



ELLERSLIE ELEMENTARY

Principal: Jaime Cole

Vice-Principal: Sarah Totten

Hello November

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dates to Remember

November 5-Daylight Saving Time Ends (Move clocks back an hour)



November 8-H&S Brownie fundraiser orders due by 3:00 pm

November 8-Jersey Day (wear a jersey or school colors)

November 9-School Remembrance Day service at 11:00 am

November 9-Grade 6 students to Bideford Cemetery 9:00-10:30 am

November 10-Everest Photo retakes

November 10-H&S Brownies served for those that ordered

November 13-Remembrance Day Observed (**No classes**)

November 16 & 17-PEITF/CUPE Convention (**No classes**)

November 24-Parent Teacher Conferences (**No classes**)

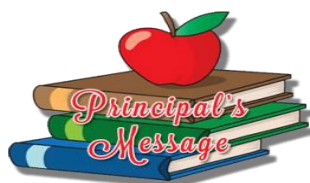
December 18-Christmas Concert am and pm concerts (More information to follow in December)

December 19-Storm date for concert

December 22-Last day of school for students for 2023

January 4 & 5-PD Day (No classes)

January 8-First instructional day for students for 2023



PRINCIPAL'S MESSAGE

Ellerslie Elementary has a busy November with Remembrance Day ceremonies, professional development of staff and Parent teacher conferences.

Our school goals as directed by the Department of Education and Early Learning is to focus on Social Emotional Learning (SEL), along with teaching the curriculum. We all recognize this is important. It's not just about books and exams – it's about understanding your feelings, getting along with others, and making this school a great place for everyone.

So, we will practice being aware of how you feel, show some empathy, and develop strong communication skills. That way, we create a school that's warm and inclusive, where everyone can shine. Let's get better together at these life skills that'll come in handy, no matter where your journey.

If you have any questions or concerns you can contact me at 902-831-7920 or by emailing jicole@edu.pe.ca

REMEMBRANCE DAY

The Remembrance Day celebration will be held at 11:00 am on Thursday, November 9th at Ellerslie Elementary School. Reverend Bush will be leading the ceremony and the school choir will be performing the song Highway of Heroes.



PARENT TEACHER CONFERENCES

Parent Teacher Conferences will take place on November 23rd from 3:30pm -5:00pm and 6:00pm – 8:00pm and November 24th 9:00am – 12:00pm. An electronic sign up will be emailed out that allows parents to select time slots with your child's teacher that work best for you. If you have multiple children in the school, it is advised that you sign up early to ease the scheduling for you. Your child's Learning Report will go home on November 22nd.

CHRISTMAS FLEA MARKET

In looking ahead to December, we are beginning to think about our School Christmas flea market. This is where students will be given the opportunity to purchase items for their family for Christmas for one dollar each. Last year was a huge success and all proceeds were donated to a family in need! At this time, we're asking people to save any gently used items they may wish to donate to this great cause. Items can be brought to the school any time after November 20th. Please no clothes. Also, if anyone has any extra gift wrap or gift bags please send those as well.



SCHOOL FUNDRAISER: RECIPES IN A JAR

Thank you to all the families that sold the jars and those who supported the school by purchasing a jar. There were more than 650 jars sold! Well done.

The jars will be at the school and ready for pick up by parents during the Parent Teacher Conferences on November 23rd and 24th.

The top sellers for the school were:

- 1st place: Mason Gallant
- 2nd place: Kayden Ramsay
- 3rd place: Cora Ramsay

Well done to our top sellers!

BREAKFAST PROGRAM:

Thanks to our fabulous volunteers and the donations from community groups and individuals we now offer a breakfast program on Mondays and Wednesdays. Thank you to the Credit Union for their recent donation. We appreciate everyone's support. It is great to be able to offer nutritious foods to ensure all students start the day ready to learn.

SPORTS NEWS:

Soccer season came to an end during October. Ellerslie had an awesome turnout for both the boys and girls teams this season. Both teams practiced and competed hard throughout the entire season. The boys made it to the semifinals vs. Bloomfield but came up just short. Both teams were comprised of many grade 4s and 5s which make the next couple seasons very exciting and something to look forward to.

PLEASE SEE OTHER SIDE



Mr. MacDougall and Mrs. Cole would like to thank all the players for their commitments. A special shoutout to the guardians for all the pickups after games and practices.

Intramural soccer also came to an end on October 30th. The Ellerslie intramural league was a 4-team league. Each team played 6 regular seasons games before the semis and finals. Team Adella played off against Team Sophie in the first semi-final, while Team Drake played against Team Harley in the second semi-final. The finals had Team Adella capturing the Ellerslie championship over Team Drake by a score of 2-1. We had great turnout all soccer season with intramurals. Next up for intramurals will be basketball.

Screen Time- Survey of PEI students in Grades 7 – 12.

Based on the survey students spend an average of almost 8 hours on screens a day.

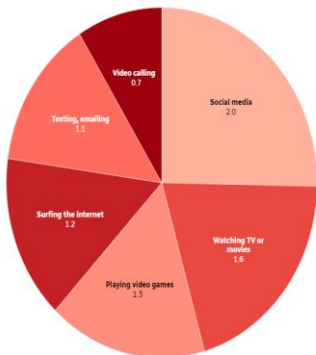
For more information you can check out the cbc article.
<https://www.cbc.ca/news/canada/prince-edward-island/pei-student-health-survey-numbers-1.7007578>

Screen time

While more students are physically active, the average time they are spending on screens is still almost four times what is recommended in national guidelines.

Students are spending an average 7.9 hours on screens, with social media being the top activity.

Screen time
Hours daily



Source: PEI Student Health Survey (CBC)

What is the right amount of screen time for my child?

The [Canadian Paediatric Society](https://www.cps.ca) recommends:

- For children two to five years old limit screen time to less than one hour a day.
- For children older than five limit screen time to less than two hours a day.

How do I establish healthy screen habits at home?

Try to establish [screen time limits and appropriate habits](#) early in childhood, as it will be easier than setting them later when children have established patterns and routines. Ensure that everyone in your family understands and shares the same understanding of

acceptable limits and content. Some tips:

- Be a good role model with your own screen time.
- Turn off TV during mealtimes.
- Turn off background TV when no one is watching.
- Avoid using screens an hour before bedtime.
- Choose activities such as playing outdoors, reading or crafting over screens.

ATTENDANCE:

The Public School Branch has an attendance policy to help us monitor student attendance. We always appreciate regular communication with parents and caregivers. You can contact Ms. Stephanie in the office and the classroom teacher if your child is going to be absent. Please try to have your student in school for the full day unless there is an appointment or other specific reason for late drop off or early pick up to ensure minimum disruption for our classes. Our school day runs from 8:50 - 2:50.

Here is some information on the importance of Attendance:

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
 - Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
 - Students can still fall behind if they miss just 1 or 2 days every few weeks.
 - Being late to school may lead to poor attendance.
 - Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.
- Attending school regularly helps children feel better about school—and themselves.

Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

https://www.attendanceworks.org/wp-content/uploads/2019/06/Attendance-Works-Elementary_handout_101421.pdf

YOUR SCHOOLS ARE TESTING FOR RADON:

Now It's time to Test Your Home!

The Public Schools Branch is working in collaboration with Health Canada on a plan to test the radon levels in schools in the province to help keep your children safe. We will test all schools over a 3-year period, beginning this year's testing November 2023. Upon completion of the testing, the results will be

analyzed, and any necessary actions will be completed that are required based on the results of the testing.

WHAT IS RADON?

Radon is a colourless, odourless radioactive gas that comes from the breakdown of uranium in the ground. You can't see it or smell it. When radon gas seeps inside an enclosed space, such as a home or workplace, it can build up to high levels and become a health risk.

All homes and buildings have some level of radon and any building can have high radon levels regardless of geographic location. The only way to determine if a building has high radon levels is to test, which is why it's important that all schools are tested. Detectors will be placed in schools for a minimum of 91 days and then sent to a lab for analysis. They do not emit any radon.

WHAT ARE THE HEALTH RISKS OF RADON?

Radon is the leading cause of lung cancer in people who don't smoke.

Given that the health risk associated with radon is based on the cumulative exposure, minimizing potential radon levels in schools will reduce the lifetime risk of developing lung cancer for the people occupying them.

WHAT CAN YOU DO?

Exposure to radon at home contributes to 90% of Canadians radon-induced lung-cancer risk.

There are two easy and inexpensive options to stay safe:

1. Purchase a do-it-yourself long-term test kit.
2. Hire a certified radon measurement professional.

TEST BETWEEN SEPTEMBER AND APRIL when windows and doors are mostly closed.

For more information, visit Canada.ca/radon or contact: hc.radon.atlantic.sc@canada.ca

Purchase a long-term radon test kit at: takeactiononradon.ca hc.radon.atlantic.sc@canada.ca

