
December 2019

Cyril Varney P.S.

Website: http://www.rainbowschools.ca/elementary/cyril_varney/

Facebook: <http://facebook.com/CyrilVarneyPS>

Telephone: (705)566-2424

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CONGRATULATIONS!

The following students were recognized for showing
COURAGE for the month of **NOVEMBER**:

Ms. Pigeon & Ms. Boileau – JK/SK * Abby M. & Aiza K.

Ms. Pulice & Ms. Rideout – JK/SK * Mia B.K & Tolani S.

Ms. Brooks – 1 * Emerson P. & Hunter D.

Ms. Bonsu – 1/2 * Kayleigh R. & Ariyana K.

Ms. Marsh – 2 * Rama R. & Chloe P.

Ms. Hollohan – 2/3 * Liam J. & Morgan J.

Ms. Miller – 3 * Sabrina M. & Blake S.

Ms. Rybiak & Mr. Amadio – 3/4 * Desislave A. & Keanu O.-T.

Mr. Markwick – 4 * Aniyah B.-V. & Cody S.-B.

Ms. Mourre – 5 * Nusayba R. & Aiden T.

Ms. Marcotte – 5/6 * Nevada C. & Boyka A.

Ms. Flood – 6 * Juan G. & Thalia T.



Important Dates for December

December 2 to 18 – Edgar Burton
Kids Helping Kids Food Drive

December 3 – Bingo Volunteer
Training 6pm @ Delta Bingo and
Gaming Val Caron

December 9 – Bingo Volunteer
Training 9am @ Delta Bingo and
Gaming Sudbury

December 13 – PJ Day

December 16 – Practice Rehearsal
for the Holiday Concert

December 17 – Holiday Concert
(1:00pm and 2:15pm)

December 18 – Wear your favourite
holiday sweater / Hot Chocolate on
sale for \$1.00

December 19 – Breakfast with
Santa

December 19 – Ms. Marcotte's
Grade 5/6 and Ms. Flood's Grade 6
classes to Science North

December 20 – Holiday Bling Day

December 20 – Holiday Sing-a-long

December 20 – Ms. Rybiak's & Mr.
Amadio's Grade 4, Mr. Markwick's
Grade 4 and Ms. Mourre's Grade 5
classes to Science North

December 21 – First Day of Holidays

January 6 – School Resumes 8:45am

Happy Holidays!

The last day of school before the holidays is Friday, December 20, 2019 and school resumes on Monday, January 6, 2020.

We would like to take this time to wish you and your family a safe and wonderful holiday.

Season's greetings from the staff at Cyril Varney Public School!

Holiday Concert

Our Cyril Varney Holiday Concert will be held on Tuesday, December 17th.

Group One will perform at 1:00pm and Group Two will perform at 2:15pm. Coffee and desserts will be served for families staying for both concerts in our Maker Space.

Group One – Ms. Pigeon's & Ms. Boileau's Kindergarten, Ms. Brooks' Grade 1, Ms. Miller's Grade 3, Ms. Rybiak's & Mr. Amadio's Gr. 4, Ms. Mourre's Grade 5, Ms. Flood's Grade 6 and Mr. Amadio's Junior Guitar Ensemble.

Group Two – Ms. Pulice's & Ms. Rideout's Kindergarten, Ms. Bonsu's Gr. 1/2, Ms. Marsh's Grade 2, Ms. Hollohan's Grade 2/3, Mr. Markwick's Grade 4, Ms. Marcotte's Grade 5/6 and Mr. Amadio's Junior Guitar Ensemble.

Come out and enjoy the season of cheer with your child!

Please bring a non-perishable food item for the **Edgar Burton Kids Helping Kids Food Drive**.

December Character Trait

Honesty

L'honnetete

Gwekwaadziwin

December's Environmental Challenge
Valuing the Importance of Noojmowin
(Health and Well-Being)

What is Noojmowin? A time for Healing.....

The Anishnaabe term *Noojmowin* is translated into meaning the overall holistic health and well-being of people, families and communities.

Why recognize Noojmowin in December?

The change of season happens on the Winter Solstice on Saturday, December 21st.

Winter is a time of storytelling and reconnecting with our Elders: grandparents, great uncles and aunts

It is believed that during the longest hours of darkness there is a rebirth of the sun during the winter solstice.

It is believed that the winter solstice holds a powerful energy for regeneration, renewal and self-reflection.

It is believed that this is a time to support the healing for the Earth "Aki" and for personal healing through ceremony.

We are all natural healers and we can all give Mother Earth the time for her own healing and rest.

Food Drive

We are very excited that Cyril Varney will be participating in the Edgar Burton Kids Helping Kids Food Drive during the holiday season. Starting December 2nd, and running until December 18th, parents and students are invited to help give back to our community by bringing in non-perishable food items to be placed beneath our Christmas tree in our school's front entrance. Monetary donations are also welcome (\$1.00 is equivalent to 6 cans).

Safe Arrival and Dismissal

If your child will be late for school or is absent, please call the school to let us know. You can **call at any time** to leave a message on our answering machine.

Our number is (705) 566-2424.

If you or someone else is picking up your child, we ask that you sign your child out at the office. This will help in case of an emergency.

When picking up a child at the end of the day, **please wait outside** as it is very busy at the end of the day and the halls are full.

Please report to the office whenever entering the school. There you will be asked to sign our guest book and wear a visitor's pass.

A reminder... We ask that students do not bring important items to school. Toys are best left at home, as they often interfere with the learning in the classrooms, or get lost or broken.

Unfortunately, accidents do happen and once in a while something of value "disappears". Since the school cannot take responsibility in these instances, the best advice is: if you don't want it broken or lost, keep it safe at home.

Thank you for supporting our learning environment.



Daily School Schedule

8:45am – Classes begin

10:45am – 1st Nutrition Break begins

11:25am – 1st Nutrition Break ends

11:25am – Classes begin

1:25pm – 2nd Nutrition Break begins

2:05pm – 2nd Nutrition Break ends

2:05pm – Classes begin

3:00pm – Walkers leave (out the side door of the building)
Please meet you child outside the side doors.

3:05pm – Bussers meet in their designated areas of the junior end.

Bring a non-perishable food item for the Food Drive and get to wear your favourite PJs on Friday, December 13th!

Varney Bingos

Sunday, January 5, 2020 @ 2:30 PM
Saturday, January 11, 2020 @ 10:30 PM
Sunday, January 12 @ 2:30 PM
Sunday, January 19 @ 2:30 PM
Sunday, January 26 @ 2:30 PM

**If you feel you can help out, please don't hesitate to call
(705)566-2424.**

By working at Delta Bingo and Gaming Sudbury, you support Cyril Varney Public School. Delta Bingo and Gaming Sudbury supports our students by providing funds used to enhance our learning environment.

Become a Bingo Volunteer for Cyril Varney

Upcoming training sessions are:

Tuesday, December 3, 2019 at 6pm at Delta Bingo and Gaming Val Caron

Monday, December 9, 2019 at 9am at Delta Bingo and Gaming Sudbury

Monday, January 6, 2020 at 6pm at the Sudbury Foodbank

Sessions are just over an hour long and no appointment is needed. For more information, call Richard.

(705)560-4243 Ext. 225

Cyril Varney Needs You!

If you are interested in being a Varney Volunteer, please contact the school (705-566-2424). We are always looking for volunteers to help with our Breakfast Program, as well as many other areas of the school. Volunteers do require a current police record check.

INCLEMENT WEATHER

Winter has arrived.

In case of inclement weather, please listen to the radio or visit businfo.ca to verify if busses are running.

If busses are cancelled, teachers will be at the school teaching a regular school day.

The cold weather is coming and the students will be going outside for fresh air. It is always much more fun when one is warm and dry. You may wish to send some extra socks or mittens in your child's back pack. Mittens can easily be labelled by writing your child's name on the tags.

On Wednesday, December 18th, we will turn down the heat and turn up the fun by inviting staff and students to wear their favourite holiday sweater and buy a hot chocolate.

The Eco Team will be selling hot chocolate for \$1.00 to raise money for a greening project in the Spring!

We will be Paying It Forward for the Holidays by making a Hat, Mitt & Scarf Tree. Any donations would be greatly appreciated by our staff and students!

Mrs. Marcotte's Grade 5/6 Class wanted to share their "Fresh From The Farm" recipes with you!

These healthy recipes are a great way to use the fruit and veggies from our recent school fundraiser.

We made these recipes together in our classroom, and made sure to taste test them to make sure they were just right. We enjoyed learning about basic kitchen safety skills, culinary skills, and especially enjoyed the taste testing. Then, we enjoyed writing descriptive paragraphs about our experience. We hope you enjoy our "Fresh From the Farm" inspired recipes as much as we did!

Cyril Varney's "Fresh From the Farm" Veggie Soup

Ingredients

- 3 carrots
- 1 onion
- 2 potatoes
- 1 sweet potato
- 2 cloves of garlic
- 1 can of kidney beans
- 1 can of diced tomatoes
- 1 teaspoon Italian Seasoning
- 1 cup macaroni noodles
- 2 tablespoons of vegetable oil
- 2 900 ml cartons of vegetable stock
- salt and pepper to taste

1. Wash vegetables.
2. Prepare vegetables: peel carrots and finely chop carrots. Finely dice onions, (peel potatoes if desired) and chop potatoes. Peel and chop the sweet potato.
3. Saute onions over medium heat until soft. Season with salt and pepper to taste.
4. Crush and chop garlic. Add it, and the Italian Seasoning to the saute pan. Add mixture to the crock pot.
5. Drain and rinse kidney beans, and add to crock pot with the potato, sweet potato, carrot, and diced tomatoes.
6. Add water or vegetable stock to fill crock pot. Season with salt and pepper to taste.
7. Let simmer on high for 4 hours, or until potatoes are soft.
8. Add pasta to crock pot in the last half hour of cooking.

Apple Sauce

Ingredients

- 6-8 apples
- $\frac{3}{4}$ c water
- optional: $\frac{1}{2}$ teaspoon of cinnamon
- optional: 2-4 tablespoons of sugar

1. Wash apples. Peel and chop apples into slices.
2. Add apples and water to the pan on medium heat and let cook for approximately 15 minutes, or until apples are soft, stirring occasionally. If desired, near the end of the cooking time (last 5 minutes), add the cinnamon, and sugar.
3. Remove from heat. Optional: use a stick blender to blend until smooth, if desired.

Learning at Home

TECHNOLOGY EDITION

DECEMBER 2019

Please aim to work with your child 15 minutes per night, four times per week.
These activities can be adjusted to fit your schedule and can be completed on nights that work best for your family.
You can challenge or support your child by adjusting the tasks as needed.

Technology: Tool or Distraction?

The short answer is **both**! Technology has become part of our everyday lives in the 21st century, and our children have embraced the use of devices with the greatest of ease.

In Rainbow Schools, we support the use of technology as a learning tool in the classroom, and work to ensure that our students develop good digital citizenship through Internet safety discussions, cyberbullying awareness and "netiquette".

All Rainbow students have access to the Google Apps for Education (GAFE) Suite, where they can collaborate on assignments with their peers from any device. Students can also submit assignments and receive feedback from their teachers anytime.

The Rainbow District School Board Parent Involvement Committee held their AGM in October. Parents/guardians and community members participated in a viewing of the documentary "Screenagers," followed by a panel discussion with community experts about the healthy use of technology.

If your child seems to be spending extended periods of time on their devices accessing games and social media, and you are concerned about the impact on homework completion, overall academic achievement, and quality of family life, you may wish to explore the site
<https://www.screenagersmovie.com/parenting-apps>

While the Rainbow District School Board does not endorse the purchase of any products, the site may be helpful in establishing family expectations around the use of technology in the home.

Technology + Math = Fun

Technology can be an engaging way for you and your child to practice math together.

The Internet has a variety of free computer games and math apps available for your child to practice their fluency with math facts, and work towards automatic recall.

- **Prodigy - prodigygame.com**
A game that aligns with the Ministry of Education's mathematics curriculum for Grades 1 to 8.
- **TVO mPower - mpower.tv.org**
Math games for children from Kindergarten to Grade 6.
- **Math Story Time - mathstorytime.ca**
Math learning through fictional digital picture books.
- **Ontario Association for Mathematics Education - mathies.ca/games.php**
Access various math games and activities for children.





Character Trait

Honesty
L'honnetete
Gwekwaadziwin

Hot Lunches

Fridays – Pizza \$2.00

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Kids Helping Kids Food Drive Begins (Dec 2 to 18)	3 Bingo Volunteer Training 6pm @ Delta Bingo and Gaming Val Caron	4	5	6	7
8	9 Bingo Volunteer Training gam @ Delta Bingo and Gaming Sudbury	10	11	12	13 PJ Day	14
15	16 Holiday Concert Practice Rehearsal	17 Holiday Concert Group #1 @ 1:00pm Goup #2 @ 2:15pm	18 Turn Down the Heat and Wear a Holiday Sweater / Hot Chocolate on sale Last Day for Kids Helping Kids Food Drive	19 Breakfast with Santa Grades 5/6 and 6to Science North	20 Holiday Bling Day Holiday Sing-a-long Grades 4, 4 and 5 to Science North	21
22	23 Holidays	24 Holidays	25 Holidays	26 Holidays	27 Holidays	28
29	30 Holidays	31 Holidays				