

# The Cougar Chronicle



**Martha Cullimore  
Public School**  
3155 St. Andrew St.  
Niagara Falls, ON L2J 2R7

Principal:  
T. Chilcott

Hour of Code Week  
Dec 4 to 8!

## December

04 Gr 4 to 8 DSBN  
Art Show begins  
05 Gr 1 Scientists in  
School  
12 Drop off bake  
sale donations  
12 Girls' Volleyball  
Tournament  
12 Poinsettia Pick  
Up 8:30 to 3:30  
13 Bake Sale for  
Students in am  
13 Bake Sale for  
Community at  
6:00pm  
14 Boys' Volleyball  
Tournament  
14 School Bus  
Safety Presentation  
15 Gr 2-6 to Little  
Mermaid Theatre  
Show

## January

08 Welcome back!  
11 Gr 1 French  
Immersion Info Night  
19 PD day  
23 School Council  
Mtg

## Message from the Principal

Whether you are celebrating Christmas, Chanukah, Kwanzaa, Eid Al-Adha or another special event this holiday season, the staff at Martha Cullimore wishes you a safe and joyous time with your family. We are very grateful that you have entrusted your children to our care. At Martha Cullimore, we believe that every child can achieve to a high standard. We believe that good character and good citizenship are integral components of academic achievement and success in life. We believe that parents and teachers, working together, can achieve great things for children. We are very proud of the positive climate in our school and are committed to working together for even greater student success.



As we prepare for the winter season, there is an opportunity for us to reach out to the community by way of a Seasonal Food Drive with Project Share. You are welcome to drop off non-perishable food items to the collection bin at the school between Monday December 4<sup>th</sup> and Monday December 18<sup>th</sup>. The bin will be picked up on December 19<sup>th</sup>. Thank you for reaching out with us to bless others in the community.

Each class is responsible for collecting one food item of which Project share is in high need:

Ks – baby food and formula  
1s and 2s – canned fruits, vegetables and pasta sauce  
2/3s and 3/4s – canned salmon, chicken, tuna and beans  
5s and 5/6s – peanut butter

Again you will see our "Hat and Mitten Tree" in the front foyer of the school. Help us cozy up this heartfelt tree with new mittens, gloves, hats and scarves of all sizes. They will be donated to those in need this season.

Mrs. T. Chilcott

## Congratulations to students who made some amazing accomplishments and reached personal bests this month!

TEACHER	I MATTER STUDENT OF THE MONTH	GROWTH MINDSET COACH OF THE MONTH
K – Hollemans Empey	Blake, Olivia	Sela
K – Brennan Camillo	James, Khloe, Reese	Benjamin
1 – Carnegie	Cole, Emma, Maddy,	Giancarlo
2 – Dubois	Bobby, Charlie, Kailyn	Zander
2/3 – McGowan	Jackson, Nicolas	Carmen
3/4 – Jane	Brian, Emma, Lia	Ashlee
5 – Fortuna	Ade, Alex F, Broden, Joon	Cooper
5/6 - West	Owen, Payton, Sofia	Madison
Michaud	Emma M, Jenna O, Jordan C, Macy J, Natalie B,	

## Bring-A-Mug Hot Chocolate Social and Sing Along December 13<sup>th</sup> at 6:00pm to 7:30pm

Please come and join in a wonderful community celebration at Martha Cullimore! Cozy up and wear your favourite holiday hats, scarves and mittens! Bring your family mugs to fill up on creamy hot chocolate and savour some tasty sugar cookies. On December 13<sup>th</sup> at 6:00 to 7:30pm, families are invited to our **Bring-A-Mug Hot Chocolate Social and Sing Along**. Primary and junior students will perform specials and lead a carol so we can sing along! There will also be a bake sale on this night! Doors open at 6:00pm for the bake sale and poinsettia pick up.



## Holiday Bake Sale on December 13th

There will be a student bake sale during the school day and a community bake sale on the evening of the Hot Chocolate Social on December 13th.

During the day, students can purchase single-size treats to enjoy. Sale items will range from 50 cents to \$2.00. There are always commercially packaged and labelled "nut-free" items available at the bake sale table as an alternative for students with allergies, along with surprise bags. Parents are also welcome to send in labelled baked goods from their own home for their children with allergies. These are recommended for students with allergies or anaphylaxis.

The community Holiday Bake Sale in the evening is a time when you can purchase some goodies for holiday get-togethers in packages of dozens and half dozens! Last year, the show of care and creativity at the holiday bake sale was show-stopping! Don't miss out. **Come in at 6:00pm and shop at the bake sale before the 6:30pm sing along. Students in kindergarten to grade 3 can be dropped off to their gathering room at 6:00 beforehand to give parents an opportunity to shop and pick up poinsettias.**

## Poinsettia and Plant Sale Pick Up on December 12<sup>th</sup> and 13<sup>th</sup>

Plants will be available for pick up at the school between 8:30am and 3:00pm on Tuesday, December 12<sup>th</sup> or on the night of the Hot Chocolate Social on December 13<sup>th</sup> between 6:00-6:30 and 7:30-8:00pm.



## The Little Mermaid: The Musical on December 15th

On Friday, December 15th, the students at Martha Cullimore (Grades 2 through 6) are attending the performance of "**The Little Mermaid**" at the Scotiabank Convention Centre, in Niagara Falls. This is a wonderful opportunity for students to experience the performing arts at a local venue. The show begins at 10:30 a.m. and is approximately 135 minutes in length, including one intermission.

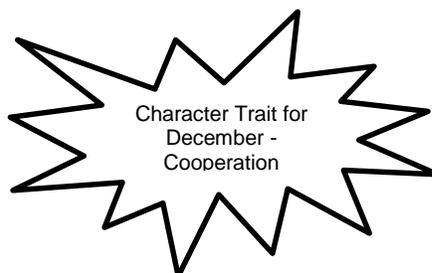


## Poinsettia Sale Update

Thank you to everyone who supported our Poinsettia Sale. We raised \$451.00 toward technology for learning at Martha Cullimore. Special thanks to Mrs. Stewart for her efforts with preparations.

## Grade 1 French Immersion Information Night

Parents and Guardians of Senior Kindergarten students are invited to attend an information session about Grade 1 French Immersion at John Marshall School, 3910 St. James Ave. Niagara Falls, on Thursday, January 11 from 6 – 7 pm in the gym. Online registration begins January 8 at the DSBN website - [www.dsbn.org](http://www.dsbn.org)



**SAVE THE DATE FOR OUR**  
**KINDERGARTEN OPEN HOUSE**

**DURING YOUR VISIT YOU WILL:**

See a  
Kindergarten  
classroom

Meet the  
Kindergarten  
Team

Register for  
school

Get a fun  
goodie bag  
with learning  
resources



KINDERGARTEN  
KICKSTART

Thursday, February 1, 2018  
10:00 a.m. to 6:00 p.m.

We extend a warm welcome to families with children who will be 4 or 5 years old by December 31, 2018 to our Kindergarten Open House on February 1, 2018. Doors open at 10:00am until 6:00pm. Looking forward to seeing you!

During the visit you will:

- See a kindergarten classroom
- Meet the kindergarten educator team
- Register at school
- Get a fun goodie bag with learning resources

## Family Hockey Night on February 16, 2018! Hold the Date!

The School Advisory Council is hosting a Family Hockey Night with the Niagara Falls Canucks for the community at the Gale Centre on Friday, February 16<sup>th</sup>. This is a fundraiser and community-building event. The Canucks will also come to the school for a special assembly a few weeks in advance. Proceeds from this event will be used to offset the cost of end of year trips. More details to follow.

## Monthly Pink Shirt Days – Fourth Wednesday of Each Month!

At Martha Cullimore, we want to work together to maintain a school culture that is respectful, welcoming and mindful of every individual's uniqueness – we all matter at our school. As a reminder of this, we've designated the fourth Wednesday of each month to be a PINK T-SHIRT DAY!



## Staying Healthy This Season

Although we usually encourage children to share, there is one thing that we'd prefer that doesn't get passed around this year - germs! While being back at school gives children more opportunity to interact with each other and play together, there are some simple steps we can all take to help each other avoid coughs, colds and more serious types of infections.



**Wash those hands!** We recommend that students, and even parents, wash their hands with soap and water regularly. If there isn't a sink nearby, using a good hand sanitizer should do the trick.

**Cover all coughs and sneezes.** This will cut down on the number of icky things floating around in the air and landing on surfaces, making it less likely that children will breathe them in or touch them. If you have to cough or sneeze, do it into a tissue or onto your upper sleeve.

**If you're sick, stay home.** Although it's important to be in class, don't be a superhero. Take some time, feel better and then come back when you're healthy, alert and ready to learn!

### WHEN TO KEEP YOUR CHILD AT HOME

Please keep your child at home and away from others if he or she has any of these symptoms: fever, diarrhea, vomiting, rash, frequent coughing or sneezing, yellow or green discharge from the nose, ears, or eyes, sore throat.

Contact your family doctor for advice about care and treatment. For more information, talk to your school nurse or go to [www.niagararegion.ca/health](http://www.niagararegion.ca/health)

## Inclement Weather Procedures

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures. At times when student transportation has been cancelled and schools remain open, the decision of whether or not to have children in school on that day rests with the parent or guardian. **Should you decide not to send your child to school in the event that transportation is cancelled but schools remain open, or if your child is ill or late, please ensure that you call your child's school to inform them of your child's absence.**

A key resource in any emergency is the DSBN Emergency Information form that you filled out at the beginning of the school year. Please let the school know of any changes in contact information or procedures you wish to be followed throughout the school year.

Information about transportation cancellations and school closures will be available as soon as it is available through the following channels:

### Websites:

<http://www.dsbns.org/inclementweather/>  
[www.nsts.ca](http://www.nsts.ca)

### Subscription Features:

DSBN Facebook or Twitter  
 NSTS Transportation Delay or Cancellation Alerts

**Phone:** Niagara Student Transportation Services 905-346-0290 Voice Auto Attendant

### Radio Stations:

CKTB (610 AM) or CHRE (105.7 FM)  
 or CHTZ-FM (97.7 FM) in St.  
 Catharines  
 WAVE (94.7 FM) or CKOC (1150 AM)  
 or K-LITE FM (102.9 FM) in Hamilton  
 CKEY (105.1 FM) Niagara Falls/For  
 Erie GIANT FM (91.7 FM) Welland

### Television Stations:

CH – Hamilton, CityTV Breakfast  
 Television, CTV Toronto, Cogeco  
 Channel 10



## Winter and Snow Safety

Students at Martha Cullimore School are not allowed to throw or kick snow while on school property. Cold, frozen snow presents a threat to student safety especially when thrown. Parents/Guardians are asked to please review this policy at home and we will continue to remind students here at school. Consequences for throwing snow are as follows:

- 1<sup>st</sup> time: Letter home with a detention
- 2<sup>nd</sup> time: Letter home and Loss of Privileges/Detention
- 3<sup>rd</sup> time: Formal at-home suspension



There are often large snow banks around the school and beside student pathways due to snow removal. **STUDENTS ARE TO STAY OFF AND AWAY FROM ALL SNOWBANKS AT ALL TIMES.** They are often icy and students risk falling off into the way of traffic.

## Hour of Code!

Hour of Code is coming December 4 - 10. Code week is the largest learning event in the world. Join educators from across DSBN and from around the world in participating in this event. Our goal this year is to reach 2 million minutes of coding by students in DSBN. Join the growing community of coders by getting your child involved at home. Participating schools will have the chance to win technology to support their classrooms.

## Why should We participate?

Developing computational skills is important for modern learning. Coding calls for problem-solving, creativity and communication. By nurturing these skills, you will grow more confident, competent students. Having your class participate in the Hour of Code activities will introduce our students to a world of possibilities. We will be supporting student efficacy, resilience, and engagement.



# remind



Would you like to be reminded of upcoming events at Martha Cullimore? Join Martha Cullimore's Remind in order to receive one-way update messages directly to your cell phone. Remind is a free service that lets the school send quick messages via text, push notifications, or email to everyone at once. You can stay in touch without revealing your personal contact information. Signing up for Remind is easy and is intended for parent use only. For Terms of Service, please visit <https://www.remind.com/terms-of-service>.

### To receive text messages:

- Step 1. Enter the number: 289-804-1235 (This is a telephone number used for Remind. Personal Phone numbers are not shared or visible to the school.)
- Step 2. Text this message: @marthacu (This code is unique to Martha Cullimore.)
- Step 3. You will receive a welcome text from Remind and be prompted to reply with your name so that you can be added to Martha Cullimore's Remind system.

We look forward to keeping you connected at Martha Cullimore.

T. Chilcott      Principal

## Kitchen Corner for Healthier Schools and Families

In order to support the development of healthy, happy and productive students, we'll be posting monthly "info bites" for parents. We'll also have a monthly healthy living focus and challenge for students. Stay tuned for more!



Enjoy the following article from Eat Right Ontario, [Picky Eating: 10 Fun Tips to Get Kids to Try New Foods.](#)

Does your child say no to new foods? Getting your child to try something new can be frustrating. It can make mealtimes stressful for you, your child and the rest of the family. Try these ideas to get your child more interested in trying new foods.

1. **Get your kids involved in the kitchen.** Children can wash fruit and vegetables, tear lettuce, mix batter or push the buttons on the microwave. Help your child if he is too young to do these tasks on his own.
2. **Work together.** Children can set the table and take the family's drink "orders" to help prepare for mealtime. Get the whole family to work together.
3. **Try gardening.** Plant a garden and watch it grow! Good starter vegetables are carrots, cucumbers, green beans, lettuce, tomatoes, peppers, zucchini, radishes, peas and onions.
4. **Plan together.** Involve your kids in the meal planning process. Let them help choose a healthy meal once a week. Print this [menu planning worksheet](#) to get started.
5. **Get creative.** Present foods in creative ways. Cut sandwiches into fun shapes with a knife or cookie cutter. Try fun "foodimals" which are foods shaped like animals!
6. **Try kid-approved recipes.** Try these healthy and fun kid-approved [recipes](#) from our Kids Recipe Challenge.
7. **Have a dinner theme night.** Choose dishes that come from different parts of the world. Try Mexican, Chinese, African, Caribbean, Indian, Italian, Thai, Eastern European, Middle Eastern, Swedish, Vietnamese or Ethiopian.
8. **Learn through games and activities.** Play games and do activities to learn about food. Put mystery foods in a paper bag and guess which foods they are by feeling or smelling them. Get your child to draw her own place mat with her favourite foods or solve funny riddles.
9. **Go on a field trip!** Take an adventure to the pumpkin patch, a corn maze or your local farmers market. Even a grocery store in a different neighbourhood might have new vegetables and fruit to learn about. See what your family can discover!
10. **Make it fun!** Have nights where you have breakfast for dinner; make your own pizza night; build your own yogurt sundae bar; or just snack on veggies and dip with popcorn for dessert.

### Bottom line

A Registered Dietitian at EatRight Ontario can answer your questions on picky eating, send you handouts or find you extra professional help if you need it.

