

# John F. Kennedy Elementary



## November 2020 Newsletter



### Supporting Learning Through Strong Attachments

When children are relaxed, receptive, and connected, and our homes are peaceful, they can learn. That said, helping them settle down into a place of relaxation and cooperation is not always obvious. Strong attachments between parents and children are strongly associated with physical and mental wellness indicators. This workshop will help you learn the latest research into how to help your children thrive in school and beyond. Through case studies, discussions, and videos, we will learn some new strategies to help them relax into learning. You will leave the workshop inspired, supported, and empowered.

**November 5, 2020  
7 p.m.**

Zoom Information:

<https://swlauriersb.zoom.us/j/88081723288>

**Meeting ID: 880 8172 3288**



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER  
SIR WILFRID LAURIER SCHOOL BOARD

This workshop will be offered by **Professor Megan Webster**, a sought-after coach, consultant, and trainer who helps transform organizations through learning. As an expert in child development and teacher and parent education, Megan designs high quality learning programmes to support individual and organizational performance improvement. Managing Partner – Education at Effiqua, Megan brings 20 years of experience in education to her work. Her interventions include redesigning and leading professional learning systems, improving instruction at scale, implementing coaching systems, and consulting at large academic institutions. Winner of the Canadian Prime Minister's Teaching Award, Megan is recognized for her great energy, humour, passion and rigor.

children are great  
imitators. so give  
them something  
great to imitate.



### 10 Benefits of Physical Activity

1. It strengthens the heart.
2. It helps keep arteries and veins clear.
3. It strengthens the lungs.
4. It reduces blood sugar levels.
5. It controls weight.
6. It strengthens bones.
7. It helps prevent cancer.
8. It regulates blood pressure.
9. It improves energy levels.
10. It enhances emotional well-being

## JFK NOVEMBER THEME

random  
act of kindness

Random Acts of Kindness are actions that are designed to offer help to someone. When one displays an act of kindness, it provides a feeling of joy and happiness. Random Acts of Kindness can be done at home, in our community, and at school. These acts can help people feel better about themselves and encourage them to be kind and offer a helping hand. Some examples of Act of Kindness are; holding the door open for someone, helping a friend who is stuck on their classwork, playing with someone alone, smiling and saying hello to others, completing chores, and making donations.

Let's fill up November with plenty of Acts of Kindness!

## **Reporting Cards and Parent/Teacher Interviews**

MEES has decided that rather than having 3 reporting periods in the 2020-2021 school year, schools will only have 2. You received the progress report in October. The first term report cards will be issued on January 20<sup>th</sup> and the second term report cards will be issued on June 23<sup>rd</sup>.

It is important to note that we will still be meeting with parents on the evening of November 19<sup>th</sup> as well as during the PED day of November 20<sup>th</sup>. You can contact the teacher if you would like to reserve a meeting time. The meetings will be face to face or via zoom. The format will be decided on by the parent and teacher.

## **I Love First People's Fundraiser**

I Love First Peoples charity empowers Indigenous children and youth to succeed through education and motivation to stay in school. For more information: <https://www.ilovefirstpeoples.ca/>

The ILFP charity helps bridge communities through practical projects such as the "Shoebox Project" that promotes reconciliation and education.

Our ILFP Shoebox project last year was extremely successful. We collected enough items from our students and families, to make over 100 boxes! We were able to put a smile on over 100 beautiful children. That simply is amazing! We are so proud of our school's efforts.

This year, the ILFP Shoebox project is providing art supply boxes (Art for Aid). This will allow Indigenous children to express their emotions and anxiety, during this difficult time through art. Since these communities are remote and lack services and resources, it is difficult for these children to get the help that they need. The money raised this year will help distribute art boxes through Children's Aid in Quebec and Ontario, to Indigenous children in foster care.

During the month of November, we will be having \$2.00 dress down Fridays to help raise money to purchase these art kits.

**Friday November 6, 2020**

**Friday November 13, 2020**

**Thursday November 19, 2020**

**Friday November 27, 2020**



## NOVEMBER 11

Remembrance Day was originally called Armistice Day and is observed on the 11th day of the 11th month, November 11th. At the 11th hour on this day, we pause to remember the brave soldiers who fought for our country. That date and time mark the moment that World War I ended.

It's important not to forget the sacrifice our Armed Forces have made and continue to make for us, and there are many ways we can honour them. This year JFK will be honoring veterans in various ways within our classrooms. Given that we cannot gather the students in assembly, Grade 6 students will be leading us by exposing us to songs, poems and important facts about Remembrance Day on the PA system.

## Outdoor Dressing

Spending time outdoors is a necessity; students will be going outside 3 times daily and must have the proper clothing. The wet, cold, wind and snow will all be possibilities for our outdoor recesses. We would ask that students come to school wearing raincoats and rain boots on rainy days. There are many puddles in the yard and students will get wet and muddy. A change of clothes is always a good recommendation in case your child gets soaking wet.

As the temperatures are quickly getting below 0, dressing for the weather becomes as simple as 1, 2, 3: a base layer, a layer of warm play clothes and an outermost waterproof layer. Moreover, it is necessary for everyone – the children and their adult caregivers. There is so much joy waiting for us in the cold, wintery weather. Let us get dressed for it!



We begin collecting non-perishable food items for AGAPE on November 16, 2020. Please make sure to check that the food sent has not expired. Agape is a Laval organization that helps to feed children and their families.

