



# BES November Newsletter

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Principal: Dale Bujold  
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## November Virtue: Peacefulness and Service



**The Transformers House Team (K2, 1A, 2B, 3/4F, 4B, 5A, 6D) will be hosting and performing in the Remembrance Day Assembly on November 7, 2019 starting at 9:30 am. Parents/Guardians of these classes are welcome to attend.**

**There is No School for staff and students on November 8 and November 11 in recognition of Remembrance Day. Have a great long weekend!**



PICTURE RETAKE DAY!

Smart Photography will be back at BES for Picture Retakes on November 13. They will be doing pictures in the Amphitheatre.

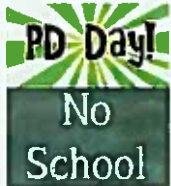
**CPF** Canadian Parents for French

CPF Meeting for parents/guardians on Nov. 13 at 6pm in the BES Staffroom.

The French program will be having a Perogy and Sausage Fundraiser in November, stay tuned for more information coming to you soon!! The Hot Dog Sale was a success with 610 hot dogs being sold. Thank you to all that ordered!!



There will be a BESAA Meeting on Nov. 20 at 7pm in the BES Staffroom. All parents / guardians are welcome to attend.



November 22, 2019 is a PD Day for all staff. NO SCHOOL for students!

<b>ATTENDANCE - 1 or 2 days a week doesn't seem like much but...</b>			
<b>If your child misses...</b>	<b>That equals...</b>	<b>Which is...</b>	<b>And over 13 years of schooling that's...</b>
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1.5 years
1 day per week	40 days per year	8 weeks per year	Over 2.5 years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years of school
3 days per week	120 days per year	24 weeks per year	Nearly 8 years
<b>How about 10 minutes late a day? Surely that won't affect my child?</b>			
<b>He/She is only missing just...</b>	<b>That equals...</b>	<b>Which is...</b>	<b>And over 13 years of schooling that's...</b>
10 mins per day	50 mins per week	Nearly 1.5 weeks per year	Nearly 1/2 year
20 mins per day	1 hr. 40 mins per week	Over 2.5 weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1.5 years
1 hour per day	1 day per week	8 weeks per year	Over 2.5 years
<b>EVERY DAY COUNTS</b>			
<b>If you want your child to be successful at school then, YES, attendance does matter!</b>			

## Rainbows

Barrhead Elementary School is once again running the RAINBOWS program in our school. Rainbows is a peer support program for children who have suffered a significant loss in their family. This loss may be due to the separation or divorce of parents, the death of someone close, abandonment by a loved one, incarceration or some other painful loss for the family. The children will be arranged into small, age appropriate groups and will meet in their groups once a week for about 12 weeks. If you are interested in your child participating in the Rainbows program, please let your child's teacher know or call the office and they will put your name on a list. Space is limited, so some students may be put on a waitlist for next session.

Please contact Ria Young (BES School Counsellor) or Katharina Friessen (BES Success Coach) if you have any questions.

The first session will begin mid November.

### **My child NEVER has enough time to eat their lunch.**

We often hear this as a common complaint from parents. This has been a heavily debated concern both at the school council level and with staff at the school. In fact a number of years ago administration addressed this concern brought forward by parents by implementing the **Balanced School Day** approach. The Balanced School Day provides balanced teaching, learning, nutrition and physical activity throughout the day. Balanced teaching was achieved by creating 3 uninterrupted blocks of learning time with 2 breaks for eating dividing up the times.

The balanced day gives a more effective nutritional approach by providing two separate times of eating for our students. Some teachers have also implemented a morning snack as they have noticed that their students are hungry when first arriving at school. The morning snack gives students an initial boost of energy, especially if they haven't had time to eat breakfast, and sets them up for a successful day of concentrating and learning. The morning snack usually occurs as soon as the students arrive at school.

Later in the morning students are given a 15 minute break to eat their lunch during our first lunch time. During this time students can eat their lunch that they brought from home or if they are on hot lunch it is prepared for them during this lunch time.

In the first part of the afternoon is the second nutrition break. This break allows students time to eat what they did not get a chance to finish in the first lunch or eat a snack that they have brought. The purpose of the second lunch is to help our students recharge themselves which helps for promoting greater concentration and focus later in the day. Research shows that students are more likely to eat all of their lunch when provided time to finish which is the premise of the Balanced School Day.

Prior to us moving to the balanced school day BES only had a 15 minute lunch break similar to other schools in the district and the province.

**Other schools in the district currently have lunch times as follows:**

Swan Hills	20 minutes	Busby	15 minutes
Dunstable	15 minutes	Fort Assiniboine	15 minutes
Westlock Elementary	20 minutes	Pembina North School	15 minutes
Neerlandia Public Christian School	15 minutes		

**In comparison to other schools BES has the following eating times:**

<b>**Morning Snack (most classes provide morning snack)</b>	5 minutes (optional based on teacher discretion)
<b>Morning Lunch</b>	15 minutes
<b>Afternoon lunch</b>	Total of 20 minutes eating time.  7 minutes are scheduled for lunch and 13 minutes are scheduled for DEAR - Drop Everything And Read  Students can eat as long as they need to during this 20 minutes.
<b>TOTAL EATING TIME FOR STUDENTS</b>	<b>35 minutes per day PLUS 5 minute.snack</b>

If you have any questions or concerns please contact your school council president Jennifer Danielson at [jennifercdanielson@hotmail.com](mailto:jennifercdanielson@hotmail.com) to have your concern put on the next school council agenda or call the school and ask to speak with the principal Dale Bujold.





**How does a reverse advent calendar work?**

Each classroom will have a box available for food bank donations starting on November 12th. We have to collect early so that items can be collected and organized for distribution by the Food Bank Committee.

We challenge each class to try to collect at least 1 of the items listed for that day. On the week after the challenge ends, the box will get donated to FCSS for their Food Bank and Christmas Hampers.

**NOVEMBER**


Monday	Tuesday	Wednesday	Thursday	Friday
	<b>12-</b> Canned Soup	<b>13-</b> Can of Peas	<b>14-</b> Stove Top Stuffing	<b>15-</b> Juice
<b>18-</b> Jam	<b>19-</b> Cereal	<b>20-</b> Pasta Sauce	<b>21-</b> Pasta	<b>22-</b> Box of Cookies
<b>25-</b> Applesauce	<b>26-</b> Canned Peaches	<b>27-</b> Rice	<b>28-</b> Canned Corn	<b>29-</b> Canned Cranberry Sauce

**Coat and Mitten Drive-** In December, our school will have a used coat and mitten drive. If you have gently used children’s winter items please wash them up and hold on to them, we will be collecting them in partnership with FCSS. Please note that items can also be dropped at Barrhead Cleaners. Please contact Barrhead FCSS for more information.

**Santa’s Toy Box-** Please stay tuned for more information on our school’s toy drive. More details will come home soon.



# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No school for Kindergarten - Teacher PD	2
3 Daylight Savings Time Ends Turn clocks back!	4	5	6	7  Remembrance Day Assembly 9:30 - Transformers House Host - K1/2, 1A, 2B, 3/4F, 4B, 5A, 6D	8 Mid Semester Break No School	9
10	11 Remembrance Day No School 	12 Parent Council Poinsettia Fundraiser Order forms in today	13 Photo Retakes  all Grades 9:00 in Amphitheatre Gr 3 Peruvian Masks - 3B & 3D 6C visits with Keir Care residents	14 Gr 3 Peruvian Masks - 3A & 3C	15 Gr 5 Swim @ 1:30	16
17	18	19	20 K1, K3, K5 Learning Showcase 3:30-6:30 Parent Council Mtg. - 7:00	21 K2, K4, K6 Learning Showcase 3:30-6:30	22 PD Day - No school for students	23
24	25	26	27 6A visits with Keir Care resident	28	29	30

