



CenturyPublicSchool

<http://centurypublicschool.ca/>

October 3rd, 2014



8 Redpine Dr., Nepean K2E 6S9
Telephone: 613-224-4903
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Proud Principal: David Petrie
Proud Vice Principal: Elizabeth Rainer
Superintendent: Frank Wiley
Trustee: Donna Blackburn

At Century, we do the right thing and we take good care of each other—everytime!

Dear Parents/Guardians,

It's been a very busy month at Century. We have many things to tell you about and hope that we can continue to count on your assistance to raise and educate your beautiful children.

Staffing processes continue and great people are joining us!

Please join me in welcoming Lyndsey Jones as she takes on the Grade 2 LTO behind Sarah McDonald. Welcome to Century, Lyndsey. Also, welcome back to Chantal Hache who will work to the end of the year behind Lyndsay Keyes. It's nice to have you back with us!

Your children are doing very well. All of our work on behavioural expectations in the fall has been worth it! The students are familiar with our routines and move about the school in a quiet, calm and respectful manner. I want to publicly thank our Staff for taking the time to ensure that your children understand our high standards. A safe school is a productive and effective school.

School Improvement Planning is underway and we are focusing on connecting reading to writing. Our goal is that every Century Cyclone will improve in his or her ability to identify and use reading strategies to understand texts of increasing complexity. Real readers read, understand what they have read and respond to it. So we also expect that our children will improve in their capacity to identify an audience/purpose for writing and then select a genre and write effectively. These are important goals to achieve. Ask your child his or her reading level. They should all know by now.

Century Shout Outs! At Century we look for ways to recognize the many ways children show themselves to be good people and good learners. Cyclone Shout Outs are read each morning on the announcements. It's our way of showing that we value integrity and empathy. This month Shout Outs go to Mirza (Ms. Starowicz), Robel & Annabella (Ms. Westine), Mohamed (Ms. Knelsen), Destanie (Ms. Jones), Omar & Abdul (Ms. Bickford), Dorsa & Owen (Ms. Cowan), Kyan & Luke (Mr. O'Brien), Sylvana, Faïd & Yasmina (Ms. Hayes), Mamadou, Jad, Trenton, Marc and Theland (Ms. McEachen). Thanks boys and girls. We appreciate your good works!

Skating will soon start up for another year. Head injuries are the number one cause of disability in kids. Nine times out of ten, head injuries will be less severe if a helmet is worn correctly. A helmet rule is in place at all City of Ottawa indoor public skate sessions. Kids new to skating and / or aged ten and less will have to wear a helmet. We appreciate your support and will provide helmets if you are unable to. To learn more about why you should wear a helmet visit thinkfirst.ca

Our Litter-less Lunch Program resumes. That means children are asked to take all non-recyclable snack waste back home, in their lunch bags. Using reusable containers to limit our waste production reduces the burden on local landfills. It's messy and a bit inconvenient but... it is the right thing to do. Litter-less lunches were / are part of my children's school-life too! :)

Thanks for your support to date. At Century, our best days are still ahead.

Dave Petrie
Proud Principal,
Century Public School



Century Cyclones Sports and Clubs

Girls Soccer

Run, Dribble, Pass, Shoot, SCORE!

The girls' soccer team has been practicing every Tuesday and Thursday at first recess. We have an athletic group of girls who are eager to show off their skills and learn new ones. The tournament should be held at the end of October but is yet to be determined of time and place. We have some Fearless Forwards who are ready to take every shot they get. Our Mighty Midfielders are showing off their great running abilities and are staying focused on getting the ball up the field. The Dazzling Defenders are staying strong in their own end and blocking any incoming opponent. And last but not least, our Great Goalies are strong and leading us into a season of victory. Stay tuned to see how our girls did! GO CYCLONES GO!!!

Terry Fox Run at Century

The students, staff and community had a wonderful time this year at the Annual Terry Fox Run/Walk for Cancer on September 24th. After a brief assembly with all students, we walked outside into glorious sunshine. A beautiful day for sure. Many staff and students ran or walked between 1 and 3 kilometers. This was followed by sweet and refreshing freezies for all. Our goal this year was \$850 and with the generous contributions by students and staff, we raised \$1068.46, a new school record. We at Century are very proud of our students, staff and family members who supported this important event.

Century Public School Character & Academic Pride

Each month Century Public School celebrates the accomplishments of students. We are working towards building global citizens, ones who embody positive character and a commitment to academics. Each month two students are selected from each class who clearly have demonstrated what is representative of good citizenship. Congratulations to those students who were selected in September.

Ms. O'Brien, Ms. Perera JK/SK

Character— Yamam
Academic— Leila

Ms. Hodgson, Ms. Geetika and Mrs. Kiera JK/SK

Character— Emma
Academic— Alex

Ms. Westine and Ms. Tsylye SK/Gr. 1

Character— Cheyenn
Academic— Annie

Ms. Starowicz Gr. 1

Character— Hoss
Academic— Lina

Ms. Knelsen Gr. 2

Character— Jana
Academic— Hothaifa

Ms. McDonald Gr. 2

Character— Rawan
Academic— Amar

Ms. Bickford Gr. 3

Character— Brody
Academic— Omar

Ms. Cowan Gr. 3

Character— Hamam
Academic— Nicholas

Ms. Epton and Ms. Takahashi Gr. 1/2/3

Character— Jayden
Academic— Ashley

Mr. McCann Gr. 4

Character— Tommy
Academic— Ahmed

Mr. O'Brien Gr. 4/5

Character— Raj
Academic— Tausif

Ms. McEachen 5/6

Character— Walid
Academic— Abigail

Ms. Hayes Gr. 5/6

Character— Elliott
Academic— Alex

Mlle Hodges

Character— Elliott
Academic— Alex

EDP

Character—George

CENTURY EVENTS



Fri. Oct. 10	PD Day (no school for students)
Mon. Oct. 13	Thanksgiving (school is closed)
Thurs Oct. 16	Cross Country
Thurs Oct 16	School Council (6:30 in the library)
Fri. Oct. 24	Four Houses Awards Assembly
Friday Oct 31	Halloween
Nov 4 and 5	JK, SK, Gr2,4 & 6 Dental Screening
Friday Nov 7	Progress Reports go home

Traffic Flow and Bussing

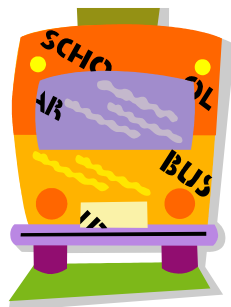
We are once again focusing on safety and traffic flow around our school. We have implemented an arrivals program where junior students who want to make a difference have volunteered to help walk students from the front of the school to the yard between 8 and 8:15am.

Our goal is to have families arrive at school using Redpine Drive from Overlake or Assiniboine Ave. This is in an effort to prevent students from having to cross the road during this high traffic time. We are also attempting to not have anyone drop off in the staff parking lot or on Saginaw by the buses.

As a reminder there is no parking in the bus lane between 8:00 and 8:30 and between 2:30 and 3:00. This space is reserved for our 4 school taxi-vans and 4 school buses.

After school we would also like to encourage families to park on Redpine or past the school on Saginaw and avoid using the Staff parking lot. This will prevent families from crossing between buses and prevent traffic in our staff parking lot.

Thank you for your cooperation.



Walking to School



Remember when we all walked to school? Right now in Ottawa, only 20% of children use active means to travel to school. Decades ago that number was greater than 50%. Children who walk to school report feeling happier, get better grades, feel more relaxed, and less rushed on the trip to school. Active travel can also help improve their health in many ways. Consider ways to get your child to walk more.

Curb the trend and try this:

Walk and wheel to school. Walk if the distance is less than 2 kilometres. Wheel if the distance is less than 7 kilometres.

Be a healthy role model as children watch & learn. Research shows that active parents have active children.

Active kids are ready to learn. When more time is spent being active, school marks actually go up!

Wear the gear. Be safe, be seen. [Walking and wheeling can be enjoyed safely when you follow the rules of the road and wear the right gear.](#)

For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health.



Reporting Absences

Please check out our online attendance notification on our website www.centurypublicschool.ca

You can still report absences the original format. Please **call our absence line at 613-224-5672**. If we do not hear from you and your child is not at school, we **must make follow-up** calls for security measures.

Where does the Lost and Found Go??

When the lost and found gets overloaded we sort, offer students/families time to find missing items and eventually send off to a family service. This fall the shoes, boots, hats, mitts, and many sweatshirts went to Canadian Diabetes Foundation. The foundation was very appreciative of the donation from our school.

Community Events

Dental Screenings

Dear Parents/Guardians:

Lynne Bérubé, a registered dental hygienist with Ottawa Public Health, will provide a dental screening using a tongue depressor on November 4-5, 2014, for grades JK, SK, 2,4,6 and other children as necessary. If your child's grade is not selected, but you wish for the dental hygienist to see him/her, please advise the school. Only children identified as having dental needs will bring home a form. Follow-up school visits by the dental hygienist for individual children may be done. **THIS DOES NOT REPLACE REGULAR DENTAL VISITS WITH YOUR FAMILY DENTIST.***

** Some date(s) may be subject to change*

This dental screening is offered in accordance with the Ontario Public Health Standards from Ontario Ministry of Health and Long Term Care. Personal Health Information is collected in compliance with the Municipal Freedom of Information and Protection of Privacy Act and the Personal Health Information Protection Act and will be used for the purpose of dental assessment, treatment and oral hygiene instruction, and for statistical purposes. Questions concerning the collection and use of this information should be directed to the Supervisor of Dental Health Promotion, Ottawa Public Health, 400-1580 Merivale Rd., Ottawa, ON, tel.: 613-580-6744 ext 26376.



Head Lice: It's that time of year

Head lice crawl from person to person by direct head to head contact. They do not spread disease. Anyone can get them. They are more common in children as their heads frequently touch when they play together. Itching is the main complaint. Parents should check their children's hair weekly for head lice. Check more often if your child has close contact with someone who has head lice. **Do not send a child with head lice to school or child care facility until he or she has had the first of the two required treatments.** For more information please visit the parents resource page of our website or the City of Ottawa website www.ottawa.ca

WHAT TO LOOK FOR

Lice

- Small, flat, hard to see insects
- About the size of a sesame seed
- Greyish-brown in colour
- Crawling, unable to jump or fly



Anaphylaxis



Anaphylaxis is a severe allergic reaction caused by ingesting a food or drug. It can be life-threatening. While food is one of the most common allergens, medicine, insect stings and latex can also cause a reaction. School staff complete training every year on how to use an auto-injector in the case of an emergency, however, preventing a reaction from occurring is always the goal. We can all do our part to keep children with severe allergies safe at school.

Parents can:

- Remember that most schools do not allow peanut butter and other peanut/tree nut products at school.
- Find out from your child's teacher if there are any other foods to avoid in your child's lunch box and what they are.
- Remind your child to never share food at school.

Remind your child to wash their hands well with soap and water before leaving for school.

For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health.



Community Events



Centrepointe Early Childhood Resource
75 Hemmingwood Way, Nepean, K2G 5T6 , 613-225-4819

Caregiver Workshop

Home Child Care Training – Ottawa

Level 1, Unit 4: Children’s Safety

Eliminate potential risks in your home
Emergency planning

When: Thursday October. 9, 2014

Time: 7-9pm

***Priority will be given to those who want to be a
“caregiver”***

or who currently is a caregiver.

***(A caregiver is someone who receives payment for caring for other
people’s children)***

Pre-registration required!

Call 613-225-4819 or in-

fo@centrepointechildcareservices.com

