



Macaulay Newsflash

Macaulay Public School
1270 Cedar Lane
Bracebridge, Ontario P1L 1W9
Telephone: (705) 645-5410 Fax: (705) 645-0074
<http://mac.tlds.on.ca>



Principal: David Crawford
School Trustee: Steve Binstock

“Better Together”

Secretary: Jenny Rendall

Macaulay Public School, touching minds, hearts and spirits to shape our future

November 2018

Principal’s Message

A chill is in the air and people are beginning to anticipate winter. For many of our kids, this means swapping ‘green time for screen time.’ Rain, slush and sleet usually mean that our kids begin to spend less time outdoors and the result is increased screen time. There have been many studies recently pointing to the fact that most Canadian kids are getting too much screen time and this is causing a host of problems from increased myopia (prescription glasses are now up almost 30% for 11-12 year olds), increased sleep disturbances, increased sadness, decreased activity and even screen addiction.

If going outside is not an option, consider other options - a play date for some ‘face to face’ fun, board games, Lego, cooking, or any other ‘screenless’ indoor activity.

There are now Canadian guidelines for screen time, sleep and physical activity. For children aged 9-10, the following is recommended:

- Screen time: 2 hours a day
- Sleep: 9-11 hours a night
- Physical activity: 1 hour a day

You and your child can find out more information (and take a screen time poll) at:
<https://www.cbc.ca/kidsnews/post/poll-how-much-screen-time-do-you-get>

David Crawford
Principal

Upcoming Events

- Parent Council Meeting → Nov. 5
- Photo Retake → Nov. 2
- Book Fair → Nov. 6-13
- Remembrance Assembly → Nov. 9
- Progress Reports → Nov. 16
- Parent-Teacher Interviews → Nov. 22
- PA Day → Nov. 23
- Macaulay Bazaar → Nov. 24

The Character Trait for November is Responsibility

Macaulay Website

Please check out our website at <http://mac.tlds.on.ca>. Our website will be a great place for you to see any new updates. As part of our initiative to reduce paper use and help the environment, we will continue posting the newsletter on our website this year.

School Council Meeting

School Council meeting will be on **November 5, at 6:30 p.m.** in the school library. Newcomers are encouraged to attend. We welcome discussion and new ideas. Please consider joining us! Next meeting will be November 5th.



Peanut Safe

Macaulay Public School remains a “Peanut Safe Environment”. Several of our students are allergic to peanuts, peanut products, nuts and sesame. Allergies range from mild to very severe. A severe reaction can be tragic and we are doing our best to protect the safety of all our students. **WE ASK THAT ALL SNACKS AND LUNCHES NOT INCLUDE NUTS.** Please remind us if your child has sensitivities or allergies. We have students who do carry epi-pens with them to counteract allergic reactions.



Sign In / Sign Out

If your child leaves early or arrives late, they need to check in at the office, sign the In/Out book and get an Admit Slip before going to their class. Students must have a current note from parents to leave the school grounds for lunch.

Don't Forget to bring in your old batteries!

AA, AAA, C, D, 6V, 9V and Button cell. Lithium and rechargeable batteries are not part of this programs

Based on our school's enrollment, our milestone to strive for this year is 422 kilograms of batteries or 18 5 gallon pails full. All schools that reach 100% of their goal will get a cut of the prize pool! No matter what it is, our school's contribution will go a long way to support the environment and the SickKids Children's Hospital Foundation. Please bring in AAA, AA, C, D, 6V, 9V and button cell batteries made of alkaline-manganese, silver oxide, zinc air and zinc carbon chemistries only. Rechargeable batteries are not part of this Challenge. Please place tape over both ends of the battery. For more information please visit the website: <https://www.rawmaterials.com/ontario-school-recycling-challenge/school/>

Also your child can win a \$50 prepaid Visa card or a family trip to Great Wolf Lodge. Visit this website to find out more: <https://www.rawmaterials.com/ontario-school-recycling-challenge/student/>

Safe Arrival – 645-1918

If your child is going to be absent from school or late for any reason, we require you to call the safe arrival number **705-645-1918**. Please leave a message on the answering machine indicating your child's name and classroom, as well as an indication of how long they are expected to be absent. We check these messages between 9:00 – 9:30 a.m. each morning.

ALL VISITORS MUST CHECK IN AT THE FRONT OFFICE WHEN VISITING MACAULAY

The Physical Literacy Classroom:

From the Physical Education Classroom! Greetings all parents. I hope your child had a fantastic day during our school's first Outdoor Learning Day on October 30th. We had a fantastic time with our Primary, Junior, and Intermediate classes. I saw lots of learning, active kids, and tons of smiles. We are looking forward to doing one in the winter and another one in the Spring. Being outside and learning is extremely beneficial to one's mental health and the development of a positive learning community at our school. Coming up in November the Primary division will be focussing on two weeks of Net and Wall Games, followed by two weeks of Territory Games.

In the library our Scholastic Book Fair is arriving on Tuesday!!! Thursday night we will stay open late from 4 pm to 8 pm for families who would like to do some shopping together. A debit machine will be available, and I believe it can also handle Apple Pay.

While the book fair is at our school, Macaulay Storm Wear is going on sale! Yah! Samples should be available in the library as well, if your family needs to try on specific sizes. The final day for orders will be November 16th to allow Portage Promo to have all the orders finalized within 5 weeks to be ready for Christmas. Please pay by cheque at the office along with your order form.

Did you know morning announcements are streamed LIVE on the Macaulay

website? <https://mac.tlds.on.ca/> Under the Quick Links section to the right side of the website, select LIVE Morning Announcement to hear what is happening at school today! Missed it? Scroll down to Morning Announcement Archive.

Scholastic Book Fair This Week! The Fair will be open daily 10:45am - 3pm with the opportunity for students to visit during break. As well, it will be open Thursday afternoon/evening from 4pm - 8pm.

Our Remembrance Day Assembly

Is scheduled for Friday November 9 and will begin at 10:45 am. This is always a special assembly with impactful student involvement. All are welcome to attend. Please be on time as there will be a moment of silence at 11:00 am.

Bag2School collected "a tonne" of textile goods for recycling and rewarded us with \$194.19! Thank you to all who donated items.

For your convenience, **Mabel's Labels** is an ongoing fundraiser supporting Macaulay Public School. Personalized labels, mailing label, bag tags, wall art and more; check out the latest offerings: <https://mabelslabels.com/support-a-fundraiser/>. Be sure to select Macaulay Public School using the drop down under Select Your School/Organization!