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Chair of School Council – Lorna Brown

Monthly Character Attribute is Honesty I am sincere, truthful and trustworthy.

March 2018

Principal Message



Dear Parents and Guardians,

There is so much going on right now. Students can participate in activities during lunch or go outside to play. Arts club (Ms. Manis), Gym activities (Ms. Hogan), Chess Club (Mr. Gugliotta) are available during lunch. Skiing and Basketball are finished for the season. Our Boys and Girls Basketball teams had a great tournament. A big thank you to Mr. Gugliotta and Ms. Bonter for teaching the Junior and Intermediate students the skills and sportsmanship that made them successful.

We are walking across Canada. All students are walking one mile each day. Converted to kilometres, we began in Newfoundland, walked through the Maritime Provinces, through Quebec and have almost walked across Ontario now. Students can see their progress on a Tribal Map of Canada and Grade 7/8 students are going to educate us about the tribal lands as we go through them. To celebrate their success, students have eaten regional foods, earned of extra activity time and had dress up days. Ms. Yarrow is organizing this activity. This week we dressed up in Western clothing and hats. We are heading to Winnipeg, the gateway to the West.

Storytelling and speeches have been very successful. Ms. Morrison and Ms. Overland have organized the events. Congratulations to Leah whose poem won 1st Place and is moving on to the next level of competition. Other winners are Makenna, Kaylee, Noah, Ava and Joshua B. who placed in the poster contest and Shyanne who placed in the poem contest. This week we are learning to become more aware of Indigenous Culture and People. We are participating in presentations by guests from Alderville, and we are doing arts and activities to better appreciate the local indigenous culture.

Our Wellness Team has been developing awareness and strategies to help students with mental wellness. A mindfulness time has been set up after second break to help students relax and reset. Students are learning about zones of regulation and how they can stay in 1 or Green. Ms. Hogan, Ms. Watts, and Ms. Steele are heading this initiative.

Friday, March 9 is the first day of March Break. Please be safe while you enjoy this fun time off. We return to class on March 19.

D. VanEgmond

KINDERGARTEN REGISTRATION 2018

If your child will be four years of age by December 31, 2018, now's the time to register for Kindergarten starting in September 2018! Our schools are stimulating, caring environments with a broad range of programs to help students excel in learning, succeed in life, and enrich our communities.

Visit www.kprschools.ca, and click on School Registration to find your local school with our online maps. See what you need to register – such as proof of age, proof of address and immunization – and complete the registration form online. Check out the wealth of videos and tip sheets we have to help you prepare your child for school.

Questions? Please call our school at 613-398-7200. We look forward to hearing from you!

EARTH HOUR

It's back! KPR once again encourages families to participate in Earth Hour on Saturday, March 24, from 8:30 – 9:30 pm. Participation is easy; just turn off your lights and electronics for the hour. Earth Hour started over a decade ago as an international effort to protect and preserve our natural environment. For further information about Earth Hour, please visit earthhour.org

MILK

Milk is available at lunch time, 11:20 am. Milk Cards are sold on-line or at the office, \$7.00 for 10 milks. Chocolate and white milk will be available.

STUDENT CELL PHONES /PERSONAL ELECTRONIC DEVICES

While the school recognizes the need for students to have on their person before and after school hours, PEDs (smartphones and iPods), these devices are to be powered-off during school hours, unless being used for instructional purposes with teacher permission. If students need to contact their parents, they can use the school phone. Similarly, parents are encouraged to contact the office regarding any changes to their child's schedule and their child will be informed of these changes. Any time a PED is being used without permission, students will be expected to relinquish the device until the end of the day.

PARENT PARKING

Parents are asked to not park in the school parking lot, but to use the large parking lot to the southeast for the safety of our students, especially at bus time. If you are picking up or dropping off your child, please use the southeast parking lot. Once our buses have arrived for drop off or pick up, you will be required to wait for the buses to leave the school before you are able to exit.

ADMINISTRATION OF MEDICATION

According to Board Policy, oral medication may only be administered to students at school if the form, "Administration of Oral Medication" has been completed and signed by both a parent/guardian and the physician. Contact the office if a form is required.

PEDICULOSIS (HEAD LICE)

We appreciate the assistance parents are providing by checking their children's hair on a regular basis. The school will do head checks, as needed. It is helpful when parents notify the school when they treat their child for head lice. If head lice are found on students, parents are contacted immediately so that their child can be picked up and treatment can begin as soon as possible. Students returning are checked before being re-admitted to the classroom. Thank you for your support in controlling pediculosis.

LOST AND FOUND

Lost and Found items are located on a table near the main entrance. We encourage students and parents to check the table for lost or missing items.

STIRLING & DISTRICT MINOR SOCCER REGISTRATION NOTICE

Registration for Soccer will take place at the Stirling Arena/Recreation Centre on the following dates:

Saturday, March 24 from 9 am to 2 pm

Registration is for Girls and Boys born between 2003 and 2014. Fees - \$80 (Family Rate \$240.00). After March 24, fees are \$100.

PIZZA LUNCH

Pizza order forms have been distributed to each student for the upcoming Pizza Days. Ordering has also been setup on School Cash Online for payments. We ask that all orders be processed through the School Cash Online Payment system. Last day to order is March 23, 2018. NO LATE ORDERS WILL BE ACCEPTED.

SPRING FORWARD

Reminder that clocks are moved 1 hour ahead Sunday March 11, 2018 to mark the beginning of Daylight Savings.

IT'S TIME TO UPDATE YOUR CHILD'S IMMUNIZATION RECORDS

By law, all students need to have an up-to-date immunization record on file at the health unit for:

- Tetanus, Diphtheria, Polio, and Pertussis;
- Measles, Mumps, and Rubella;
- Meningococcal disease
- Children born in 2010 or later also need two-doses of a Chickenpox (Varicella) containing vaccine.

If your child will not be getting these vaccines, you will need to give public health a valid exemption (medical or Affidavit). If public health does not have an updated record for your child, they could be temporarily suspended from attending school.

Follow these steps to help us, help you protect your child:

- Check your child's yellow immunization card;
- Contact your health care provider to obtain records, or to get missing vaccinations;
- Share the complete record with public health in your area.

For more information, please contact public health in your area:

Peterborough – Peterborough Public Health – 705-743-1000

Northumberland – HKPR District Health Unit – 1-866-888-4577

Clarington – Durham Region Health Department – 1-800-841-2729 or 905-666-6241

HELP YOUR CHILD GET THE SLEEP THEY NEED

Children aged 5-13 years need 9-11 hours of quality sleep each night. Teenagers (ages 14-17) need 8-10 hours.

Help your child get the sleep they need:

- Set a consistent bed-time and wake-time (even on weekends).
- Create a relaxing bedtime routine that includes reading, taking a bath or listening to music.
- Set up a sleeping space that is cool, dark and quiet.
- Keep the TV, electronics and cell phones out of your child's bedroom – they interfere with natural sleep cycles.

If your child has difficulties staying asleep, talk to your doctor or healthcare provider.



MARCH 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Indigenous Peoples Learning Day	7	8 Gr 8 Grad Photos Sibling Photos	9 March Break Begins	10
11 	12 March Break	13 March Break	14 March Break	15 March Break	16 March Break	17 
18	19 Welcome Back!	20	21	22	23 PIZZA DAY 	24
25	26 Primary classes Sugar Bush	27 Early Years Sugar Bush	28	29	30 Good Friday	31