

EVERGREEN ECHO

SOARING TO GREATER HEIGHTS

FROM YOUR PARENT ADVISORY COUNCIL (P.A.C.)

The Parent Council would like to thank everyone for their support over the last few fundraisers we have done. We are hoping that the *Fresh from the Farm* orders will be delivered soon. They will contact us with a delivery date and we will pass that on to you as soon as possible. Last year the order was delivered mid to late November.

Some upcoming P.A.C. dates to remember are as follows:

- November 19th: Don's Bakery orders due
- December 5th: P.A.C. Christmas Bazaar
- December 18th: P.A.C. Christmas Lunch

More information on these activities will be passed along to you soon.

Do you want to be in the know? Send us an email so you can be a part of the Parent Advisory Council communication - evergreenparentcouncil@gmail.com.

The next PAC meeting is scheduled for November 20, 2018 at 7:00 p.m.



Principal's Message



Dear Parents and Families,

A huge thank you to Hope's Foodland and Cadbury, who donated a youth mountain bike to promote our Terry Fox Fundraising efforts. Congratulations to Carter Mossman who won the bike! Thank you to Mrs. Gortmaker for organizing the fundraising event and to everyone who donated to this worthwhile cause!

The month of November sees several important events. November 5th to 9th is *Treaties Recognition Week*, which promotes understanding about Treaties and Treaty relationships throughout schools in Ontario. During this week, we will have reoccurring opportunities to gain deeper knowledge and understanding of history, culture and contemporary issues. Then, On November 9th, we will come together as an Evergreen community, along with members of our larger community, to commemorate Remembrance Day here at the school beginning at 10:45 a.m. November 19th to 25th is Bullying Awareness and Prevention Week.

Happy November!

Pamela Marshall Gray, Principal

STUDENT REALTORS IN FSL!

Students in our junior classrooms had the opportunity to engage in authentic, oral conversations in French over the last few weeks. They designed and built their own haunted house or regular house. Then, in a role play situation, they acted as real estate agents and attempted to sell the house to prospective clients.



During this past month, students worked towards using simple words and phrases in French to describe their homes in order to encourage buyers to choose their home for purchase. When you enter the school, you will have the opportunity to see a rotating display of these homes as students share their homes with their classmates, and then put them on display.

SAFE ARRIVALS

Help us keep your child safe. Please call the Safe Arrivals phone line when your child is absent: **(705) 636-9023**. A message can be left at this number.

Mindfulness at Evergreen

"Joyful engagement is not incidental; it's essential." (From the *MindUp curriculum*)

Mindfulness concepts and brain-focused strategies help us learn to focus our attention and control our breathing and other body awareness activities so we can learn to reduce stress and optimize the learning capacity of the brain. They also help us understand why and what our body reactions are so we can learn how to respond in any given situation. Research tells us that mindfulness promotes learning readiness, a positive sense of community and belonging, and a better sense of self.

At Evergreen, we have focused on bringing mindful activities into our classrooms. For example, the children in Mrs. Ryan's Grade 4/5 class are taking daily steps to deepen their understanding of their own mental processes. Through daily breathing exercises, visualization, mindful listening and expressions of gratitude, the students are learning about the connection between brain and body, and are deepening their awareness of impulses, thoughts and feelings. The children explored various musical selections and described what they heard, and the emotional connection/mood change it caused. Students reflected on "happy music" and play it at times when the class needs a mood booster!

Treaties Recognition Week

Treaties Recognition Week is November 5th to 9th this year. Evergreen Heights and all Near North schools are situated on the traditional territories of the Anishinaabe. We value the cultures, histories and relationships with Indigenous Peoples of Turtle Island (North America).

During Treaties Recognition Week, we are excited to welcome educator Christine Charette to our school and into our primary classrooms. Christine is a multi-disciplinary artist and has much experience working with children and youth. She interweaves her skills when teaching, bringing layers of artistic knowledge and culture into the learning process. Christine will provide authentic teachings on the Treaties, and opportunities to explore the Wampum Belt and participate in a drum circle.

Student Authors Connect with Professional Author!

As our grade 3/4 students are becoming budding authors, they have made a wonderful partnership with a professional author! Phillipa Dowding, author of the children's books, *Blackwells and the Briny Deep*, and *Alex and the Other*, has been encouraging our young authors. Mrs. Dowding invited students to write predictions for her book after Mrs. Upper introduced the first chapter of *Blackwells and the Briny Deep* to the class. Predictions through drawings or writings were posted and the author emailed the class back confirming some of the predictions without telling which students were correct. The class anxiously finished the book this week and are excited to continue writing to Mrs. Dowding in the near future!



Oral Health Program: Dental Screening

A registered dental hygienist from the Health Unit is scheduled to visit our school on November 26th to provide dental screening to students in ELK to grade 2.

During this visit, the registered dental hygienist will perform a visual inspection of each child to determine any dental needs. The dental screening results will be sent home from school with every student seen. Parents will be contacted if their child requires immediate dental care. Public Health dental programs are available to financially assist parents who have children who require dental care.

Please contact the Health Unit Oral Health Program if you do NOT wish your child to participate in the dental screening or if your child is not in one of the targeted grades and you would like him/her to participate. You can reach the North Bay Parry Sound District Health Unit at 705-474-1400 or 1-800-563-2808 extension 5328, or by email at teeth@healthunit.ca.



Lest We Forget

On Friday, November 9th, we invite the community to Evergreen Heights to share in our Remembrance Day Service beginning at 10:45 am. We wish to extend our appreciation to the members of the H. White Memorial Legion Branch 276, and our valued community partners, for making this program a meaningful and very valuable experience not only for students and staff, but our community as well.