
November 2019

Cyril Varney P.S.

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

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

Telephone: (705)566-2424

Fax: (705)566-6053

CONGRATULATIONS!

The following students were recognized for showing **RESPONSIBILITY** for the month of **OCTOBER**:

Ms. Pigeon & Ms. Boileau – JK/SK * Emily J. & Dexter M.

Ms. Pulice & Ms. Rideout – JK/SK * Bravery T. & Kaeleigh O.-T.

Ms. Brooks – 1 * Keira D.-M. and Bekka D.

Ms. Bonsu – 1/2 * Jayce M. & Jaycek J.

Ms. Marsh – 2 * Jane V. & Avery P.

Ms. Hollohan – 2/3 * Vraj P. & Creeanna F.-D.

Ms. Miller – 3 * Alyssa L. & Parker D.

Ms. Rybiak & Mr. Amadio – 3/4 * Mason J. & Dhir P.

Mr. Markwick – 4 * Raelin D.M. & Grant T.

Ms. Mourre – 5 * Taylor T. & Isabella M.

Ms. Marcotte – 5/6 * Summer V. & Jennifer K.

Ms. Flood – 6 * Raygan P. & Hunter D.



Important Dates for November

- November 1 – Lifetouch Picture Retakes
- November 4-8 – Treaty Recognition Week
- November 6 – World Paper Free Day
- November 11 – Remembrance Day and Remembrance Day Ceremony at 10am
- November 12-15 – Dental Screening
- November 13 – World Kindness Day
- November 15 – "Rock Your Mocs" day
- November 17-23 – Anti-Bullying Awareness Week
- November 18 – Ballet Performance
- November 18 – School Council Meeting 6pm
- November 22 – PD Day (no school)
- November 29 – Crazy Hair Day

Aanii,

My name is Eileen and I am the Aboriginal Support Worker for Cyril Varney Public School. I am at the school on Wednesdays and I have been enjoying getting to know the students through Mrs. McLeod's Anishinaabemowin classes.

I have been warmly welcomed into the school community and I would love any opportunities getting to know the students' families whenever possible. If you wish to speak to me I can be reached through the school or by email at creasee@rscloud.ca.

Miigwech!
Ms. E

Progress Reports

Your child's progress report was sent home on Tuesday October 29, 2019. It is designed to show the development of your child's learning and work habits during the fall months of the school year, as well as his/her general progress in working towards the achievement of the curriculum expectations in all subject areas.

The first page indicates skills that represent your child's work habits: responsibility, organization, independent work, collaboration, initiative and self-regulation. The second page will indicate your child's progress in each subject area.

Interviews were held on October 30, 2019. If you were unable to attend at the specified time, please contact the school at 705-566-2424 or send a note to your child's teacher.

2019-2020 Report Card Dates

Progress Report - October 29th, 2019

Provincial Report Card - February 19th, 2020

Provincial Report Card - June 26th, 2020

Remembrance Day

Our Remembrance Day Ceremony will take place in the gym on Monday November 11th at 10 am. Students will stop to remember those brave individuals who served their country and gave their lives in times of war. Students will listen to poems, watch a video tribute and participate in 2 minutes of silence. Selected students will place poppies on a wreath.

November Character Trait

Courage

Le Courage

Zoongode-i-win

Anti-Bullying Awareness Week November 17-23

- * Bullying is wrong and harmful.
- * Bullying is a relationship problem (bullying cannot be addressed with simple solutions. Bullying requires relationship strategies that encourage respect and empathy for others.)
- * Bullying is a community issue and we all need to play a part in addressing it.
- * Youth involvement and leadership is very important.
- * We need to challenge and support potential bystanders or the "silent majority" to not accept bullying behavior as normal.
- * Everyone has the right to be respected and the responsibility to respect others, in person and online.

Cyril Varney Bingos

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 monies used to enhance our learning environment.

Become a Bingo Volunteer for Cyril Varney

The upcoming training sessions are:

Wednesday, November 6, 2019 at 10am

Tuesday, December 3, 2019 at 6pm

Sessions are held at the Delta Bingo Val Caron (2914 Hwy 69N - bottom of the hill on the right) and are just over an hour long with no appointment 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 in our school. Volunteers do require a current police record check.

Wednesday, November 6, 2019 Celebrate World Paper Free Day in Rainbow Schools!

Calling all staff and students to **GO PAPERLESS** and **Celebrate World Paper Free Day!** November 06 is a day to help raise awareness about paper consumption and alternatives in Rainbow Schools.

Turning one tree into paper releases 110 lbs of carbon dioxide into the atmosphere, additionally trees convert over 2,000 lbs of carbon dioxide in their lifetime. Going paperless would have a huge and positive impact on carbon dioxide emissions.

World Kindness Day is Wednesday November 13, 2018.

To celebrate World Kindness Day, you may wish to try some of these acts of kindness:

Say hello to someone new, say "thank you", read a story to a friend or to your little brother or sister, offer to help with the dishes, help fold laundry at home, clean your room without being asked, do the right thing, play a game with your little brother or sister, make breakfast for your family, open the door for someone, give a compliment, include everyone in your games, tell your parents you love them, hug someone, lend a classmate a pencil, or make a kindness poster.



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.

FRESH FROM THE FARM ORDERS

The school will be notified 2 weeks before our orders arrive. Families who placed orders will be notified of the pick-up date.

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.

Winter Clothing Drive

A tremendous thank you goes out to everyone who helped Cyril Varney give back to our community by donating warm winter clothing to our Winter Clothing Drive!

We were able to collect some winter clothing items for the drive.

If you know of any families in need of winter clothing, items will be available at the Southridge Mall (1933 Regent Street) on the following days:

- Wednesday November 13th to Friday November 15th from 11 am to 7 pm
- Saturday November 16th & Sunday November 17th from 11 am to 4pm

Friday November 15th is
"Rock Your Mocs" day
at Cyril Varney!

Students are invited to wear their moccasins to honour cultural roots and the importance of identity, as well as to celebrate harmony through unity.

Save the Date - Holiday Concert

Our annual Holiday Concert will take place on Tuesday, December 17th. In order to comply with Fire Code Regulations, we will be hosting two concerts during the school day. We will divide our classes into 2 groups, with the first concert being performed at 1:00 pm and the second concert taking place at 2:15 pm. Should you have children performing in both concerts, you will be invited for coffee and cookies in our library while you wait. Stay tuned for more information, but mark this date on your calendars.



Character Trait
 Courage
 Le Courage
 Zoongode-i-win

Hot Lunches
 Fridays – Pizza \$2.00
 order online now for December at rainbowschools.schoolcashonline.com

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lifetouch Picture Retakes	2
3	4 Treaties Recognition Week (Nov 4-8)	5	6 World Paper Free Day	7	8	9
10	11 Remembrance Day and Remembrance Day Ceremony 10am	12 Dental Screening (Nov 12-15)	13 World Kindness Day	14	15 Rock Your Mocs!	16
17 Anti-Bullying Awareness Week (Nov 17-23)	18 Ballet Performance 9:30-10:30 Primary 11:35-12:35 Junior School Council Meeting 6pm	19	20	21	22 PD Day (no school)	23
24	25	26	27	28	29 Crazy Hair Day	30

Learning at Home

OCTOBER 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.

Parents/guardians can make an incredible difference in their child's learning by engaging in learning activities with them.

Monthly editions of **Learning at Home** will offer fun ideas and resources to help you support your child's learning in literacy and mathematics.

Although many of these activities, ideas and resources can be used by children on their own, the goal is to include parents/guardians in learning time with their children.



A Space to Learn

Creating a positive environment to work together can make learning at home more effective and enjoyable. Here are a few tips to keep in mind:

- Include daily activities in your routine to make learning at home a priority *e.g. math games after dinner or reading together before bed.*
- A quiet, well-lit, comfortable space that is free from distractions can increase focus and maximize learning potential.
- Ensure your child's learning area is spacious enough to accommodate books and resources.
- Take breaks during learning sessions to help your child maintain their focus on the task at hand.

Remember: Completing learning tasks together can be a great way to bond with your child. *Enjoy it!*

Literacy at Home

Reading with your child as often as possible is an effective tool for parents/guardians to improve overall student achievement. Set aside a designated time each day when you can give your full attention to reading with your child.

If you and your child are more comfortable reading and speaking in a language other than English, please use it. Reading and talking to your child in the language of your home is always beneficial. Skills learned in your home language will only help children as they learn more English.



Helpful Reading Tips

- Choose a variety of reading materials to read *i.e. books, magazines, newspapers and flyers.*
- Depending on your child's interest level, try to vary the length of reading time spent reading *e.g. young children may prefer shorter sessions rather than one long session.*
- As children get older and begin to read on their own, "I Read, You Read" is a fun way to explore books together. Take turns reading pages to one another.
- Keep reading to your child even when they are able to read on their own. It is helpful for children to hear "seasoned readers" read smoothly. This will help children develop their own reading fluency. Books above your child's own reading level can increase their interest and maintain a long-term love of reading.
- Be word detectives together. Make note of and discuss interesting, new or challenging words. Talking about different words and their meaning can help your child develop a stronger vocabulary.

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Why are math skills so important?

Without even thinking about it, we all use mathematical concepts in our everyday activities. We make correct change when shopping, estimate how many cans of paint are needed to paint a room, measure ingredients when cooking or baking, and calculate the tip on a restaurant bill.

Fundamental math skills are foundational to other aspects of the math curriculum, including determining area, volume and rates. Fundamental math skills are those used when determining how much tile is needed for a new floor, or when seeking an economical way to purchase music online.

Example: Is it a better deal to buy 25 songs for \$7.99 or 50 songs for \$10.45?

Excerpt from <https://math.thelearningexchange.ca/math-at-home/>

How can you help?

Math is everywhere. Help your child make connections between what they are learning in school and everyday experiences at home and in the community. This can include shopping, cooking or managing money.



Parents as Partners: Learning at Home

Helpful Math Tips

- Talk about math in a positive way.
- Encourage persistence.
- Play family math games together.
- Connect math with activities in your daily life.
- Encourage your child to talk about their math thinking.
- Talk with your child's teacher about any difficulties they may be experiencing. Children greatly benefit when teachers and parents/guardians work together.

Adapted from information provided by the Ontario Ministry of Education

Useful Links

French as a Second Language: www.fslhomeworktoolbox.ca
Cursive writing practice sheets: www.kidzone.ws/cursive
Keyboarding games: www.typinggames.zone

Dolch Word Lists

You can use these words to play games with your child. Don't worry too much about the exact grade level listed for each section. Look for words that are just starting to become challenging for your child.

Try making two sets of cards to play Memory or Go Fish. Working with ten to fifteen words at a time makes games more fun and the words easier to learn.
<https://sightwords.com/sight-words/dolch/#lists>

Les mots de haute fréquence - High Frequency Words

Access frequently used French words at the following link:
<http://www.rainbowschools.ca/wp-content/uploads/2019/09/motsfr.pdf>

Visit rainbowschools.ca to access any of these links directly. Click on Parents. Click on Resources for Parents.

Learning at Home

NOVEMBER 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.

When children are interested and engaged in learning activities, they are more motivated to learn master new skills. Being thoughtful about how learning tasks are presented to children can help them enjoy and get excited about learning!

How to make reading enjoyable

We want students to see reading as interesting and worthwhile. To help instill a long-lasting love for reading, start at a young age. To help at home, you can:

- **Make reading social.** Set aside a special time for reading each day with your child. To try something new. Have your child read with a sibling, a grandparent, or friend. They might even enjoy reading to a favourite stuffed animal as you sit together.
- **Read recipes** or craft instructions together. Follow each step to create something special together.
- **Be silly!** When reading exciting or scary parts of a book to your child, be dramatic. Use different voices for what the characters say. Encourage your child to try it out as well.
- **Play word games as you read.** Have fun taking turns reading mystery words. Give your child clues about the word until they discover the word. For example, you might say, "The word I am thinking about starts with P." Other clues could be around rhyming, definitions, word endings, or types of words i.e. nouns, verbs, etc.

Free fun at your local library

Get a free library card at the Greater Sudbury Public Library. Visit as a family and explore the many ways you can help your child have fun with reading.

- **Let your child choose** what they want to read with you. Children engage more with books when the topics interest them. It's okay to re-read the same books over and over again. Encourage your child to join in for the parts they know, and take turns reading pages.
- **Help your child select books** that are not too difficult. Reading becomes less enjoyable if your child is struggling. Choose text they can read with ease to help foster a long-lasting love of reading.
- **All reading is good.** Let your child explore the genres and types of reading material that interest them including graphic novels, comic books, catalogues, and even magazines.
- **Listen to audiobooks.** The Greater Sudbury Public Library has audiobooks available to download online with your library card. **Vooks.com** also provides free access to animated storybooks.



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We can all learn math

An important positive message to share with children:

"We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them. Researchers are learning that students' ideas about their ability and potential are extremely important, much more than previously understood. As well as the messages we give students about their potential, brain research is now showing that messages students pick up from their parents about math and their parents' relationships with math can also change students' math learning and achievement."

Source: <https://www.youcubed.org/resources/parents-beliefs-math-change-childrens-achievement/>

YouCubed is created by Stanford University Professor Jo Boaler and her research team, with a mission to "inspire, educate and empower teachers of mathematics, transforming the latest research on math learning into accessible and practical forms."

How to talk positively about math

Parents and teachers can provide support by using positive language for math, including:

- "You can do this. I believe in you."
- "Learning math is like learning to ride a bike - it takes practice."
- "Math involves hard work and effort. You are capable."
- "It's okay to make mistakes because that is how we learn."
- "Let's start with what you do understand. Then we will move on to what you are having trouble understanding."
- "Let's try to figure this out together."

When building positive attitudes in math, children feel successful, engaged and are more likely to persevere with challenging tasks.

Games and building a positive mindset

Playing math games can be a great way to build a positive attitude about math at home. The following are examples of great games where math skills are used, but children do not feel like they are in math class.

Uno: sorting by colour or number

Monopoly: recognizing quantity, counting forward, practice making purchases and change, counting money

Snakes and Ladders: recognizing quantity, counting forward

Cribbage: addition, skip counting, ways to make 15, score keeping

Blokus: spatial reasoning skills, transformations (flip, slide, turn)

Online supports and useful links

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PARENT GUIDE

Having weekly, short, calm conversations with your family about tech is so important. Tech Talk Tuesday (TTT), our weekly blog, offers you tools and tips for discussions. Families tell us it's making a huge difference. Visit our website www.screenagersmovie.com/tech-talk-tuesdays/ to try one. It's never too late to start a conversation about technology but often doing it in baby steps is more effective. —Delaney Ruston, MD, filmmaker of Screenagers

4 Basic rules to consider— (go to www.screenagersmovie.com to find ways to enforce rules)

1. No screens in bedrooms when kids and teens go to sleep (for younger kids keep screens out completely). Fact: 75% teens get inadequate sleep. The presence of devices disrupts sleep cycles.
2. Set time goals for studying without multitasking and then, also, take tech breaks. Fact: Multitasking is linked to less retention and poorer academic outcomes.
3. Eat family meals without devices. Fact: Face-to-face conversations improve mood and empathy.
4. Put phones and devices away in the car. Fact: More than half of kids report seeing their parents text while driving.

3 Tips to help your child build self-control

1. Science shows that positive rewards work better than punishment. For example, if you observe your child focused while doing their homework without their device, praise them.
2. Build times when tech is out of sight. Self-control is hard, so decrease temptations.
3. Use TTT to let your kids share with you about the reasons they like tech in their lives—the more they feel understood, the more they'll work with you on tech limits.

Discussion questions

- How much time do you think kids in the US spend looking at screens? (Kids spend an average of 6.5 hours a day on screens, not including classroom or homework.)
- How much time do you think you spend each week on screen-related activities?
- The film featured a study in which baby mice exposed to screen time developed fewer cells in the areas of learning and memory than non-exposed mice. Do you think this is true for humans too?
- Do you think violent video games desensitize people to violence?
- What are some popular games that don't involve violence?
- Have you experienced people using screens to avoid face-to-face interactions? Do you ever make comments online that you wouldn't make in person?

Resources at www.screenagersmovie.com

- Screen Time Contracts—Tips and screen time contracts templates, including Tessa's contract
- Parenting Apps—Tools that automatically turn off tech at certain times
- Digital Citizenship—Links to help teach this at home and in schools
- Parenting Tips—Ongoing practical advice from our blog, TTT and more