



# COUGAR COUNTRY EXPRESS

SEPTEMBER  
2011

## WELCOME BACK TO A NEW YEAR!

I would like to welcome you all back to a new school year. I hope everyone had a relaxing and fun summer holiday.

In order for you to be up-to-date on the Campden Happenings please be sure to check out the website <http://campden.dsb.org>

One of our goals this year is to reduce the amount of paper used. Below you will find a slip to indicate if you require a hard copy of the newsletter or if you are willing to read it online. In order to stay on top of updates you can make the Campden website your homepage. To make it your homepage simply open your Internet Browser, click on Tools,

enter the Website Address in the Homepage Field and Click on Apply. Now when you open the internet you will be able to see what is happening at Campden Public School easily.

Within the website you have access to a Calendar. This calendar will be updated regularly with things that are happening around the school. Feel free to check out what is coming up in future months as well.

I would like to welcome back the Campden Staff:  
Mrs. Bryson - Kindergarten (am) and Prep (pm)  
Mrs. Reynolds - Grade 1/2  
Ms. Giesbrecht - Grade 3/4  
Mrs. Willms-Reid - Grade 5/6

Ms. Beam - Grade 7/8  
Mrs. Maddison - Educational Assistant  
Mrs. Hodgkins - Secretary  
Ms. Ramsey - Custodian  
Mrs. Leski-Janvary - Principal

I would like to welcome Mme. Fast to the Campden team. She will be our FSL teacher in the afternoon.

I am also excited to be joining Campden Public School as your Vice Principal. I look forward to meeting and getting to know everyone! If you ever have any questions please do not hesitate to contact the school. We are here to work with you!

Ms. Nunnenmacher

### Dates to Remember:

- ✓ Sept. 6 - First Day of School
- ✓ Sept. 8 to 22 - Magazine Fund-raiser
- ✓ Sept. 9 - Lincoln County Fair
- ✓ Sept. 13 - Gr. 7 Hep B and Gr. 8 HPV immunizations
- ✓ Sept. 13 to 16 - Book Fair
- ✓ Sept. 14 - Campden Open House
- ✓ Sept. 15 - Power of One Bullying Presentation
- ✓ Sept. 22 - School Picture Day
- ✓ Sept. 23 - Early Release Day

## MONTHLY NEWSLETTER

This year we are hoping to reduce our paper use by posting our newsletters online. We understand that some families do not have access to a computer and require a hard copy. If you need to have a hard copy of the newsletter please complete and return the information below. Each month we will send you a copy of the newsletter. If we do not receive the information below we will understand that to mean you will be reading the newsletter online. Thank you!

Yes, please send me a hard copy of the newsletter.

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## YEARLY PAPER WORK

All Campden students will be bringing home a number of forms that need to be signed and returned as soon as possible. Please take a moment to read through the papers and discuss anything with your child(ren). If you have any questions please contact the homeroom teacher.



## EARLY RELEASE DAY

Please mark Friday, September 23 on your calendar as an "Early Release Day". All students will be excused from class 3 hours earlier than usual. Buses will arrive for a 12:10 p.m. dismissal. Administrators and staff of our elementary schools will participate in professional development in the afternoon and any potential class re-organization will be arranged at that time. There will be no buses at 11:15 for Junior/Senior Kindergarten students that day.



## STUDENT ABSENTEE

If your child is going to be absent, please be sure to notify the office prior to 9:00 a.m. We have an answering service available for your convenience. If you need to phone in the evening or early in the morning please feel free to leave us a message. If your child is absent and we do not receive a call, Mrs. Hodgkins, our secretary, will phone to ensure that your child is safe.

## PLAYGROUND SUPERVISION

Supervision before school, begins at 8:25 a.m. Buses usually begin to arrive about 8:30 a.m. Parents/Guardians are asked **NOT** to drop off their children prior to 8:25 as there is no supervision on the playground until that time. Parents will be contacted by the office if children are left at the school prior to the supervised time. End of the day dismissal is at 3:10 p.m. and parents are asked to be prompt in picking up their children. Since there are several buses waiting to leave, parents are asked to exit after the buses have left the school yard.



## STUDENT AGENDAS



Students in Grades 1-8 will require a Campden Public School Agenda.

Being organized and completing assignments on time are important life long habits. This agenda will be an extremely useful tool in helping to facilitate good communication between home and school. Parents are encouraged to review the information in the front and back of the agenda with their children. We request that \$5.00 be sent in as soon as possible to help offset the cost of these agendas.

## TRANSPORTATION



For transportation information please visit the Niagara Student Transportation Services website at [www.nsts.ca](http://www.nsts.ca) or call 905-346-0290. If you need to request transportation for your child, or make a change to their schedule, please contact the school office. We ask for your patience as we endeavour to ensure that our students arrive to school on time and return home as close to the arrival time that you have been given.

## SAFE ENTRY PROCEDURES

In order to maintain a safe school environment for our students and to reduce the number of disruptions in the classrooms while learning is taking place, we are asking parents and visitors coming into the school to comply with the following safe entry procedure:

1. If visiting or volunteering in the school, please go to the office first to sign in and receive a visitor tag.
2. Parents delivering lunches or other items are asked to leave

them at the office and the secretary will page the student at a convenient time.

3. Please arrange appointments and early dismissals with your child in advance and inform the office by phone or note.
4. When picking up children for appointments, please come to the office first and the secretary will page your child to come down to meet you, if s/he is not already waiting for you.

5. Please do not wander the halls without announcing yourself at the office first.

6. Students will not be called out of class unless it is an emergency. Messages will be passed on to your child.

At Campden School, we appreciate your support and participation in our Safe School Policies to ensure a safe and secure environment for all students.





# PREMIER AT HOME

We want to share some great news with you about our

**Premier At Home** website where you can download reading, writing and study tools that can be used on your home computers. This program is sponsored by our school in conjunction with Premier Literacy. If you haven't already used the site, you'll want to take advantage of the free literacy tool downloads from

[www.premierathome.com](http://www.premierathome.com)

You can download software, documentation and support vid-

eos using the following information

Username: dsbon

Password: enable

Please note the following:

- The login page is customized specifically for our school board.
- The interface and graphics make the site user-friendly.
- A Getting Started page will help you determine which tools might be best for you.
- A detailed description of each tool is right on the

site so you don't have to look anywhere else.

- Additional support options like online video tutorials, online product manuals and email and phone contact information for Technical Support and Customer Service.

We're excited about this technology and hope that you'll make use of the great tools that can benefit your child(ren) at school and at home.

Students in Kdg to Grade 8 will be learning how to use Premier for all of their wordprocessing needs at school.

## ANAPHYLAXIS REMINDER

The Administrative Procedures from the District School Board of Niagara states, "It is the responsibility of the parent, guardian or student at the age of majority, to inform the principal in writing, that s/he or her/his child is at risk of anaphylaxis and to outline the expected symptoms and requested intervention of school staff." If your child is at risk of anaphylaxis, please contact the school immediately to develop an Emergency Response Plan. Please be aware that we have students who are allergic to nuts and ensure food being sent to school is nut free. Any snacks coming to school that contain nuts will be sent home with a reminder. Thank you for helping us keep students at Campden safe!



Health News...you can use!



### Peanut Butter-less Lunches

#### Peanut-Safe Schools



As of January 1, 2006, schools in Ontario are required to prepare safety plans for students with fatal allergies as part of Sullivan's Law, named after a Toronto teen who died of severe allergic shock in her high school.

The law requires school principals to prepare individual plans for students with life-threatening allergies, and for school staff to be trained on how to recognize and aid students suffering from anaphylactic shock.

This means that your children, even if they don't have food allergies, may not be allowed to bring peanuts or peanut butter in their school lunches and snacks. This can make packing lunches and snacks a bit more challenging, but don't worry...there are plenty of other healthy and tasty high-protein options:

The following foods have approximately the same amount of protein as in 2 Tablespoons of peanut butter:

- 50 g (1 oz.) lean meat, poultry or fish (roast beef, ham, chicken, turkey, tuna, salmon, etc.)
- 2 eggs
- 175 mL (3/4 cup) chickpeas, lentils or kidney beans
- 250 mL (1 cup) milk or cheddar cheese milk
- 175 mL (3/4 cup) yogurt
- 30 g (1 oz.) Cheddar cheese
- 125 mL (1/2 cup) hummus
- 250 mL (1 cup) split pea or beef soup
- 125 mL (1/2 cup) chili

**It's true!**  
One large bagel (136 g) has about the same amount of protein as in 2 Tablespoons of peanut butter!

### Sample Peanut Butter-less Menus

- Monday**
- Sliced meat, cheese and lettuce in a pita
  - Carrot sticks
  - Orange slices
  - Milk (white or chocolate)

- Tuesday**
- Crackers with cheese cubes (or cheese slices)
  - Cucumber slices or coleslaw
  - Canned fruit (in Juice)
  - Milk (white or chocolate)

- Wednesday**
- Cold hard boiled eggs
  - Celery stuffed with soft cheese
  - Raisin bran muffin
  - Milk pudding
  - Fruit or vegetable juice (100% pure)



- Thursday**
- Leftover pizza slice
  - Green pepper rings
  - Yogurt
  - Fruit or vegetable juice (100% pure)

- Friday**
- Hot soup or stew in a thermos
  - Vegetables & dip
  - Fresh fruit or applesauce
  - Milk (white or chocolate)

### Don't forget to pack food safely:

Use a wide-mouth thermos to keep milk cold and foods, like chili and pasta hot. To keep food cold, use frozen juice boxes or frozen bread for sandwiches (they will thaw by lunchtime) or use an insulated lunch bag. Sandwiches made the night before will stay colder than those made in the morning.

### Plus ... peanut butter-less snacks!

- ✓ Plain yogurt mixed with fruit
- ✓ Nut-free milk puddings (not pistachio or peanut butter)
- ✓ Fruit cups (canned in water or juice)
- ✓ Any fresh fruit
- ✓ Celery sticks stuffed with soft cheese
- ✓ Cheese and crackers
- ✓ Whole grain cereal
- ✓ Whole grain muffin
- ✓ Half bagel with cheese
- ✓ Juice boxes, vegetables or fruit
- ✓ Popcorn (for older children)
- ✓ Vegetables with dip
- ✓ Sliced meat wrapped around cheese sticks
- ✓ Mini pitas stuffed with cheddar, cheddar, Swiss, soudu
- ✓ Mini bagels with cream cheese

## CAMPDEN PUBLIC SCHOOL

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**K. Leskiw-Janvary** - Principal  
**H. Nunnenmacher** - Vice Principal  
**N. Hodgkins** - Secretary  
**J. Dickson** - Superintendent

[http://  
campden.dsbnschools.org](http://campden.dsbnschools.org)



Our first Book Fair of the year will take place from Tuesday, September 13 until Friday, September 16. Students will have the opportunity to preview all books and will be able to make purchases during scheduled class times. Our Family Night Event will be on Wednesday, September 14 during our Open House Night. All monies raised will go to purchasing new and exciting book titles for our school library.



## S.O.S.

### “Save Our Subscriptions”

We will be running our annual magazine subscription campaign from Sept. 8 to Sept. 22 and would appreciate your continued support. Although there are other companies that may ask for your new and/or renewal magazine orders, it would be very much appreciated if you didn't renew your subscriptions, but waited for our campaign to start so students can take your orders. A large portion of the funds stays here in our community. This year we are planning on using some of the funds raised to purchase more technology for our school. Thank you in advance for “saving” your magazine orders and helping make our future campaign a **GREAT** success!!

## School-Based Immunization Clinics

Did you know that every year in Canada, 1,400 women are diagnosed with cervical cancer and more than 400 will die from it?

Almost all cervical cancers are caused by a Human Papillomavirus (HPV) infection.

The HPV vaccine is an important medical advancement that makes cervical cancer a preventable disease.

Once again this year, the HPV vaccine called Gardasil® will be offered free to **all female Grade 8 students** through Niagara Region Public Health's school-based immunization clinics. In addition, the Hepatitis B vaccine and the Meningococcal vaccine called Menactra® will be offered free to **all Grade 7 students**.

Parent/student information packages will be coming home with your child in September. Clinic dates and times will be announced through your child's school.

For more information, speak to your school nurse or call the Vaccine Preventable Disease Program at 905-688-8248 or 1-888-505-6074 ext. 7425.