

# 100 Voices September 2019 Newsletter

## Our Lady of Victories



**Welcome** to all our new and returning families. We are really excited about our 2019 - 2020 school year. We will be starting our school year learning about our classroom rules and routines and how to make new friends. We will let you see what we are doing in the classroom through pic collages that show you a glimpse of our week. If at anytime you have any questions, please call us at 780-489-7630 or email me at [Anna.slusarek@ecsd.net](mailto:Anna.slusarek@ecsd.net) (teacher) or [erin.strelkov@ecsd.net](mailto:erin.strelkov@ecsd.net) (facilitator)

Since there may be a lot of questions at the beginning of the year, we have tried to answer the most common ones below.

### **Arrival and Departure**

Doors will open at **8:40 am** for the morning students and **12:15 pm** for the afternoon students behind the school by either Ms. Anna or Ms. Erin. Class ends at 11:40 am for morning students and 3:15 pm for afternoon students and **pick up will be in the lobby so not to block the hallway. We will open the door and once we see you we will dismiss your child.** Please let us know if someone other than the drop off parent/caregiver is picking up your child by emailing or letting us know at the door.

### **Separation Anxiety**

At the beginning of the year it is common for children to experience some separation anxiety. Distraction works wonders! In our experience we have found that children do better when parents do not linger in the room. After your child has put their backpack and jacket in their locker, please walk them to the classroom door with their snack and mailbag in hand, give a quick loving goodbye and you may go. Even if your child cries and screams it is preferable to "sneaking out" which can cause more anxiety.

### **Indoor Shoes/Clothing**

Please bring a practical pair of indoor shoes (no shoe laces) to be left at school in the classroom. Also leave an extra pair of cloths up in your child's locker in case of spills etc. If weather permits we like to go outside, so please ensure your child is dressed appropriately for both indoor and outdoor play.

### **Snack and Star Day**

Please bring a healthy snack for your child daily. All snacks must include 2 food groups. We encourage one fruit and vegetable ie. apple and cucumbers. Please try to avoid chips, candies and other high sugar related foods. NO Peanuts or Tree nut food including Nutella is to be brought into the school for safety reasons. We encourage all children to bring a water bottle filled with water everyday for their beverage. Please avoid juice boxes and other high sugar drinks, Thank you!

Your child's **star day** will commence in November when the routine is established. During circle your child will be given compliments and at times have the opportunity to talk about an item they have from home. Please help your child pick something they would like to share, it can be a special stuffed animal, a book or photo etc. Your child will also have the opportunity to be the helper and leader in class. You will get more information when we begin.

### **Illness**

Parents are asked to keep children who are sick at home until they are free from symptoms for 24 hours and are feeling well and can fully participate in all normal daily school activities. Illnesses include but are not limited to fever, vomiting, diarrhea, sore throat, runny nose, pink eye and lice. Please let us know if your child is staying home due to illness by calling Ms. Alice at the office 780-489-7630 or emailing me at [anna.slusarek@ecsd.net](mailto:anna.slusarek@ecsd.net) so we can track what germs we are all sharing!

### **Classroom Volunteers**

There will be opportunities for parents to help out with certain jobs throughout the year such as portfolios, washing toys and cutting or gluing. You may sign up for those volunteer opportunities on our 100 voices billeting board.

### **Music With Ms Karyn**

To enrich our 100 Voices music program, I have invited Ms. Karyn who will be joining us from Rainbow Music once every month to lead a 30 minute program. She will be exposing the children to different instruments, songs and movements. We will welcome her on her first visit on September 10<sup>th</sup>.

Your Newsletters will not normally be this long☺ If you have any questions or concerns please do not hesitate to talk to us in person or call Our Lady of Victories at 780-489-7630

Many 100 Voices Hugs

Miss. Anna (Teacher) and Miss. Erin (Early Learning Facilitator)

[anna.slusarek@ecsd.net](mailto:anna.slusarek@ecsd.net) and [erin.strelkov@ecsd.net](mailto:erin.strelkov@ecsd.net)

Morning Class 8:40 - 11:40 a.m.

Afternoon Class 12:15 - 3:15 p.m.

# SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05 NO SCHOOL	06 First Day of full Programming	07
08 Crys- Jayel's Birthday	09	10 Calebs Birthday! <b>Music</b> 11:00 am and 12:30 pm	11	12 NO SCHOOL	13	14
15	16	17 Xander's Birthday!	18 Meet the Staff at 6:30 p.m.	19 NO SCHOOL	20	21
22	23	24	25 Terry Fox Run!	26 NO SCHOOL	27	28 Emma's Birthday!
29	30 Orange Shirt Day!					

Upcoming October Dates:

October 6<sup>th</sup> Fire Prevention Week

October 7<sup>th</sup> to 11<sup>th</sup> Read In Week and Alberta Opera 9:30 a.m.

Tuesday October 8<sup>th</sup> School Photos with Lifetouch

Monday, October 14<sup>th</sup> No School

Wednesday, October 30<sup>th</sup> Halloween Party