



Watt's Happening

Watt Public School
2794 Hwy 141, RR#1
Utterson, ON P0B 1M0

PHONE: 705-769-3643

PRINCIPAL'S MESSAGE



Miracle Grow for the Brain.... One book that I have read a few times is SPARK by J. Ratey. His text emphasizes the importance of physical activity for good health, well-being and most interesting, in improving our ability to learn. Studies indicate that students who participate in 1 hour (or more) moderate to vigorous physical activity a day have improved academic performance; physical activity has a positive influence on mindset, memory, concentration and behaviour. Exercise directly influences your ability to learn. At the cellular level it improves the brain's potential to log in and process new information at a faster rate. Not only does it make you feel good, it helps you positively deal with everyday stress and anxiety. We all have the ability to change our brain - all we have to do is lace up our running shoes! Encourage your child to be actively involved in activities that raise their heart rate in physical education class, during recess and after school. We will do our best to teach them the importance of physical activity and to keep them active when possible!

November
2019

POWER UP! Watt's Running Club thoroughly enjoyed the Hallowe'en Jaunt at Glen Orchard PS! A huge shout out goes to all of the runners as well as to Mr. McIntosh and his colleagues for coaching and supervising the run. A special bravo goes to Tanner Odman and Alex Elliott for sweeping the field and coming first in their age categories!

Progress Reports and Parent-Teacher Interviews

Progress Reports will go home on Wednesday, November 20th. Teachers will be contacting parents to arrange an interview on the evening of November 27th or at a mutually convenient time. Please make every effort to meet face-to-face with your child's teacher. This is an important piece of the home-school connection that shows your child that you believe their education is important. It also allows you to see and discuss their work with their teacher and share strategies that can be used both at home and school to help your child learn and be the best that they can be.

Itch'in and Scratch'in!.... Today is a good day to check your child(ren) carefully for Head Lice. Many children are in close contact with each other over the summer and, as a result, these pests spread easily. If you do find head lice on your child, they must be treated before the child returns to school. It is the TLDSB policy that any child found to have active lice will need to be picked up to be treated. If nits *only* are found, parents will be notified. Parents will be informed if anyone in their child's classroom is found to have Pediculosis.

SAFE ARRIVAL

Parent(s)/Guardian(s); Please remember to contact the school in the event that your student(s) will be away/late.

705-759-3643



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**** NEW ****

Bumped Head Bracelets

On Wed. November 16th we will be initiating the 'Bumped Head Bracelets.' If your child bumps their head and we feel that they should be monitored, they will be given a yellow bracelet that will "silently" alert adults to be watchful for signs and symptoms of concussion.

(Please watch for a letter coming home soon!)

SCHOOL COUNCIL CORNER:

Our **9th Annual Poinsettia Sale** is coming soon!

Forms go home on November 8th and are due back on the 22nd. Plant pick up is December 5th!



New this year - prizes for the top sellers!

Watch for details with the order form.

Funds raised help pay for transportation and programming at the school.

Please support this important initiative!
Thank you!

2019 / 2020 School Council Committee

CHAIRPERSON	Kate Monck
VICE-CHAIR	Greg Goulter
TREASURER	Jennifer Novak
SECETARY	Amber Gordon
FUNDRAISING CHAIR	Kerri Meeks

DATES TO REMEMBER

- NOV 1 *Grade 7 Immunizations*
- NOV 5 *Girlz Unplugged (5/6 Girlz)*
- NOV 7 *EDGE Photo Retakes*
- NOV 7 *Pizza Day*
- NOV 8 *Poinsettia Orders sent home*

- NOV 11 *Remembrance Day Ceremony @10:45am*
- NOV 12 *Girlz Unplugged (5/6 Girlz)*
- NOV 13 *TWIN (Spirit day!)*
- NOV 14 *Pizza Day*

- NOV 16 *Girlz Unplugged (5/6 Girlz)*
- NOV 20 *Report Cards sent home*
- NOV 21 *JK/SK, Grade 2 & 7 dental screening*
- NOV 21 *Pizza Day*
- NOV 22 *Poinsettia Orders Due today!*
- NOV 26 *Girlz Unplugged*
- NOV 27 *Pizza Day*
- NOV 27 *Winter Electives Forms Due!*
- NOV 27 *Parent Teacher Interviews (4:30-8:30pm)*
- NOV 28 *PA DAY*
- NOV 29 *BOARD HOLIDAY*



Catch up on our Watt School Council
[Facebook.com/wattschoolcouncil](https://www.facebook.com/wattschoolcouncil)



PRINCIPAL: Erika Skala Black
SECRETARY: Laurie Johle
MUSKOKA LAKES TRUSTEE: Louise Clodd
SUPERINTENDENT: Paul Goldring

STAY CONNECTED!



@TLDSB



@WATTPS



School Reminders

WATT PUBLIC SCHOOL ANNUAL CHRISTMAS CONCERT

Tuesday, December 10th
1:30pm (Dress Rehearsal)
6:00pm (Concert)

ANNUAL CHRISTMAS SALE

Thursday, December 5th - ALL DAY
Friday, December 6th - ½ DAY
More details to follow!

Watt is our Home-Away-From-Home

Please remind your child(ren) to pick up after themselves, look after their own belongings, treat the washrooms with respect and to put all garbage in the garbage cans. We all need to do our part to keep our home-away-from-home clean and tidy!

Our Lost and Found is starting to fill up. Please encourage your child(ren) to check for their lost items☺
Thank you!

Inclement Weather With the arrival of the winter weather, just a reminder to listen to one of the following radio stations for bus cancellation information on mornings when the weather is questionable: The Moose 105.5 Huntsville, The Moose 99.5 Bracebridge, Rock 95.7, or CBC One 94.3 Huntsville. Please note that if the buses are cancelled in the morning, they will not run in the afternoon. Unless stated on the radio or on the TLDSB website that the school is closed the school will be open for business

Bhrrr ... it's getting CHILLY!

Please listen to the weather forecast in the morning and ensure that your child is dressed appropriately! Winter is approaching and our students spend a minimum of 50 minutes outside. Even if they don't 'feel cold' in the morning, if they have the items with them, they can put them on when they do! Thank you!

Turn Off Those Screens!

Research shows that recreational screen time (TV, online or video gaming) should be limited to no more than 2 hours per day.

Turning off the screens encourages children (and adults) to get up and move, which can help keep them healthy physically and mentally.

Be active as a family; kids learn from watching you! Be a role model by building physical activity into your daily routine.

For tips to help you get active as a family, visit www.simcoemuskokahhealth.org or call *Health Connection* at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse.

Milk

White and Chocolate milk are sold daily during 2nd Nutrition Break for **\$1.00** by the office.



November Pizza Orders

Completed November pizza orders must be returned to school office with payment by:

Tuesday November 5, 2019