



St. Patrick's School

Kinkora



Issue 2

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September 17, 2009

DEAR PARENTS:

The school year has started very smoothly. Last year, many parents commented on how much they appreciate the electronic newsletter. This newsletter will be sent home electronically as well as a hard copy. If you have not received it from the school via email, please let us know. For those parents wishing to use email to notify the school of your child's absence or pickups please ensure that message is sent to: kinkora@hpcdsb.edu.on.ca

Please note that if you should ever wish to see back issues of the newsletter simply log on to our school website: <http://kinkora.hpcdsb.edu.on.ca>

School BBQ

As you know, Tuesday September 22 is the date for our school open house and barbecue. The PTA has been busy setting up the free supper, raffle and the fun events for the children. Our only request is for your family to donate a new item for the gift baskets. The themes for the baskets are: KA – Arts & Crafts; KB – Games and Toys; Gr. 1/2 – Reading & Writing; Grade 2/3 – Fall; Gr. 4/5 – Family Time/Movie Night; Gr. 6/7 – Sports; Gr. 7/8 – In the Kitchen; Staff – Date Night.

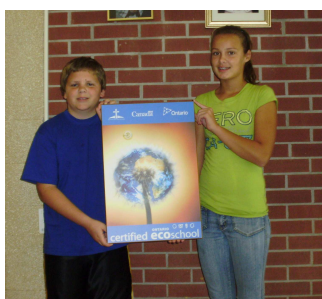
We are looking forward to seeing you (rain or shine) at this fun filled event!

Open Office

Oh, the technology. To simplify homework for your children all of the computers in the school run the Open Office Suite. This is a free program and can be downloaded to your home computer. It has word processing, spreadsheets, database and presentation capabilities. You can find the download at: <http://openoffice.org-suite.com/>

For transferring files from home to school or vice versa it would be beneficial for your child to have a memory stick.

ECO~Schools



The Eco- Warriors of 2008-2009 with St. Patrick's students have won GOLD certification. Please look at our binder and plaque located in the front hall celebrating this great accomplishment. Special thanks go out to all the parents, Liz, and Sharon for the great help they gave us in making this happen. This year we are calling ourselves the CSI agents which stands for Clean School Initiatives agents. We will

be continuing with all the programs from last year and adding **Trashless Tuesday** and **Thursday**, Pennies for the Planet, and the collection of pop can tabs for a wheelchair. Stay tuned for new CSI initiatives!!!!!!

World Milk Day

Wednesday, September 30, is World Milk Day. Every student in the school will receive a complimentary carton of milk. Kindergarten A class will receive theirs on Tuesday, September 29, 2009. This event is sponsored by the entire dairy industry in Ontario.

Healthy Food Day

Do you find it a challenge to provide a well balanced, healthy lunch for your child?

Relax for a day, and let the Safe and Healthy Schools Committee offer your child a free lunch, fully funded by our Ontario Student Nutrition Program grant.

When – Wednesday, October 7 (Thursday, October 8 – KA)

Menu – 4 Baked Chicken Chunks, 2 Garlic Strips, dip, carrots, milk and an apple.

The lunch being offered will surpass the guidelines which must be met when serving a meal funded by the OSNP grant:

- at least one serving from the Vegetables and Fruit food group
 - at least one serving from the Milk and Alternatives food group
 - at least one additional serving from one of the four food groups
- Nutritional information will be presented to both students and parents the day before.

Soccer & Cross Country

Students have begun to practice for the System Soccer Tournament and the County and System cross country events. Permission slips will be coming home tomorrow for the soccer tournament. The date for the Soccer Tournament is September 23rd. Cross Country events are scheduled for October 6th & 14th.

From the Health Unit:

Food for Little Folks

While at school, your child only gets 20 minutes to eat. Here are some tips to ensure the food you send is eaten.

- Finger foods are popular, quick and easy to eat. Pack mini pitas, baby carrots, grapes, strawberries, cubed or string cheese, or bite-size crackers.
- Keep portions reasonable. A half sandwich, a mini bagel or mini muffin, ½ orange or banana, and ½ cup/125mL of milk may be enough for a 4 or 5 year old.
- Peel and section whole fruit, such as oranges and kiwis. Nick the end of a banana to make peeling easier.
- Make your own lunch kits using containers with divided sections so you can pack veggies and dip, fruit and yogurt or cheese and crackers.

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Your Child's Immunization Record

The Health Unit is required by law to keep complete immunization records on every school-aged child in the county. Unfortunately, the Health Unit does not receive immunization information directly from doctor's offices; it is the parent's responsibility to provide all immunization information to the Health Unit. If your child's immunization record is not complete, you may receive a notice from the Health Unit requesting dates of immunization or proof of a valid exemption. You will also be advised that your child may be suspended from school if the Health Unit does not receive this information. Please check to make sure that your child's immunization information is up-to-date and that the Health Unit has a record of it. This is especially important if your child is new to the school or area.

FREE Hepatitis B and Meningococcal Vaccine Offered for Grade 7 Students in September/October

Health Unit nurses will be visiting St. Patrick's school on October 6th to offer free immunizations to all grade 7 students. The vaccines being offered protect against two very serious illnesses: hepatitis B and meningitis A, C, Y, W-135. The vaccines will be given during regular school hours.

Human Papillomavirus (HPV) Vaccine for Grade 8 Female Students

The Health Unit will again be offering the HPV vaccine at no cost to all female students in Grade 8 at school based clinics. The HPV vaccine is given in three doses: the first on October 6th, the second on December 7th, and the third in April/May. More information and

a consent form for the HPV vaccine will be sent home in September. This is a voluntary program that was introduced by the Ministry of Health and Long Term Care in August 2007.

What is being done to protect my child at school from the H1N1 virus?

A staff or student who has flu-like symptoms (confirmed or suspect H1N1 or seasonal flu) will have been advised to stay home from school or day care until they are feeling better and do not have a fever. This will help prevent the spread to other students. It is recommended that staff and students take these steps to protect themselves from illness:

- Wash hands often with soap and water;
- Sneeze and cough into the upper arm;
- Stay at home if feeling sick;
- See their family doctor if experiencing severe influenza-like symptoms.

Schools will be following their usual practises, which include:

- sending children who are sick home and advising them to stay home until well and fever free;
- reminding students of the importance of regular, thorough hand washing and good personal hygiene; and
- encouraging students to avoid sharing food, beverages and other personal items.

For more information contact your local Health Unit. In Perth, call Health Line at 519-271-7600 ext 267.

