



Panther Press



November 2018

Message from the Office

We honestly can't believe we are already moving into November. The first two months of school went by so quickly! Maybe it's because of all the learning and activities that happened in October. Our Intermediate Co-Ed Volleyball team won the Consolation Finals, finals for Cross Country were held at Fireman's Park, Orange Shirt Day, a Powerhouse Presentation, Picture Day, Eastdale visiting our Gr. 8's, School Council, Wear Purple for Child Abuse Prevention month, Ice Dog Assembly and Game, Scholastic Book Fair, Indigenous Youth Leadership Day, Panther Pride Assembly, Birthday Celebrations and our Hallowe'en Walk!

Staff and students have spent a lot of time with rules and routines. Students have been investigating Geometry and Spatial Sense in Mathematics and developing their stamina in reading and developing new strategies to support their understanding of what they are reading or listening to. Many students have been exploring cooperative games in the gym and working on safety rules and routines while in the gym. What a great two months of learning!

Our Plymouth Panthers are very proud of themselves for exceeding their goal of \$800.00 for the Terry Fox Run. Congrats Panthers for raising \$956.00!!! Can't wait until some of our lucky students get a chance to put a pie in a teacher's or Grade 8 student's face! That will make for one exciting afternoon!

We have lots of things happening November! Please follow us on Twitter @SchoolPlymouth or the school Remind App @9057324110! Remember if your family is signed up you have a chance to win \$25.00 for the Book Fair!!! We will be doing the draw Friday, November 2nd in the morning!



Panthers, remember to always

Do Your Best and Do What's Right.

To sign up for the School REMIND simply download the free REMIND App and use the code **@9057324110** to join!

We will use the App to remind you about upcoming special events, hot lunches, Panther Pride assemblies and more!





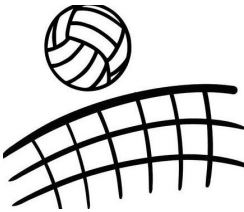
November's Character Trait is Courage

This month we will be focussing on the character trait of courage. Students will talk about what that means to their class, the school and the world around them. What does Courage look like and sound like at Plymouth?

Panther Pride Assembly

On Friday, November 2 we will be celebrating our Panther Pride Assembly at 2:30pm. All students recognized for an award, either for Responsibility or Effort, will get a Plymouth Shirt! Students are working hard to always do their best and do what's right! We encourage all winners to wear their shirts to our Panther Pride Assemblies!

Intermediate Co-Ed Volleyball



A big Congratulations to the Intermediate Volleyball team who won the Consolation Championship and placed 3rd overall in the DSBN Intermediate Coed Tournament.

Each and every member of the team represented Plymouth with class. Ms. Demers, Mrs. Pearson and Mr. Fraser were very proud of your hard work and teamwork. Great Job Panthers!!

Cross Country

Plymouth's Cross Country team participated in one qualifying race on September 24th at Memorial Park in Welland. All five competitors ran their best race and we are extremely proud of the effort they put in to competing as well as the sportsmanship they displayed while at the event. Grace Cunningham competed at the DSBN match held at Fireman's Park on October 16th and placed in the top 40 in a tough Midget Girls race. Congratulations to all runners! Team Members: Alexander N., Logan G., Isabella E., Damian B. and Grace C.

Ice Dog Assembly and Game

Thank you Mr. Mayhew for organizing our fantastic Ice Dogs Assembly and Game Night! The Staff floor hockey game was exciting and Mr. Furtney was unbelievable in net. It was great to be at the game and see our Panthers and their families cheering on the Ice Dogs!



Hallowe'en Walk!

Thank you to Villa de Rose and Plymouth Cordage for inviting us to celebrate Hallowe'en with them! We had so much fun showing off our costumes, saying hi and spreading smiles. What a great way to spend an afternoon.

Zones

Have you heard your child(ren) say they are in the Red Zone? Maybe the Green, Blue or Yellow Zone? We are talking about Zones and having students identify their emotions. The most important part of this is students discovering how they can get themselves back to the Green Zone. The Green Zone is when we all function at our best- we are calm, alert and ready to learn! Each of us is different and the strategies that work for one may not work for another... Does Lazy 8 breathing help you? Going for a walk? What tools are in your strategy toolbox?

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Progress Reports

On November 8th, your child will bring home their Elementary Progress Report. The format was created after years of consultation with parents/guardians, teachers, principals and students across the province. Although it looks much like the Report Card, the Progress Report has a very different intent. The purpose is to share early and specific feedback on your child's development of work habits and the learning skills.

Reporting on the Progress Report is about looking forward and setting a course for the learning journey ahead. Based on the evidence that teachers see, as well as what teachers know about learning at this grade level, the report communicates the path your child is on toward achieving the grade level expectations by the end of the year. The Progress Report does not include letter grades or percentage marks for academic subjects; it instead identifies whether your child is progressing very well, well or with difficulty. For subjects in which your child is Progressing with Difficulty, the teacher will discuss specific next step plans needed for success.

We look forward to partnering with you and your child for a year of great learning and growth.


Grade 8 Open House

At DSBN high schools, students are the stars.

On November 29, see all the opportunities Eastdale has to offer to help students achieve success and #Instafame. Visit DSBN.org/highschoolopenhouses for a full list of dates and times for DSBN high school open houses. See you on the red carpet!



Important Dates

Scholastic Book Fair Oct. 29-Nov. 2	Random Acts of Kindness Birthday Celebration Panther Pride Assembly November 2	Treaty Awareness Week November 5-9
PIC Conference November 7	Progress Reports Home Gr. 8 Day @ Eastdale November 8	Remembrance Day Assembly November 9
Interviews November 13th 3:30-7:30pm	PD Day- no school November 16	Adventure Campus Gr.2/3, 3 Living Campus Gr.1, 1/2, 2 Fire Prevention Pres. Gr.6 November 21
Gr. 8 Niagara College Pres. at Eastdale November 22		

School Cash Online

Using School Cash Online, you may never have to search for spare change again! That is, unless you're looking for coffee money.

We are pleased to be able to provide you with the opportunity to approve permission forms and pay for school items, such as field trips, hot lunches and school spirit wear, online. This year we are moving away from collecting monies at the Office and using "School Cash Online".

It takes just five minutes to register for this service. You will be able access the service by visiting our school website and clicking on "School Cash Online." There, you'll find more information about the system, links to registration and support. You can use School Cash Online with confidence; it is a safe and secure portal. If you need help with this, please contact the Office and someone will help you out! If you need a computer to use please let us know. Please sign up as soon as possible so you have access to field trip permission forms, hot lunch order forms and more!



Hand-out for Parents

HELPING KIDS GET ENOUGH SLEEP

REMEMBER WHEN your parents used to tell you to get to bed because you needed your sleep? Well, they were right. Research has shown that not getting enough sleep can have an impact on children's behaviour, emotional well-being and school performance. What's more, research shows that today's kids are getting less sleep than children from past generations. And certain aspects of modern life, such as heavy use of cellphones, computers and other electronic devices, are interfering with the amount of sleep children get. But there are some things you can do to encourage your children to get the sleep they need.

- Set regular bedtimes for your kids and consistent bedtime routines. This helps young children develop a sort of rhythm for sleep and waking.
- Try to get your children off the computer (and other screens) at least an hour before bedtime. Computers, televisions, tablets and cellphones (and the light they emit) stimulate the brain in ways that make it harder for kids to feel ready for sleep.
- Help your child wind down before bedtime. Do something relaxing together – read stories, listen to quiet music or do some belly breathing (deep, slow breathing that helps to reduce anxiety and stress).
- Encourage your child to get exercise earlier in the day. Research shows that children who are physically active during the day fall asleep faster and get more sleep than kids who spend a lot of time sitting.
- Have a weekday bedtime and a curfew on weekends. Of course, you can't *make* kids sleep, but having a time when they need to be in their rooms, preferably without a cellphone, computer, tablet or gaming console, may help them wind down for sleep. A set bedtime also gives them the message that you think sleep should be a priority.
- Don't make sleep a battleground. Basically, you can't win. But do talk to your teenagers about why sleep is important, and encourage them (without nagging) to get enough. Do some research together. Here's a [website](#) you can visit together to learn more about how sleep promotes learning and overall health.
- Let them sleep in on weekends. Some experts discourage sleeping in, saying it creates a sort of jet lag. Perhaps, but teenagers do need to catch up on their sleep somehow and for most, weekend mornings are the easiest time to do it. It's probably best to get them up before noon, though, to avoid insomnia troubles Sunday night.
- Have a "no cellphones in bed" policy. Studies show that a surprising number of teenagers send and receive text messages at times when they should be asleep. Some are even woken up by text messages from their friends. Make nighttime the time when everyone (including you) charges cellphones.



Sleep and screens are a bad combination.

Teens and Sleep: A big challenge

Do you have a teenager who seems driven to stay up late and has trouble getting up in the morning? It's normal. And it's not just a bad habit. Teenagers' internal clocks work differently, and that makes it hard for them to feel sleepy at the time when we think they should be going to bed. And yet, many teens are chronically short of sleep. That can affect their mood, school performance, and more.

What can you do about it? Frankly, this is a tough one for parents. Here are a few strategies that might help:

