

John F. Kennedy Elementary Newsletter



Sir Wilfrid Laurier School
Board
500 rue Cardinal
Laval, Québec H7V 1T5
450 686 6292
<http://www.jfkelementary.com>

September 2022

  @jfkelementarycardinal

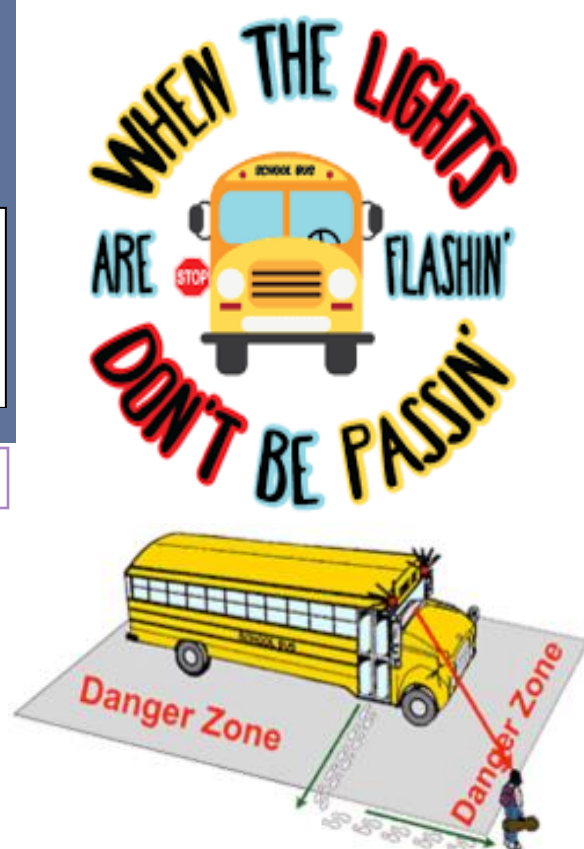
At JFK we strive to respect others, respect environment and property, respect ourselves and respect learning

WELCOME BACK TO SCHOOL!

We hope you had a wonderful summer and that you are excited about this new school year. We would like to extend a very warm welcome to all returning families and to the new parents and students joining us this year. Please feel free to contact the school at any time if you have any questions or concerns. We are here to help you make this a great school year!

Peanut / Nut Allergies

We have students in our school that have anaphylactic peanut and or nut allergies. We are asking your help to provide all of our students with a safe school environment. Any exposure to peanuts/nuts may cause a life-threatening allergic reaction that requires emergency medical treatment. To reduce the chance of this occurring, we are asking that you **do not send any peanut or products containing nuts to school with your child**. If your child has eaten peanuts/nuts before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.



Bus Safety

Everyone's responsibility

Please note that it is against school board policy to allow students to travel on a different bus than the bus that they are assigned to. We will not be able to accommodate a friend going to another friend's house. Students must stay seated in their assigned seats. Seats will be assigned by the bus driver.

Be Safe: Riding the Bus

- **RESPECT SELF**
 - Stay out of the bus danger zone.
 - When riding the bus, remain seated at all times.
- **RESPECT OTHERS**
 - Keep hands, feet and belongings to yourself.
 - Use quiet voices and be courteous.
 - Follow the driver's instructions.
- **RESPECT PROPERTY**
 - Bring only school-approved items on the bus.
 - Be respectful of bus space and equipment.

**Know the Bus
Rules!**

What will JFK teachers be focusing on this September?

SEL : Social Emotional Learning

Social and emotional learning (SEL) is the way that both students and adults learn and practice the knowledge, attitudes, and skills necessary to:

- Understand and manage emotions,
- Set and achieve positive goals,
- Feel and show empathy for others,
- Establish and maintain positive relationships, and
- Make responsible decisions.

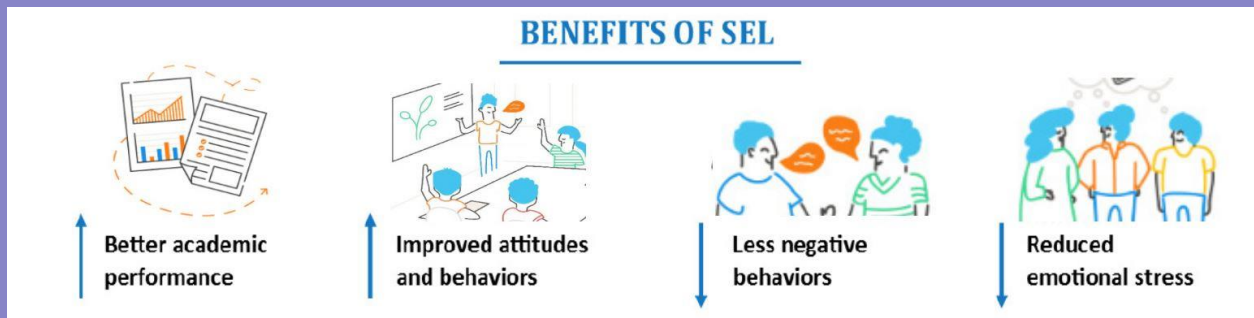
Cultivating the social and emotional competencies of all members of a school community is important for creating models for student social and emotional growth.

5 Core SEL Competencies include:

1. **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and challenges and possessing a well-grounded sense of confidence and optimism
2. **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.
3. **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
4. **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
5. **Responsible decision making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.



This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals



SCHOOL FEES

School fees cover the cost of workbooks, consumables and lunch-time supervision. All parents are requested to pay their school fees by September 30, 2022. Payments can be made in cash, Interac or Credit (in school) or online through your banking institution (**cheques are no longer accepted**). For your convenience, school fees can be paid in installments, contact Miss Helen to arrange for a payment plan **now**. School fees may be made online or you may send in your payment to your child's homeroom teacher.

NON-FOOD BIRTHDAYS AND HOLIDAYS

We have a **"no food" policy** for birthdays and holiday celebrations. If you, as a parents, have traditionally sent a candy treat as a gift for your child to give his/her classmates for holidays that occur throughout the year, we are asking that the candy be replaced by something non-edible such as an eraser, sticker, pencil... We ask that food **not ever** be sent to school unless the teacher has specified that the students may bring something in for a special classroom celebration.

In celebration of student birthdays, we would like to invite students to consider their birthday as a **dress down** day. If the birthday falls on the weekend, your child can come to school on the Friday before **or** Monday after in dress down clothing. Your child will also be invited to wear a birthday sticker, provided by Ms. Marchitello, on his/her birthday.

Important September Dates

August 29: 6:00pm Annual General Assembly in gymnasium 7:00pm: Meet the Teacher (session 1); 8:00pm: Meet the Teacher (session 2)

August 31: 1st day of school; wear grade color

September 5: Holiday

September 13: Corn Roast

September 22: House Activity Day

September 23: PED Day

September 26: Picture Day

September 27: Terry Fox Run

September 28: Grade Color Day

September 30: **Orange Shirt Day**

Feel free to practice this calming technique at home. It can be helpful for people of all ages.



House System @ JFK

What is a House System?

The house system gives students the opportunity to connect with students across classes and grades that they may not normally have a chance to interact with. This helps students gain more friendships and create a family like culture at our school.

The house system creates:

- Each student will be a valued member of a family unit within a larger family within the whole school
- Provides opportunities for students to connect across grades
- Promotes all of our Social Emotional Learning skill development
- Gives a sense of pride
- Creates leadership opportunities

A house family is a group of students assigned within a house. The houses include teacher and student leaders. The Grade 6 house leaders will help to build strong partnerships to help each student relate in a more positive way to school life.

We are so excited to be able to bring our House system back to JFK. You will notice our house days on the student calendars that are sent on a monthly basis. Be sure to ask your children about their house experiences.

