

Christian Island Elementary School

School Newsletter

The Wheels on the Bus...

This is a very exciting year at CIES and to start it all off is the introduction of a new bus service! The routes are planned to accommodate students that live more than a one kilometer (1 km) radius away from the school.

These parameters are as follows:

1 km going EAST on Kate Kegwin (1km boundary stops at Shawna & Mitch's door).

1km going WEST is the intersection of Kate Kegwin and Moccasin St. (Moccasin St. is beside Judy & Arnolds)

1 km to the NORTH is at the Recreation Center.

Pick Up/Drop Off Times

Junior Kindergarten

8:00am Pick-Up Route begins

8:20am approx. Arrival time @ CIES

11:30am J/K Departure from CIES

Grades 1 - 8

8:25am Pick-Up Route Begins

8:50am Arrival @ CIES

Senior Kindergarten

12:10pm Pick Up Begins

12:25 Arrival at CIES

Grades 1-8 & SK

Departs: 3:40pm



...go round and round.

Please note that the students in Grades 1-8 who reside *within* the parameters listed will **not** be receiving bus service.

All Kindergarten Students will be riding the bus.

The bus will be considered as an extension of the classroom. Students are subject to discipline guidelines, the same as set out at CIES.

-Christian Island Elementary School Bus Policy, August 2009.

Christian
Island
Elementary

Volume 1, Issue 1

August/September 2009

FYI

- **Time Changes to J/K, S/K, Daycare and Latchkey**
- **New Teachers!**
- **The Bus will also be transporting students to and from the Rec. Center for Gym Class.**
- **Every student will be asked to complete a 1/2 hour of homework a night**
- **School Supplies for all students on Sept 8th!! That includes Backpacks too!**
- **Grade 7/8 boys will be moving back into the school**

Latchkey & Daycare Unite under BEA

This upcoming school year we will be piloting another program that will look at stream lining the services offered by latchkey and the daycare.

All senior kindergarten students will be registered in both daycare and latchkey. The students will alternate weeks between daycare and latchkey.

These changes will help coordinate a typical school day with parents work schedules. No longer will there be a separation between the daycare, latchkey and the school. These programs now correspond with the Beausoleil Education Authority mandate.



CHRISTIAN ISLAND ELEMENTARY SCHOOL
SCHOOL YEAR CALENDAR 2009-2010

SEPTEMBER							OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

DECEMBER							JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28						

MARCH							APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3							1
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27						



Calendar

PROFESSIONAL ACTIVITY DAYS/HOLIDAYS

School PA Days

School PA Days
November 27/09, June 25, 2010

Holidays

School Holidays
June, 28, 29, 30/2010

Holidays
Labour Day –Sept 7/09
Thanksgiving– October 12/09
Remembrance Day—November 11/09
Christmas Break—December 18/09 to January 4/10
Family Day—February 15/10
March Break—March 12 to 22/10
Easter Monday—April 5/10
Good Friday—April 2/10
Victoria Day—May 24/10
Solidarity Day—June 21/10
LAST DAY for Students—June 24 /2010



Principal's Welcome Back Message

Welcome back students, parents and staff to another exciting school year at C.I.E.S.! There have been some personnel changes at the school since June and I would like to take the opportunity now to outline these to you. Joining our staff are Becky Monague – administrative assistant; Kimberly Robinson – grade 7 & 8 girls teacher; Stephanie Petiquan – grade 5 & 6 teacher. Welcome to all three of you!

There are some other changes as well. Lori Monague has successfully completed her first year of teacher training this summer and will be our teacher-librarian; Marilyn Raaflaub has moved to a classroom and will be the grade 4

& 5 teacher; Sara Jamieson has become our grade 7 & 8 boys teacher. Along with the rest of our returning staff, we are looking forward to a successful school year.

Our custodial staff has done an excellent job of getting the school ready for another September start-up! Thanks to Vance and Mark!

In the first couple of weeks of school you can expect a revised Parent - Student Handbook. It will contain information about homework, computer use, physical education, etc. It will also have a copy of the current school year calendar showing holidays. Please take some time to review

the handbook and in some cases, discuss matters with your child(ren).

If you have questions for your child's teacher or any general questions, please contact the school. It is important for us to work together – the home and the school – to gain the most success for the children



Tips for Healthy Eating and Lunch Program

Tips for Healthy Eating

FOOD SHOULD BE ENJOYED! Having a meal with your family and friends is a great way to enjoy your meals.

BREAKFAST=ENERGY! You need fuel in order to last the entire day, so why not eat energy boosting breakfasts such as cereal, fruit, yoghurt, and toast to stay focused.

BALANCE MEANS VARIETY! Eating foods rich with vitamins and minerals is important to maintain good health. Eat a variety of foods, even experiment, to ensure you are getting the essential vitamins and minerals needed.

ONE CARBOHYDRATE WITH EVERY MEAL! Cereal, bread, pasta, or rice; these are examples of carbohydrates which are needed for our daily calorie

intake. At least one carbohydrate should be included with every meal.

FRUITS AND VEGETABLES ARE EDIBLE! Vitamins and minerals are also found in fruit and vegetables. Eating 5 servings a day will also give you more fiber in your diet.

HIGH FAT LUNCH/LOW FAT DINNER! Butter, fried bologna, cake are a few examples of fatty foods that need to be kept to a minimum. If you eat a high fat lunch, have a low fat dinner to stay balanced.

SNACK! If you feel hungry after a meal, be sure to have a small snack with you in order to avoid feeling hungry after you have eaten. Snacks such as an apple, chips, celery sticks, nuts, or a chocolate bar can be eaten as snacks to avoid feeling unbalanced and hungry.

DRINK BIISH! Drinking five glasses of water or juice a day will prevent dehydration.

BRUSH YOUR TEETH! Brushing your teeth twice a day keeps your mouth healthy and smelling fresh.

EXERCISE! An active lifestyle will help with digestion, maintaining a healthy heart, and will keep your bones strong. Go swimming, running, biking, skipping, walking! All of these exercises are perfect for feeling balanced and healthy.

The Lunch Program will be offered again this year! Students who stay at the school for the lunch hour are asked to stay on the school grounds for safety reasons.

Staff Changes

This year, CIES will be welcoming new members of the teaching staff. Here is the latest updated list of CIES Staff:

- Principal: Mr. Lucas
- Admin. Assistant: Ms. Monague
- J/K&S/K: Mrs. Sunday
- Grade 1/2: Ms. Jones
- Grade 3: Mrs. King
- Grade 4/5: Mrs. Raaflaub
- Grade 5/6: Ms. Petiquan
- Grade 7/8 Girls: Ms. Robinson
- Grade 7/8 Boys: Ms. Jamieson
- Teacher/Librarian: Mrs. Monague
- Education Assistant: Ms. Jackson
- Education Assistant: Mrs. Williams
- Education Assistant: Ms. Monague

Student Support Counsellor: Mrs. Sylvia Norton-Sutherland

NSL: Doug King

Special Education Resource: Angela Phillips

Custodial Engineers: Mr. Mark King
Mr. Vance Monague

Students! Be sure to introduce yourselves!

Please be advised that the Education Assistants have been switched around. Ms Williams will be working from the Grade 3 class, Ms Jackson will be placed in with grades 4/5, and Ms Monague will be working from the Grade 1 and Kindergarten classrooms. In addition, the grade 7/8 boys will be moved back into the school this year.

Balanced School Day Timetable

Period 1.....	9:00-9:50
Period 2.....	9:50-10:40
NUTRITION BREAK.....	10:40-11:00
RECESS.....	11:00-11:20
Period 3.....	11:20-12:10
Period 4.....	12:10-1:00
LUNCH.....	1:00-1:50
Period 5.....	1:50-2:40
Period 6.....	2:40-3:30

New Kindergarten Times

Beginning September 8th 2009, Junior Kindergarten and Senior Kindergarten students will see a new change within the Kindergarten room. The J/K students will start their day at 8:30am and end at 11:30. The S/K will begin their day at 12:30 and end at 3:30pm. This change will allow three hours of instruction for both classes.

The new bus route will run in accordance with these new class times. Please assure that an adult is present

"This change will allow for three hours of instruction time for both classes."

when the Kindergarten students are dropped off at their bus stops. All drop off times are listed and illustrated on the bus route map within this newsletter. If you have any questions or concerns, please call Becky @ the school.



A Big Hearty Congratulations!!!

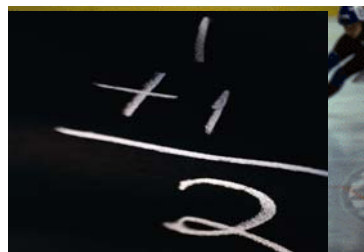
To all the students who took part in this years Summer School: Math Camp 2009 with the Student Instructors from Upper Canada College in Toronto.

A certificate of participation was awarded to all who attended, if you have not yet received your certificate please let Sylvia know and she will make sure you get yours.

Student participants: Azure-Dee,

Blair, Braedon, Carl, Cameron, Cassidy, Conner, Curtis, Darian, Dawson, Ethan, Jacob, Jeremy, Isaiah, Kallie, Karissa, Kashtin, Kiara, Kyra, Lana, Logan, Roly, Shane, Timothy, Trent, Wyatt.

Miigwech for being such



Now math is as easy as



awesome learners and giving up some of your summer break. We hope it will help you with math in the school year. A g'chi miigwech to the UCC students who came and volunteered their time with us this summer. It was FUN!!!

Christian Island Elementary

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BUS ROUTE MAP

