursday, April 26th. In attendance were our Chairperson of the Board Diane Lloyd, Vice-Chairperson Anthony Curuso, Trustee Cathy Abraham and Trustee Sarah Bobka. Also in attendance was Dawn's husband Scott, her mother, Gail and Principal Haley-Twiss. Congratulations, Dawn!



We also congratulate Lia H. from Mrs. Luke-Hewitt's class as recipient of the Clarington Student of Character Award, officially recognized during the event held on April 19th at Bowmanville HS. The Student of Character Awards recognize one student in each school who consistently demonstrates the qualities of good character. These are students who consistently demonstrate empathy, fairness, respect and responsibility in relationships and decision-making in a consistent effort to their studies.



Hand Sanitizer

The scented hand sanitizers are particularly strong and are causing difficulty for some staff. Please encourage your students to leave these at home since we are considered a scent-free school.



****NEW** School Messenger/Safe Arrival**

The Board has moved to a new messaging system called School Messenger, in place of the previous School Connects where you received a pre-recorded telephone call to your designated home phone number. The new application provides schools with the ability to send school wide or individual group announcements by voice, text or email. The application currently allows for voice and emails. On April 3rd, we sent out a test email to introduce the system. If you do not recall receiving such an email, or want to be sure we have the correct email address on file for you, please **email** Ms. Leggo at anne_leggo@kprdsb.ca to confirm, to ensure you do not miss any future broadcasts. Phone calls will now be broadcast to the 1st priority telephone number you have provided for each primary contact, which in most cases, is your cell number.

We have also been informed that the Board will be changing the Safe Arrival application, utilizing a new phone number and app. More details will be provided before the end of the school year, as we will be introducing the new system by then.

Pedal for Hope



Thank you for all of your support thus far! Our final assembly is set for May 11th in the morning when we will run down how much we have collected! For more information about Pedal for Hope, visit www.cancer.ca/pedalforhope, or <http://convio.cancer.ca/goto/dremilystowe> and join our team! See back page of newsletter for some picture highlights!

ETeam

Here at Dr. Emily Stowe, from April 16th to the 19th, we celebrated "Earth Week." Our Eteam put together some creative activities centering on the theme of "Save the Bees."

Monday was "Animal Monday". We got students to wear animal-related clothing (preferably an endangered animal, but all were accepted)!

Tuesday was "No Trash Tuesday" where we encouraged students to bring a garbageless lunch, or bring garbage home and sort it properly.

Wednesday was "Walking Wednesday". We held our second annual Earth Week Swap where students brought in older toys and traded them for something new. We also planned on doing a walk as a school. Unfortunately the walk was cancelled due to the icy weather.

Thursday was "Thriving Alive Thursday". We finished off Earth Week with students wearing Blue & Green or Black & Yellow. We even planned a litter pick-up. Unfortunately the clean-up was cancelled once again due to the weather. We will reschedule when it warms up.

In addition to these activities the Eteam also put together a bulletin board, classes did some door decorating and sticking with our theme we hid bees around the school that spelled out the message "Save the Bees!"

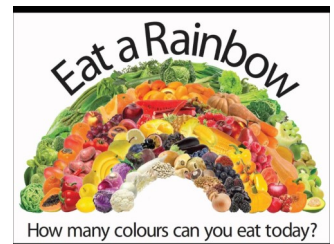
The Eteam had so much fun, and are excited for what's ahead! We are well on our way to achieving Silver status as an Eco School!

Annika B. for the ETeam

Pack a rainbow in your child's lunch!

Send your child to school with a lunch full of colourful veggies and fruit! Try these child friendly ideas:

- ▣ Add grated carrot to egg or tuna salad,
- ▣ Pack veggies or fruit in small bite size pieces,
- ▣ Make veggies and fruit fun using tools like melon ballers, vegetable crinkle cutters, cookie cutters or even an egg slicer,
- ▣ yogurt or pudding to dip fruit in, or send cottage cheese or
- ▣ Add a shake of cinnamon to cut fruit if it tends to turn brown; it will also add flavour to their favourite apple or banana pieces,
- ▣ Send a small container of yogurt or pudding to dip fruit in, or send cottage cheese or hummus for veggies.



POPCORN, POPCORN, POPCORN

Popcorn will be sold every Friday during first break for \$1 a bag. Please remember to send your loonies and help support the Grade 8s with their graduation ceremony expenses/trip.

Be a good sport!

A concussion is a brain injury that causes changes in how the brain functions. Children and youth's brains are still developing. Protecting them is important, especially during sports activities.

To help prevent concussions:

- ☐ Choose equipment that fits correctly,
- ☐ Master the basic skills for the sport,
- ☐ Know the rules of your sports,
- ☐ Show good sportsman-

If you think your child/youth has a concussion get it checked out by a Health Care Practitioner!

There are resources for parents, caregivers, teachers, coaches and athletes at:

[http://
www.parachutecanada.org/resources](http://www.parachutecanada.org/resources).



School Council

Our School Council supports students and the Stowe Community in many ways:

- provides numerous hot lunch options
- promotes student success and student / family well being and community belonging
- responds to Board and Ministry surveys and Policy reviews
- acts as a liaison between the school and community sharing information and provide opportunities for family engagement
- engages in fundraising to support school initiatives and community partners (e.g., guest speakers, presentations etc.)

Consider becoming a School Council member next year to provide valuation input. Watch for more information to be posted on future newsletters or on the school website as to the initial meeting date in September. Be a part of the Stowe Community.

Kinder Orientation

Set for Thursday, May 24th at 6:00 p.m. If you have not registered your student for JK starting in September, please ensure you do so immediately, in order that you can attend this orientation.

School Cash Online

More and more we are moving toward collecting payments for things such as field trips, fundraisers, etc by way of School Cash Online. If you have not signed up for this, please go to our school website. You will see the icon for School Cash Online. Click the link and get started, or copy and paste this link. At the bottom of this page, view "How Does This Work" and a detailed Q & A is noted if you have difficulties.

<https://kprdsb.schoolcashonline.com/>

Moving This Summer?



If you know that your child(ren) will not be attending Dr. Emily Stowe in September please notify the office as soon as possible, to help us better prepare for the new school year.

Board News

Wanted: your input

Wanted: your comments on the KPR Board's new, draft policy on Safe, Caring and Restorative Schools. The draft policy has been updated to reflect changes in legislation and to stress our continued emphasis on school environments that are safe, welcoming, respectful and inclusive of all. KPR encourages parents, guardians, students, staff and community members to review the draft and send us their comments by Friday, June 1. To see the recommended policy and leave comments, visit the link on our home page at kprschools.ca or visit <http://safecaringpolicysurvey.kprdsb.ca/> All schools also have paper copies for those who do not have Internet access. If you require an alternative format for review and comment, please call 705-742-9773, ext, 2001, and we will be happy to accommodate you.



NEVER UNDER ESTIMATE THE POWER OF A SMILE

JAN 30/18 [HTTP://WWW.SARAWESTBROOK.COM/NEVER-ESTIMATE-POWER-SMILE/](http://www.sarawestbrook.com/never-estimate-power-smile/)

by Sara Westbrook

Who do you smile at? Do you only smile at friends or people you know? Or do you smile at strangers too?

Smiling is such a little thing, but it has a big impact. A smile can brighten someone's day. If they are feeling low, a smile is a gift of kindness that you give them. Why? Because when you smile at someone, they often can't help but smile back, which in turn has you smile back, creating a circle of smiles.

So what stops us from smiling at others especially people we don't know? Fear.

Fear of being judged. What if people think I'm being silly?

Fear of being rejected. What if people ignore me?

It takes courage to smile at people, regardless of what that little voice in your head is saying to you. Being courageous even in small ways like smiling at others, helps build confidence. Your smiles will not only make a difference for others, they will also make a difference for you!

Keep practicing your smile and watch how much your confidence improves.





School Council Event

Focus on Families and Well-being

April 11, 2018

Yoga, Healthy Eating and Chiropractic care were emphasized as part of living a healthy life style. Parents and their children participated in each of the three workshops and received a gift pass for the local community centre. Prizes were generously provided by Sportchek, with two forty dollar prizes and one for \$100! Thank you to Dawn Chappell and Kerry Ann Anderson for organizing this tremendous event! Thank you to Ms. Leggo for securing the gift certificates! Thank you to Brian Dallaway, Ashleigh Hester and Michelle Frazier for coming to share their expertise and donating their time to make this event a success.



We Need Your Input

Kindergarten Parent Survey

Is your child in Year 1 or Year 2 Kindergarten? We want to know what experiences have contributed to your child's development in order to improve the early years system in your community.

Survey closes  **May 31, 2018**

Enter for your chance to **win** a \$50 gift card!

For more information Contact:
Taryn Eickmeier
Children's Services
1-800-387-0642 ext. 3109
Taryn.Eickmeier@durham.ca

Access the Survey at: <http://oursurvey.ca/kps>



Know the Pine Ridge
District School Board



Offord
CENTRE FOR CHILD
STUDIES



City of
Peterborough



DURHAM
REGION



Northumberland
county



5th Annual FEATHERED FRIENDS FESTIVAL

BIRDS, BUTTERFLIES, BATS AND BEES



CANADA



Saturday June 2, 2018
10am—3pm

General Motors Headquarters
1908 Colonel Sam Drive,
Oshawa
Park in west parking lot
& follow the signs

Live bird presentation by
Speaking of Wildlife, Guided
Hikes, Bird House Building,
Crafts & much more!

Visit secondmarsh.ca or call
905.723.5047 for more
information



Please be advised that filming, photography and audio recording for media
and internal promotional purposes are taking place at this event.





























FREE EVENT

RAIN OR SHINE

MAY

May- Integrity

I behave in an ethical and honourable manner even when no one else is around. I am genuine, in that my actions consistently match my words.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	NO POPCORN THIS FRIDAY	1 School Track & Field 	2 Gr. 8 Trip 	3 Gr. 8 Trip 	4 Gr. 8 Trip 	5
6 Education Week Children's Mental Health Week	7 	8 	9 	10 Civic Track & Field Vision/Hearing SKs 	11 Character Ed Assembly/Pedal for Hope Closing 	12 National Train Day 
13 	14 Visit from Eco Schools 12 pm 	15 	16 	17 Lockdown Practice 	18 	19
20 	21 Victoria Day	22 	23 	24 Kinder Orientation 6 pm 	25 	26 
27 EQAO May 28-June 1	28 School Council 6:15 	29 	30 	31 	UPCOMING: June 1 Character Ed Assembly June 5 Fun Fair June 7 Band to Wonderland June 8 PA Day June 18-19 Gr 7 Trip June 25 3 Pitch June 26 Gr 8 Grad	