

PUBLIC SCHOOLS BRANCH

L.M. MONTGOMERY SCHOOL

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<http://www.edu.pe.ca/lmmontgomery>

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2024-2025
STUDENT HANDBOOK

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We hope the information contained in this booklet is helpful.
Please don't hesitate to call with any questions or suggestions.
We're looking forward to a great year!!

ADMINISTRATORS' MESSAGE

Dear Parents/Caregivers;

Welcome to all new and returning students and their families. We hope this year is an enjoyable and productive year filled with many exciting opportunities. At LM Montgomery, we strive to enable students to achieve their personal best, become responsible and productive citizens, and to embrace lifelong learning in a safe and positive environment. By working together, we believe we will enhance your child's learning experience and help them reach their true potential.

Each year staff are committed to improve your child's education with the most current research available. This process is done through focused school goals on improving students' academic, social and emotional growth. Time is devoted regularly throughout the school year to teacher learning during *Professional Development Days* to work through developing next steps for student success. These days allow staff to gather data, gain knowledge and develop effective lessons which support students to make individual progress.

Communication with home is an integral part of our relationship. We ask you to contact us at any time you have questions or concerns or just want to touch base regarding your child's progress. These conversations help to ensure we are fostering positive learning experiences and providing developmentally appropriate teaching materials.

We are glad to have you as part of our LM community and look forward to a year filled with many enjoyable memories.

Sincerely,

Tara Deglan-Gallant
Principal

Patti Davidson
Vice Principal

CODE OF CONDUCT

School Mission Statement:

LM Montgomery School is committed to enabling students to achieve their personal best, become responsible and productive citizens, and to embrace lifelong learning in a safe and positive environment.

Beliefs:

At LM Montgomery, we believe: All children can learn. All children benefit from developmentally appropriate materials, practices, and strategies. All children deserve a quality education in which individual needs are met and supported. Social and life skills need the same attention as academic ones. We recognize that school is not just about children; it encompasses families, parents and our community. Children must be encouraged to see the connections between new learning and prior knowledge. Children learn best in a safe, caring environment, one that values diversity, collaboration, and risk-taking. Children thrive when expectations and self-esteem are high.

It is an expectation that all members of the LM community (students, staff, parents, guardians, volunteers) create and maintain a safe, caring, respectful and inclusive climate for learning and working. It is a shared responsibility among members to create and maintain a positive school climate. LM follows the Public Schools Branch Operational Policy and Procedure on Safe and Caring Learning Environments. This document can be accessed at:

PSB Operational Procedure – Safe and Caring Learning Environments
<https://psb.edu.pe.ca/safe-and-caring-learning-environments>

STUDENT RIGHTS and RESPONSIBILITIES

At LM Montgomery, all students have the right...

- ... to be treated with dignity and respect in a safe and caring environment.
- ... to receive a quality academic and skill-based education.
- ... to participate in learning activities without undue interruption.
- ... to be provided with success-oriented activities which build on their strengths.
- ... to receive assistance in meeting their academic and social responsibilities.
- ... to be supported and guided in their emotional growth.

All students are responsible...

- ... to show respect for themselves, and for all individuals in our school.
- ... to understand school expectations and strive to meet them.
- ... to be prepared for class, and to complete class and homework assignments.
- ... to listen attentively when others speak.
- ... to assist others when they need help.
- ... to show respect for property.
- ... to ensure, through their actions, that LM is a safe and caring environment in which to learn.

CODE OF CONDUCT - PROCEDURES FOR STUDENT RESPONSIBILITIES

All students are encouraged and are taught to use proactive and appropriate decision-making and social skills. When appropriate, students are encouraged to participate in the development of meaningful consequences for infractions of Student Responsibilities. Students will work with teachers and staff to “make things right” if they have caused harm. All students are supported to understand how positive interactions with their peers and their environments are always a benefit to themselves and their learning.

Consequences are based on the student’s age, maturity, and if any, special needs. School administrators have a responsibility to advise other parties of serious breaches of Student Responsibilities (ie: parents/guardians, school branch officials, police and/or other agencies).

Should interventions be required to help students follow Student Responsibilities, the following progressive, logical and restorative consequences may be applied.

Level 1

For behaviours that are minor violations of Student Responsibilities, a staff member will speak directly to the student. The following consequences may be used to encourage more positive behaviour:

- Reminder/informal discussion
- Use of problem solving techniques
- Verbal or written warning
- Contact with parents/guardian by the classroom teacher
- Separation from peers (ie: move to an alternate space – closer to the teacher)
- Written or verbal apology

Level 2

For behaviours that are **repeated** or are more serious, a staff member will speak directly to the student. The following consequences may be used to encourage more positive behaviour:

- Any consequences from Level 1
- Directly supervised recess/lunchtime activity
- Creation of behaviour contract or plan
- Removal from the classroom/situation
- Restitution for damage

Level 3

For incidents of a more serious nature, students will be referred to an administrator. The nature and severity of the infraction, the intent behind the infraction and the **frequency** of the infraction will be considered when determining the level of consequence. It should also be noted that **all disciplinary decisions are made in consideration of individual circumstances**. The following consequences may be used to encourage more positive behaviour:

- Any consequences from **Level 1** and/or **Level 2**
- Referral to counsellor or school's student services team
- Administration involved in discussion/planning consequences
- Official written documentation of the incident
- Possible alternate recess time breaks or suspensions
- In-school suspensions/School sanctioned event suspension
- Bus suspensions

Level 4

In accordance with the Education Act, the Public Schools Branch authorizes administration to suspend a student from the school premises. Students may be suspended because their behaviour had a harmful effect on the character or persons of other students (ie. physical fighting, racial slurs), or because of vandalism to the school, student or staff property. Parent/Guardians will be contacted by phone and the suspension will be immediate. The parent/guardian will be asked to return with their child to meet with administration and make a commitment to improve behaviour. Some of the consequences from **Level 3** may apply. Please refer to the PSB Operational Policy on School Suspensions for additional information: <https://psb.edu.pe.ca/student-suspension>

It is hoped that this system will encourage students to monitor their behaviour, know what is expected of them, and strive toward maintaining and/or improving their academic and social skills.

LM MONTGOMERY SCHOOL CALENDAR 2024-2025

<p style="text-align: center;">September</p> <p>2 Labour Day (NO SCHOOL) 3 Orientation Day for Teachers Day (NO CLASSES) 4 Administrative Day (NO CLASSES) 4 Professional Learning Day (NO CLASSES) 5 First Instructional Day for Students 11 LM Open House (6:30 pm) 13 Terry Fox walk/run (Afternoon) 23 School Goals Day (NO CLASSES) 24,25, &26 School Photos by Everest Solutions 27 Orange Shirt Day 30 National Truth & Reconciliation Day (NO CLASSES)</p>	<p style="text-align: center;">October</p> <p>14 Thanksgiving (NO SCHOOL) 31 Wear Black & Orange Day – Donations for Holiday Families</p>
<p style="text-align: center;">November</p> <p>1 PD Day (NO CLASSES) 7 & 8 PETIF & CUPE Annual Convention (NO CLASSES) 11 Remembrance Day (NO SCHOOL) 14 School Photo Retake Day 20 Report Cards issued 21 Parent Teacher Conferences (6:00 PM-9:00 PM) 22 Parent Teacher Conferences (9:00 AM – 12 PM) (NO CLASSES) 30 Lucy Maud Montgomery Birthday (150 Years)</p>	<p style="text-align: center;">December</p> <p>3 International Day of Persons with Disabilities 6 Wear Red & Green Day – <i>Donations for Holiday Families</i> 20 Last Instructional Day for 2024</p>
<p style="text-align: center;">January</p> <p>2 PD Day Joint Staff (NO CLASSES) 3 School Goals Day (NO CLASSES) 6 First Instructional Day for Students for 2025</p>	<p style="text-align: center;">February</p> <p>3 PD Day (NO CLASSES) 17 Islander Day (NO SCHOOL) 18-21 Winter Carnival Week 21 Winter Wellness Day 26 Pink Shirt Day</p>
<p style="text-align: center;">March</p> <p>5 Report Cards Issued 6 Parent Teacher Conferences (6:00 PM-9:00 PM) 7 Parent Teacher Conferences (9:00 AM – 12 PM) (NO CLASSES) 17-22 Mid-Term Break (NO SCHOOL)</p>	<p style="text-align: center;">April</p> <p>11 Professional Development Day (NO CLASSES) 18 Good Friday (NO SCHOOL) 21 Easter Monday (NO SCHOOL) 23 Incoming Kindergarten Parent Information Meeting (6:30 PM)</p>
<p style="text-align: center;">May</p> <p>2 Area Association Professional Meeting Day (NO CLASSES) 19 Victoria Day (NO SCHOOL) 29 Welcome to Kindergarten Event (4:30 PM)</p>	<p style="text-align: center;">June</p> <p>6 Incoming Kindergarten Orientation (Morning) 17 LM Fun Day 18 LM Fun Day 26 Grade 6 Closing (11:00 am) 26 Report Cards Issued 26 Last Instructional Day 30 Last Day for Staff</p>

L.M. MONTGOMERY DAILY SCHEDULE

STUDNETS SHOULD NOT BE DROPPED OFF PRIOR TO 8:00AM

8:25	~	Students Enter the Building
8:35	~	O'Canada & Announcements
8:40	~	1 st Class Begins
10:10 – 10:25	~	1 st Recess - Grade K-3
10:40 – 10:50	~	1 st Recess - Grade 4-6
11:55 – 12:16	~	2 nd Recess Grade K-3 / Lunch for Grade 4-6
12:18 – 12:40	~	2 nd Recess Grade 4-6 / Lunch for Grade K-3
2:40	~	Bell Dismissal K-3 students
2:45	~	Bell Dismissal 4-6 Students
2:50	~	Busses depart

SCHOOL HOURS/SUPERVISION OF STUDENTS

Scheduled supervision is provided by teachers at 8:00 a.m. on the playground area. Parents who are dropping off students will drop off at student walkway between 8:00-8:25 a.m. Once dropped off, students go directly to the playground area until the 8:25 bell. Students should be dress appropriately for outdoor weather each school day.

TIMETABLE

The timetable is organized on a six day cycle meaning that the schedules rotate on a six day basis. Thursday, September 5th, is Day 1 and Friday, September 13th, will be the next Day 1. If the **Public Schools Branch** is closed for the full day for any reason on a school day, the schedule for that day is moved to the next day school is in operation.

SCHOOL SUPPLIES

As announced by the Provincial Government, school supplies will be funded for families of students in K-9. However, there are a few basic items that families will be required to purchase for each child prior to starting school in September.

- Kitbag & Lunch bag
- Indoor sneakers
- Water bottle
- Reusable cutlery
- Headphones or ear buds (for chrome book use)
- Change of clothing – including underwear and socks

Please note: Students in grades 2, 3, 4 & 5 will be using agendas is the fall. These will be available at the school in September and there is a \$7.00 charge for one.

STUDENT ATTENDANCE

Regular school attendance and curriculum time are necessary in order to achieve success in school. Students who are frequently absent or arrive late, tend to become discouraged, often lose interest in their schoolwork and, in general, fall behind in their studies.

Student absentee totals are listed in the descriptive categories below:

- **Satisfactory** - Missing less than 5% of total school days.

- **At-Risk** - Missing 5-9.99% of total school days.
- **Chronic** - Missing 10-19.99% of total school days.
- **Severe Chronic** - Missing 20% or more of total school days

It is important to note that a student will be considered LATE when arriving to class after O'Canada. Students are considered ABSENT if they miss 50% or more of the morning instruction OR 50% or more of the afternoon instruction.

If a child is absent, parents are asked to:

- 1) Call the school to advise **why** their child is absent from school or will be late arriving.
- 2) Call the school by recess when requesting that work be sent home, if your child is absent due to illness. This allows the teacher time to prepare and/or collect work.

Please note the following Operational Procedure Protocol from the Public Schools Branch will be put in place when excessive absences are reported <https://psb.edu.pe.ca/attendance-and-engagement>

PARKING LOT SAFETY

The parking lots at LM Montgomery are very busy places. Drivers of all vehicles are asked to exercise caution as they enter, drive through, and exit the parking lots. When you drop off in the morning or pick up your child(ren) up at the end of the day, please park in the designated parking spaces and out of the path of students travelling to and from the school.

SCHOOL VISITORS

All visitors are required to stop into the office. If you are arriving to pick up your child please call the office (902-368-4150) to let us know or ring the buzzer outside of the building and a staff member will walk the student outside to meet the parent or guardian for early pick up.

SCENT FREE SCHOOL

LM Montgomery is a scent free building due to the severity of many allergies that can cause respiratory distress or an anaphylactic reaction for some staff and students. PLEASE refrain from wearing scents and washing/drying your clothing with artificial chemical scents. Scented laundry detergents, fabric softeners, perfumes, colognes and other artificially or chemically scented products can cause a significant reaction to those affected and are prohibited in our building. If it is deemed that you have entered the building with a scented product, you may be asked to leave and return with no scent. Please refer to PSB policy found here <https://psb.edu.pe.ca/scented-products-and-fragrances>.

COMMUNICATION PRACTICES

Parents and guardians should expect regular communication from their child's teacher in forms such as class newsletter, email, class websites or private social media accounts. Administration will send out a general weekly email to families and a monthly newsletter will be emailed at the beginning of each month. The newsletter will also be located on our school website.

HEALTHY EATING AT LM MONTGOMERY

We try to encourage and maintain a supportive environment which promotes healthy food choices. We recognize that **parents are ultimately responsible for their child's nutritional health** and as a school, we are always available to support parents to provide healthy food choices. Since students spend a significant amount of their day at school, we need to work together to make sure that the nutritional aspect of your child's health is

being met. Through curriculum instruction, and carefully monitoring the foods available through our meal programs, we can help your child be in the best position possible to learn to their full potential.

PUBLIC SCHOOLS BRANCH PEANUT/NUT FREE POLICY

LM Montgomery needs to be as safe an environment as possible for a number of students who attend school with severe allergies to peanuts, peanut products and other forms of nuts. LM Montgomery follows a peanut/nut free policy as directed by the PUBLIC SCHOOLS BRANCH (<https://psb.edu.pe.ca/nutrition-in-schools>). Because all students travel throughout the building to specialist classes, assemblies, water fountains, playground, etc., the only way to provide the safest environment is to exclude all peanut/nut, imitation products and products that state “may contain” from lunches and snacks. This means:

√ **Schools that are peanut and peanut product free do not allow products that imitate peanut butter. (ie: WOW Butter) or state “may contain” on the package.**

Staff and students are requested not to bring any peanut or nut products on the bus or to school.

Everyone’s cooperation in helping LM Montgomery be a safe environment for all students is much appreciated.

LM MONTGOMERY SCHOOL LUNCH PROGRAM

L.M. Montgomery offers items Monday – Friday. These items include white milk and chocolate milk are available daily. Pizza and garlic fingers from Stratford Pizza and available Tuesday and Thursdays. Usually beginning in October, ice cream sandwiches are available every second Friday.

The prices below are subject to change.

<u>Daily</u>		<u>Tuesday & Thursday</u>		<u>Every Second Friday</u>	
2% White Milk	\$.55	Cheese Pizza	\$2.75	Ice Cream Sandwiches	\$1.00
2% Chocolate Milk	\$.80	Garlic Fingers	\$2.75		

On-Line Ordering

All lunch and milk/juice orders will be ordered using our on-line ordering system. If you are a new parent to our school you will need to go on-line and register your son/daughter. Here’s how to get started:

- Go to <http://lmmontgomery.hotlunches.net>
- Click on “click here to register”
- Complete the rest of the registration form. (Including your email address will ensure you receive reminder emails about hot lunch order deadlines, and your child’s hot lunch order for the upcoming week).
- Click the “Register Now” button at the bottom
- Follow the instructions to add each child in your family who attends LM Montgomery School.

Once your son/daughter is registered for the on-line orders, you can then place orders for the week, The cut-off date for ordering and paying online are Fridays at 12:00pm. (This is the Friday before the schedule begins)

* If not paid, orders are cancelled.

PROVINCIAL FOOD PROGRAM

The Provincial Government has a 5-day, three-week rotational lunch schedule that is subject to change. It is \$5.75 a meal or pay what you can. When ordering through the program please ensure you include your child’s first and last name, as well as, their teacher’s name and class number. For example: *John Smith 1D Mrs. MacDonald.*

- Go to <https://www.peischoolfood.ca/>

- Click on “Register Here”
- Complete the registration form
- Click on “Order Now”

Please note that this program is not run through the school and we cannot assist in making online changes to parent or guardian accounts.

WATER BOTTLES

Please ensure you are sending a water bottle each day with your child. Water filling stations are provided around the building for students use.

UTENSILS

To cut down on the waste produced with plastic cutlery, we are unable to provide utensils. Please ensure you send your child with the proper utensils for their lunch.

LABELLING

Please ensure you are labelling your child’s belongings. This helps cut down on lost and found items that go unclaimed!

RULES FOR STUDENTS TRAVELLING ON SCHOOL BUSES

We are extremely fortunate at LM Montgomery to have an excellent group of bus drivers who have a definite interest and concern for the safety of children and they would greatly appreciate any assistance you are able to give them.

The students are expected to be waiting to the right side of the driving lane in the direction the bus is travelling. If crossing is necessary, when students leave the bus, they are to cross the road with the flashing lights. **It is important to impress on the student that they remain seated, seated forward and talk in a soft tone while travelling on the bus. Bus drivers require this type of cooperation and behaviour in order to drive safely.**

Students who misbehave on the bus are first spoken to by the bus driver and if issues persist, the student is reported to Administration. The Administration communicates with the parent regarding the misbehaviour. **Dependent upon the misbehaviour or if the misbehaviour continues, the student may be suspended from using the bus for a period of time.** If this occurs, it is the parent (caregiver’s) responsibility to provide transportation to and from school.

The bus driver’s main area of concentration must be driving the school bus. Every student who misbehaves on the bus decreases the degree of concentration of the bus driver, thus, chances of becoming involved in an accident are increased.

1. The driver is in full charge of the school bus. Obey his/her instructions.
2. Be on time. You are to wait for the bus, the bus does not wait for you.
3. Do not talk to the bus driver unless necessary.
4. Students must use the seat/area to which they are assigned. This decision is made by the driver & administration.
5. Sitting in the back seats is a privilege and must be earned to stay there. These seats are usually for grade 5 & 6 students, who show great leadership skills and display appropriate bus behaviours.
6. Students must remain seated while on the bus.

7. Do not use foul or profane language.
8. No loud or boisterous talking, yelling or whistling.
9. Do not put hands, arms, feet or head out the bus window.
10. Do not throw anything inside the bus or out of the windows.
11. When the bus is in motion, keep the aisle of the bus clear at all times.
12. When it is necessary to cross the road in front of the school bus, walk 3 meters (10 ft.) in front of the school bus to a point where you can see the driver cross to the center of the highway, STOP, LOOK, and LISTEN and cross the highway when it is safe to do so.
13. If there is no sidewalk, walk well over on the left side of the road when walking to and from the bus.
14. Never stand or play on the road while waiting for the bus.
15. The maximum seating capacity of the bus is 72. The aisle of the school bus cannot wholly or partially be obstructed by any person sitting in such a manner that the person's body or any part thereof, extends beyond a seat into the aisle.
16. Students may not leave a school bus at a place other than their normal point of departure without a bus note.

Students require written permission from parents when there is a change in their pick-up or drop-off locations on a particular day.

Buses are not available to students who need to travel on a particular bus from time to time (**birthday parties, sleep overs, play dates, etc.**). All of our buses are filled to capacity and students will not be able to travel on another bus unless it is for primary childcare purposes. Permission to travel on another bus needs to be approved by the office.

ELECTRONIC ITEMS

Students are kindly requested not to bring electronic items such as tablets or cell phones to school. It is difficult to ensure their safe keeping during the school day and the school **will not be responsible** for these items. These items can also distract students from reaching their learning outcomes throughout the school day and are prohibited to use during the school day which includes on the school bus. **If students are required to bring these items to school, permission from administration is required.** Please refer to PBS policy for more information: <https://psb.edu.pe.ca/digital-citizenship-and-technology-in-schools> .

FOOTWEAR

The students are expected to have footwear that will be used for indoor use only. This should be the same footwear that is used in the Physical Education Program. Outdoor footwear is to be removed and left in the boot change areas. All footwear should be clearly marked and properly fastened. Please provide footwear with “non-marking soles”.

PLAYGROUND GUIDELINES

Students at LM Montgomery must play safely.

Remember: Rough play or any play which could result in injury is not allowed.

Please respect the following rules:

1. Stay within the boundaries of your assigned walkway/play area.
2. Do not throw objects such as rocks, sticks, sand, grass or snowballs.
3. Use playground equipment appropriately.

4. Use the slide sitting down, feet first.
5. Use the swings properly. Do not jump off swings, or play in the impact zone.
6. Team sports, such as soccer, should follow the sports rules and be played by grade level.
7. All students are expected to dress appropriately for weather conditions.
8. All students are expected to return to the school promptly, following recess breaks.

ADMINISTERING MEDICATION

Students may take medication at school provided it is under the direction of a physician. A permission form for administering medication should be completed by parents for those students. This form is available from the administrative assistant upon request. The school does not give Aspirin or Tylenol to students. Any medication will be stored and located in a locked medicine cabinet in the office.

SCHOOL CANCELATION or CLOSURE

If schools are to be cancelled, parents will be notified by radio announcements, the Public Schools Branch website, the PSB Facebook page, and various social media sites. The first notice will be broadcast by 7:00 a.m.

One hour delay – In cases where a decision cannot be made by 7:00 a.m., a one hour delay will be announced. This means that all schools and buses will operate one hour later than the usual time. A further announcement regarding delays will take place by 8:00 a.m.

If school closures take place by family of schools, **LM Montgomery is a member of the Charlottetown Family of schools.**

In some instances, it may be necessary to close individual schools during the day because of local weather conditions, or other reasons. In such cases, announcements will be made on all radio stations. Please ensure the plan you have in place for your child during an early closure event is up to date and notification is given to the homeroom teacher.

PEI SCHOOL ACCIDENT INSURANCE

Students in kindergarten – grade 12 receive basic accident coverage at no cost to parents. Most students are automatically insured when they are:

- a) at school
- b) at community-based learning activities (school sports events, co-op placements, field trips)
- c) travelling to and from school and community-based school activities

The claim forms are available on the Public Schools Branch website:

<https://psb.edu.pe.ca/schools/school-health-and-safety/school-accident-insurance-program>

PEDICULOSIS (HEAD LICE)

The Public Schools Branch has a protocol concerning head lice management. The procedure policy states that:

- Parents/Guardians of students identified with head lice will be notified by the school by phone call and a general letter will go home to students in that class. The parents/guardians will be provided with the *Information for Parents and Caregivers* from the Canadian Pediatric Society upon request.

- Parents/Guardians are required to complete the first application of an approved treatment prior to the student returning to school.
- Parents/Guardians are asked to follow the *Checklist for Treatment* guidelines. The student can return to school following the first application of an approved treatment.
- Parents/Guardians are also reminded that they are responsible for periodically checking their child's hair and to inform the office as soon as possible if they do find head lice.

Please refer to protocol for more information: <https://psb.edu.pe.ca/schools/school-health-and-safety/head-lice-protocol> .

LM MONTGOMERY ELEMENTARY SCHOOL
HOME & SCHOOL ASSOCIATION
2024 – 2025

Becoming involved with the Home & School Association is a great opportunity to keep connected and involved in your child’s education. It provides a meeting place where parents/guardians, teachers and our administration come together to discuss how we can help meet the needs of our children, both at school and at home. Meetings are held five times a year allowing for discussions on current and future events or initiatives; updates from administration; decisions to financially support projects and purchases that will benefit the school community; and an opportunity to hear from guest speakers on a variety of topics.

Thanks to fundraising initiatives we have an opportunity to provide funds that will benefit all students. The Home & School has supported our school community with the purchase of equipment and upgrades to the playground; classroom enhancements; provided funds for the music program, Grade 6 Closing, library, field trips, support families during the holiday season; as well as, organize LM Spirit Wear Clothing and events throughout the year.

We are very proud of the dedication and support the Home and School Association receives from the school, staff, parents and community. Becoming involved is a rewarding experience, and we look forward to meeting many of you during the school year.

Please stay connected and follow us on the LM Montgomery Home and School Association Facebook Page for up-to-date news, events and fundraisers; reach out anytime via email at lmhspei@gmail.com .

Together we can make a difference.

LM Montgomery Home & School Executive

The ABC's of How You Can Help at Home to Develop Literacy Skills

ASSORTED MATERIALS	Provide your child with an assortment of picture books, alphabet books, poetry, nursery rhymes, fairy tale collections, non-fiction materials, comics, magazines, and computer software.
BREATHE	Teach your child to take time just to focus on their breathing and to breathe through hard things.
COOKING	Involve your child in cooking activities and share the reading of recipes and the preparation of ingredients.
DANCE	Put on your favorite music and move your bodies!
ERRANDS	Take your child with you on errands to notice the rich environment outside the home.
FINDING ANSWERS	Spark your child's natural curiosity and beginning research skills by showing how to use print materials to find answers to questions.
GRAB THEIR ATTENTION	Seek out books by favourite authors and illustrators to do just that!
HELP	When needed but foster a sense of independence in your child.
INTERESTS	Look for opportunities to share your child's interest in a topic (space, dinosaurs, insects,) and help him or her to explore it.
JOKES	Encourage the playfulness of language and the development of communication skills by sharing jokes and riddles.
KINDNESS	Model and do something nice for a neighbor or stranger.
LETTER WRITING	Promote meaningful writing by helping your child to create and compose greeting cards, thank you notes, invitations, and letters.
MAGAZINES	Subscribe to a children's magazine and have other magazines and newspapers available in your home.
NURSERY RHYMES	Share the nursery rhymes and stories from your own childhood.
OPPORTUNITIES FOR SHARING READING	Set aside some time every day for reading together. Use strategies such as "You read a page, I read a page."
PATIENCE	Learning takes time. It's a wonderful gift to give your child!
QUESTIONS	Listen to and encourage your child's questions, take time to provide satisfying answers.
READING ALOUD	Model your love of reading by taking time to read to your child every day.
SCIENCE TIME	Link the wonders of the world with literature. Share books about the senses, how things work, nature, the great outdoors, and other topics of interest to your child.
TALK	Talk and wonder with your child.
UPLIFTING SUPPORT	Give lots of encouragement, praise, and time as your child learns to read and write.
VALUE LITERACY	Let your child see family members reading and writing for different reasons and talk about what they are doing.
WRITING EXPERIENCES	Make a variety of writing materials available for your child, such as pencils, pens, crayons, markers, and different kinds of paper
X"TRA" SPECIAL ATTENTION	Pay extra special attention to your child as he or she is learning to read and write.
YOUR LITERATE HOME ENVIRONMENT	Provide opportunities for your child to talk, listen, read, write, look, ask questions, to imagine, to wonder, to make pictures.
ZIG ZAG	Zigzag your way through a park or public library. Have fun together!

Healthy Eating Tips for Parents

A day at school is filled with learning, physical activity, and social interactions. Parents and caregivers play an important role in helping children to get the most out of their education. Good nutrition has proven to be a positive indicator of successful performance in school.

Did you know...?

- Students who are well nourished have higher test scores, better school attendance, and fewer behavior problems in the classroom.
 - Students who are under-nourished have difficulty focusing on tasks, have lower self-esteem, and are absent more often from school.
 - Less than 50% of children drink enough milk and alternatives, and only 1 in 5 children get enough servings of vegetables and fruit a day.
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What can you do?

- Provide your child with a healthy breakfast daily. Include at least 3 of the 4 food groups at breakfast (e.g. whole wheat toast, egg, an orange and milk).
 - Pack a lunch that includes at least one item from each of the 4 food groups.
 - Pack two pieces of vegetables and/or fruit.
 - Avoid packing products such as pop, chips, chocolate bars, candy, and sports drinks.
 - Be aware of any guidelines the school has implemented, including allergy and nutrition policies.
 - Involve your child in the lunch making process. Allow them to help choose healthy foods for lunch and snacks.
 - Provide water, milk, or 100% juice to drink (limit juices that are labeled punch, drink mix, or cocktail)
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Please visit <https://food-guide.canada.ca/en/> for more healthy eating ideas, recipes, and more!

