



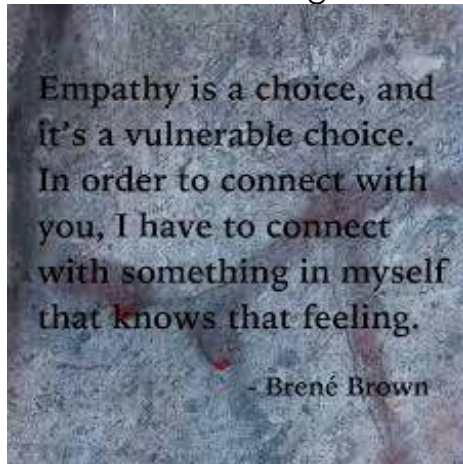
**James S. Bell Sports and Wellness Academy
Principal's Newsletter
November, 2017**

School Community Building

This month the students at our school recognized the important character trait of 'empathy'. We had a beautiful and memorable assembly commemorating Remembrance Day on November 11th. The ceremony was highlighted with lovely songs, educational messages about contributions and sacrifices made by our soldiers, and powerful poetry and imagery too. Our students did a remarkable job demonstrating respect and demonstrating their appreciation for our Veterans' courage. Thank you also for your poppy donations to support the Royal Canadian Legion. It was a time to remember those who made sacrifices for our freedom and for peace. A huge thank-you to Mr. Mark McKeon for his vision and design of our stage area. It was simply breathtaking. What a wonderful message to our school community that we need to remember to support one another in times of need and have empathy for our fellow human beings.



Our December character traits are 'kindness and caring'. Given that the holidays are around the corner, these character traits are very appropriate and timely. We hope you will continue to discuss how students may demonstrate 'kindness and caring' at home as well as at school.



Terrific Tigers (Student Recognition Presentations)

Our monthly Terrific Tigers Assemblies are a chance for students to be recognized for demonstrating our important character traits with their classmates, school mates and caring adults in the school. We hope all of our students will remember to strive for excellence not only in academic achievement, sports and the arts but also in positive leadership and responsible citizenship at JSB. Each student selected by their teacher received a certificate and JSB pencil! Congratulations to the following students:

<u>Room</u>	<u>Name</u>
101	Calib P.
102	Asia D.
103	Georgia S.
105	Siena M.
104	Vu N.
107	Joslin C.
110	Abigayle C.
112	Anna M.
203	Hanna Z.
201	Kristina V.
202	Rachel K.
205	Ben. B.
210	Arjola B.
206	Melanie M.
211	Sofia I.
214	Voula S.
215	Gavin H.

Parents will be invited by the classroom teacher to join the assembly presentations when their child is nominated for a certificate.



Mental Health and Wellness News

Hi Parents/Guardians,

We are the Mental Health Leaders ("M.H.L.") and the theme for November and December are "Feelings and Empathy". Empathy is being able to put themselves in other people's shoes.

Why is understanding feelings and empathy important?

Kids who understand their feelings and are better able to handle stress. Some people might wake up and put on an imaginary mask that make them look and sound happy when really, they might be mad, sad , disappointed or scared. When people wear a mask it is hard for others to see what they're feeling and try to help. The M.H.L. will talk about the importance of sharing feelings, helping others and being a friend.

Here are things you can do to help your child:

- Help your kids find a variety of trusted adults in their life who they can talk to about their feelings.
- Role model using "I feel..." statements so your child will learn to use words instead of acting out their feelings. For example, you can say, "I feel frustrated when you don't pick up your toys."
- Let children know that all feelings are okay
- Remind them the importance of taking slow deep breaths when faced with a problem. The breaths will help them take time to think about what they are feeling before they decide how they will act.
- Together with your child think about ways to help those in need

By working together we can help our JSBSWA community grow in understanding feelings, and practicing empathy.

By, Julia Burkhardt and your Mental Health Leaders

What's on our Walls at JSB?

Each month we'll be highlighting our beautiful bulletin boards created by the staff and students of JSB! Please see below.



Mr. Michailidis' class room 107



Ms. Baron's class room 104



Student Parliament Charity

As per our announcements we are collecting newnew scarves, hats and mittens/gloves for the Salvation Army. We would appreciate it if you donated an item to this important cause to help those in need this winter! If you bring an item in your child's name will be entered into a draw to one of 10 Cineplex movie passes. The last day of collection will be Dec. 18. Thanks for your donations! We are displaying contributions in our display case outside our office. We hope to fill it up by Dec. 18!



Lost and Found

Lost that lucky hat? Have a shoe without a dance partner? Come have a look at our overflowing lost and found bin on the main floor outside the north entrance. There are many lunch bags, food containers, water bottles, gym clothing and assorted items to be recovered! Unclaimed items will be bagged and donated. NOTE: Please ensure that you return any items that may have been taken home mistakenly. Sometimes children have the same boots or sweatshirts! This is why labelling items is important. Please return them to the lost and found bin.



James S.Bell Winter Concert: December 13th

We look forward to our seasonal concert celebration! On Wednesday, December 13th, our students will be performing songs, dances and other musical performances to celebrate the festive season beginning at 6:30 p.m. Please see attached flyer sent last week! Our School Council will be offering treats for sale.



Ice and Snow School Rules

Winter is upon us. It is an exciting time of the year but snow and ice do create new safety challenges. We ask that you please review our school rules with your child:

1. We don't throw/kick snow/ice. Snow and ice stays on the ground.
2. We stay away from icy areas including hills and rocks that have a layer of ice on them.
3. We can't "own" the snow. The snow is a finite resource and in a school situation we cannot "own" a specific area, structure or figure. We can build but we can't "lay claim" or expect other people not to touch whatever we build. Playing at home in the snow is different than playing at school. At home you can expect what you build may last several days but at school it won't.
4. Follow the instructions of our teachers and lunchroom supervisors at all times.



Appropriate Clothing

Colder weather is here! Please ensure that your child(ren) come(s) to school dressed in appropriate clothing and apparel to be outside for recesses. We ask that you send your child with a pair of indoor shoes that may remain at school for the duration of the winter season. Don't forget to label all items!



Calendar of Events

Dec. 12-Junior Boys 6 Volleyball Championship tournament @ Silverthorn, Senior Boys Volleyball Championship tournament @ Silverthorn , Junior Girls Basketball Tournament @ Second Street PM Only

Dec. 13-Holiday Concert Students arrive 6:00pm – Concert starts 6:30pm

Dec. 15- Junior Boys 5 Volleyball Championship tournament @ JSB 8-1pm, Class Skating @ MasterCard Centre Enns/Loughnane PM Only, Humber Hawks (after school last day)

Dec. 21-Terrific Tigers at 9:00 am, Movie fundraiser student parliament grades 6-8 in gym AM selling popcorn \$2, grades 1-5 in gym PM selling popcorn \$2

Dec. 22 -Pizza Lunch, grades 6-8 Movie at Queensway Cinaplex

Dec. 25- Jan 5-Winter holidays no school

Jan. 8-First Day back to school

Jan. 12-Lice Check

Jan. 17/18/24 Cadbury trips as per schedule

Jan. 18- School Council Meeting at 7 p.m. in the staffroom

Jan. 19-PA day no school

Jan. 25-Terrific Tigers

Jan. 28-Senior Girls Volleyball invitational



Principal's Message

Happy Hanukkah to all those celebrating this significant occasion from the evening of Dec. 12 through Dec. 20! We hope you enjoy your time with family and friends.


Winter is upon us! We have had one big snowfall but I'm sure there will be more just in time for the holidays. The students have been very busy at school working hard on their academic achievements, but also participating in many extracurricular activities. We hope they will continue to demonstrate great enthusiasm for all school endeavours to benefit from a variety of enriching experiences!

Progress reports were sent home on Nov. 14. By now you would have had your parent/teacher interviews. If you have any questions throughout the next term, do not hesitate to contact your child's teacher at the school. We endeavour to work in partnership with you to ensure a successful and productive year for all of our students.

We hope that you are enjoying your time with your child(ren) working on math activities these past several months! Please find below two further resources that you may want to use at home.

Kelly's Kindergarten - A teacher created site. Includes very useful primary website with several game ideas and instructional resources for math. There are printable game cards and math activities relating to the math strands.

http://kellyskindergarten.com/math/math_activities.htm

Spy Guys - A collection of interactive mathematics resources from Learn Alberta; includes lessons, parent notes, problem-solving strategies, and a glossary for the junior years. 

<http://www.learnalberta.ca/content/mesg/html/math6web/math6shell.html>

As you know our students and staff are working hard to prepare for our winter concert. We look forward to seeing many of you there to celebrate this joyous and wonderful holiday season.

If you have any questions or concerns, please do not hesitate to contact us.

Warmest Regards,
J. Petko and C. Bellehumeur

James S. Bell School Council News

The winter concert is quickly approaching and once again, your School Council will be raffling off front row seats! Come and see us at the back of the gym before the concert and sign up for our weekly emails to be entered for a chance to win. We will also be fundraising by selling popcorn and water. All proceeds go towards supporting enrichment at JSB, such as classroom enhancements and technology.

Save the date! Mark **March 3rd** on your calendars! We will be selling tickets to the **Toronto Marlies vs the Rochester Americans** in the New Year. The game will be at 4pm and some lucky JSB students could even get to skate before the game!

STAY CONNECTED!

Sign up for our weekly email blast: jsb.schoolcouncil@gmail.com We'll send you weekly emails from the School Council with information about upcoming events, Friday fundraising lunches, meetings, and other school and School Council business that affects you as a parent/guardian. You can even have us email you at multiple email addresses – we promise not to overload your inbox!

Like us on Facebook - www.facebook.com/jsbschoolcouncil/

Follow us on Twitter - www.twitter.com/JamesSBellSAC

Morgen Young Ampersand and Tara Pryke
(Council Co-Chairs)