



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)

Principal's Message:

We wish to thank our school community for their continued support. We are very fortunate to have a community of caring families that are so involved in our school. By visiting our Duncan J. Schoular Facebook page, following us on Twitter, volunteering in the school, donating items, participating in ongoing communication with the staff at the school, attending School Council Meetings, student conferences, and other events. We are reminded of the impact of teamwork. Thank you for working in partnership with us at Duncan J. Schoular.

This year we are very excited to share our plans for our Holiday Celebration on Thursday, December 20th (snowdate, Friday, December 21st). Parent(s)/ Guardian(s) are invited to attend. To accommodate everyone, there are two opportunities to attend:

- Kindergarten 9:45-10:30 a.m. Songs, etc.**
- Grades 1-8 10:45-11:50 The Grinch Who Stole Christmas (adapted and narrated performance)**

OR

- Kindergarten 1:00—1:45 Songs, etc.**
- Grades 1-8 2:00—3:00 p.m. The Grinch Who Stole Christmas (adapted and narrated performance)**

This year, we would like to wish you all a safe and happy holiday. Our first day back at school is January 7th, 2019. See you next year :).

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

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 this week, December 3rd until Monday, December 10th. 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!

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, December 11th**. The meeting will be brief followed by set up for the Secret Holiday Gift Shop. All parent(s), guardian(s) of students at DJS are welcome to attend.

Still time to sign up

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/>

OR

Call the School 613-283-1367



E-Bits December 2018

Let's talk about gender! Gender is a social determinant of health and an important community conversation. The United Nations has identified the need to address the challenges girls face and to promote girls' empowerment and the fulfilment of their human rights by:

- obtaining quality secondary and higher education
- receiving information and services related to puberty and reproductive health
- protecting themselves against unwanted pregnancy, sexually transmitted disease and gender-based violence.

Girls Incorporated of Upper Canada offers girls-only programs designed to address girls' concerns in a safe, supportive environment. Pro-girl, girls-only environments equip girls to navigate gender, social, and economic barriers in today's world by emphasizing girls' self-esteem, mental and physical well-being, and leadership potential. For more information on gender visit www.girlsinc-uppercanada.org and www.healthunit.org.

The holiday season can be a stressful time for families. There may be extra activities at school, work and home. There can be added financial stress to buy gifts or have family and friends over

There are many strategies to cope with stress. Plan ahead to avoid last minute rushing. Help your children know what to expect. Stick to your routines as much as possible. Don't forget to take care of yourself as a parent. This shows your children healthy ways to deal with stress. Try the following stress busters:

- Exercise, eat a balanced diet, and get plenty of sleep
- Ask for support from family and friends when needed
- Plan for child-free times
- Talk regularly with your co-parent

For more strategies, visit www.triplep-parenting.ca. To register for a local Triple P Parenting session, visit <http://healthunit.org/clinics-classes/triple-p-parenting/> or call locally 1-800-660-5853. Parenting matters!

Are you ready for Flu Season? Influenza (flu) season in Canada usually starts in November and goes until April. The flu virus changes each year, so it is important to get a flu shot every fall. This is the best way to prevent getting the flu. It is important to remember that it takes two weeks for the vaccine to work. By getting the vaccine early, you'll protect your family and other people who are at risk. For more information, and to find out where you can get your flu shot, visit the Flu Facts page on Ministry of Health website:

<https://www.ontario.ca/page/flu-facts>

Thank You

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Gracias

The Spirit of Giving at Duncan J. Schoular

Duncan J. Schoular Public School is very fortunate to have the support of Nora. Nora has done a snowsuit drive for the past 5 years. Each year she looks forward to helping others. Nora does all the shopping ensuring there are sizes, colours and options for various children. This year Nora included her little sister, who was eager to help her unload the donations from the vehicle and bring them into the school. We are so appreciative of this act of kindness from Nora. All the best to Nora and her family this holiday season!



Thank you to Ms. Sloan's Class for sharing their messages with the school. If you are in the school look for the inspirational posters around the school.

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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 SFDCl, all students at DJS enjoyed a delicious macaroni, ham and cheese lunch in November.



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

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Turkey Lunch
Tuesday, December
18th (snowdate De-
cember 19th)

Students are asked to
bring snacks and a
drink

**PARENT COUNCIL
MEETING**
Tuesday, December
11th

Brief Meeting followed
by set up for Secret
Holiday Gift Shop

Have a Wonderful
Holiday!
First Day Back is

Monday, January 7th,
2019

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)

Please send in gently
used items this week
for the Secret Holi-
day Gift Shop. Stu-
dents will have an
opportunity to shop
for their loved ones
December 12-14th

December 2018



"Dare to Care, Dare to Dream, Dare to Soar"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Day 1	4 Day 2	5 Day 3 January Hot Lunch Orders Home	6 Day 4 JR Girls Volleyball - Drummond School	7 Day 5 Subway Snow Date Junior Girls Volleyball	8
9	10 Day 1	11 Day 2 6-7:30 p.m. Set Up for Secret Holiday Gift Shop	12 Day 3 Jr. Boys Volleyball - Duncan J. Sr. Girls Volleyball - Chimo Secret Holiday Gift Shop	13 Day 4 Sr. Boys Volleyball - Chimo Secret Holiday Gift Shop	14 Day 5 Pizza Snow Date Sr. Boys, Girls, Jr. Boys Volleyball Secret Holiday Gift Shop	15
16	17 Day 1 Dress Festively & Dance	18 Day 2 Wear Red and White Turkey Lunch	19 Day 3 January Hot Lunch Orders Due Wacky Clothing Day Snow Date Turkey Lunch	20 Day 4 Holiday Concert - see Newsletter for Times	21 Day 5 Subway Snow Date Holiday Concert Pyjama Day & Movie	22
23	24	25	26	27	28	29
Winter Break						
30						