



Absence Check Number
905-845-3504

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The Sheridan Showcase

1555 Lancaster Drive ♦ Oakville, Ontario ♦ L6H 3H4 ♦ 905-845-3925

WELCOME AND WELCOME BACK!

It is our pleasure to welcome back our Sheridan families and to extend a warm welcome to families who are new to the school. We look forward to renewing partnerships and establishing new ones as we enjoy the 2011-12 school year together.

We send a warm Sheridan Welcome to the newest member of our learning community, Miss Wedgewood. She is teaching the newly created A-track kindergarten class. Many parents had the opportunity to meet her, and the rest of the staff, at the Open House/BBQ on September 22.

The students have settled into their new classes and into the routines and expectations of school. We appreciate everyone's patience, understanding and support as we worked through the re-organization of the classes.

EQAO Results

The Individual Student Reports have been sent home to the parents of the grade 4 students who completed EQAO in the spring.

Sheridan has received the 2010-11 EQAO results. Our rolling averages, over time, tell us that there has been slight improvement in the Reading, Writing and Mathematics scores.

So what does that mean for us? Grade teams will be spending time this week closely examining the results, looking for trends and patterns, identifying areas of strength and challenge and developing student profiles. We have linked with Falgarwood Public School to examine the data, including PM Benchmarks and DRA, for the purpose of knowing our learners and improving instruction to better serve student needs.

Much of the discussions will also help us frame the literacy and numeracy goals for the 2011-2012 School Improvement Plan.

Open House/BBQ

Thank you to School Council for organizing this year's BBQ. The warm, sunny weather and the dinner time music of the Canadian Caribbean Association of Halton combined to make the evening very enjoyable.

Thanks to the choir, under the direction of Mrs. Hiltz, for entertaining us at the beginning of the Open House. It was wonderful to see so many of our families and to hear the buzz of excitement as you visited the classrooms and met with the teachers.

Cross Country

Congratulations to our cross country team who participated in the meet at Sherwood on September 26. You should be proud of your dedication to training and for representing our school. Go Sharks! You represented us well.

UPCOMING EVENTS

Terry Fox Walk

Sheridan students and their families once again gave their support to the fight against cancer when they walked in memory of Terry Fox on the afternoon of Friday, September 28th. Thanks to all who participated in our Tweekies for Terry event we raised \$101.85.

Information about Terry Fox and the work of the foundation established in his memory is available at: www.terryfoxrun.org

Photo Day – Say Cheese

Our school photographer will be here on:

- Tuesday, October 25 at 9:00 a.m. for Grades 1, 2, 3 and Kindergarten "B"

- Wednesday, October 26 at 9:00 a.m. for Grades 4, 5 and Kindergarten "A"
- Tuesday, November 15 at 9:00 a.m. photo re-take day

Please mark your calendar.

QSP Magazine Fundraiser

We know that Sheridan families look forward to renewing subscriptions of their favourite magazines and occasionally trying out new ones. We will be running this popular fundraiser again at Sheridan.

The event begins with an assembly for students on Thursday, October 6. Students will take home information packages that day for families to peruse. The Thanksgiving weekend is a convenient time to share this opportunity with family, friends and relatives. Please note that there is a user friendly online ordering option as well as our regular ordering process. The campaign will run from October 6 to October 20.

Monday, October 10 – Thanksgiving Day

We extend warm wishes for a wonderful Thanksgiving celebration. There will be no classes for students that day. Please enjoy a nice long weekend.

October 31 – Halloween Parade

Parents are invited to the Halloween Parade on Monday, October 31st at 2:30 p.m. in the Mall. Students may choose to wear a costume or dress for black and orange day. They will be changing into their costume during the 2nd nutrition break. No masks or weaponry, please.

Kiss & Ride

Parents are asked **not to get out of their cars in the Kiss & Ride Lanes**. Students are to be dropped off on the curbside after 8:30 a.m. From there, they will be escorted via the crosswalk to the playground. **Adults who wish to leave their vehicles or who are transporting students who must exit the vehicle on the non-curb side**, are asked to **please park in proper parking spaces in the parking lot**. In this way, we can keep the Kiss & Ride area clear and moving safely, will keep traffic moving safely through the parking lot and will avoid unnecessary and potentially serious accidents. **Also, never drive past a bus while it is loading or unloading students.** Thank you for your co-operation.

Absence Check Program

Punctual and regular attendance is essential to learning and maintaining effective progress at school. Students master new skills and acquire knowledge through regular participation in classroom instruction and discussion of concepts. If your child is going to be absent or late for school, please assist us by following this procedure:

- Phone the **Absence Check Number 905-845-3504** and leave a message on the answering machine **each day that your child will be absent** or if it is a prolonged, planned absence, please call in the dates that your child will be away.

- *Please provide the following information:*
 - Your child's name (please spell surname)
 - Your child's teacher
 - Reason for absence
 - The length of time your child will be absent

We are still in need of 3 volunteers for the Absence Check System, please contact the office for details.

Recess Materials

Sheridan students would appreciate a newer supply of recess materials such as soccer balls, basketballs and skipping ropes. If you have any extras that can be donated to Sheridan, they would be greatly appreciated.

SCHOOL COUNCIL NEWS

We invite you to get involved in the life of our school and in the processes that shape it. Our monthly meetings, which all Sheridan parents are welcome to attend, are an excellent way to do so.

2011 / 2012 Council Executive is: Chair – Stacey Sinclair, Co-Chair – Chantal Ingram, Treasurer – Andrea Rowe, Secretary – Danielle Ferguson.

This year Council meetings will be held on the first Tuesday of each month with the next one set for October 4th at 7:00pm. We hope to see you there.

URGENT!! Volunteers Needed

At Sheridan, our pizza days are a huge success. Not only do the students look forward to their hot lunch days, but Pizza sales provide our school with a fund raising opportunity through which many of our programs and initiatives are supported.

Sheridan's pizza lunch runs every second week on Wednesdays and Thursdays during the second nutrition break. It would only take 1 hour (12:30-1:30) of your time to assist with pizza lunch. Unfortunately this program is now in jeopardy of being cancelled due to the lack of volunteers to help set-up, distribute and clean up on pizza days.

If you are available to assist with this terrific program (on either Wednesday and/or Thursday) please contact Sarah Stronach via email at sarah.stronach@sympatico.ca Training will be provided for all volunteers. If you would like to

volunteer, a Criminal Record Check including the Vulnerable Sector Screening is required.

Volunteers are also needed for the All Star Reading program. Please contact Mrs. Salmon for further information.

Unable to Volunteer, but still want to help?

As the Halton Food For Thought Program only grants us a portion of the funds necessary to run our Snack and Basket Programs any donations are much appreciated!

ACCEPTED DONATIONS

Here are some of the items that we use at Sheridan:

Flat-bottom Coffee Filters (used for serving snacks);
Waxed Paper; Biodegradable Plastic Spoons;
Unsweetened Apple Sauce (in single serve containers); Boxes of Kellogg's Nutri-grain Bars (all varieties of fruit); Boxes of Kellogg's All Bran Bars (except chocolate/chocolate chip); Fruit Cocktail/Fruit Segments (in juice); Tuna Snack Kits (they sell these in pkgs of 6 at Costco); Box of Family Size Cheerios (plain or multigrain); Nature Valley Low Fat Granola Bars (except chocolate/chocolate chip).

We thank you for supporting this wonderful program!

Healthy Snack/Basket Program

Due to an unfortunate lack of volunteers, we are going to have to readjust our Healthy Snack Program. This year, we will provide the entire school with a snack on Wednesday s and the Kindergarten "B"Group with their own snack on Thursdays.

We are sorry to have to take a full snack away from the students, but without the volunteers we do not have enough we do not have enough kitchen help to continue two days a week.

Of course, if enough volunteers sign up for our Thursday Snack, we will be happy to serve the entire school a nutritious snack on that day. **We are currently looking for 4 new volunteers for the Thursday snack. Our volunteers would be required to be in the kitchen from 9:00 a.m. to approximately 11:30 a.m.** The Healthy Snack program is set to begin on Wednesday, October 5th.

The Healthy Basket program will also be implemented next Wednesday, October 5th and the baskets will be replenished every Wednesday, as usual.

Please contact Danielle Ferguson at four_fergusons@hotmail.com or (905) 582-9160 if you are interested in joining our team of fun and dedicated volunteers! I look forward to hearing from you!

Kiwi Reminder

Parents please remember when packing your child's lunch that there are some members of our school community who have a **LIFE-THREATENING ALLERGY to KIWI**. Please help us to ensure a safe environment for all children by not sending these items to school. (eg. Koolaid Jammers)

MedicAlert's No Child Without Program

The No Child Without Program is at our school. This program offers a free MedicAlert membership to students who attend Sheridan and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program.

This gives emergency first responders immediate access to your child's medical information on their MedicAlert bracelet or necklet. It enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record. Please contact the office for details.

Healthier Eating During the School Day

About one-third of a student's daily food intake occurs at school. Whether food is purchased in cafeterias or supplemented with snacks from school canteens, tuck shops, vending machines etc., the choices often include high-fat, high-sugar, high-sodium, and low nutrient foods such as fries, candy bars and sugary drinks.

New provincial food and beverage standards are on the way for all food sold in Ontario schools with full implementation by September 2011. The Ministry of Education's *School Food and Beverage Policy, PPM 150*

(<http://www.edu.gov.on.ca/extra/eng/ppm/150.html>) is based on the healthy eating guidelines outlined in *Canada's Food Guide*.

The Nutrition Standards group foods and beverages for sale in schools into three categories: <http://www.edu.gov.on.ca/extra/eng/ppm/Appendix150.pdf>

The **Sell Most** category: must make up at least 80% of the choices offered. These foods have lower levels of fat, sugar and/or sodium, e.g. fresh, frozen, canned or dried fruits and vegetables, whole grain breads, whole wheat or white (enriched) pasta .

The **Sell Less** category: must make up no more than 20% of choices offered. These foods have slightly higher amounts of fat, sugar and/or sodium than the "sell most" category e.g. deli meats, hotdogs etc.

The **Not Permitted for Sale** category: are generally those that contain few or no essential nutrients and high amounts of fat, sugar and/or sodium, e.g. deep-

fried foods, pasta sauce that is higher in fat or sodium, energy bars, candy, popcorn, baked goods, any beverage with caffeine.

The standards do **not** apply to food and beverages that are:

- brought from home or purchased off school premises and are not for resale in schools
- available for purchase during field trips off school premises
- offered in schools to students at not cost
- sold in schools for non-school purposes
- sold for fundraising activities that occur off school premises
- sold in staff rooms

As you think about healthy eating for the school day, many great ideas can be found at <http://webaps.halton.ca/health/resources/resource.cfm?ID=486> and click on *View this Resource*.

Every month during the 2010-11 school year we will feature more information about the upcoming Nutrition Standards and our board and school plans to fully implement by September 2011.

Setting the Standard for Healthy Eating in Schools

Ontario's new nutrition standards for food and beverages sold in schools will give our students healthier places to learn and help them perform better in school

(<http://www.news.ontario.ca/edu/en/2010/01/setting-the-standard-for-healthy-eating-in-schools.html>) .

The nutrition standards make it easy for schools to determine which foods they can and cannot sell. Candy, energy drinks and fried foods are among the items that will no longer be sold in schools. In addition, 80 per cent of the new school menu must include products with the highest levels of essential nutrients and lowest amounts of fat, sugar and sodium. This includes fresh fruit, vegetables and whole grain breads. As well, 20 per cent of the new menu may include products that have slightly higher amounts of fat, sugar, and sodium. These items include bagels and cheese.

Twenty-eight per cent of Ontario children between the ages of two and 17 are overweight or obese -- putting them at risk of diseases including diabetes. Less than half of Ontario kids, ages 12-19, eat the recommended daily minimum of fruits and vegetables.

The nutrition standards are made possible by the Healthy Food for Healthy Schools Act, 2008 (http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90e02_e.htm#BK563).

The Act is a part of the government's overall strategy for healthy students

(<http://www.edu.gov.on.ca/eng/teachers/healthyschools.html>). It also includes 20 minutes of daily activity in elementary schools and a recognition program for health-related school activities.

Quick Facts

- Obesity costs the Ontario health care system approximately \$1.6 billion annually.
- The introduction of the new nutrition standards today provides schools with the time they need to make the transition, as the standards will be mandatory across Ontario as of September 1, 2011.
- Five other provinces that have mandatory nutrition standards in schools are British Columbia, Quebec, Nova Scotia, New Brunswick and Newfoundland.
- According to the Journal of School Health, students who ate healthy - and reduced their fat intake - performed better at school.

Learn More

[Discover great tips, recipes and suggestions on healthy eating for all ages.](#)

[Discover Ontario's Healthy Schools initiatives.](#)

[Read more about the nutrition standards](#)

Farm to School

Our school is one of 9 schools participating in the Farm to School program, which brings fresh, locally grown produce into Halton elementary schools. This year, our school will be receiving farm fresh produce from area farmers as the next step in the progression of this initiative.

The Farm to School program invites you to visit one of the many Farmers Markets in Halton. Ontario has many delicious fruits and vegetables in season in the fall; why not introduce some of them at home? Here are some local markets you can try out:

- Harbourside Farmers' Market
Centennial Square, 120 Navy St. Oakville
Sat. 9:30am – 2:00pm
- Oakville Civitan Farmers' Market
Hopedale Mall, 1515 Rebecca St. Oakville
Sat. 8:00am – 2:00pm
- Oakville Place Farmers' Market
240 Leighland Ave., Oakville
Thurs. 8:00am – 2:00pm
- Kerr Village Farmers' Market
Heritage Square, Kerr St. and Florence
Sat. 9:00am – 1:00pm



Electronics

Please **do not send** your child to school with electronics such as **MP3 players, handheld video games and cell phones**. These items do not inspire movement during exercise breaks when students are expected to be active. Neither are they appropriate for use during classroom time when students are expected to be engaged in learning.

They can also be a source of distress if they go missing.

ECO NEWS/FACTS

International Walk-To-School Week

International Walk-to-School Week takes places from Monday, October 3rd to Friday, October 7th.

Why Walk? The benefits of Active Transportation (Walk, Wheel or Roll) are numerous and besides that – its fun and promotes street smarts and street safety. If students are bused, consider walking to the Bus Stop.

Walking, Biking and Rolling means:

- Healthier, More Active Children
- Reduced Air Pollution & Greenhouse Gas
- Safer Streets for Everyone

Active Transportation (using human power to get somewhere) is supported by Green Communities, Active & Safe Routes to Schools, The Government of Ontario and the Heart and Stroke Foundation – so please – support healthier kids, reduced traffic congestion and pollution bubbles at schools and safer streets for everyone – Walk to School.

Waste Reduction Week

Waste Reduction Week is an annual event. In 2011 it will run from Monday, October 17th through to Sunday the 21st.

The average student generates 21kg of waste per year. Waste reduction week takes aim at this number with events such as the Waste Free Lunch Challenge (www.wastefreelunch.com) with prizes to be won from the Recycling Council of Ontario. Parent resources are available on the site.

Recycling & Composting Confusion

Many of us live and work in separate Regions. Here in Halton Region the following are some of the most common points of confusion:

- **Stickers don't compost!** Please remove all stickers from apples, bananas and other fruit. Put the fruit cores and peels in the GreenCart, and put the stickers in the Garbage
- **No clear plastic clamshell containers in the Blue Box.** Clear plastic clamshell containers used for lettuce and berries are not accepted in the Blue Box. It doesn't matter what number you find inside the recycling triangle on the bottom. They are all Garbage.
- **I'll have a double double.** Paper coffee cups go in the GreenCart (never the Blue Box). Plastic coffee cup lids go in the Garbage. Consider bringing a re-fillable mug – your coffee will cost less & stay warm longer!

- **Construction paper** is preferred in the GreenCart. If the construction paper has white glue or tempa paint on it, that's fine in the GreenCart too. If the constructions paper has scotch or masking tape, or glitter, put it in the Garbage.
- **Paper towel** goes in the GreenCart, never the Blue Box.

National Tree Day

Canada's first National Tree Day was September 21, 2011.

This new initiative is the result of the Government of Canada passing, on March 2, 2011, a private member's bill proclaiming September 21 as National Tree Day.

For more information, visit: www.treecanada.ca

Halton Environmental News

Interested in what is important to the environment in Halton? It's easy to be informed; for the weekly updates, visit: <http://haltonenvironment.com>

Litterless Lunches

Once again we are asking all families to support us in continuing with this important eco-initiative at Sheridan.

Tuesdays are designated as the day during the week when we do our best to ensure no waste is generated at school.

Everyone is asked to use reusable containers for both the snack and lunch breaks.

Students are encouraged to bring home any leftovers or waste for appropriate recycling or disposal at home.

Feel free to make this a choice every other day of the week and help our environment!

Eco Fast Fact

Did you know that you can get the latest Regional waste management program news from two new social media sites?

Halton region offers access through a Twitter account @HaltonRecycles and a blog site - www.halton-recycles.ca

COMMUNITY EVENTS

Flu season is approaching!

The Halton Region Health Department offers free flu immunization clinics from the months of October to January. Visit Halton.ca/flu for more information.

In addition, the [School Health Information for Professionals web pages](#) contains information on illness, immunization and infection.



The Halton Parenting Directory

The latest issue of The Halton Parenting Directory is hot off the presses! The Directory is a comprehensive listing of parenting programs and workshops aimed at helping parents and other caregivers access learning, support and information. The directory is issued twice annually in the spring and fall and is available online at www.ourkidsnetwork.ca . It will also be delivered to families through school boards and community agencies mid-September.

Triple P - Positive Parenting Programs

Triple P is a positive parenting program that promotes good communication and strong relationships between parents and their children. Telephone support and face-to-face meetings are provided by practitioners in your community. Program information, times and locations can be obtained by calling Halton Region at 311 or 905-825-6000.

Fire Prevention Week Kick-Off Day October 1, 2011

It's that time of year again! Now in it's twelfth year, the Oakville Fire Department's popular Fire Prevention Week Kick-Off Event will take place on Saturday, October 1, from 11 a.m. to 4 p.m. (rain or shine).

The event will take place at the Oakville Training Campus located at 1144 South Service Road West. All are invited. More information can be found at www.oakvillefire.ca