

# KELSEY NEWSLETTER

September/2010

## PRINCIPAL'S COMMENTS

Everyone at Kelsey Community School hopes that you had a great summer! We have two new staff members: Ms. Whaley Grade 1 and Mrs. Scott Grade 3.

**STUDENT PICK-UP** and **DROP OFF**- clue All students should be dropped off by the playground using the Parent Parking Lot. Only parents dropping students off AFTER 9:00 am should be using the office entrance. Also, NO PARENTS SHOULD BE PARKING IN PRIVATE PARKING DRIVEWAYS OR BLOCKING BACKLANES. Any vehicles parked in private driveways will be towed at owner's expense.

**LUNCH** – If you are picking up students for lunch, please wait until 12:00 as we have our reading groups from 11:30 – 11:55 and these groups are very important for students.

Due to allergies we are a scent free school and do not allow fish products. If there is a child with a nut allergy in a classroom that class has a nut free policy also.

Our Terry Fox and Open House night is scheduled for September 28<sup>th</sup> from 6:30 – 8:00 p.m. and we hope to see everyone here. There will be a \$1 charge to participate in all the fun Terry Fox activities in the gym.

Thank you to Penny and Rob Helstrom and Jace Crozier for their donations to the Breakfast Program.

Please call the school at 623-7421 if your child will not be in class. Attendance calls are made daily to ensure the whereabouts of the students.

**Mrs. Julia McKay**  
Principal

## PARENT INFORMATION

1. Thank you to all those people who have been using the Grub Box # 955. This really helps our breakfast program so please continue to use the number and encourage others to do the same.
2. If your child is not well it is advisable to keep them home as we do not have the facility to have children stay in at recess. The only exception to this is if a child has a doctor's note saying that they are well enough to be at school but should not be going outside – then we try to make some type of arrangement.
3. Remember that we still have Community Night on Tuesday and you are free to come with your whole family and participate in the different activities. You do not have to be a student at Kelsey to be eligible – but anyone under 16 does need parental supervision. Family fun is a great way to establish a love of ongoing education no matter the age.

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

Parent Name \_\_\_\_\_

Where did you find the clue? \_\_\_\_\_

<b>September 2010</b>						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Early Dismissal	25
26	27	28	29	30		

<b>October 2010</b>						
					1 No School PD	2
3	4	5	6	7	8	9
10	11 No School Thanksgiving	12	13	14	15	16
17	18	19	20	21 No School SAG	22 No School SAG	23
24	25	26	27	28	29	30

## DATES TO REMEMBER

September 24	Early Dismissal
September 28	Open House/Terry Fox
October 1	No School – Professional Development
October 11	No School - Thanksgiving
October 21/22	No School - SAG
November 11	No School – Remembrance Day

# KELSEY MUSIC NEWS

## ROCK 'n' ROLL

You guessed it! The theme in the music room for this year is "Rock 'n' Roll!" The students will guess who the "Rocker(s) of the Month" will be.

## CHRISTMAS CONCERT

This year's Christmas concert is "Jingle Bell Jukebox." It will feature some familiar holiday songs with a 50s/60s Rock 'n' Roll twist!

Date of Concert: Dec. 14, 2010

## Grade 4 Recorders

We are collecting \$5.00 from each student to provide them a recorder for the year. Please hand in your donation as soon as possible so that the students can start playing! Financial help will be given to those that need it. Please feel free to contact the school at 623-7421 should you have any concerns or questions.

## Choir

Grade 1/2 Choir	Day 3 at 12:30
Grade 3/4/5 Choir	Day 1 at 12:00

## Grade 5 Recorder Club

Every Day 4 at 12:00

## SPRING CONCERT

This year's Spring concert will be a Rock 'n' Roll Musical!

Date of Musical: April 28, 2010

## Afterschool Fiddling

Wednesday & Thursday

4:00p.m. – 4:45p.m.

\*\*\*More Information to Come\*\*\*

## Kelsey Music Online

Mr Legeny's Blog

[alegeny.blogspot.com](http://alegeny.blogspot.com)

## Grade 5 Afterschool Drumming

Mondays 4:00-4:45

\*\*\*More Information to Come\*\*

**Nutrition Facts**  
Serving Size 1/2 cup (114g)  
Serving Per Container 4

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
0% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000:	2,500:
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Callouts:**

- Pay close attention to serving sizes.
- Look for foods with lower levels of saturated fats.
- This tells you how much salt is in food.
- Calcium is important for bones and teeth.
- Use this section as a guide for daily planning.
- The amount of calories a person needs each day depends on many factors, including exercise.
- Products labeled "light" or "lite" must have 1/3 fewer calories or 1/2 the fat of the foods to which they are compared. "Light" also can mean that salt has been reduced by 1/2.
- Look for products that have more fiber and less sugar.
- Vitamins and minerals help your body function properly.

**Pyramid Diagram:** A pyramid divided into six sections labeled A through F. A cartoon character is climbing the pyramid.

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Find a food label that has **4 or more grams of fiber.** Return it to the Student Support Centre for a chance to win a healthy “breakfast basket”.

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Attach label here

# NUTRITION CORNER

## FIBER

### **Why do we need it?**

For our intestines to remain healthy, we need adequate amounts of fiber. If we don't get enough, we leave ourselves open for constipation, intestinal disorders and even heart disease.

### **How much do we need?**

Nutritionists who work with children generally use the formula “age plus 5” for healthy kids ages 3-18. For example: a 5 year old should have 10 grams of fiber per day (5+5=10).

An adult should be getting about 28 grams of fiber a day.

### **How do we get it?**

You will find fiber in grains, vegetables and fruits. The items listed below contain about 10 grams of fiber.

**Grains:** 1 cup of rolled oats, 2 cobs of corn, 4 slices of whole wheat bread,  
4 ounce bag of popcorn

**Fruits:** 4 ounces of blackberries, 5 apples, 6 oranges, 3 bananas

**Vegetables:**  $\frac{1}{2}$  cup of mixed beans, 1 cup of peanuts, 4 large carrots,  
3 cups of steamed vegetables.