



DUKE OF CONNAUGHT



NOVEMBER 2019

Lest We Forget: Remembrance Day 2019

On November 11th, the Duke community gathered to remember those who made the ultimate sacrifice in two World Wars, Korea, Afghanistan and peacekeeping missions around the world in which Canadian troops took part. We were honoured to welcome and hear from MC McMillan and WO DeFreitas, two members of the armed forces, and students sang, read poetry and took part in performances that illustrated the harsh realities of war and its devastating impact. More importantly, it allowed us to remember those who gave their lives so that we might enjoy the freedom that we have today:



The Giving Tree and Food Drive: Duke Cares



This year Duke will be supporting Covenant House over the holiday season. Covenant House is Canada's largest homeless youth agency. Their doors are open to youth 16 to 24 regardless of race, religion, sexual orientation, gender identity or the circumstances that have brought them there. From December 2nd to 13th, a Giving Tree will be on display in the front foyer.

The ornaments on the Giving Tree will have items listed that Covenant House is in need of for their clothing bank. We ask that you take an ornament and put the purchased item (items must be new) under the tree. Feel free to bring your purchased item to the Duke Holiday Breakfast on Saturday, December 14th.

If you are unable to make it into the school but would still like to participate, please contact aronmcgrath@msn.com

Let's show our Duke Holiday Spirit this season!



Ms. Relf's Grade 4/5 class are running the food drive for Covenant House as well. Students are asking for donations of non-perishable food items such as canned meat, fish, fruit, and vegetables, pasta and rice, pasta and rice sauces, coffee and tea, crackers, cookies and cereal. We are hoping to collect 1000 items. Even just one item from each person will help! If we did that, it would be close to 1 000!



Covenant House

Opening Doors for Homeless Youth

“Bright as A Button” Campaign



Ms. Astor's Grade 8 students are holding a button drive to support cancer research and treatment. This is part of their classroom Learning Business Adventure. You can show your support by purchasing one for either \$3.50 or \$4.50 a button. They will be on sale in the front foyer at recess from the 9th to the 13th.

SAC

Greetings from your School Advisory Council (SAC) executive!

We are very much looking forward to having X Movement at the school from the 9th to the 13th of December. [Please join us for our special Parent Evening with X Movement on Wednesday, December 11th from 6-8 PM in the Woodfield Gym.](#) You will find more information and a link on the next page. We also enjoyed our community Movie Night on the 8th of November where we watched Toy Story 4. [Our next Movie Night is scheduled for Thursday, January 16th, movie tbd!](#)

We are gearing up for our annual Holiday Breakfast on Saturday December 14. Please join us for a pancake or latke breakfast in the Cafeteria and then take in the Winter Wonderland Trail, Hanukah Cookie decorating, Children's gift market, craft table and so much more! We are still looking for volunteers, so if you could spare an hour or two or want more information, please email:

holidayatduke@gmail.com

We want to extend a big THANK YOU to everyone who helps make these events happen. The ongoing support from within the school as well as from the parent community is the core of our Duke spirit. Speaking of community spirit, this year Duke is supporting Covenant House in a Food and Essentials Drive. All donations can be left by our Giving Tree which is set up in the main lobby of the school.

[We hope to see you at our next coffee morning, which will be in the school lobby on Friday, December 13th. Our next SAC meeting will be Tuesday, January 21, 2019!](#) SAC's Need to Read (NTR) newsletter contains updates, school info, and important dates. If you are not receiving the NTR, visit the SAC website to sign up: www.dukesac.ca

X Movement Coming to Duke of Connaught

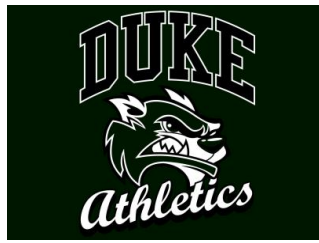
Our SAC is bringing the X Movement Project to Duke of Connaught [December 9-13](#).

X Movement provides in-school physical activity and mindfulness programs that build life skills and help to create a positive school climate. Duke students will participate in the X Dance program.

X Dance is a curriculum-based dance program that explores Diversity & Inclusion through a high-energy and culturally rich dance experience. Students identify their unique characteristics, celebrate with the “I am Xtra Awesome” affirmation, and broaden their understanding of how they can make the world a more inclusive place.

Please click here to see what it's all about. [X Movement](#)





Congratulations to the Gr. 8 Boys Volleyball Team for making it through to the Semi-Finals! Thank you for your fantastic efforts and wonderful sportsmanship all season. Looking forward to continued success in the Co-Ed season!

-Ms. O.



It was a super tournament as our grade 6 girls basketball team outmatched several basketball teams. We had tremendous time and had a lot of experiences, but sadly, we lost to our rival Bowmore. It was a pleasure leading and teach my grade 6 girls basketball team.

-Mr. Dennis



Good Luck to the Gr. 7 Boys Volleyball Team who are headed to the Conference Finals on Monday, December 9 Hodgson P.S.

New teams beginning this week!

Gr. 7/8 Boys Basketball - Mr. St-Pierre

Gr. 5/6 Boys Basketball - Mr. Dennis

Please visit the Athletics page of the school website for more information.

DUKE OF CONNAUGHT PUBLIC SCHOOL



Wildcat Athletics Online Webstore

<http://www.schoolwear.ca/DOC>

CHECK OUT THE NEW
FALL 2019 PRODUCT
OFFERINGS ONLINE !!



Order your Duke of Connaught Spirit Wear online
by simply going to www.Schoolwear.ca/DOC

Shop and show your school pride!

*** Webstore product offerings may vary from products shown above ***

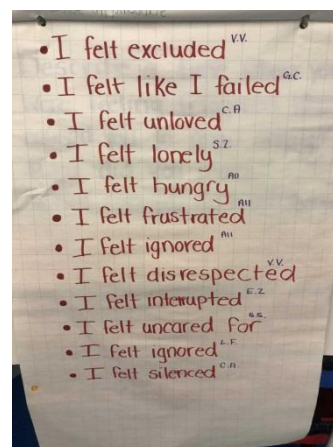
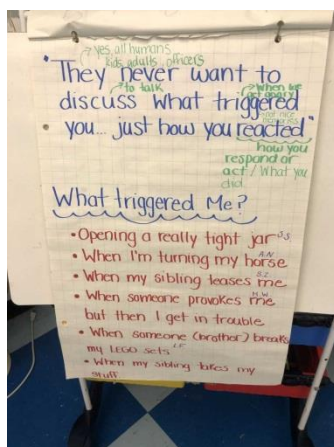
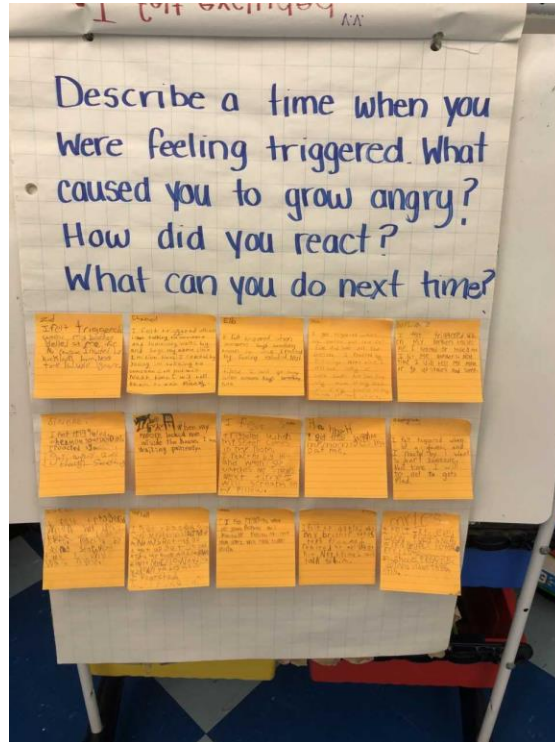
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Mental Health and Well-Being in the Classroom

Ms. Vavala's Gr 2/3s in room 26 are identifying specific situations or things that triggers us, reflecting on how we usually react and exploring other ways we can respond when we are feeling triggered the next time. It is part of their mental health and well-being unit.



Roots of Empathy

We are excited to have the Roots of empathy program back at the school. Students in Ms. Relf's grade 4/5 class are learning about the growth and development of baby Julianna from the parents, as well as from Meghan Cox, our instructor.

Roots of Empathy is an international, evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy. The program is designed for children ages 5 to 13.

At the heart of the program are a neighbourhood infant and parent who visit the classroom every three weeks over the school year. A trained Roots of Empathy Instructor coaches students to observe the baby's development and to label the baby's feelings. In this experiential learning, the baby is the "Teacher" and a lever, which the instructor uses to help children identify and reflect on their own feelings and the feelings of others. Research results from national and international evaluations of Roots of Empathy indicate significant reductions in aggression and increases in pro-social behaviour.



Junior Classes at High Park

Mme Parry, Ms. Relf, Mr. Boccia and Ms. Alexander's 4/5 classes had an awesome time exploring High park. Highlights included seeing a fox and coyote, playing in the adventure park, seeing the reindeer at the zoo and enjoying hot chocolate in the snow!



Mr. Newhouse's 3-D Fractal



The Grade 5/ 6 class of Mr. Newhouse created this 3-D fractal. It is a geometric figure, in which each part of which has the same characteristics as the whole. Fractals are useful in modeling structures (such as eroded coastlines or snowflakes) in which similar patterns recur at progressively smaller scales. It is also used to describe partly random or chaotic phenomena such as crystal growth, fluid turbulence, and galaxy formation.

How many triangles did you see?



Jacob is proud of his art!



And Mme Kirk's class is proud of their "All about me" cubes, tracing their growth and changes since they were infants!



First snowman of the year!