**QUEEN ELIZABETH**

**ELEMENTARY NEWSLETTER**

**VOLUME 1 - September 2023**

**Principal** **Vice-Principal**

Rodney MacArthur Telephone: 836-8900 Colleen Taylor

**https://queenelizabeth.edu.pe.ca/**

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**Sept. 07 – WELCOME BACK TO SCHOOL K-6 STUDENTS**

**Sept. 13 – Picture Day @ QEES!**

**Sept. 14 – “Meet the Teacher”- BBQ hosted by our HOME & SCHOOL**

**– 5:30pm-7:00pm – Doors open at 6pm**

**Sept. 22 – Terry Fox Walk/Run**

**Sept. 28 – Orange Shirt Day**

**Sept. 29 – Professional Learning Day (no classes)**

**Oct. 2 – National Day of Truth and Reconciliation (no classes)**

**Oct. 9 – Thanksgiving Day (no classes)**

**Oct. 27 – Professional Learning Day (no classes)**

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**COUGAR NEWS – SEPTEMBER 2023**

Welcome back to all students and staff!

We hope everyone had an enjoyable and restful summer.

For new parents/guardians who are transferring into the community or for those who have a child starting school for the first time, we especially welcome you.

We have a dedicated and knowledgeable staff here at QEES that will take the time to understand each student’s specific needs.



**BREAKFAST PROGRAM – VOLUNTEERS NEEDED**

We are going to start our breakfast program in early October. We need 30 volunteers to run the program. The commitment is one 45 - minute shift once every two weeks from 8-8:45. If you are interested in volunteering, please contact Anji McIver at (902) 432-0977.

**A WORD ABOUT OUR COMMUNICATION**

Newsletters will be sent out electronically and only once a month (usually the first Thursday of the month). Please make sure that you provide a valid email address and sign up for Hotlunches.net to receive important information. The newsletters are also located on our school website which is accessible at <https://queenelizabeth.edu.pe.ca>, as well as on our QEES Home and School Facebook Page.

**SCHOOL PICTURES**

Lifetouch school Portraits will be at our school on **Wednesday September 13th, 2023**. Retakes will be on **Monday September 18, 2023.** Dress to impress and bring your smile those days 😊

**SCHOOL DAY START TIME & END TIME**

Instruction begins at 8:35 am each day, so please ensure that if you’re dropping your child(ren) off, that they are here by 8:20 am as not to miss important information. The school day ends at 2:20 pm. There is no supervision for students arriving prior to 8:10 am so please do not drop your child off before this time. Parents dropping off or picking up students **MUST DO SO IN THE GRADE 1 AREA ONLY**. The main parking lot is to be left open for the buses. We thank you for your cooperation in this matter as we continue to make our school grounds a safe place for your children.

**BEV’S HOTLUNCH ORDERING AND MILK ORDERING ON HOTLUNCHES.NET**

We continue to partner with Queen Elizabeth Elementary Home & School to provide an *On-Line Hot Lunch and Milk Ordering Program* through *Hotlunches.net.* The online milk order system requires a small amount of setup time at the beginning as you must register each child you have attending our school prior to ordering food and milk. Once the initial setup process is complete, your orders for the remainder of the year should be quick and simple. **We encourage all parents purchasing food and milk for their children to use the online payment option, Bambora.** White & Chocolate milk will be provided every day for students.

***\*\*\*\*\*\*\*IMPORTANT INFO\*\*\*\*\*\*\**** - The ordering schedule for each month closes on the last Sunday of the previous month. Once the ordering period has closed, no more orders will be accepted for that month.  ***If orders are not paid by the deadline (last Sunday of the previous month at 11:59PM), the orders will not be filled.***



**PROVINCIAL ON-LINE LUNCH ORDERING SYSTEM**

The Provincial School Food Program of PEI has set up an online lunch ordering system which began on September 11th, 2023. You do have to register your child for this online lunch system. You can get more info at <https://www.peischoolfood.ca/>

We understand that not all families have access to a computer, phone and/or internet. These families can still participate. They are offering support Monday to Friday 8 am to 4 pm. This support can be used for registering or placing orders. If a family needs to reach a support staff, **Email** [info@peischoolfood.ca](mailto:info@peischoolfood.ca), **Phone:** 902-380-3663,14 Kinlock Rd. Unit 12, Stratford PE,  
C1B 1R1.

**NUT FREE POLICY**

Queen Elizabeth Elementary is **NUT FREE** and we ask if students have had peanut butter in the morning, please have them wash their hands before leaving for school. Please do not pack peanut and other nut products in lunches and snacks. Thank You for helping to keep our school as safe as possible.



**HEAD CHECKS**

QEES does random head checks throughout the school year. Please make sure that you are doing regular checks with your child(ren). If lice are found at home, please contact the school so that we can check the class. We do regular head lice checks often at the school, if lice is found, parents will be called to pick student up and child will need a full treatment for lice before coming back into the school. Thank you!

**TERRY FOX WALK**

Our Annual Terry Fox walk will be held on **Friday September 22nd, 2023 at 1:30 pm**. Classroom donations will be collected for the Canadian Cancer Society. Thank you QEES families for your generosity, last year we made $589.00.

**ORANGE SHIRT DAY – EVERY CHILD MATTERS**

Students are encouraged to wear an orange shirt on **Thursday, September 28th** as a way to commemorate thousands of First Nations, Metis and Inuit children who were removed from their homes at this time of the year and forced to attend residential schools. For more information about Orange Shirt Day and how to continue the conversation at home, CBC kids is a great website: <https://www.cbc.ca/kidscbc2/the-feed.what-is-orange-shirt-day>

**STUDENT’S ATTENDANCE**

It is very critical that students show up to school every day to obtain a good routine, as well as a relationship with their teachers and peers. We deal with a lot of students in the run of a day and do our best to make their day awesome! Unless they are showing signs of sickness or hurt, we will try our very best to keep them here at school. We would like to avoid unnecessary calls home to busy parents. We hope you can chat with your students about the importance of putting in full days and help us out. Thanks

**A MESSAGE FROM OUR GUIDENCE COUNSELLOR – Arthur Adams**

**A Parents’ Guide to The Zones of Regulation:**

**From the Guidance Corner**

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as ‘self-regulation’. Self-regulation can go by many names such as ‘self-control’, ‘impulse management’ and ‘self-management’. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called ‘self-regulation.

At Queen Elementary School we are focusing on the Zones of Regulation throughout the whole school. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. By teaching them how to cope with these feelings it might make them better at tackling learning challenges and build better resilience, so they don’t give up so easily when faced with difficulty. We want children at QEE to grow into successful teenagers and adults. Teaching children at a young age about managing their feelings will support them in later life so that they don’t turn to negative coping strategies which affect their mental and physical wellbeing.

Our goal is to help children to:

 • Recognise when they are in the different Zones and learn how to change or stay in the

   Zone they are in

 • Increase their emotional vocabulary so they can explain how they are feeling.

 • Recognise when other people are in different Zones, thus developing better empathy.

 • Develop an insight into what might make them move into the different Zones.

 • Understand that emotions, sensory experiences such as lack of sleep or hunger and their

environment may influence what Zone they are in

 • Develop problem-solving skills and resilience

 • Identify a range of calming and alerting strategies that support them (known as their

   “Personal toolkit”

What are the different Zones?

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

## Home & School News, September 2023

## Slow down and watch for students on the road

Another school year begins Sept. 7. Students will be walking, cycling, riding on a bus or in family car to school. It is a strategic time to remind all motorists that with awareness and education, children can get to school and back home again safely.

**Update your Local Home and School Contacts**

Are you still the President? Treasurer? If not, send current contact info to the Federation office. **Presidents –** Submit your local Home and School’s contact details using the new Google Form. Click here: [Home and School Association Contacts](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1OaKp3AyXHftTa7YY19gE7yJO5TklVIBWqUUltlbnQfg%2Fedit&data=05%7C01%7Ckrtoole%40edu.pe.ca%7Ccd581beaf1a04ffa733f08dbaa4ac913%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638291010407916393%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=40IeCgPQ6jdyQQhlb491dEKg6cj7o4LiRwybp%2B9Ovaw%3D&reserved=0). **Treasurers -** Submit 2023-2024 Membership fees to the PEIHSF office by sending e-transfers to: [peihsf@gov.pe.ca](mailto:peihsf@gov.pe.ca)

**“Meet the Teacher”**

“Meet the Teacher” evening sessions are planned for parents to meet their child’s teacher at the beginning of the school year. It’s an informal opportunity to chat, face-to-face, say hi, to become acquainted with your child’s teacher. Find the date on your child’s school website.

**What is Home and School’s role in education?**

Experienced facilitators, Vicki Bryanton and Stephen Gould, will lead volunteer training workshops on November 6, 7. Find out how volunteers collaborate with staff in schools. How can we help and support for the benefit of all students! Workshop locations to be announced.

**Semi-Annual Meeting**

The Semi-Annual meeting will be held Monday, October 23rd, 6:00 PM, Central Queens Elementary School, Hunter River, PEI.  Speaker/Presenters will include: Dr. Travis Saunders, UPEI "Screens in schools: simple ways to maximize the benefits and minimize the harms"?; David Schult, Educator “Home and School 101”,  Dept. Health “Student Health Survey.” Parents, educators and students are invited to attend. More info to follow by end of September.

**School Board By-Elections in two Zones**

Due to the resignation of a Public Schools Branch Trustee in Zone 7 (Morell Family of Schools), and in the French board, Zone 2, there will be a By-election to fill these vacancies. Residents in these zones will be able to run as a candidate and vote beginning Sept. 5, 2023. More details will be shared by Elections PEI. For current details, go to:[https://www.electionspei.ca/school-board-trustee-elections](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.electionspei.ca%2Fschool-board-trustee-elections&data=05%7C01%7Ckrtoole%40edu.pe.ca%7Ccd581beaf1a04ffa733f08dbaa4ac913%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638291010407916393%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KRZ3yHHmvAmnXk2GmEfZUXzjzhCBzrPOWDQ8Ng9VfL0%3D&reserved=0)

**Healthy School Lunch Program**

It’s a new school year! Sign up your child for healthy school food meals that will be served daily in schools. $5.50 per lunch or pay what you can. Donate to pay for another child who cannot afford to pay for a healthy lunch! Register and order at: [Healthy Lunch for Island Kids! | PEI School Food Program](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.peischoolfood.ca%2F&data=05%7C01%7Ckrtoole%40edu.pe.ca%7Ccd581beaf1a04ffa733f08dbaa4ac913%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638291010407916393%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OWhPn%2BXPdLSc0xTxHFlsQbzteuIHI62yvOsgVZJULJU%3D&reserved=0) / [www.peischoolfood.ca](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.peischoolfood.ca%2F&data=05%7C01%7Ckrtoole%40edu.pe.ca%7Ccd581beaf1a04ffa733f08dbaa4ac913%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638291010407916393%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FQCKXU9feckDykI3NYsDnnDrmxLi4fP3S4aMmPDWasQ%3D&reserved=0)

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EXTRA CURRICULLAR ACTIVITIES OUTSIDE OF SCHOOL

**We are excited to start another Guiding Year**

**Sparks------Ages 5 & 6-----Tuesday @ Murray Christian Center (17 School St)**

**5:30 – 7 pm first meeting will be Tuesday September 19**

**Embers-----Ages 7 & 8-----Tuesday @ Murray Christian Center (17 School St)**

**5:30 – 7 pm first meeting will be Tuesday September 19**

**Guides-----Ages 9 – 11------Monday @ Murray Christian Center (17 School St)**

**5:30 – 7 pm first meeting will be Monday September 18**

**If you have any questions, please feel free to contact Jaunita Boucher @ (902)598-8703,**

[**jaunitabchr@yahoo.com**](mailto:jaunitabchr@yahoo.com) **or private message me.**

A poster of a child on a bicycle

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