



# Lloyd S. King Elementary School

## February 2020

### MKWAA GIIZIS (Bear Moon)

#### From the office

February is a very busy month at LSK so please be sure to check the calendar so you don't miss anything. Some highlights include: the Annual New Credit Invitational School Hockey Tournament, Winter Teachings, Bear Moon Drum Social, Report Cards and Parent/Teacher interviews, Family Day, the Historical Gathering, and a PD day for students.

As our winter weather continues to be unpredictable, we want to remind all parents to

ensure your children come to school with appropriate outdoor clothes and footwear so they are ready to go outside every day!

Also, a reminder that if your child is not feeling well, home is the best place for them to be in order to recover more quickly and to prevent the spread of germs.

Miigwech,  
H. Danielle MacDonnell

#### Reminders

**School Counselling Program:** I continue to see a number of students individually on a weekly basis for counselling, as well as drop-in students who need support through a particular situation, or want to be referred to other services in or outside the community. It's an honour for me to serve the community in this way, and as I've told many parents and caregivers—I truly love what I do!

**MindUp Mindfulness Curriculum:** I've had a fantastic time in the classrooms on Monday's teaching students about our brains: how important they are, how we can take care of them, and how we can make them operate even better by training our Amygdala's to relax, and using our PFC's to help us be kind, think clearly, and solve problems. There is one more MindUp lesson this month on 'Mindful Action' before Nikki Shawana comes in on Mondays to teach an other day of language to students! Thank-you Nikki!

**Classroom Circles:** Garth Bell has continued facilitating weekly Restorative Practice (RP) circles in the 6/7 & 7/8 classrooms. Through taking responsibility and talking through tough situations in a circle, classroom cultures have been positively impacted. Students have begun asking to work through situations with others in this way as well, and having real positive results. March newsletter to include an info-insert on RP circles. **Miigwech, Mrs. Nicola Gladwell.**

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**Listen to your own voice, your own soul, too many people listen to the noise of the world, instead of themselves.**

#### REMINDERS

- *If you are changing your child's dismissal ~ picking up early only, please call the school by **2pm** @ 905-768-3222*
- *ALL students MUST have indoor shoes in order to participate in daily gym*
- *Absences - If your child will be absent for the day or part of the day please call the office by 9:30am*

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## Weekly Assembly

Every Monday morning we start our week with an assembly at 8:45 a.m. We gather for drumming, smudge, prayer, teachings, meditation and announcements. Parents are always welcome!

## Extra Curricular

Tuesday ~ **Music Club** both active breaks.

Wednesday ~ **Music Club** both active breaks.

Thursday ~ **Library Club** both active breaks (Jr/Int)

Friday ~ **Library Club** both active breaks (Primary)

## Community Events

Community Cultural Events for our students and their families:

**Historical Gathering** ~ at the community center Feb 19 -21, 2020.

**Anishnaabemowin Classes** ~ Wednesdays from 5-7 pm at the MNCFN Community Centre, Dinner Provided.

**PowWow Practice** ~ Thursdays from 6-8pm at LSK gym.

**Theater Group** ~ Feb 1, 15, 29. Mar 14, 28. Apr 18 May 2, 16 12:00—2:00 pm @ LSK Gym.

## Reminders

**Drop Offs** - Please DO NOT drop off your children prior to **8:30**. Children left at school before 8:30 are unsupervised and students are not permitted in the school until the bell rings at **8:45**.

**Absences** - If your child will be absent for the day or part of the day please call the office by 9:30am.

**Dismissal** - Our school day ends at **3:15**. Students are expected to remain in their class until the bell rings and they are dismissed by their teacher. If you are picking up your child please wait outside until the bell rings!

**Parking** - There is no parking along the sidewalk at the front of the school. Please park within the parking lot and walk to the front of the school to greet your child.

**Late Arrivals** - Your child is marked late after the bell rings at 8:45. Please have them come to the office for a late slip prior to going to their classroom.

**Your continued cooperation to keep our school safe is greatly appreciated!**

## February's Teaching of the Month is: Zaagidwin (LOVE)

To know LOVE is to know peace

- To know how to get along with others & work with people
- To have the capacity for caring
- To show kindness & cooperation
- To apply values of acceptance & empowerment
- Demonstrate capacity to offer hope & effective support
- A desire for harmony & well being in interpersonal relations

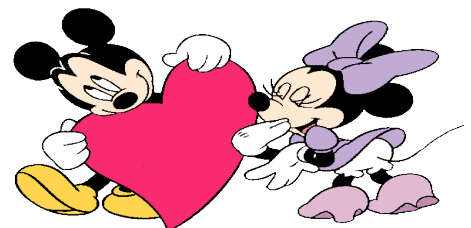
## Active and Nutrition Breaks

10:45-11:05 Grade K-8 Active

11:05-11:25 Grade K-8 Nutrition

1:10 - 1:30 Grade K-8 Active

1:30 - 1:50 Grade K-8 Nutrition





## Handwashing

To help stop the spread of germs in our school that make us sick, we need to **Practice Proper Hand Washing!**

### How to wash your hands :

- #1 WET HANDS with warm water
  - #2 USE liquid soap
  - #3 RUB hands together and create a lather (15-30 seconds or the length it takes to sing Happy Birthday)
  - #4 SCRUB between fingers and nails
  - #5 RINSE with warm water
  - #6 DRY with clean towel
- Use an alcohol-based hand sanitizer with these steps if a bathroom is not available

### Wash your hands after:

- Playing with pets.
  - Sneezing or blowing your nose.
  - Using the bathroom
  - Playing outside
  - Before and after eating
- Also, remember to always cover your cough to help stop the spread of germs that can others sick.

## Report Cards

Term 1 report cards will be going home on February 13th. Interviews will be offered in the evening of February 13th and in the afternoon of February 14th .

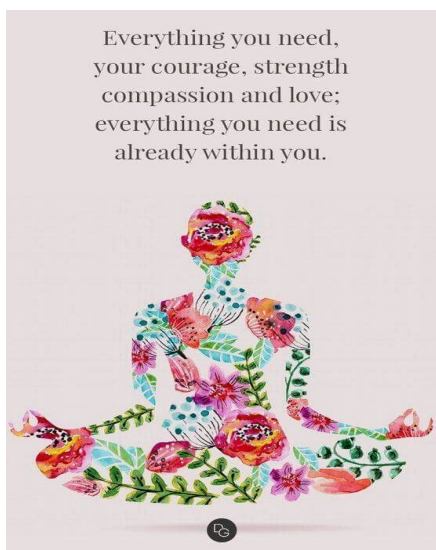
Interview sheets will be sent home later next week!

**This also means there will be an early dismissal on Friday, February 14th @ 12pm. Please call the office for pick up and bus arrangements.**



## Dress for the Weather

Please make sure your child dresses for the weather as all students are expected to be outside for each active break!



## Hockey

Students interested in joining the LSK hockey team can sign up in the office. If your child does not have equipment but wishes to play please let us know as Human Services has some extra pads. Hockey practices are scheduled on the following dates at the Gaylord Powless Arena:

- Tues Jan 28 ~ 4-4:50 pm
- Thurs Jan 30 ~ 4 - 4:50 pm
- Tues Feb 4 ~ 4 - 4:50 pm
- Thurs Feb 6 ~ 4 - 4:50 pm

The tournament will be on Friday Feb 7th at the Gaylord Powless Arena in Ohsweken.



**SHOUTOUT TO ALL THE GIRLS OUT THERE TRYING TO LOVE THEMSELVES IN A WORLD THAT'S CONSTANTLY TELLING THEM NOT TO.**

© NOURISHANDEAT

## Basketball

Our Junior & Intermediate Basketball Teams have been practicing for their upcoming tournaments which will take place on the following dates:

Feb 11th ~ Intermediates in Six Nations

Feb 18th ~ Juniors (co-ed) in Six Nations

**\*\*Brant County's postponed until further notice\*\***





# February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Winter Teachings	4 Hockey Practice 4-4:50 pm (Pri and Jr) <b>Winter Teachings</b>	5 <b>Grade 8 Grad Pics @ 10 am</b>	6 Hockey practice 4-4:50 (Primary and Junior) <b>Gr 5/6 visit Constable Rodd</b>	7 LSK Hockey Tournament @ Ohsweken Arena <b>Bear Moon Social/Feast</b>	8
9	10	11 <b>Intermediate Boys Basketball (all day) @ Dajoh—Ohsweken</b>	12 <b>Outdoor Learning Day—all day—**please dress for weather**</b>	13 <b>Gr 5/6 visit Constable Rodd</b> <b>Report Cards Go Home with students</b>	14 <b>Early Dismissal @ 12 pm.</b>	15
16	17 <b>FAMILY DAY (No School)</b> 	18 Jr. Basketball tournament co-ed @ Dajoh Ohsweken 	19 Historical Gathering No School (all staff attending the Historical Gathering)	20. <b>Snow Shoeing Gr. 1/2, 2/3, 3/4 @ Apps Mills.</b> Gr 5/6 visit Constable Rodd	21	22
23	24	25	26	27 Little Caesars Pizzeria Day <b>Gr 5/6 visit Constable Rodd</b>	28	29