



# Niverville Elementary School

VOLUME 21, ISSUE 3

NOVEMBER 2018

## DON'T FORGET!

- Nov 2: Hot Lunch  
*Hamburger/Hotdog day*
- Nov 2: Picture Retakes  
*Multi purpose room*
- Nov 4: Standard Time  
*(turn clocks back one hr.)*
- Nov 5: ADMIN DAY  
**NO SCHOOL**
- Nov 9: Remembrance  
Day Assembly @ 11:00  
a.m.
- Nov 13/14: Kindergarten  
Interviews
- Nov 15: Hot Lunch  
*Boston pizza*
- Nov 16: Report Cards  
issued
- Nov 21: Parent/Child/  
Teacher conferences for  
Grades 1-4 starting at  
4:00 pm by appt. only.
- Nov 29: Hot Lunch  
*Peppies*

The staff at Niverville Elementary School work hard to teach the “whole child”. This includes the academic, physical, emotional, and social aspects of every student under our care.

We have been trained and use a number of programs and techniques in each of the aspects mentioned above. We are excited to once again be offering a program called “Roots of Empathy” (ROE) to our grade three students. For more than ten years across Canada and internationally, thousands of children have learned about empathy and respect for one another with the lessons started through their Roots of Empathy baby.



Roots of Empathy  
*Racines de l'empathie*

A parent and baby are invited into the classroom and help create a world of understanding and empathy. This year the grade 3 classes will be participating in ROE. Mrs. Beaudin, Ms. Thiessen, Mrs. Bardal, Mrs. Lytwyn and Mr. Fiola have all been trained to deliver the ROE curriculum and will be the classroom leaders for the program this year.

For more information on the program visit [www.rootsofempathy.org](http://www.rootsofempathy.org)

Once again, we will be presenting class featured assemblies on a bi-weekly basis. Dates and times of our assemblies will be posted to our website [nes.hsd.ca](http://nes.hsd.ca)

Everyone is welcome to attend!



### This Is Me

Come and see our own NES Circus Show at the assembly on:

**December 7th @ 9:10**

Gymnastics, Tae Kwon Do,  
Ribbon Dancing & more



### Niverville Elementary School

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Phone: 204-388-4861  
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## NES aspires to provide foundations that empower children to explore and excel.

### We Believe...

- Meaningful relationships are the building blocks for a nurturing learning experience.
- Curiosity, imagination and creativity are essential to the learning experience.
- Social-emotional, academic, and healthy physical development are shared responsibilities between home and school.
- Promoting care and concern for ourselves, others, and our environment will develop compassionate citizens.
- Open, honest communication is key to effective partnerships among students, parents, teachers, and community members.
- Our voice and strengths contribute to a positive learning community where we all belong and strive to be the best we can be.



NIVERVILLE ELEMENTARY  
WHERE EVERYONE SHINES!

## PARENT/CHILD/ TEACHER CONFERENCES

**Thursday, November 21st  
4:00pm - 8:00pm**

Parent's will once again be able to book their own appointment times with their child(ren)'s teachers online using

## The Parent Portal

For more information/instructions see email sent October 31st



*If you have not set up your parent portal account please contact the school for your access code.*

## FROM THE OFFICE...



### Student Pick ups:

If your child is to be picked up before regular dismissal or there are any changes in the students after school routine, please send a note with your child or call the office **before 3:00 pm** to give details of who is picking up the child and when they will be picked up. **We request that the parent/person come to the office, sign the student out, and office staff will call for the child.** As a staff, we will be consistent with this procedure as it ensures safety and is less disruptive to the classroom.

### Attendance:

A reminder that if your child is going to be away from school, please call the office **before 9:08 a.m.** and let the office staff know so attendance can be updated. If a student is marked "absent" we will be calling the home. It is important to remind your child if they are going to be late to check in at the office so we can mark them present. You can also email the office directly at [nes@hdsd.ca](mailto:nes@hdsd.ca) ~ Thank you!

**\*\*If your address or phone number changes at all ~ please let the office know.**

**\*\*Most "take home" material will go home with the youngest and only students in each class.**

## Drive Away Hunger

Our food drive collected **1254.5 lbs.** of food.  
Thank you to all who participated



## NES CHRISTMAS CONCERT

It's November and the K-2 classes are beginning to practice for their Christmas concerts

The concerts are to take place this year at:

**The Niverville Community Fellowship Church**

**December 18th and 19th  
at 7:00 p.m.**

More Details to come in the next few weeks



## Learning Support News

Hearing re-screening for those students who missed or need to be re-screened will take place on the afternoon of November 14th from 12:00-3:00pm. Leslie Bardal has already informed those parents of students that need to be re-screened. After that a letter will be sent home informing you if a referral to the audiologist has been made.

Please communicate any changes to medications or health care needs to your child's teachers as soon as they occur. Ensure that their medications, including inhalers and epi-pens are current. All medications have expiration dates.

If your child requires medication to be administered at school, a form is available at the office for you to fill out. All prescribed and over the counter medications must be in the original containers and liquid medications must be accompanied by a syringe or measurable spoon.

Information for medic alert bracelets is available from the office.

*André Fiola (School Counsellor)*  
*Leslie Bardal (K Learning Support Teacher)*  
*Brenda Lytwyn (Gr. 1-4 Learning Support Teacher)*  
*Marge Thiessen (Vice Principal)*

## REPORT CARDS

Please note that we will no longer be emailing report cards. If you wish to view your child's report card electronically please log in to your **Parent Portal** account and choose Report Card from the menu on the left, then click on **switch to electronic report cards**. See sample below. If this is not checked, you will be receiving a paper copy of the report. Please note that electronic report cards will be available earlier than paper copies. We will send an email when the new report cards will be available for viewing.

### Report Cards Online

Currently, the settings for  are to receive printed report cards.

If you would like access to electronic report cards in the Parent Portal, including archives back to June 2016, click **SWITCH TO ELECTRONIC REPORT CARDS** below and you will have instant online access.

Note that by clicking the button below, you will no longer receive the printed copies from the school.

**SWITCH TO ELECTRONIC REPORT CARDS**

# NES PAC News – November 2018

## ***Fundraising Update***

Our Show & Save fundraiser has come to a close. Although not as successful as last year, we are still very proud of the funds raised. We sold a total of 299 books for a profit of \$3,588. There were 115 families that participated.

Last year we sold 500 books raising \$5,000.

This fundraiser will be re-evaluated for next year.

Stay tuned for updates on future fundraisers this year!

## ***Hot Lunch Information***

Hot lunch is available for students in grades 1-4. It's one of NES PAC's most popular fundraisers!

Upcoming hot lunch dates include:

- November 1 Hamburger / Hot Dog
- November 15 Boston Pizza
- November 29 Peppies Pizza

If your child is absent on hot lunch days and you still want to get it, contact the FRONT OFFICE by 11am to make arrangements. There will be no exceptions nor will late requests be filled. We are unable to refund hot lunch money.

## ***Did you know?***

NES PAC meetings are open to anyone with children attending NES.

Our next meeting will be held on November 26 at 6PM in the NES Library.

Can't attend a meeting? No problem!

There are many other ways you can help out. If you are interested in volunteering with NES PAC, send us an email at [nesparentcouncil@gmail.com](mailto:nesparentcouncil@gmail.com)



# NUTRITION BITS AND BITES

## Body Positivity



celebrate EVERY Body.

### What can I do for my child or teen?

1. Avoid discussing dieting behaviours—these can lead to an unhealthy relationship with food
2. Avoid “weight talk”. (your kids or your own)
3. Avoid teasing children about their weight—this happens at home more than at school.
4. Have more family meals together
5. Encourage eating a balanced diet and exercise for fitness and health, not weight loss

### Health at every size (HAES)

HAES teaches us that it's important to accept ourselves, eat and be active to help support our bodies instead of to change our body shape.

How can we do that?

- 1) Learn about body diversity –Would you ever expect a golden retriever to look like a great dane through diet and exercise? No. So why would we expect the same of ourselves? We all come in different shapes and sizes.
- 2) Trust your body and your hunger – if we listen to it, our body is really good at letting us know when we're hungry and when we've had enough food.
- 3) Normalize food – all food is good and has a place in our lives. Different types of food help our body in different ways.

#### Want to know more?

[Ellyn Satter Institute: Weight and Health Hysteria](#)

[Unlock Food: Parent/Caregivers Influence on Children's Eating Habits](#)

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*