



Sir Wilfrid Laurier  
School Board  
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Laval, Québec H7V 1T5  
450 686 6292  
<http://jfk.schoolqc.ca>



# John F. Kennedy Elementary

## October 2, 2017

## At JFK we strive to be respectful, responsible, ready and safe!

### At JFK we are learning about Restorative Practices

Restorative practices focus on the quality of relationships between all members of the school community. As a result, a more supportive learning environment enables healthy relationships and promotes positive mental health and responsible behaviour.

Restorative practices are rooted in restorative justice. They emphasize repairing the harm done to people and relationships, rather than punishing people.

By building more supportive learning environments and focusing on social-emotional learning, restorative practices can:

- reduce social barriers to learning
- engage more students
- create a context for understanding and valuing diversity
- nurture a sense of belonging
- promote positive mental health

### JFK Extra-Curricular Activities

Please refer to our Calendar to see all the activities that are being offered at JFK. Students have had an opportunity to join Mad Science, Katag, Handball, Soccer and choir through the registration forms that have gone home. There are also opportunities for the students to join lunchtime activities being offered by teachers. These activities include soccer, dance, handball and hockey.

### INDOOR OUTDOOR SHOES

Please make sure that your child has a pair of inside shoes and a pair of outside shoes. This will enable us to keep the floors clean in our school.

### IMPORTANT DATES...

- October 2 – Stay tuned for information regarding our Citrus Fundraiser
- October 4- Progress Reports
- October 6- Picture day.... Bring your best smiles!
- October 11- Grade 4 vaccination day
- October 12- Student Assembly on Responsibility
- October 31- Halloween Dance at lunch

### VISITORS TO THE SCHOOL

Parents are not permitted to circulate in the school without authorization from the front office. Parents must enter through the front door and report to the main office for assistance.

### Healthy Foods and Healthy Snacks

Thank you for making sure to pack a healthy lunch and healthy snacks for your child every day. Please do not send in chips, candies, chocolate bars, soft drinks and high sugar foods such as doughnuts, cake and chocolate snacks. We are a nut-free school



## ABSENCES

Please call 450 686 6292 and press 1 to report your child's absence. Please indicate your child's name, homeroom and reason for absence on the answering machine. Thank you for helping us to reduce the number of phone calls home to verify student absences

## IMPORTANT BUS INFORMATION

Please note that it is against school board policy to allow students to travel on a different bus than the bus that they are assigned to. We will no longer be able to accommodate a friend going to another friend's house.

### Be Safe: Riding the Bus

- **RESPECT SELF**
  - Stay out of the bus danger zone.
  - When riding the bus, remain seated at all times.
- **RESPECT OTHERS**
  - Keep hands, feet and belongings to yourself.
  - Use quiet voices and be courteous.
  - Follow the driver's instructions.
- **RESPECT PROPERTY**
  - Bring only school-approved items on the bus.
  - Be respectful of bus space and equipment.

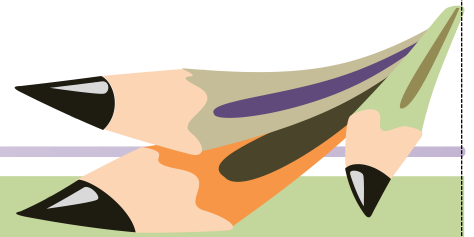
**Know the Bus Rules!**

## EVERYDAY MATHEMATICS

### Daily Decisions...

We all use mathematics daily in what we do. Involve your child in using numbers to solve problems and make those everyday decisions with you. For example:

- "Do we have enough plates and utensils for all the guests coming for the birthday party?"
- "We are doubling this recipe. How much of all the ingredients will we need?"
- "We need 14 eggs for the egg omelet. Do we have enough with 1 dozen eggs?"
- "This store is selling the game you want for 20% off of \$27.00. That store is selling the same game for \$19.99. Where should we shop?"



## TEN BENEFITS OF PHYSICAL ACTIVITY

1. It strengthens the heart.
2. It helps keep arteries and veins clear.
3. It strengthens the lungs.
4. It reduces blood sugar levels.
5. It controls weight.
6. It strengthens bones.
7. It helps prevent cancer.
8. It regulates blood pressure.
9. It improves energy levels.
10. It enhances emotional well-being.

## Kid - Friendly YOGA for a Healthier Generation

