

Plymouth Public School Newsletter

www.dsbnc.edu.on.ca/schools/plymouth

November 2011

Principal: Mr. C. Glauser
Vice-Principal: Mrs. B. Falardeau
Superintendent: Mrs. S. Greer
Trustee: Mrs. Barnett



Office News

We are off to a great start here at Plymouth and want to thank the great community support we have here. Our CHAMPS program has created a nice tone at the school, as the expectations remain consistent and clear in the classroom, in the hallway and outside on the playground.

Our intermediate teams have been hard at work this volleyball season. The intermediate boy's team is being coached by Mr. Faragalli, while the girl's team is being coached by Ms. Berrington. New to the school this year, are junior volleyball teams. It is exciting to see the development of these younger players and how well they are learning the skills

of the game. We thank Mr. Winskill, Mrs. Cass and Mr. Pomeroy for their time and expertise!



Upcoming Events

- ◆ Christmas Bazaar
December 3
- ◆ Eastdale Guidance visit
December 5
- ◆ Eastdale Concert
December 8
- ◆ Christmas Musical @
Faith Tabernacle
Church - Free Busing
- ◆ Christmas Break
December 24-
January 8
- ◆ Return to school
January 9

Keeping Our Kids Healthy

We appreciate your continued cooperation as we encourage our students to eat healthy. We do offer healthy choices in our nutrition bins, for those students who need a snack. A reminder again that nut products are not allowed at Plymouth. We have students who have severe, life threatening allergies to tree nuts. Take an extra moment and carefully read the labels. A

peanut butter sandwich may be an obvious danger, but many products have nuts or nut oils in their ingredients. The few extra moments you spend checking a label has a huge impact in the safety of our students.

**Are you ready for flu season?
The best way to protect yourself and
your family is to get the seasonal flu shot.**



2011 Seasonal Influenza (Flu) Immunization Clinics

Niagara Region Public Health is offering free seasonal flu immunization clinics at the times and locations listed below. Unless there is a medical reason not to, **everyone six months of age and older can benefit from getting the seasonal flu shot.** No appointments necessary.

- For best protection against influenza, yearly immunization is recommended.
- Please wear a short-sleeved shirt.
- If you have an Ontario Health Card and/or Driver's Licence, please bring it to the clinic.
- For the most up-to-date clinic information, visit www.niagararegion.ca or call the **Flu Clinic Information Line: 905-688-8248 or 1-888-505-6074, ext. 7443.**

Dates and Times

Tuesday, November 1, 2011 1 p.m. - 8 p.m.

Wednesday, November 2, 2011
1 p.m. - 8 p.m.

Thursday, November 3, 2011
1 p.m. - 8 p.m.

Monday, November 7, 2011
9 a.m. - 4 p.m.

Tuesday, November 8, 2011
1 p.m. - 8 p.m.

Wednesday, November 9, 2011
1 p.m. - 8 p.m.

Thursday, November 10, 2011
1 p.m. - 8 p.m.

Thursday, November 10, 2011
1 p.m. - 8 p.m.

Monday, November 14, 2011
1 p.m. - 8 p.m.

Locations

Fort Erie ▪ Leisureplex Hall, 3 Municipal Centre Drive

Niagara-on-the-Lake ▪ Centennial Arena, 1565 Four Mile Creek Road

Niagara Falls ▪ MacBain Community Centre, 7150 Montrose Road

St. Catharines ▪ Brock University - Gymnasium, Walker Complex, 500 Glenridge Avenue

Wainfleet ▪ Wainfleet Firefighters' Memorial Community Hall, 31907 Park Street

Port Colborne ▪ St. James and St. Brendan Anglican Church - Guild Hall, 72 Charlotte Street

Grimsby ▪ Grimsby Senior Citizens Centre - Auditorium, 18 Livingston Avenue

Thorold ▪ Niagara Region Headquarters, Public Health - Main Office, 2201 St. David's Road, Campbell East

Welland ▪ Rice Road Community Church, 305 Rice Road

Breakfast Club News

The weather is getting colder and it's time for "Hot Soup Wednesdays" for the months of November through March. A bowl of soup will cost a \$1.50 or if you bring your own bowl a \$1.25. This does not need to be preordered, just bring your money each Wednesday. Soup will be served and eaten in room 9 along with your lunch. The proceeds from the soup sales go towards the breakfast program at the school. If any parents

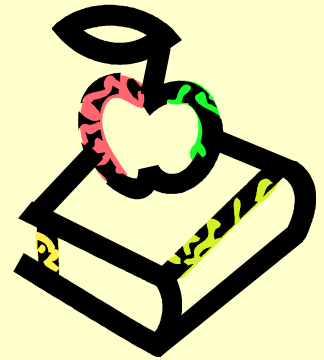
would like to help serve soup please contact the school for information.

Lynn Tremblay
Breakfast/Snack Coordinator
Plymouth School

Morning Supervision

Our Breakfast program begins at 8:10am each morning for those students who need it. Students enter through the primary doors and must remain inside until a teacher is outside on supervision. No student is to be on the school yard unsupervised. Supervision starts at **8:40am** each day.

Please do not drop your child off before this time.



*A healthy
breakfast is a
great start to
the day!*

Eco Team Starts at Plymouth

I am proud to announce Plymouth as a certified **Eco-School!** What does this mean? It means that the Eco-Team (made up of students from Grade 3-8) will be completing projects around the school to provide points toward a medal at the end of the year. Classes can also submit projects toward the Eco-Team goal if they are completing something that is for, about or in the environment. We already have a good recycling program underway at the school,

but the Eco-Team will be doing a garbage and recycling sort, light checks and small yard cleanups throughout the year.

The Eco-Team is looking forward to creating a respectful environment for everyone and everything. If any parents are interested in helping out please contact Ms. Shields (Gr. 4 Rm 3). We look forward to working our way toward a medal this year!



ENBRIDGE HOME WEATHERIZATION RETROFIT PROGRAM

Enbridge is currently offering free insulation and draft proofing for gas customers who qualify.

Green Venture, a member of Green Communities Canada, is pleased to offer you Enbridge Gas Distribution's Home Weatherization Retrofit Program. Green Venture has years of experience in home energy assessment programs such as EnerGuide and ecoENERGY, and is committed to our communities and our environment.

Are you spending too much on your Enbridge Gas bill?

If you're in financial need, this free program can help to:

1. Lower your bills
2. Cut your natural gas use
3. Make your home more comfortable

Benefits and Savings

There are many great reasons to take part in the Enbridge Gas Distribution's Home Weatherization Retrofit Program:

- **Lower energy bills:** Improve the efficiency of your home and you could lower energy use up to 30% (GreenSaver statistic).
- **Increased comfort:** Keep your home at a comfortable temperature while reducing monthly energy costs.
- **Improve home health:** Living in drafty conditions can be hard on your health. But with the appropriate improvements, you can create a safer, healthier home.
- **Contribute to a healthier environment:** By using less energy, you're helping to create a cleaner world for everyone.
- **Increase home resale value:** Energy-efficient homes are more attractive to prospective buyers.

In the winter, warm air escapes your house through small leaks and through walls and ceilings with poor insulation. Your gas heater has to work harder to keep the temperature at a comfortable level, which means you are paying extra on your heating bill. You could be losing up to 30% of the heat in your home to poor insulation.

Eligibility

In order to qualify for this program, you must be an Enbridge Gas Distribution customer and meet the following:

1. Your household benefits from one or more of the following programs:

- Ontario Works
- Ontario Disability Support Program (adult household income must not exceed amounts outlined below)
- Guaranteed Income Supplement
- Allowance for Seniors
- Allowance for Survivors
- National Child Benefit Supplement

Please see <http://energy.greenventure.ca/enbridge-home-weatherization-retrofit-program> or contact Mrs. Falardeau at the school for a printed application. The deadline is **November 30, 2011**.

Plymouth Panthers Cross Country Team

Just a final note on our Cross Country team, which has 3 members qualify for the DSBN Championship meet. Each division had 96 runners competing, which had the best of the best running against each other.

Shireen Clarke-Smith unfortunately had to run in the only rain of the day, but finished the tough 3000m run in 58th place. Way to go Shireen!

Our 2 Atom competitors, Bryce Livingston and Ashley Clarke-Smith ran the 2000m distance. They both pushed hard in their events with Ashley coming in 29th overall and Bryce coming in 28th.

I am very proud of all of our Panthers. In fact, this year's team worked extremely hard improving their times each week. Overall, we had the best results ever in the last 8 years. We look forward to next year. Well done, Panthers!

Mr. Spadzinski

Roots of Empathy

This year we are honoured to have Baby Liam in Ms. Perry's grade 1 classroom. The children are learning so many wonderful things from this terrific opportunity.

Started in 1996, Roots of Empathy is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren while raising social/emotional competence and increasing empathy.

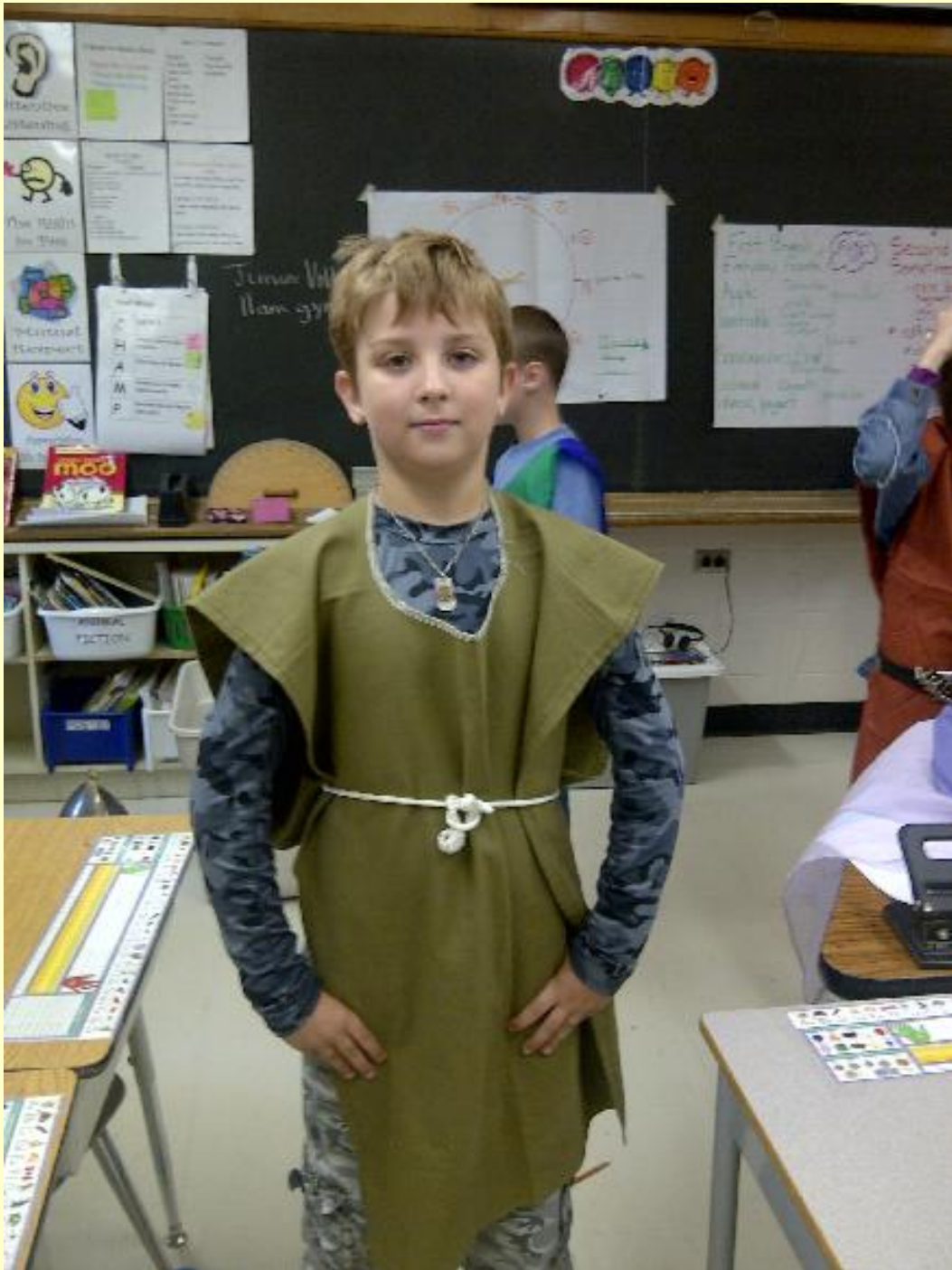


At the heart of the program are a neighbourhood infant and parent who engage students in their classroom. Over the school year, a trained Roots of Empathy Instructor guides the children as they observe the relationship between baby and parent, understanding the baby's intentions and emotions. Through this model of experiential learning, the baby is the "Teacher" and a catalyst, helping children identify and reflect on their own feelings and the feelings of others.

Teachers reported a significant decrease in aggressive behavior by students in Roots of Empathy programs, in contrast to an increase in such behavior by members of the control group over the same period.

Children who completed Roots of Empathy were much more likely to report prosocial behavior in their classroom peers, recognizing acts of kindness such as sharing, helping and understanding.

Roots of Empathy participants significantly improved in their ability to understand the baby's emotions, independently generating possible causes for the baby's crying.



Mrs. Shields' Grade 4 class has been hard at their Medieval Times unit, which is part of their Social Studies curriculum.

LOL Book Club with Mrs. Teal

What do you get when you cross
a vampire and a teacher?
Answer: Lots of blood tests!!



If you like to laugh, then the LOL (Laugh Out Loud!) Book Club is for you! Any students in grades 4-6 who are interested in joining, we will meet every Tuesday or Thursday in the Library. We will be reading hilarious books, joke books, and humorous poetry and doing fun and funny activities during our book club meetings. Just remember to bring a sense of humour and your funny bone!

REMEMBRANCE DAY CEREMONY

"Lest we Forget". Every year on Remembrance Day we celebrate, honour, remember and teach our youth about the contributions and sacrifices our Veterans made to provide us with a free country to live in. A special ceremony will be held on Thursday, November 11th at 11:00 am. Students, teachers and parents will assemble in the gym to honour the veterans who served our country. This will be a very special ceremony to honour our veterans.

