



JUNIPER RIDGE JELLYBEAN

<http://juniper-ridge.sd73.bc.ca>

October 2016 Newsletter #2

REACH HIGH • SERVE WELL • LEARN TOGETHER

Principal's Message

Welcome to October.

October is here and fall is coming. Thanksgiving and changing leaves seem to be the theme! We are beginning to settle into more regular routines at school. It is important to also reinforce routines at home like regular quiet time and homework routines. Even if there is not homework from school, teaching children the habit of predictable and routine 'homework' time where they can quietly read or engage in educational games is important. Finally, sleep! It is recommended that children from the ages of 6-12 get 10 to 11 hours of sleep per day, otherwise it impairs their abilities to function and regulate themselves during the day. Monday's seem to be particularly challenging for students as they often have a difficult time transitioning from a different weekend routine and then need to change back and adjust to the regular school routine the next day. This is hard for many adults! So the better we can slip back into a Sunday night routine the better they will be able to cope on the Monday back to school.

NEW SCHOOL DISTRICT SAFE ARRIVAL PROGRAM

School District #73 is adopting a new student safe arrival program. If your child will be absent or late, you are asked to report it by phoning [1-844-350-2647](tel:1-844-350-2647), or by logging into the website: ktsd.schoolconnects.com. Your child should have brought home a card with this information on it.

Lockdown Drill

Our school will be having a lockdown drill on Thursday, October 13th, at 10:00 am.

Parent/Teacher Interviews

Interviews will take place November 9th and 10th. Parents may register at the school beginning Monday, October 17th. Students will be dismissed at 12:30 pm on these two days.

Socktober

The Community Service Group, under the guidance of Mrs. Grimm, will be launching their first community service project: Socktober. They will be collecting NEW socks (for men, women and children) from Oct 11-20. Warm socks are a great way to keep the upcoming chills away! Socks will be delivered to the New Life Community Kamloops after the collection weeks. They are also in need of other winter items such as lightly used jackets, mittens, blankets etc. These items are also welcome. Please help to support this wonderful initiative.



Terry Fox Run

Thank you very much for supporting our Terry Fox Run. This year our school raised \$612 in support of cancer research. A huge thank you to Mrs. Swift's class for all their hard work in organizing this successful event.

News from the Athletic Department Cross Country Running

Our cross country running season is wrapping up this week. Many dedicated Juniper Ridge students participated. Congratulations to all participants. Many thanks go out to our parent drivers!! A huge thank you to Mrs. Rein for coaching our runners.

Volleyball

The Volleyball Season is upon us and Juniper Ridge athletes and teams will begin their practices this week. This year Juniper has four teams. The actual season begins the week of October 18th so a game and practice schedule, as well as a permission slip should be coming home toward the end of the week. We will be looking for parent volunteers to help with the driving. We are looking forward to another great season. Thank you to our coaches, Mrs. Grimm, Mrs. Halland, Mrs. Lempriere, and Ms. Pineo. Good Luck to all players and coaches! Intramurals will be offered again this year for grade 4-7 students 12:05-12:35 on Mondays, Tuesdays, Wednesdays and Fridays.

Juniper Ridge - School Calendar 2016/2017

October	10	Thanksgiving Day
	21	District Inservice Day
November	9	Early Closure Day (12:30pm)
	10	Early Closure Day (12:30pm)
	11	Remembrance Day
December	5	District Inservice Day
	19	Winter Break Begins
January	3	First day back
	20	District Inservice Day
February	9	Early Closure Day (12:30pm)
	10	Early Closure Day (12:30pm)
	13	Family Day
	24	District Inservice Day
March	20	Spring Break begins
April	3	First day back
	14	Good Friday
	17	Easter Monday
	24	District Inservice Day
May	15	District Inservice Day
	22	Victoria Day
June	29	Last Day for Students

School Supply Payments and Forms Due

Please return school supply payments and verification forms as soon as possible. It is of utmost importance that we have current, accurate contact information at the school.

Allergies and Anaphylaxis - Safety Tips

Do you have food allergies? Be assured that at Juniper Ridge Elementary, you are not alone. This year we have several students in our school with severe food allergies. In fact, almost every class has one or more students at risk for anaphylaxis to food or insects. Here are some safety tips for students with food allergies...

1. Have your Epi Pen with you at all times.
2. Wear a Medic Alert bracelet.
3. Wash your hands before you eat.
4. Always eat your own food from home, don't share food with others.
5. Tell your friends about your allergies - they can help keep you safe.
6. Tell a teacher if you are feeling sick.

Here is what ALL Juniper Ridge students can do to help keep our allergic friends safe.

1. Wash your hands and wipe your mouth AFTER eating.
2. Eat food in your classroom, not in the hallways or on the playground.
3. Clean your desk after eating.
4. Never share food with a classmate who has food allergies.
5. Help your friends avoid what they are allergic to.
6. Get adult help immediately if a student with allergies becomes ill.

For more information about anaphylaxis, for some fun activities, or to order an Epi Pen holder/belt, you can check out these websites: www.safe4kids.ca, www.anaphylaxis.org, www.aaia.ca, www.foodallergy.org, www.ebelt.ca, www.kozyepi.com, www.mecialert.ca

October PAC Corner

Tuesday, October 11th: The October Parent Advisory Council (PAC) meeting is at 6 pm in the library. All parents are automatically on the Parent Advisory Council and are encouraged to attend the meetings. Child Care is provided. Members of the staff and administration are present to offer support and advice and it is a great chance to learn more about the management and operation of our school.

Friday, October 14th: Family Movie Night - Join us for a family movie in the school gymnasium. Doors open at 6 pm and the movie will start at 6:30 pm. We will be viewing Disney-Pixar's feature film titled "Finding Dory". Admission is by donation and there will be a concession including snacks and drinks. This is a community event and all residents of Juniper Ridge are welcome; however, a parent or guardian must be in attendance with all children.

Thursday, October 20th: HOT LUNCH - Little Caesars Pizza (last day to order is Oct. 10th)

Friday, October 28th: HOT LUNCH - Hot Dog Day (last day to order Oct. 18th)

