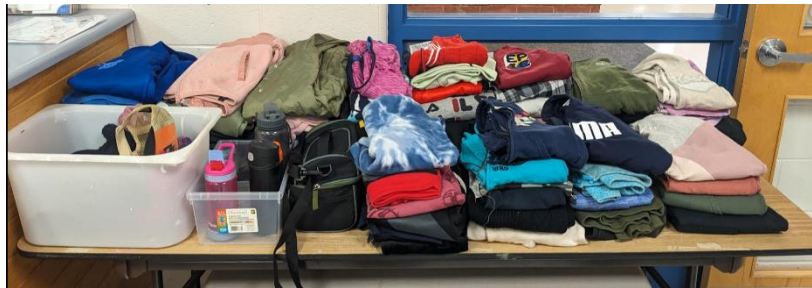


Message from the Principal

The winter weather is just around the corner. It is very important that students dress appropriately for the weather, especially during the 40-minute recess in the afternoon. Please ensure your child(ren) have hats, mitts, warm jackets, allowing them to enjoy the outdoors. It's important to also ensure all items are labeled, as our lost and found is already over-flowing! Mrs. Braiden has organized many items that we are hoping to return to their rightful owner.



During this time of year, we've noticed many students wearing winter boots outdoors. It's very important that students have proper indoor running shoes to participate in gym class safely. Having indoor shoes also helps keep our gym floor clean and in good condition.



Grade 4 students will be completing the Canadian Cognitive Ability Test (CCAT) during the week of December 4 thru December 8th. Parental consent forms will be sent home with all Grade 4 students. If you have questions regarding CCAT, please reach out to your child's teacher. The CCAT is an aptitude test used to estimate students' reasoning and problem-solving skills. Unlike assessment tests which measure what a student has already learned, aptitude tests are designed to measure intellectual ability, focusing on analytic and problem-solving skills rather than specific knowledge.

Sports and Extra-Curriculars at Arklan



Choir is back at Arklan! Arklan's former Music Teacher, Mrs. Harron is generously volunteering her time on Thursday's during 2nd recess for students to practice their singing skills! Choir is for students in Grade 2 – Grade 6.

Students in Grade 4-6 will be starting Volleyball shortly. More information to come through teachers and announcements. Thank you to Mme Hudson, Mme Doherty and Mrs. Mitchell for coaching our Junior Teams.

Mrs. Mitchell and our Student Council has done a great job stepping into their new roles at Arklan this year. We are lucky to have such great leaders in our school! Some of the responsibilities of Student Council include morning announcements, spirit week and monthly character assemblies.

School Council Fundraiser

School Council is running a Purdy's Chocolate Fundraiser. The holidays are just around the corner and Purdy's chocolate makes a wonderful gift! Please consider supporting our Wildcats by purchasing some delicious chocolate. More information will be coming home with students soon.

IT'S TIME FOR ARKLAN'S YUMMIEST SCHOOL FUNDRAISER!

Purdy's
CHOCOLATIER®
SCAN THE QR CODE OR VISIT FUNDRAISING.PURDY'S.COM

PICKUP DATE EARLY DECEMBER

ORDERING NOV 1-18TH

THANK YOU FOR SUPPORTING ARKLAN AND ENHANCING THE QUALITY OF OUR SCHOOL PROGRAMS, SUPPLIES, AND MATERIALS.

E-Bits: Lanark Health Unit

Did you know?

- Your child's school may have 2 nutrition breaks instead of 1 traditional lunch break. Try labeling the food you send as "#1" and "#2" to help your child know what foods to eat, when! Encourage children to listen to their body's signs of hunger and fullness.
- Most schools have a meal or snack program. Talk to your child's teacher to learn more.

Get Creative!

Tips for packing healthy and tasty lunches with the 3 food categories:

Whole Grain Foods

- Whole grain bread, buns, pitas, wraps, bagels
- Whole grain pasta
- Brown rice, quinoa, whole wheat couscous, oatmeal



TIP:

Mix up the grain products to keep it interesting! Choose whole grains most often!

Protein Foods

- 1% or 2% milk
- Plain yogurt/Greek yogurt (add fresh or frozen fruit)
- Cheese cubes
- Unsweetened fortified soy beverage
- Cottage cheese
- Slices of leftover skinless chicken, turkey, beef, or pork
- Hard-boiled egg, peeled
- Hummus or other bean dip
- Canned light tuna



TIP:

Keep flavoured milks (e.g., chocolate) for an occasional treat (½ cup per week).

TIP:

Make your own yogurt-based dip with plain Greek yogurt, fresh or dried herbs, lemon juice and garlic.

Vegetables & Fruit

- Baby carrots
- Celery sticks
- Pepper strips
- Cucumber slices
- Cherry tomatoes
- Roasted squash
- Leftover stir-fried vegetables
- Orange slices
- Banana
- Apple slices
- Grapes
- Unsweetened applesauce
- Canned fruit packed in water



TIP:

Pack a rainbow of colours for a variety of nutrients!

TIP:

Buying in-season and frozen produce helps cut costs.

Putting it all together:

Chicken and Veggie Pita

Stuff a whole grain pita with shredded cheese, sliced chicken breast and cucumber slices. Pack with a banana and a homemade whole grain muffin.

Oatmeal with Berries

Pack cooked oatmeal with fresh or frozen berries in a thermos. Pair with a container of milk and some assorted sliced vegetables with hummus for dipping.

Quinoa Stir Fry

Match leftover stir-fried veggies with quinoa and chickpeas for a twist on a stir fry. Add grapes and cheese cubes for a balanced lunch.

Pizza Lunch

Top a whole grain English muffin with pizza sauce, cooked bell peppers, mushrooms and shredded cheese. Pack with an unsweetened applesauce and a homemade nut-free granola bar.

TIP:

Plant-based proteins can be less expensive. Try vegetarian chili, hummus for dipping veggies or falafel wraps

Where can I find more support for free?



Triple P: A positive parenting program for all families with children from 0-16. It offers a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. For more information visit <https://www.triplep-parenting.ca/ont-en/triple-p/>



Pleo: A non-profit family peer support organization for parents whose children are facing mental health challenges. Call the Parents' Helpline at 613-321-3211 or 1-855-775-7005. Visit <https://www.pleo.on.ca/> for more information or to make a referral.



Kids Help Phone: Offers free, 24/7 e-mental health services to young people in Canada. Call 1-800-668-6868, text 686868 or visit <https://kidshelpphone.ca/>








For more information, call 1-800-660-5853 or visit www.healthunit.org



3408 JD July 2019



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Purdy's Chocolate Fundraiser				
6	7 Class Photos and Retakes  Picture Day!	8 Indigenous Veterans Day 	9	10  Lest We Forget Arklan Remembrance Day Ceremony @ 10:40
Purdy's Chocolate Fundraiser				
13	14 School Council Fundraising Meeting 5:30pm	15	16	17  Progress Reports Go home TODAY!
Purdy's Chocolate Fundraiser				
20	21	22	23	24  PD DAY NO SCHOOL PD Day No School for students
27	28	29	30	Dec 1.
UCDSB Holocaust Education Week (Nov. 27 – Dec. 1)				

Other Important Dates:

November 11: Remembrance Day

Dec 5: School Council Meeting 5:30pm in Learning Commons

Dec 6: Girls Volleyball @ Beckwith (Snow date Dec 8th)

Dec 6: National Day of Remembrance and Action on Violence Against Women

Dec 7: Boys Volleyball @ Beckwith (Snow date Dec. 8th)

Dec 22: Last day of school before Winter Break