



November Newsletter
Principal: Ms. T. Staples
Vice-Principal: Mrs. K. Link



Follow us ...

Website...djschoular.ucdsb.on.ca

Facebook...<https://www.facebook.com/DuncanJSchoularPublicSchool>

Twitter: [@djsfalcons](https://twitter.com/djsfalcons)

November is a time to remember our war veterans, their families and those that still fight for our freedom. We will be remembering these brave people and thanking them for our country. Parent(s)/Guardian(s) who would like to attend our ceremony are more than welcome. We will be gathering in the gym on Friday, November 9th, for a ceremony beginning at 10:50 a.m. Please enter through the doors closest to the gym (left of main entrance). There will be limited seating around the outside of the gym as all students and staff will be attending the ceremony.

Progress reports will be coming home with all students on Wednesday, November 7th. If you require an additional copy, please let the school know. If you have any questions, please contact your child's homeroom teacher(s).

Reminders:

- 1) **If the buses are cancelled** on a hot lunch day you will need to send a lunch with your child if he/she is attending school. If a snow day occurs on a Friday hot lunch day, the make up hot lunch day will be on the following Monday.
- 2) **Drop Off and Pick Up**—Parent(s)/guardian(s) are asked to keep their vehicles behind the orange pylons in the bus loading zone during the morning drop off and end of day pick up. Students are walking in this area and we want to ensure the safety of all students and staff who are supervising. Thank you!
- 3) **Dismissal is 3:20 p.m.** Students exit the back doors of the school and kinders are on the kinder yard. It is very busy at the end of the day and we want to ensure everyone gets home safely. If an early pick up is required, writing in your child's agenda is the best way to let the school know and helps to reduce the number of interruptions to the learning taking place in the classrooms. We understand there are unforeseen circumstances that may arise. Please call the school prior to 2:30 p.m.

2018-19 School Schedule

**9:00 a.m. Playground Supervision Begins/
Breakfast Program in Atrium**

9:20 a.m. Classes Begin

11:50 a.m.—12:10 p.m. - KDG/Primary Lunch

12:10-12:50—KDG/Primary Recess

11:50 a.m. to 12:30 p.m. - Jr/Int Recess

12:30 p.m. to 12:50 p.m. - Jr/Int Lunch

3:20—Dismissal

Duncan J. Schoular Families

If your child is absent, please contact the school prior to 9:20 a.m. (This includes walkers on snow days.)

Phone: 613-283-1367

Text: 613-206-1443

Register through My Family Room and input electronically

<https://myfamilyroom.ca/Account/Login>



Parent Council Corner

This year's School Council Executive:

Chair—Jenna Ducharme

Vice-Chair—Katrina Steele

Secretary—Looking for Nominations

Treasurer—Peggy Norlock

Community Representative—Lisa Magee

School council wishes to thank all Duncan J. Schoular staff and parents who volunteered their time to help with our Fall Fun Night. We would also like to thank all individuals and businesses who made a donation to our silent auction. Finally, thank you to all families who attended and joined in the fun.

Once again this year we will be giving all students the opportunity to buy gently used and new items at our annual **Gift Shop** fundraiser during the second last week of school (December 12-14th). Students will have the opportunity to shop for their families. All items will be wrapped and gift tagged for the children so that they may have a surprise to give to loved ones. There is no obligation to participate.

Donations of new or gently used items, wrapping paper, tape, gift bags, etc., can be brought to the school and deposited in the collection boxes beginning the first week of December. More details will be sent home soon.

All items must be clean, and in good working order. We kindly ask that you **do not** send clothing or stuffies. Now is a great time to clean out those closets!! Thank you for your help! More information will be sent home soon.

Turkey Lunch for All DJS Students and Staff

School Council, the Free Methodist Church along with Chef Burns' Hospitality class from S.F.D.C.I. will be providing a free "turkey lunch" for all students on Tuesday, December 18th (snow date of Wednesday, December 19th). In addition this lunch is made possible with the various donations from local businesses and service clubs.

Our next school council meeting is **Tuesday, November 6th, 2018** at 6 pm and all are welcome to attend.

TRANSPORTATION OF STUDENTS DURING INCLEMENT WEATHER



The link for this information can be found on the UCDSB website at www.ucdsb.on.ca website.

Here is the direct link:

<http://www.ucdsb.on.ca/cms/One.aspx?portalId=148427&pageId=854576>

Winter is fast approaching and there may be times when the weather will disrupt school bus and special vehicle transportation. The Upper Canada District School Board is working cooperatively with Student Transportation of Eastern Ontario (STEO), bus contractors, and our coterminous Board to ensure that our approach to transportation during these times is coordinated and planned with the safety of students in mind.

STEO receives up-to-date information regarding local weather and road conditions from Pelmorex/ The Weather Network. Decisions concerning the cancellation of school bus and special vehicle transportation are made cooperatively based upon this information. Unless otherwise announced, schools will remain **open** for students and staff, even if transportation is cancelled. If transportation services are cancelled in the morning, transportation services will also **not** operate in the afternoon.

Announcements regarding the cancellation of school bus and special vehicle transportation will be broadcast starting at 6:15 a.m. on your local radio station.

Alternatively, parents/guardians and students can verify if buses are cancelled by accessing:

1. STEO's website at www.steo.ca and visiting the "View Bus Delays & Cancellations" link.
2. UCDSB Facebook page <https://www.facebook.com/UCDSB> and Twitter feed (@UCDSB).
3. Parents registered with "My Family Room" will receive bus cancellations through their preferred communication; email, text message, or telephone. Parents simply need to contact their school(s) to register for a UCDSB "My Family Room" account.

Please **do not call** the bus companies as the radio and website reflect the most accurate information.

Winter weather conditions can change suddenly. If roads become impassable during the school day or they are judged to be risky, students will be kept at school until either their parents/guardians can pick them up or it becomes safe to resume school bus transportation.

Fog

Occasionally, regardless of the time of year, fog patches occur. Fog greatly increases the risk that motorists may collide with a stopped vehicle or with a student in the process of crossing a road to board the bus. Consequently, bus drivers have been instructed not to stop in fog patches where visibility is significantly reduced. If students are not picked up due to foggy conditions, the bus driver will provide the names of those students to the school principal upon arrival at the school. **(We recommend that you do not permit your child to wait for the bus if visibility is significantly reduced by fog.)**

Blocked Roads

Occasionally, a road may become blocked and, as a result, the bus may be unable to service sections of a route. If this occurs, upon arrival at the school, the bus driver will communicate to the school principal, the name of each student who was not picked up.

Please be reminded that you are responsible for your child's safety prior to boarding the school bus and following drop off. You are encouraged to ensure that your child has access to your home or to an approved alternative home where he/she can go in the event that the bus is unable to service your section of the route.

Mechanical Breakdown

The possibility of a mechanical breakdown of a school bus or special vehicle always exists. This is a particular concern during the winter. Please ensure that your child is dressed warmly enough to cope with the potential loss of heat due to a mechanical breakdown on the bus. If mechanical failure occurs, alternative transportation will be arranged as soon as possible. If this occurs, the bus may be late picking up your child in the morning or returning him/her home in the afternoon.

Parental Responsibility

STEO strives to ensure the safe transportation of children to and from school. While it is each parent/guardian's responsibility to ensure the safety of their child (ren) up to boarding of the school bus, **you always have the right to keep your child(ren) at home if you feel it is too risky to have him/her transported by bus.**

Your support and cooperation are appreciated as we approach another winter.

WHAT IS A WALKING SCHOOL BUS?

A Walking School Bus is a group of children walking to school under the supervision of a trained adult leader. Like a yellow school bus, the Walking School Bus follows a fixed and safe route with designated “bus stops” and “pick up times”. Walking to school is not only a convenient and fun way for your child to travel to school with their peers, but it also promotes a healthy and active lifestyle.

WHO CAN PARTICIPATE IN THE WALKING SCHOOL BUS?

Any student attending Duncan J. Schoular is welcome to join! Students using mobility aids may also participate, however a barrier-free route cannot be guaranteed.

Parents/guardians will be required to register each child they wish to participate in the program. Space on the Walking School Bus will be assigned on a first come first serve basis. When all the spaces available on the route have been filled, a waiting list will be created.

Your school (Duncan J. Schoular) is participating in the Walking School Bus (WSB) program

Instructions:

- Please review the Walking School Bus routes and schedules [that](#) are being offered for each school.
- If you would like your child(ren) to participate in one of the Walking School Bus route, please complete the online form found at <https://healthunit.org/health-information/physical-activity-rest/active-school-travel/walking-school-bus/>
- . Submit the form using the “submit” button at the bottom of the form.
- Confirmation that your child is registered for the Walking School Bus will follow by email or a phone call.
- If you would like to register more than one child in the Walking School Bus, please complete a registration form for each child.

Please note: Completing the application online does not guarantee a space for your child. Space is limited and assigned on a first come, first served basis. The number of leaders/volunteers available per route will dictate the number of students that can participate (ratio of 1 leader/8–10 students). When the spaces on the route have been filled, a waiting list will be created.

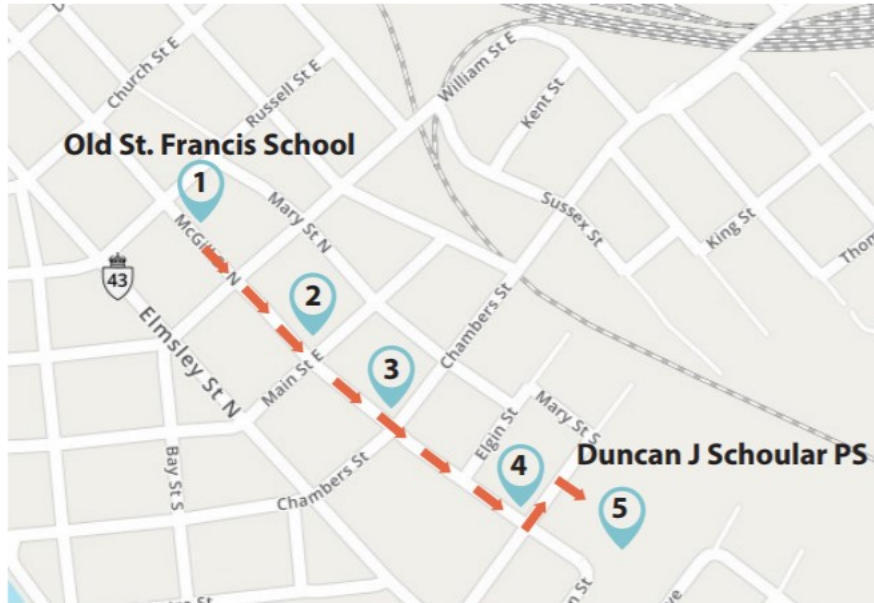
**PAPER COPIES OF FORMS CAN ALSO BE PICKED UP IN THE MAIN OFFICE AT
DUNCAN J.SCHOULAR**

The Walking School Bus will begin **Wednesday November 14th** and continue until December 19th. It will start up again April 3rd. The Walking School Bus takes place on Wednesdays. If the buses are cancelled, the Walking School Bus will also be cancelled.

WALKING SCHOOL BUS



Duncan J Schoular PS



FOR MORE INFORMATION

Please visit the Health Unit's Website at the following link:

<https://healthunit.org/health-information/physical-activity-rest/active-school-travel/>

Walking Directions:

- 1** *Start at 8:45 AM: Meet at McGill St entrance of old St. Francis de Sales Catholic School*
Cross McGill St. and continue on north sidewalk on McGill St.
Cross William St. and continue on McGill St.
- 2** *Stop at McGill St. and Main Street to pick up students*
Cross Main St. and continue on McGill St.
- 3** *Stop at McGill St. and Chambers St. to pick up students*
Cross Chambers St. and continue on McGill St.
- 4** *Stop at McGill St. and Thurber St. to drop off kindergarten students*
Continue along Thurber St.
- 5** *End at 9:05 AM: Stop at Duncan J Schoular Public School yard entrance*



With funding from
the Government
of Ontario



Would you like a chance to **win a \$25.00 President's Choice gift card**? Please complete this 5-minute family survey on the Walking School Bus, for your chance to win. Your input is important to the success of this project! Details on how to be entered can be found at the end of the survey after you've completed it. <https://s-ca.chkmkt.com/WalkingSchoolBusDuncanJ>



E-Bits November 2018

For Families:

Did you know 80% of learning is done through vision? Excellence in school starts with healthy vision. Eye exams are now covered by OHIP for all children under 19. Special programs exist to cover cost of glasses in a child's junior kindergarten year (2014 birth year). Act now and find an optometrist near you: optom.on.ca

The deadline for speech and language referrals for JK students is November 30th. The Language Express Preschool Speech and Language Program provides FREE assessment and therapy services for children from birth to the end of Junior Kindergarten in Lanark, Leeds, and Grenville. Check the speech and language milestones for your child's age on our website at www.language-express.ca and contact us or talk to your child's teacher if you have any concerns. We can help you to be sure your child is on track and ready for school. JK children born in 2014 must be referred **before November 30th, 2018**. Call 1-888-503-8885 for information or to refer your child.

Let's talk about income! Income is a social determinant of health. People at lower income levels report higher chronic diseases & self-reported poor physical and mental health. **A living wage** is the hourly wage a worker needs to earn to cover their family's basic expenses within their community. A living wage is a practical tool for reducing poverty through paid work. The living wage in Leeds, Grenville and Lanark is \$17.07. **How can you help reduce poverty?** Learn about the root cause of poverty, have a conversation with your elected officials about your support for a local living wage and health in all government policies, be compassionate towards other people experiencing life challenges, and share what you have, helping out a family member, neighbour, or friend. For more information on income-based solutions for poverty reduction visit www.healthunit.org or call 1-800-660-5853.

Thank You

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MERCI

Gracias!



Thank you to the Irelands for their generous donation of McIntosh Apples to our breakfast and snack program!

Thank you to all students and their families for the generous donations for the Terry Fox Run/Walk.

We raised
\$248.95

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(Thank you)

Thank you to the many volunteers who support our breakfast program!

Special Hot Lunch Day

Thanks to a group of volunteers from the Smiths Falls Free Methodist Church and the Hospitality Class led by Chef Burns at SFDCI, all students at DJS enjoyed a delicious shepherd's pie lunch in October.

The next FREE hot lunch day is **Wednesday, November 28th.**

Students are asked to still bring their snack(s) and a drink.



If there is a language that you speak in your home, please let us know...
tracy.staples@ucdsb.on.ca

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WHAT YOU NEED TO KNOW ABOUT HEAD LICE



WHAT ARE HEAD LICE?

Head lice are tiny wingless insects that live on the scalp. They do not carry any diseases so are not a public health risk. Anyone can get head lice.

NITS

- Nits are eggs that are laid by a female louse and are firmly attached to the hair shaft.
- They are about the size of a pinhead and are often found along the forehead, back of the head and behind the ears and are within 1 cm of the scalp.
- The nits are grayish-white, tan or yellow. Some can be the same colour as hair, making them difficult to see.
- Nits hatch in 6-10 days.



ADULT LICE

- Lice are the size of a sesame seed and are tan to grayish-white in colour. They may look darker in people with dark hair.
- They need blood to survive and can live up to 30 days on the head but will die within 1-2 days if they fall off the head.



HOW IS HEAD LICE SPREAD?

- Head lice are spread mainly through direct head-to-head contact. When heads are close together lice crawl very quickly from one head to another. Lice cannot fly or jump.
- They may also be spread by sharing items such as combs and hats but this is less common.
- Head lice do not live on animals.



WHAT DO I LOOK FOR?

WATCH FOR

- Frequent itching and sores on the scalp from scratching.



There may be no symptoms. Check all family members for lice by:

- Using good lighting. Daylight is best, so try sitting by a window.
- Looking throughout the hair for lice. They can be difficult to see because they are small, hide within the hair and move very quickly.
- Using a magnifying glass and fine toothed comb can help.
- Looking for nits firmly attached to the hair shaft and within 1cm of the scalp. Part the hair into small sections and move from one side of the head to the other. Nits can be confused with dandruff or hair spray droplets-they will not fall off if touched.
- Nits will only come off if they are pulled off with your finger nails or nit comb.



TREATING HEAD LICE

Treat only the person who has head lice with a product that kills live lice. Treatment is available from your pharmacy (no prescription needed). Your pharmacist can help you choose a head lice product.

REMEMBER

Always remember to:

- Follow the label directions carefully.
- Avoid use of conditioning shampoo or conditioner before or 48 hours after using head lice treatment.
- Contact your health care provider or a pharmacist before using head lice treatment if you are pregnant, breastfeeding, have allergies or for a child under 2 years old.
- Treatment must be repeated again 7-10 days after the first treatment.



REMOVE

Remove all head lice and nits from hair:

- Use your fingernails to pull off the nits from the hair or use a head lice comb (metal ones work better than plastic). Repeat daily until there are no nits.
- Separate hair into sections then pick up a few strands at a time to remove nits.
- Check each section of the head closely before moving on (pay attention to behind ears, nape of the neck, and close to the scalp).



HOME

Treating the Home:

- Wash clothing and bedding used in the last 3 days by the affected person in hot water and dry in a hot dryer.
- Place items that cannot be washed in a sealed bag for two weeks.
- Put all combs, brushes and hair accessories in hot, soapy water.



Do not treat a person with head lice more than 2–3 times with the same shampoo if it does not seem to be working. Always seek the advice of your health care provider if this should happen. He/she may recommend a different product.

WHAT ABOUT OTHER TREATMENTS?

A number of household products such as mayonnaise, petroleum jelly, olive oil, tea tree oil, hair gel and vinegar or wet combing have been suggested as a treatment. These products show little proof of killing head lice and are not as effective as head lice shampoo.



FOR MORE INFORMATION

For more information, please visit us online at www.healthunit.org

Call the Health ACTION Line at 1-800-660-5853

Websites:

- www.healthunit.org
- <http://www.cdc.gov/parasites/lice/head/>
- http://www.caringforkids.cps.ca/handouts/head_lice



Adapted with permission from Middlesex-London Health Unit,
Elgin St. Thomas Public Health & Oxford County Public Health

3272 JD Apr 2016

Thank you to everyone who supported the Stuff A Cruiser Campaign with our Smiths Falls Police Department. Constable Tompkins and Hugh Colton came to Duncan J. Schoular and we stuffed food into the cruiser. The food collected was donated to the Smiths Falls Foodbank. Thank you for your ongoing support!



**FREE Special
Hot Lunch for
All Students
Wed., Nov. 28th,
2018**

**If your child is absent,
please contact the school
prior to 9:20 a.m. (This in-
cludes walkers on snow
days.)**

Phone: 613-283-1367

Text: 613-206-1443

**Register through My Family
Room and input electronically**

**[https://myfamilyroom.ca/
Account/Login](https://myfamilyroom.ca/Account/Login)**

**PARENT COUNCIL
MEETING
Tuesday, November 6th**

6-7:30 p.m.

**DJS Learning
Commons**

**Remembrance Day
Ceremony**

**Friday, November 9th
10:50 a.m.—11:30 a.m.**

**Parent(s)/
Guardian(s) are
welcome to
attend.**



PA Day

**Friday, November
23rd**

November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Day 5	2 Day 1  Subway Lunch	3 
4	5 Day 2	6 Day 3  School Council 6:00-7:30 p.m.	7 Day 4 Progress Reports Sent Home December Hot Lunch/Milk Orders Sent Home	8 Day 5	9 Day 1  Pizza Lunch Remembrance Day Assembly 10:50-11:30 a.m.	10 
11	12 Day 2	13 Day 3	14 Day 4	15 Day 5	16 Day 1  Subway Lunch	17 
18	19 Day 2	20 Day 3	21 Day 4	22 Day 5	23 PA Day - No School for Students	24
25	26 Day 1	27 Day 2	28 Day 3 FREE Special Hot Lunch Day December Hot Lunch/Milk Orders Due	29 Day 4	30 Day 5  Pizza Lunch	1 