

Northridge Newshawk



Newsletter # 5,

November 21, 2019

Principal's message

With 250 students in one school there are bound to be issues between kids. When these issues end-up in the office for Miss Simmonds and I to help sort out we have a short and simple method. It goes like this: If you mess-up, you need to fess-up, and then you fix it. Students make poor choices at times and it is important that we give them a chance to 'make things right'. As always, if you have any questions about this or any other aspect of our school please do not hesitate to contact me.

Dates to remember

- Nov. 22 Pro D Day – No school for students
- Nov. 29 School Assembly and Strings Performance @ 10:30AM
- Nov. 29 Subway Hot Lunch
- Dec. 6 Report Cards Go Home
- Dec. 12 Winter Concert PM and Evening

Lost and Found

Please note that all Lost and Found will be put out on display next week on the bench outside the Library. After next Friday all left over clothing will be donated.

Math Night

Thank you to all those that came out to our Math Mania event. It was a huge success and we are currently looking into holding another one this year. Stay tuned for details.

Basketball Team

Basketball has begun and many Grade 4/5 students are taking part in program. Mr. Johnston and Mr. Richardson are thrilled with the interest and enthusiasm. Groups have now been posted. Group A meets on Tuesdays and Group B Thursdays from 2:50 to 3:30pm.



Youth Creating Inclusion

Last week 15 YCI (Youth Creating Inclusion) students represented Northridge at a Youth Summit at Oak Bay High. Over 200 youth from around the city participated and heard from philanthropist, David Roche. Our students displayed our school values of safety, kindness and respect while representing Northridge in the community. Every student was given a \$100 CanadaHelps gift card to donate to the charity of their choice. In the coming weeks our 15 YCI students who attended the summit will donate their collective \$1500 to various charities!



Dress for the weather

The weather is changing; it's cold and wet. Please make sure that your child is dressed to be outdoors for both morning recess and lunch recess. You can set up a routine in the morning to check the weather and make a smart decision on outerwear. **Used Clothing Request: There is a need for sweat pants. If you have gently used sweat pants (pull on style) or leggings suitable for age 5-10, would you please bring them to the school office.**

Parking Lot Safety

We ask that you not drop off your student in the Staff Parking Lot or ride/walk through there during busy times. This has become a safety concern. There are sidewalks to ensure all bodies have a safe path to the school.

Country Grocer (Royal Oak) – Save a Tape Program



Save your grocery receipts and drop them off at the school. Country Grocer will donate 3% of the total sales of the receipts collected. That's \$3 to our school for every \$100 spent at Country Grocer. You can ask family and friends to save their receipts for you as well. There is a drop off box located inside the Northridge Office. This is a great fundraiser!



Northridge 13 Divs of Christmas

Northridge “Thirteen Divs of Christmas” has begun. Each Division is responsible for a non-perishable food item/necessity and is building a hamper from the various contributions within their classroom.

Division	Teacher	Food item/necessity	Ideas
1	Mr. Johnston	Pasta / Rice	Macaroni, rice, boxed potatoes, spaghetti
2	Ms. Escher	Canned Fruit & veggies	Apple sauce, beans, corn, fruit cocktail
3	Mr. Richardson	Sauces & Condiments	Pasta sauce, tomato sauce, ketchup, , mayonnaise, pickles, relish
4	Mrs. Chessa	Small treats & snacks	Candy, chocolate, cookies, cake mixes, cookie mixes
5	Mrs. Hall	Christmas Basket	Mrs. Hall will send a letter home to parents regarding this.
6	Mrs. Kupiak/ Miss Harris	Christmas Basket	Mrs. Kupiak/Miss Harris will send a letter home to parents regarding this.
7	Mrs. Lunt	Household & hygiene supplies	Tooth paste, soap, toiletries, cleaners, sponges, laundry detergent
8	Mrs. Tebo	Soups	Canned soup, dry soup, chili, stew
9	Mrs. Sarton	Pasta/Rice	Macaroni, rice, boxed potatoes, spaghetti
10	Mrs. Elliott	Snacks and Treats	Granola Bars, pudding cups, raisins, crackers, candy, chocolate
11	Miss Kelly	Soups	Canned soup, dry soup, chili, stew
12	Miss Simmonds	Breakfast Items	Cereal, Oatmeal, Peanut Butter, Jam
13.	Mrs. McKeachie	Breakfast Items	Cereal, Oatmeal, Peanut Butter, Jam
	Staff	Juice and Extra's	Orange juice, Apple juice, tea, coffee, Hot cocoa

Cooking in the Classroom

Another Northridge Healthy School Committee Initiative (Parents and Teachers working together!)

The healthy school committee has been working towards increasing food literacy skills in the classroom. One of our parent members, Carol Pesce, has taken a lead role in going to cook in the classroom with the kids. Carol is leading the children through an experience of preparing, sharing and eating tasty homemade food.

In the last few weeks Carol Pesce has been to the school 3 times and worked with 4 kids at a time, cooking and preparing in Mrs Chessa's class. Carol has been trying to incorporate some different ingredients that have more nutritional value and resourcing from our school garden when possible.

The three dishes that we have cooked so far are:

1. Roasted squash, yams and carrot soup with kale from the garden and pumpkin seeds
2. Orecchiette pasta with tomato sauce, and hidden vegetables including kale and collard green from the garden
3. Zucchini and squash muffins and roasted yams muffins





Generation Health Program

Generation Health is a fun, interactive and FREE family program for families with children aged 8 to 12-years-old who are off the healthy lifestyle path. It helps families build skills to: 1) support the family's health and quality of life; 2) eat healthy and be more active; 3) promote positive mental and social health. Topics include:

- Introduction to healthy eating and active living
- Setting goals and using effective rewards
- Healthy body image and self-esteem
- Creating positive family mealtimes and physical activity experiences
- Positive parenting
- Cooking and playing together

Registration is now open for our Winter 2020 program in Greater Victoria.

Start Date: January 16th, 2020

Time: Thursdays, 6:30-8:30pm

Location: Juan de Fuca Recreation Centre

Come find out more at a FREE introductory Healthy Living Workshop on Thursday January 9th, from 6:30-8:30pm. To register for the workshop or the 10 week program contact 1-888-650-3141 or info@generationhealth.ca.

For more information see the Generation Health website: www.generationhealth.ca