**QUEEN ELIZABETH**

 **ELEMENTARY NEWSLETTER**

**VOLUME 2 - October 2023**

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

Rodney MacArthur Telephone: 836-8900 Colleen Taylor

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

**DATES TO REMEMBER**



October 2 – **National Day for Truth and Reconciliation (no classes)**

October 4 – Cross Country Zones Meet at Cabot Park

October 9 – **Thanksgiving Day (no classes)**

October 16 – Picture Retakes

October 18 – Grade 6 HPV Vaccinations

October 21 – Provincial Cross Country Championship at Mill River

October 27 – Professional Learning Day (**No Classes**)

November 10 – Remembrance Day School Assembly

November 11 – Remembrance Day(Saturday)

November 13 – **Remembrance Day “Observed” – (No Classes)**

November 16 & 17 – PEITF Convention/CUPE Annual Convention (no classes)

November 22 – Report Cards go home to Parents/Guardians

November 20-24 – **BOOK FAIR at QEES**

November 24 – **Parent Teacher Interviews (no classes)**

**COUGAR NEWS –OCTOBER 2023**

The following students received **GOLDEN MOMENT AWARDS** for **GOAL SETTING** in September:

**KA: Ellie Champion, Hollis Graham 3A: Keira Allen, Lucas White, Declan Ogilvie**



**KB: Harlow Flood, Owen Gallant 3B: Zachary Munn, Reece Gallant**

**KC: Ruby Waite, Hayden Crozier 3C: Aliya Garnier, Anna Stavert**

**KD: Mason Roche 4A: Gentry Murphy, Madi Champion, Nixon Clark**

**1A: Elizabeth Chaisson, Bennett McCardle 4B: Elyse Sharpe, Calvin MacPhail**

**1B: Harperlee Andrews, Lewis Stavert 5A: Omisha Ghimire, Ally MacQueen, Charlie Lord**

**1C: Fiona Stewart, Linkin Gallant 5B: Anoushka Totty, Hudson Gill, Elle Woodington**

**2A: Abigail Crossman,** Nora Conway **6A: Zoey-Layne Noonan, Ben Cousins**

**2B: Charlotte Blaikie, Elle Williams 6B: Bradley Gallant, Peyton Logan**

**2C: Jaden Awalt, George Maddix**

**A WORD ABOUT OUR COMMUNICATION**

Newsletters will be sent out electronically and only once a 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/**](https://queenelizabeth.edu.pe.ca/)as well as they are pinned to the top of our Q.E.E.S Home & School Facebook Page.

**HOME & SCHOOL NEWS**

There was a great turnout for our first home and school meeting on September 22, 2022! We’re excited to hear from families from K-6, so please consider joining QEES HOME & SCHOOL ☺

**BREAKFAST PROGRAM**

Home & School run a daily breakfast program at QEES.

Volunteers will be starting the Breakfast Program on Wednesday, October 11, 2023. Thanks to Anji McIver and our QEES Home and School for organizing.

**TERRY FOX WALK**

Our Annual Terry Fox walk was held on Wednesday September 22, @ 1:30 pm. Q.E.E.S raised $596.90 for the Terry Fox Foundation! THANK YOU, PARENTS/GUARDIANS & STUDENTS!

**Q.E.E.S FACEBOOK PAGE**

We have tightened up the Facebook page, we are asking that it only be parents/guardians who access it. We were getting student requests, grandparent requests, and many other different requests. If there is a picture posted of your child and you would like your family to see it, please save it to your device and send it to them on your own accord. Thanks for your understanding with this.

**SCHOOL PICTURES**

Lifetouch was at our school **on Wednesday September 5, 2023, for all grades** school pictures. **RETAKES ARE SCHEDULED FOR OCTOBER 16TH, 2023.**

**NUT FREE POLICY**

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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**

The PSB has prepared a head lice management protocol for schools. A copy of the protocol is available on our school website and you are encouraged to read it. Please make sure that you are doing regular checks with your child(ren). If lice are found, please contact the school so that we can check the class. We do regular head lice checks often at the school, and send a letter home if it is found in your students class.

**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.

**LOCKDOWN POLICY**

All doors, except the main door, will be locked throughout the school day. Visitors will be required to sign in, in the main entrance area on the table. The Office is open from 8:00 am to 3:30 pm.

**A MESSAGE FROM OUR SCHOOL COUNSELLOR – ARTHUR ADAMS**

**Mental Health and Children**

What do I do if my child has mental health issues?

If your child is experiencing thoughts, feelings or behaviors that are affecting their daily life, speaking to your family physician is a good first step to finding the help they need. If you don’t currently have a family Physician, make an appointment with a Nurse Practitioner. Among other things, the Physician or NP can: speak to your child to find out what's going on, and what might be causing them to feel this way. If your child does not currently have a Pediatrician, your Physician may recommend a referral to one or to Community Mental Health. Your child’s school Counsellor is also a resource you can draw upon.

ADHD, anxiety problems, behavior problems, and depression are the most commonly diagnosed mental disorders in children. What are the signs or symptoms that your child might have a mental health disorder?

* Excessive anxiety, worry or fear.
* Overactivity or difficulty paying attention.
* Sadness and depression.
* Problems with food or body image.
* Extreme anger, aggression or defiance.
* Unusual thoughts or experiences.

Schools in our Zone / family of Schools also have access to the Student Well-being Team (SWT). Families can self refer by filling out an online form on the government website. Just GOOGLE, Student Well-being Team Referral and it will take you to the appropriate page on the government website.

A new school year, with all its challenges and changes, can sometimes evoke mental health issues in children where none were evident before.

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**HOME AND SCHOOL NEWS, OCTOBER 2023**

**🍎 Semi-Meeting**

The **PEI Home and School Federation’s Semi-Annual Meeting** will be held on **Monday, October 23, 2023, 6:00-8:00 PM** at **Central Queens Elementary School**, 19821 2 Rte, Hunter River, PE C0A 1N0**.** Light refreshments provided.

**“HELP MY CHILD" Panel Discussion topics/speakers will include:**

1. **What is Home & School? David Schult**, Former international school teacher and administrator having worked overseas for over 24 years, in seven countries before returning to Canada in 2021, will provide background and context to what Home and School is and does.
2. **COMPASS Student Health Survey**! **Cody Davenport,**PEI COMPASS Research Project Lead, PEI Chief Public Health Office, will present student health survey results about their health and health behaviours including sedentary behaviours, physical activity, mental health, healthy eating, substance use, bullying, academic outcomes, and sleep.
3. **Screens in schools: simple ways to maximize the benefits and minimize the harms! Dr. Travis Saunders,** PhD, CSEP CEP, Professional Kinesiologist (he/him), UPEI Associate Professor, Dept. Applied Human Sciences. Screens are an increasingly regular part of the school day bringing both opportunities and challenges for student learning and health. Dr. Saunders will give an overview of research on the ways that schools can maximize the benefits and minimize the harms of screen use in schools.

**REGISTER by Oct. 18/23** using the [**Online Registration Form**](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1jqKPoXSDO1MH9GulZ9Hp3xqXJbtNXtr1dENvPmPmqEM%2Fedit&data=05%7C01%7Ckrtoole%40edu.pe.ca%7C86f298d419714b8665b708dbc0319137%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638315091376504242%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yLIJSHvleF%2Fqcgagu9kTnvFdfVyyJYXxGaCt%2F6eun68%3D&reserved=0) linked here:

[https://docs.google.com/forms/d/1jqKPoXSDO1MH9GulZ9Hp3xqXJbtNXtr1dENvPmPmqEM/edit](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1jqKPoXSDO1MH9GulZ9Hp3xqXJbtNXtr1dENvPmPmqEM%2Fedit&data=05%7C01%7Ckrtoole%40edu.pe.ca%7C86f298d419714b8665b708dbc0319137%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638315091376504242%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yLIJSHvleF%2Fqcgagu9kTnvFdfVyyJYXxGaCt%2F6eun68%3D&reserved=0)

**🍎 What’s on your Home and School agenda?**Home and School = TEAMWORK

Meet with the principal/other school staff in Sept./Oct. to set goals for the 2023-2024 school year.

* Add discussion about collaborative ways to support the school to your agenda
* Add activities and educational topics (e.g., COMPASS Student Health Survey)
* Add Federation monthly news (e.g., Semi-Annual, Oct. 23; Training Wksps, Nov. 6&7)
* Add gov announcements applicable to student learning and supports
* Add fundraising initiatives discussion and determine the purpose

**REMEMBER:**  Everything we (parents and teachers) do is for students’ benefit!

**🍎 Training Workshops for Volunteers**

Vicki Bryanton and Stephen Gould will lead Home and School Training Workshops as follows:

Nov. 6 - Miscouche Consolidated School, 6:30 – 8:00 PM

Nov. 7 - West Royalty Elementary School, 6:30 – 8:00 PM

All school volunteers are welcome! No cost.

Register by emailing peihsf@gov.pe.ca or call 902-620-3186 by Nov. 1st.

**🍎 Parent Leadership Grants**
Funds are available for up to $500 per Home and School Association to organize **parent educational, leadership** initiatives in your school community. For more information, go to: [https://peihsf.ca/grants/](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpeihsf.ca%2Fgrants%2F&data=05%7C01%7Ckrtoole%40edu.pe.ca%7C86f298d419714b8665b708dbc0319137%7C9872daac4f67480981dd082737f7d78b%7C0%7C0%7C638315091376504242%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cEbNLaiD8tLqzIQ%2FwXKpivpt4qsvy%2FcEeKJhrQIMk9Q%3D&reserved=0)

Questions? Contact the Federation office at: 902-620-3186 / 1-800-916-0664 / peihsf@gov.pe.ca

**🍎** Follow PEIHSF on Twitter @peihsf and Facebook at: PEI Home and School Federation

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**OUTSIDE SCHOOL INFORMATION**

**Separated? Divorced?**

**I will be presenting a divorce recovery workshop starting on November 8th and running for 10 weeks at Three Oaks Senior High School. The workshop is designed specifically for those who are searching for healing and support during and after divorce.**

 **If interested, you can call me at (902)439-5824 or email me at michelle@divorcehealing.ca for more info.**

[**https://www.michellebeamandivorcecoach.com/**](https://www.michellebeamandivorcecoach.com/)