



KNIGHTS NEWS – October 28, 2024



Thank you to everyone who met with their child's teacher during our 3-Way Conferences. We always appreciate the opportunity to connect with families and discuss how we can support your child. Thank you for your support of our Scholastic Book Fair as well.

Don't forget to turn your clocks back on November 3rd

When local daylight time is about to reach Sunday, November 3, 2024, at **2:00:00 am** clocks are turned **backward** 1 hour.



Dates To Remember

October 31 – Costume Parade

November 1 – PL Day – No School

November 7 – Remembrance Day Ceremonies

November 11 – Remembrance Day – No School

November 13 – School Council

November 14 – Spirit Day

November 20 – Picture Retake Day

October 31st – Costume Parades



We are excited to welcome families into the building for our Costume Parade! We will have two parades, in the gym, during the day. There will be prizes for the most original, funniest and most creative costumes. There may even be a few surprises after the parade!

Parents are welcome to join the parade. If you plan to attend, feel free to dress up and be sure to sign in at the front office when you arrive!

Parade 1: 9:15 am for AM Kindergarten and grades 2, 3 & 5

Parade 2: 1:30 pm for PM Kindergarten and grades 1 & 4

We enjoy seeing the students in their costumes. Just a reminder that students can wear a mask during the parade, but not at other times. Also, no toy weapons or extremely scary costumes will be allowed. It will be an exciting day for all!

If you are planning to send in snacks for the class, please remember that we are a 'Nut Aware' school.

Nut Aware



Heloise Lorimer is a 'Nut Aware' school, as we have students in attendance who have potentially life-threatening peanut and/or nut allergies. As a result, we ask for your cooperation in making our school as PEANUT-FREE and NUT-FREE as possible. You can help minimize the risk to these students by not sending peanut butter sandwiches or products containing nuts or peanuts. In classrooms where there is a student (s) with an identified nut allergy, the teacher will let the other families know so that nut products are avoided.

Professional Learning Day



There will be no school on Friday, November 1st. It is a Professional Learning Day for teachers and support staff. The nature of teachers' work therefore means that to grow as professionals they need focused time. The purpose of professional learning is to improve student success. All professional learning decisions are based on the simple question of how a teacher learning event can impact students. Our support staff work with our teachers on these valuable professional learning days.

Remembrance Day – November 7, 2024



Every November, we take the opportunity to stop and remember all that has been sacrificed over the past century so that we can live freely in the amazing country of Canada. Teaching kids about the significance of Remembrance Day (also known as Veterans Day) is very important. Not only will children be inquisitive about the poppies they see at this time of year but also because it is one of the most important days in our history. Depending on your family history, you may have had a family member or two serve your country and defend our freedom.

It is also important to recognize Indigenous Veterans Day which takes place on November 8. Indigenous people have a long and proud tradition of military service in Canada. From the earliest days before Canada was even a country, through to the present day, thousands of First Nations, Métis, Inuit and other Indigenous men and women have served bravely and well.



We will be holding our school Remembrance Day commemorations through two separate, in-person, ceremonies on Thursday, November 7th.

Kindergarten – Grade 2: Beginning at 9:30 am

Grade 3 – Grade 5: Beginning at 10:30 am

Picture Retake Day – Wednesday, November 20th

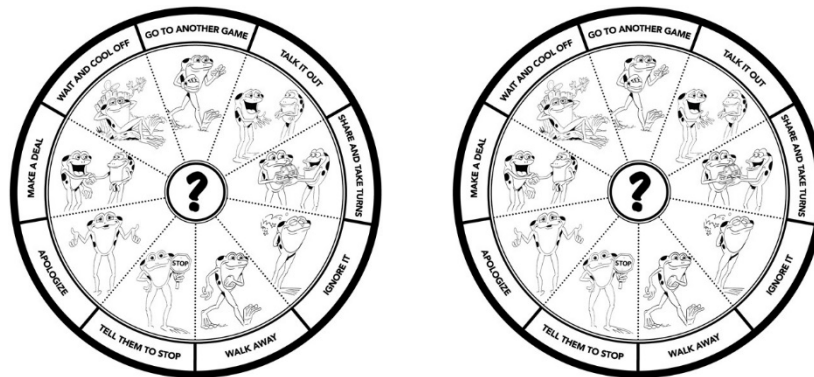


Update from the Child Development Advisors

Our Child Development Advisors have been in classes, teaching a program to empower students to become better problem solvers. This program is called Kelso's Choice and reminds students that they are BRAVE and KIND. Our grades 2 - 5 students have completed the lessons, and we are continuing to work with kindergarten and grade 1 students.

The premise of the program is to encourage students to recognize if a problem is BIG (dangerous, unsafe, illegal) or SMALL. If the problem is SMALL, they are encouraged to try at least two of Kelso's Choices before seeking out adult help. If the problem is BIG, they must talk to an adult.

Feel free to encourage this language and these strategies at home! More information can be found at <https://kelsoschoice.com/about/for-parents/>



COFFEE AND CHAT

Is your family new to Canada in the last few years?

Heloise Lorimer School invites you to a “Coffee and Chat” with our Immigration Support Worker. Come learn more about support and services to help your family settle into our community and meet other new families.

Wednesday, November 13, 2024

2 PM

Please RSVP to Tammy Tait ttait@rockyview.ab.ca



Heloise Lorimer Student Named Junior Fire Chief

Congratulations to Grade 4 student Ana G. from Heloise Lorimer School, who was recently announced as the winner of Airdrie's Junior Fire Chief Writing Contest. On the first day of Fire Prevention Week, Ana was surprised by a visit with Airdrie's mayor, fire chief, members of the Airdrie Fire Department and its mascot, Sparky. She got to ride in a fire truck to the fire station, where she had lunch. On returning to the school, she ran a fire drill with members of the fire department. Congratulations!

Art Card Fundraiser

To order your child's Created By Kids art fundraiser products, please visit <https://shop.photoexpressions.ca> and enter access code HELS2024.

From there, find the gallery for your child's class, then select your child's artwork. Click "Add to favorites" or the heart logo, then click the "Next: Products" button and choose your products.

Orders can be placed by Wednesday, November 6th.

Nickels for Knights

Thank you so much for your prior support to the Airdrie 1st Club Hamper Program. All your donations have helped them to make the Holiday Season better for their families in need. They anticipate that this year's needs will be greater than ever.

We are asking students to bring spare change (Nickels, Dimes, Quarters, Loonies and Toonies) to the office OR use School Cash Online to donate either \$ 1 - \$ 2 - \$5 - \$ 10 OR \$ 20. This is completely voluntary. It is an opportunity for students to learn the joy of giving and charity.

This campaign will start November 1st and go on to November 30th. The gift cards will be presented to the Airdrie 1st Club Hamper Program in early December who will distribute to families in need before Christmas.

As always, we appreciate your support in helping our community.



Airdrie Food Bank Drive

November is Heloise Lorimer's month to support the Airdrie Food Bank! This year, we will be feeding our Knights bellies again with non-perishable food items. The Airdrie Food Bank has shared that their client use is up, indicating a real need for some Airdrie and area families. This food drive initiative enables our school to meet the RVS/School goals, while at the same time assisting those local and area families in need.

There are 2 ways you can donate to our initiative this year:

1. Make a monetary donation to SchoolCash Online.
2. Send non-perishable items with your child. To find out what items are needed most, please go to: <https://www.airdriefoodbank.com/whatsneededmost>

We thank you in advance for helping us to support our Community Food Bank!



Inclement Weather Procedure During School

During poor weather conditions, we are often asked how we decide whether our students will be staying inside or going outside for physical education classes and/or recesses. Our bottom line is deciding if the weather conditions may present a situation of danger to children. Generally, winter weather in the Airdrie area presents a limited number of days when conditions are dangerous, assuming that children are well prepared and properly clothed. We do not have an absolute temperature cut off when children remain inside. The ballpark number we work with is -20C, but there may be days when children go outside if it's colder (sunny day, no wind) and there may be days when they stay inside if it's warmer, depending on other factors.

NOTE: In extreme cold weather, it is particularly important that students do not arrive earlier than their assigned entry time. Doors will not be open before 8:45 am.

Dress for the Weather

As the weather cools down and our students continue to participate in outdoor physical education class, active commutes to school, classroom community walks, and daily outdoor recesses, proper clothing is critical for a positive experience and optimal learning at school.

How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season, it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C
10°C
0°C
-10°C
-20°C

Supporting Outdoor Play Year Round

www.getoutsideandplay.ca www.befitforlife.ca

How to Dress for the Weather Tips

Tips for Hot

- Use sunscreen before going outside
- Wear a hat and sunglasses
- Bring a water bottle to stay hydrated

Tips for Rain and Wet Conditions

- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes including waterproof mittens for cold, wet days

Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.

www.getoutsideandplay.ca www.befitforlife.ca

Healthy Hunger Fun Lunches

Our school has a program with Healthy Hunger known as "Fun Lunch". We partner with various vendors every week and families can purchase fun lunches on a weekly basis. The lunches are delivered to the school and distributed to the students. Classes are loaded for the 2024-2025 school year and menus for October are open.

Please Note: The deadline to order is 5 days before the lunch date, so typically our order deadline is Saturday at midnight! **If your student is absent on the day of fun lunch, please call the office by noon, if you will be coming to pick up the lunch OR if you would like the lunch kept for when your student returns. If your child is not at school, and we do not hear from the family, the lunch WILL NOT be kept for the student. Pickups will be available at the office after 1:00 pm.**

Did you know that fun lunch is a fundraising program? A portion of the proceeds from each lunch ordered go back to the school. We use these funds to support our school community, such as field trips, school dances and events, curricular projects, active living week and more!

We are always looking for volunteers to help distribute lunches on Thursdays. Reach out to Karen at karenlc@live.ca for help setting up your account or to volunteer.

Healthy Hunger
Fun Lunch Fundraising

PARENTS

FUN LUNCHES ON-LINE

You have been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click "REGISTER YOUR STUDENT". After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, or MasterCard.

HOW IT WORKS

Create an account	Add Student	View upcoming fun lunches	Place your orders and make payment online
			
STEP 1. Click "REGISTER YOUR STUDENT" and create Your account. REGISTER YOUR STUDENT	STEP 2. Login, and add your children to the account. ADD STUDENT	STEP 3. View all the Upcoming fun lunch dates. ORDER NOW	STEP 4. Place your orders and make payment Online. PAYMENT

Healthy Hunger Inc.
1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4
e support@healthyhunger.com @ www.healthyhunger.ca

Upcoming Lunches:

- Nov 6th - Papa John's - changed to Wednesday due to Remembrance Day Ceremonies
- Nov 14th - Subway
- Nov 21st - Edo Japan

- Nov 28th - Over The Top Pop Shop
- Dec 5th - State & Main
- Dec 12th - McDonalds
- Dec 19th - Boston Pizza



School Council

School Councils play an invaluable role in providing parents with opportunities for meaningful involvement in their children's school. School Councils encourage a strong partnership between the school and the family and help parents become actively involved in the education of their children. School Councils have implemented strategies, practices and activities which have created the conditions for parents to engage in their child's education and have reduced barriers for parents who find involvement more challenging.

Please join our school council. It is an enjoyable time to hear what has been happening in the school as well as what we can look forward to. It is a chance to hear from other parents, administration, teachers, and our trustee and to ask questions. Our meeting dates are as follows:

November 13/24 @ 6:30 pm

December 11/24 @ 6:30 pm

January 15/25 @ 6:30 pm

February 12/25 @ 6:30 pm

March 12/25 @ 6:30 pm

April 9/25 @ 6:30 pm

May 14/25 @ 6:30 pm

June 11/25 @ 6:30 pm

Our next school council meeting of the year is scheduled for Wednesday, November 13th at 6:30 pm. We will be meeting in person, at the school, in our staffroom beginning at 6:30 pm.

Sincerely,

Mrs. Terry Lewis and Ms. Kathryn Smith
Heloise Lorimer School Administration Team

