

Cardigan Consolidated School Parent Newsletter September, 2023

Lisa Myers Roche
Principal

<https://edu.princeedwardisland.ca/cardigan/>
Lisa Whelan: Administrative Assistant

Roy Power
Vice Principal



Dates to remember...

Sept. 22nd: Terry Fox Run
Sept. 29th: PD Day (NO SCHOOL)
Oct. 2nd: National Day for Truth and Reconciliation. (NO SCHOOL)
Oct. 9th: Thanksgiving (NO SCHOOL)
Oct. 12th: Fall pictures

Returning Staff...

We'd like to welcome back:

Kathy Lank: School Counselor
Sherry Boutilier: Kindergarten
Jennifer Stewart: Grade 1
Carol Schneider: Grade 2
Matt Schneider: Grade 4
Eric VanWiechen: 5/6 & Physical Education
Pam MacLeod: Resource
Alisha VanInderstine: EA
Henrietta McAree: EA
Courtney MacCormac: EA
Denise Carroll: EA

Hey!
WELCOME
We're very
GLAD
you're here!

We would like to welcome all new students to our school this year. We hope you have a wonderful year!

We would like to welcome Kailey Norris (grade 3 & music) and Kaitlin Morrison (Grade 5/6), Amanda MacDonald (EA), and Teri MacDonald (EA) to Cardigan School!

HOME & SCHOOL

Our 1st Home & School meeting will be on Tuesday, Sept. 26th at Cardigan School beginning at 6:30PM

ALL ARE WELCOME TO ATTEND

Healthy Snack Program

We would like to thank our Educational Assistant, Denise Carroll, for organizing our Healthy Snack Program. Denise and some students purchase healthy snacks and deliver them to our students 3 times a week.

Picture Day

Thursday, October 12th.

Lifetouch will be at Cardigan School to take our fall pictures.



Bus Information 2023-2024 school year

Bus#421: Cody MacCormack

Bus#491: Walter Shaw

Bus#407: Michelle Myers

Bus#621: Alice Blackett

Morning only:

Bus#407: Robin Esau

Bus#412: Kenneth MacEachern

Bus#416: John Simpson

BUS NOTES

Bus passes will not be permitted for this school year. Students are to travel on their assigned bus unless they are going to a different location for childcare purposes.

Parent Drop off and Pick up

Just a reminder that parents can drop off (8:15AM-8:25AM) and pick up (2:15PM-2:20PM) students after the busses have left. Please pull up in the bus loop in front of the school and a staff member will meet you.

**** Please do not let your child out on the side parking lot because there are a lot of vehicles around. ****
We want to keep our students safe.

STUDENT ABSENCES

If your child is going to be absent, please call the school to let us know before 9:30am.

STUDENT SCHEDULE CHANGES

If you need to change your child's afternoon departure plans, **please call the school at 902-583-8575 by 1:30PM.**

INFORMATION/QUESTIONS

If you have any questions or concerns, please reach out to your child's teacher. You can leave a message at school, 902-583-8575, or you may contact them via email.

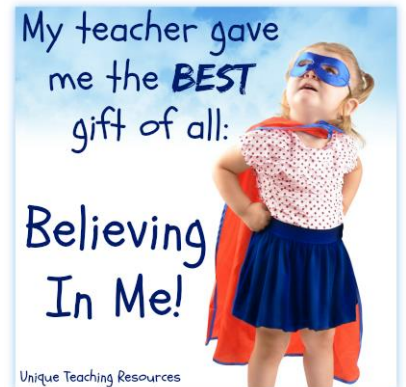
Mass e-mails and monthly reminders will be sent through PowerSchool as well as information on upcoming events and activities.

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PEI School Food Program Inc. has a new fall menu for the 2023-2024 school year. It can be accessed at www.peischoolfood.ca As the cost of food and supplies continue to rise, the PEI School Food Program will be increasing the asking price for parents to \$5.75 per meal. The program will remain a pay-what-you-can program, and we kindly ask school staff, families, and students to pay for their meals if they are able, to help those who are not!

Truth & Reconciliation Day Orange Shirt day Thursday, September 28th, 2023

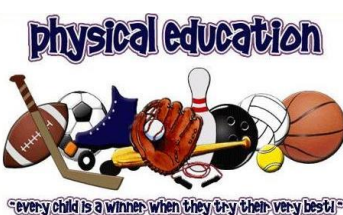
On Thursday, September 28th we will be participating in Truth & Reconciliation Day by wearing orange shirts to remember that every child matters. If your child does not have an orange shirt, we will be passing out orange stickers to all students.

REMINDER



We would like to thank Purity Dairy for delivering quality milk to our students over the years.

We would like to welcome ADL as our new milk provider.



Forks & Spoons

Please remember to pack a spoon and a fork in your child's lunch if they need it. Classrooms and the office do not carry extra spoons or forks.

Water Bottles

Water bottles should be sent with your child each day.

Labeling Belongings

If you could please label your child's belongings, it is much easier to return lost and found clothing to the right owner if it is labeled.

We are starting off the year with soccer and cross country.

The schedule for these sports are as follows:

- ⚽ **Soccer:** Tuesday & Thursday from 2:10PM – 3:10PM (grades 4,5 & 6)
- ⚽ **Cross Country:** Wednesday from 2:10PM – 3:10PM (grades 3,4,5 & 6)



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IMPORTANT!!! PEANUT ALLERGY INFORMATION

PLEASE



**NO PEANUTS
OR
NUT PRODUCTS**

Cardigan Consolidated School has some students that have severe life threatening allergies to peanuts, peanut butter, tree-nut, and peanut/nut products. Therefore, the school will be continuing its Peanut and Nut Free Policies. It is important for all parents to know that exposure to even a small amount of these food substances could cause anaphylactic shock, and without immediate medical assistance, could cause loss of consciousness and death. Each reaction that these students are exposed to will get worse and may change from not only ingesting the food but to the smell or feel of it. These students CAN'T SMELL, TASTE, TOUCH OR HAVE ANY PEANUT and or NUT PRODUCTS NEAR them. This means that absolutely no peanut/nut products of any form can be taken to school. This includes products like WOW Butter or any other products that resemble peanut butter.

In order to remain completely peanut/nut free we are requesting that parents:

1. **Help your child to understand that he/she should never share food with other children.**
2. **Brush your child's teeth and wash your child's hands and face well before leaving for school each morning to ensure that no peanut butter, or peanut products remain on him/her from breakfast time.**
3. **Ensure that there is no peanut butter or peanut/nut products on your child's clothing after breakfast.**
4. **Do not use sunscreens or fly sprays that contain peanut/nut oils.**
5. **Do not use creams which may contain peanut or nut oil. A pharmacist can check the non-medical ingredients for you.**
6. **Notify other family members and babysitters, who may be getting your child ready for school each day or on occasional mornings, of these very important procedures.**
7. **Do not send any lunch or snack treats with your child that may contain peanut or nut products.**

Welcome to the School Counselor's Corner



Welcome to the 2023-2024 school year! My name is Kathy Lank and I am pleased to be returning for my 6th year as your school counsellor. I am at the school on days 2, 4 and 6 in the school cycle. It is my hope that this school year will be full of successful experiences for all students.

Please feel free to contact me if you have any questions or concerns about your child. I can be contacted at 902-583-8575 or kalank@edu.pe.ca

Kathy Lank

Cardigan Terry Fox Run

We will be having our Terry Fox fun on Friday, September 22nd in the afternoon.



ISLAND GYMNASTICS ACADEMY

The Island Gymnastics Academy is pleased to announce that we are once again able to offer gymnastics classes out of Montague Consolidated School for both Boys and Girls from Kindergarten to grade 6, starting September 26th.

For more information and to register please use the following link:

<https://app.amilia.com/store/en/IGA/shop/programs/94187>

If you have any questions please contact me by email or phone, islandgymnasticsacademy@gmail.com

902-892-3081

Nancy

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Health PEI



School Therapy Occupational Therapy (OT) Program

Hi everyone! I would like to introduce myself as the OT with the School Therapy, Occupational Therapy (OT) Program. My name is Chloe Bruce and I am the OT for the Cardigan Consolidated School. I am very much looking forward to working at your child's school for the 2022-2023 school year. I will be at Cardigan Consolidated every day 4 beginning September 20, 2023.

The focus of the School Therapy OT program is to work together with classroom teachers, school staff and parents /guardians to support students' motor and sensory development to assist students with achieving their learning goals, successfully participating in school and, most importantly feeling good about themselves and school! To do this, I will be spending time in classrooms, small group settings, gym, music, and library classes as well as on the playground. Throughout the day, I will be offering guidance, suggestions, and tips.

Occupational Therapists (OTs) working in schools know a lot about motor development, sensory processing as well as environmental set up, adaptations and accessibility. OTs support students in schools with participating in

- **Personal cares:** bathroom routines, putting on and removing outdoor clothing and footwear, clothing fasteners (e.g., snaps, zippers, buttons, shoelaces), opening and closing lunch containers, feeding self, etc.
- **Classroom and school routines:** transitioning between activities or spaces within the classroom or school, organizing and locating school materials, participating in classroom routines, participating in Phys Ed, library, music, recess, and playground activities, etc.
- **Learning-based activities:** using classroom tools (e.g., scissors, pencils, glue stick, learning manipulatives, etc.), expressing learning through cutting, colouring, drawing, printing, cursive writing and using technology, self-regulation with respect to focusing attention and starting work in a timely manner; etc.
- **Managing sensory demands of a school environment:** managing the sound of the bell and /or announcements, sounds and movement in busy corridors, echo in the gym, sounds during assemblies, lighting in the school, feel of learning materials, etc.
- **Managing the physical environment:** accessing spaces when using mobility aids (e.g., wheelchairs, walkers, etc.), accessing appropriate classroom desk and chair heights, using flexible seating options and optimal learning spaces, using equipment for personal cares and technical access (e.g., change tables, lift systems, switches for environmental controls or communication devices), etc.

Please feel free to contact the school or myself if you have any questions about the School Therapy OT Program. I can be contacted at the school on day 4 or at cabruce@ihis.org or 902.213.4548. I look forward to a wonderful school year working together with school staff, students and you as parents/guardians!

Chloe Bruce, OT Reg.(PEI)

Occupational Therapist, School Therapy OT Program