



# Caradoc North Public School

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Strathroy, Ontario N7G 3H3  
(519) 245- 2085 [caradocnorth@tvdsb.on.ca](mailto:caradocnorth@tvdsb.on.ca)

**Ms. C. Helwig, Principal**  
**Mrs. A. Baker, Secretary**  
**Mrs. R. A. Kuiper, Superintendent**

***"Learning is Forever"***

**November, 2018**



We have had a very busy and productive start to the new school year. Welcome to November and the cooler weather that it brings! Please remind your children to bring appropriate outdoor clothing now that the days are getting a little chillier! Also, please label your child's belongings. Hope everyone had a wonderful Hallowe'en! November is a busy month here at Caradoc North. Please see the list of dates in the newsletter. We welcome parents to our Remembrance Day Assembly on Friday, November 9 at 10:45 a.m.

Ms. Helwig

## Spirit Wear is coming to Caradoc North



Navy School T-Shirts & True Navy Pro Team Tees



Navy Pullover Hoodies

More details to follow soon!



## Important Dates:

- Nov. 6 – Hot dog day (rescheduled)
- Nov. 9 – Remembrance Day Assembly, 10:45 a.m.; Reports home
- Nov. 13-15 – Book Fair
- Nov. 15/16 –Parent Teacher interviews
- Nov. 16 – PA Day
- Nov. 19-23 – Bullying prevention week
- Nov. 23 – Girls Regional Volleyball
- Nov. 26 – Boys Regional Volleyball
- Nov. 27 – Hot dog day
- Nov. 28 – School Council, 6:30 p.m.
- Nov. 29 – Grade 5 Environmental Trip
- Nov. 30 – Celebration Assembly, 9:15 a.m.

**Lester B. Pearson School for the ARTS**


Acceptance to the program is based on the results of a group workshop experience which is held in late March or early April.

See the website for more information [www.tvdsb.ca/pearson](http://www.tvdsb.ca/pearson)

## Did you know?

- If your child is 20 minutes late every day, he/she will have missed 12 days of school instruction by the end of the school year.
- If your child misses two days of school per month, he/she will have missed one month worth of instruction by the end of the school year.
- Students who are absent 15 days of school each year will have lost one year of instruction by the end of grade 12.

2018  
**Community CLINIC**  
**flu**  
VACCINATION



**Family friendly flu clinic for children under 5**  
Siblings and caregivers also welcome



The flu vaccine is available at no cost from your family doctor or health care provider, participating pharmacies, or a Public Health clinic.

You can also call and book an appointment to get your flu shot at one of our Public Health locations.

**CHILDREN & YOUTH**  
UNDER 5 + SIBLINGS AND CAREGIVERS

Woodstock	St. Thomas
<b>Wednesday, November 14, 2018</b> Woodstock Fair Grounds 875 Nellie Street 2:00 - 7:00 PM	<b>Book by appointment</b> Southwestern Public Health St. Thomas site 1230 Talbot Street Call 519-631-9900

**FLU VACCINE ALSO AVAILABLE FROM:**

Health Care Providers	Participating Pharmacies
 6 months and older	 5 years and older

Southwestern Public Health  
 56 Thomas Site Woodstock Site  
 1230 Talbot Street 410 Butler Street  
 56 Thomas 429-1151 Woodstock 485-4102  
 519-631-9900 519-621-9901

@SW\_PublicHealth /SWPublicHealth  
 For updates, visit: www.swpublichealth.ca/flu

STRATHROY-CARADOC  
 GREAT OPPORTUNITY - RURAL IDENTIFY

# HOLIDAY CAMPS



**WINTER** **MARCH BREAK**

**Dec. 27, 28, 31 & Jan. 2-4** **March 11 - 15, 2019**

**LOCATION:** West Middlesex Memorial Arena  
**AGES:** 4-12 years  
**TIMES:** 7:00am- 4:30pm (Extended Care 4:30-6:00pm)  
**COST:** Winter Camp - \$212.40/break or \$40/day  
 March Break Camp - \$177/week or \$40/day (Extended Care \$5/day)

**For more information, contact...** **COMMUNITY SERVICES DEPARTMENT**  
 52 Frank Street, Strathroy ON N7G 2R4  
 Phone: (519) 245-1105 x 245  
 Email: plattimore@strathroy-caradoc.ca



## Let's Get Cooking!

### JR. CHEF NIGHTS

Join us at the Caradoc Community Centre for a taste of our Jr. Chefs program!

<b>FIESTA FUN NIGHT</b> Participants Ages 9-13 \$25/Participant November 8, 2018 6:30pm - 8:30pm Register by November 6 <i>Create and taste Mexican food with friends!</i>	<b>HOLIDAY TREATS FOR HOME</b> Families with Children Ages 6+ \$12.50/Participant \$37.50/Family (Max. 6) December 13, 2018 6:30pm - 8:00pm Register by December 11 <i>Come and spend some time together and take home delicious holiday treats!</i>
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Call Nicole at 519-245-1070 to register today!  
 STRATHROY-CARADOC COMMUNITY SERVICES DEPT.  
 www.strathroy-caradoc.ca

remind

### Sign up for important updates from Caradoc North.

Get information for Caradoc North right on your phone—not on handouts.

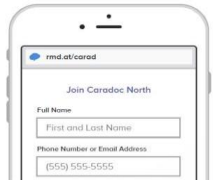
Pick a way to receive messages for Caradoc North:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:


[rmd.at/carad](http://rmd.at/carad)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @carad to the number (709) 757-0104.



Don't have a mobile phone? Go to [rmd.at/carad](http://rmd.at/carad) on a desktop computer to sign up for email notifications.

Text @carad to 709-757-0104 to join the CN remind group

## Health Newsletter Item – Anxiety

Anxiety is a term that is frequently used, but what exactly does it mean?

Most people experience worries and fears on occasion. This is normal. For kids, learning to cope during stressful situations – despite anxious feelings – is part of healthy growth and development.

Sometimes, anxiety can become more intense than the healthy ‘dose’ and a person’s ability to function in a healthy and productive way can be impacted.

It's important to note the difference between the signs and symptoms of anxiety and an “anxiety disorder,” which is diagnosed by a health professional.

For more information about these click here: Canadian Mental Health Association: Anxiety < <https://pdhu.us10.list-manage.com/track/click?u=ca0bf898b7356af2c07205724&id=2983f76f7a&e=927cd21e07>>

### What does anxiety look like?

Anxiety symptoms can present themselves in many ways. A child may not show or discuss their worry at all. They may show anxiety with perfectionism, avoidance, procrastination, being easily overwhelmed or frustrated, difficulty with a change in routine, or physical symptoms like headaches and stomach aches.

### What can parents do to help?

You can play an important role in helping your child to manage anxiety. Here are some tips:

- \* Take time to connect with your child daily. Find something that you enjoy doing together, such as playing a sport or listening to music.
- \* Be consistent. Children feel calmer when life is predictable, when they know what is expected of them, and what the consequences will be.
- \* Talk about the fact that mistakes are normal. Reframe mistakes as learning opportunities. Encourage your child to think of ways to solve their problem, instead of reassuring them with statements like “Don’t worry!” or “Everything will be fine”. Try something like “If (the worst) happens, what could you do?” or, “Let’s think of some ways you could handle that situation”.
- \* Focus on the positive. Encourage your child to redirect their focus away from worries. For example, “What are you most excited about for the upcoming weekend?”
- \* Encourage physical activity, good nutrition, and sleep.
- \* Plan time for homework and projects. Set a consistent time and place to work, and help them to break tasks into small, manageable steps.

For more information:

\* Anxiety BC, Healthy Habits at Home <<https://pdhu.us10.list-manage.com/track/click?u=ca0bf898b7356af2c07205724&id=be7d940fbb&e=927cd21e07>>

\* CMHA Positive Mental Health and Well-Being <<https://pdhu.us10.list-manage.com/track/click?u=ca0bf898b7356af2c07205724&id=7cf0df640d&e=927cd21e07>>

\*Mind YourMind

<<https://pdhu.us10.list-manage.com/track/click?u=ca0bf898b7356af2c07205724&id=cf09bde899&e=927cd21e07>>

We are a Peanut / Nut free school! Please refrain from sending snack and lunch items that contain nuts, peanuts or peanut substitute items (including WOW butter) as we have students who have life threatening allergies in our school.



## Home Connections in Mathematics Nov. 2018



### Focusing on the Fundamentals of Math

The Ministry of Education released teacher and parent guides in 2018 titled Focusing on the Fundamentals of Math, to support the teaching of the Ontario Curriculum, Grades 1-8. It explains how important it is for students to develop a strong understanding of number, apply their mathematical thinking during day to day activities and perform them with ease.



#### “What will be different?”

As outlined by the guide, this document is “intended to support teachers’ *ongoing* efforts in building students’ knowledge and skills in mathematics.” This has been TVDSB’s focus for some time.

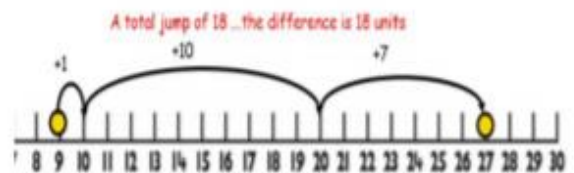
As many experts will recognize, it is important for children to learn and know their number facts. “Drill” may improve speed, but it does not help in building understanding of *how* to use numbers and operations in different situations. It is important for children to understand and develop strategies to help find an answer if they forget what they memorized.

### Helping at home

Help your child use their math thinking and strategies in daily situations and activities, seeing that the math around them is fun and purposeful.

- Playing math games with cards or dice is great way to use numbers with children of all ages
- Include your child in everyday activities that involve numbers, operations and measurement
- Have your child show you how he or she solved a math problem and prove to you that they are correct
- Encourage your child to play online math games such as [Mathies](#), [ABCya](#), [Math Playground](#), [Knowledgehook](#) etc.
- Have your child solve problems in different ways and then compare the solutions

$$\begin{array}{r} 27 - 9 \\ \swarrow \quad \searrow \\ 27 - 7 - 2 \\ \swarrow \quad \searrow \\ 20 - 2 = 18 \end{array}$$



[http://www.edu.gov.on.ca/eng/parents/parent\\_guide\\_math\\_en.pdf](http://www.edu.gov.on.ca/eng/parents/parent_guide_math_en.pdf)

[http://www.edu.gov.on.ca/eng/parents/parent\\_guide\\_math\\_en.pdf](http://www.edu.gov.on.ca/eng/parents/parent_guide_math_en.pdf)

