

École John W. MacLeod Fleming Tower School



December 2023 News

Parent Contact Information:

Please ensure the office has up to date contact information for your family (phone numbers, email, etc.). This will ensure timely information is released to you by HRCE, Department of Education and from the school. Also, please ensure that your child's teacher is aware of an early closure dismissal plan for your child. Please note, in case of an early closure, all parents/guardians will be contacted before students are released.

After School Dismissal:

If there is a change in your child's daily routine, please send a note along with your child. This of course does not apply to emergencies or unforeseen events. Due to the busy nature of the office, we cannot guarantee that your child will get a message before dismissal time if it arrives later in the day. We thank you for your continued support.

School Operations and Student Safety:

It is really important that all students and visitors to the school follow the safety precautions and protocols we have in place. Student Supervision starts at 8:05 am. No vehicles should be driving onto school property during arrival and dismissal time to drop off/pick up students (8:05-9:00; 2:30-3:15). This is in the interest of keeping all students safe. Students arriving late should come into the office to get checked in by office staff, so we can accurately report attendance. All visitors to the building need to enter through the front door and check with office staff before proceeding to other areas of the school, including classrooms. We thank you for your cooperation.

Outside Play:

Lately we have been reinforcing with students the importance of safe play and that hands are for helping, not hurting. We would greatly appreciate your support in emphasizing this message at home to further support our efforts here at school. We thank you in advance.

SAC:

We are pleased to welcome Ardath Whynacht as our newest member to our School Advisory Committee. We are still looking to fill 1 vacant community member seat. If you know someone who might be interested, kindly encourage them to call the office.

Reminders:

December 4
PD Day

December 11-15th
Spirit Week

December 13
Holiday Concert – Matinee:
1:00 pm; Evening: 6:30 pm

December 15
Choir Trip to Airport

December 20
Last day of school before
Holiday

Principal –
Tracy Marchand

Vice Principal: Denise Jarvis

Administrative Assistant – Kim
Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone: 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: <https://jwm.hrce.ca/>

Email: jwm@hrce.ca



Remember to check the website at <https://jwm.hrce.ca/> for this newsletter and the most up-to-date information

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Holiday Concert:

We are looking forward to sharing our Holiday Concert with you on December 13th. There will be a matinee performance for guests at 1:00 p.m. Tickets are not required for this performance. There will also be an evening performance for parents/guardians. Unfortunately, only 2 tickets per family (for evening) will be going home next week. Due to capacity restrictions, we are unable to host more than 617 people in the gym. We are encouraging families to plan for extended family members to attend the matinee performance. When tickets do go home next week, you will find 2 matinee tickets attached as well (they are green). This is to help us keep track of expected guests. Please return to school if you are not giving them to someone to use. Thanks in advance. The evening concert will start at 6:30 p.m., with a 6:00 p.m. call time for students. We would like to invite parents to bring a non-perishable food item to the concert which we will donate to a local food bank or contribute to our silver collection going towards the Music Program.

Show Your Holiday Spirit (December 11-15th):

Help us count down to Christmas Break by participating in our fun Spirit days next week. Link included in original email.

Well-being Tips:

One of the goals in our Student Success Plan focuses on well-being. JWMFT has strategies in place to ensure we are doing intentional work with students to improve their experience at school. We will be sharing tips and strategies with you in our monthly newsletter. This month's topic focuses on self-care:

Throughout the holiday season, we might try using these tips to practice self-care:

Find short periods of time to sit quietly -

Sometimes self-care can be as simple as taking a few minutes to stop, sit, and breathe. Whether we're able to find a free 3 minutes or 30 minutes to take a break, it can make a world of difference for our well-being.

Practice letting go of expectations -

Sometimes, the best & biggest act of holiday self-care we can give ourselves is simply to work on letting go of the standards and expectations we so often set for ourselves at this time of year — fixed ideas created in the mind that might not match how life actually plays out.

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Be Kind To Yourself.

How to Prevent the Spread of Head Lice:

Just a reminder about the importance of checking frequently for head lice at home-

- Check your child's head regularly: – once a week as part of your routine.
- Keep long hair tied back or braided.
- Teach your child not to share personal items that are used on their head. This means things like brushes, combs, barrettes, headbands, elastics, towels, hats, helmets, toques, and scarves.
- Teach your child to put their hats and scarves in their coat sleeves or backpacks when they take them off at school. If your child has been in contact with someone who has lice, you need to check your child's head carefully to see if they have caught lice. Head lice spread easily, so if one person in the household has lice, others may have it too. Check everyone in the household on the same day.

Hot Lunch:

The new hot lunch program began this week. We have observed a significant improvement in accuracy. Please email Healthy Hunger there is an issue with your child's order. If you are interested in ordering lunch for January, you should do so in December. You can place online orders a week in advance.

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From all of us to all of you,



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