



Queen Elizabeth Eagle's Eye



830 Barnardo Avenue, Peterborough, K9H 5V9 Ph 705 742 6331 Fx 705 748 9782



Hello January 2020!


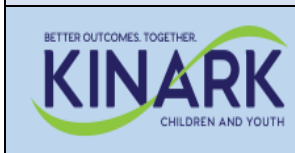

A new year brings excitement and possibilities. We look forward to seeing all of you on Monday January 6 at 9 am for the walk. We have lots of winter wear if you need anything!

Thank you to all of you who joined our sing-a-longs during our 12 Days of Celebration. We appreciated "the band" comprised of M. McKinley, I. Reid, B. Kirkwood, M. Paton and D. Weatherdon who shared their musical talents. Thank you to Nancy Elf who made each and every child a specially decorated gingerbread man and gluten free versions for those who needed it. We are such a blessed community.

The cold season is upon us. Even when busses are cancelled, Queen Elizabeth is open and classes run as normal. Make sure you are dressed to go outside. Mittens, hats, boots and jackets will keep you warm and healthy to play outside with our new toboggans. If your child does get sick, please do not send any medication without the proper permission forms; we cannot give out medication without permission. Please contact the office to get the paperwork if you need it.

New to our family is Gail McQuigge in the role of administrative assistant and Tammylynn Tynes as Personal Care Assistant. This month we also welcome back Jimmy for NRG Breakdancing.

January 29 is Bell Let's Talk Day. The initiative to support all of us who have needed mental health support began in 2011. Bell Let's Talk Community Fund dollars supported Peterborough's youth walk-in services to help with issues ranging from bullying and family conflicts to suicidal thoughts and sexual identity. You can access youth mental health services at these locations:

 <p>Peterborough Region Health Centre</p>	<p>Family and Youth Clinic 705-743-2121 x.5114 Monday to Friday from 8:30 a.m. to 5:00 p.m. Early evening appointments can be arranged as needed. Referral Form https://www.prhc.on.ca/cms/family-youth-clinic</p>
 <p>BETTER OUTCOMES. TOGETHER. KINARK CHILDREN AND YOUTH</p>	<p>Kinark Child and Family Services 1-888-454-6275 Monday to Thursday from 9:00 a.m. to 5:00 p.m. Friday they close at 5:00 p.m. After business hours please, leave a message and your call will be returned.</p>
 <p>PETERBOROUGH Youth Services</p>	<p>Talk Now Peterborough Youth Services 705-743-1681 459 Reid St, Peterborough, ON K9H 4G7 Walk in Tuesday's 2:00 p.m. to 6:00 p.m. Monday to Wednesday from 9:00 a.m. to 7:00 p.m. Thursday and Friday 9:00 a.m. to 5:00 p.m.</p>

We love our Twitter followers and hope to continue to grow. Sign up at Queen Elizabeth PS @QeEagles. For up to date events, please look at our calendar at <https://QueenElizabeth.kprdsb.ca/>.

Rachelle Duffus



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Queen Elizabeth Staff 2019-2020



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How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that's...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

TALK NOW

A FREE WALK-IN MENTAL HEALTH

COUNSELLING CLINIC

For Children And Youth Ages 17 and Under
And Their Families

TALK NOW ABOUT!

- School stuff
- Home life
- Relationship issues
- Gender & Sexual Identity
- Feeling sad, depressed or anxious

Or anything else on your mind.

Tuesdays 2-6pm (Stay tuned for summer hours) Closed Holidays

Peterborough Youth Services – 459 Reid Street.

It is possible that high demand may require you to return another day. For services in a language other than English or for any questions please call 705-743-1601



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OE Proud!

Before the bell rings, during both recesses and after the end of the day you will see staff investing in our kids through extra-curricular opportunities. We cannot thank them enough for the opportunities they give your children and our students to grow as individuals.

Being on a team at QE means you have made an effort in class, shown commitment to attend all practices and can work collaboratively for the better of all. These are skills that will stay with our kids as they grow and we thank all our staff who give of themselves to make our students so successful.

Boys Intermediate Volleyball

Mixed Intermediate Volleyball



Understanding Reading

Essential Skills for Reading Comprehension – understood.org

Reading comprehension can be challenging for kids for **lots of reasons**. Whatever the cause, knowing the skills involved, and which ones your child struggles with, can help you get the right support.

Here is an essential skill needed for **reading comprehension**, and tips on what can help kids improve this skill.

Sentence Construction and Cohesion

Understanding how sentences are built might seem like a **writing skill**. So might connecting ideas within and between sentences, which is called

cohesion. But these skills are important for reading comprehension as well.

Knowing how ideas link up at the sentence level helps kids get meaning from passages and entire texts. It also leads to something called *coherence*, or the ability to connect ideas to other ideas in an overall piece of writing.

What can help: Explicit instruction can teach kids the basics of sentence construction. For example, teachers can work with students on connecting two or more thoughts, through both writing and reading.



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**POPCORN TUESDAY! FIRST TUESDAY OF EVERY MONTH.
50 CENTS / BAG. BRING 50 IN THE MORNING, POPCORN IS
DELIVERED FRESH FIRST BREAK.
ALL PROCEEDS GO TO SCHOOL COUNCIL.**



Ways to Bring Mindfulness into Your Family

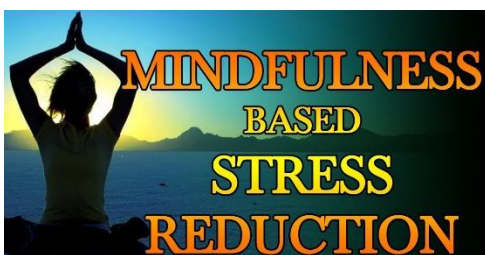
Between second lunch and our last learning block, we will be adding in a five minute mindfulness break; we welcome you to try it at home too. Each month we will offer you a different easy way to get started!

Research confirms that for children, mindfulness can:

- Mitigate the effects of **bullying** (Zhou, Liu, Niu, Sun, & Fan, 2016);
- Enhance **focus** in children with ADHD (Zhang et al., 2016);
- Reduce **attention problems** (Crescentini, Capurso, Furlan, & Fabbro, 2016);
- Improves **mental health** and wellbeing;
- Improves **social skills** when well taught and practiced in children and adolescents

Have Mindful Mornings: Getting out the door for school is stressful. Consider ways to de-stress, like waking up a little earlier for some quiet time, or encouraging your children to help (as they can) to pack their lunches the night before. Dr. Christine Carter of **Greater Good Science Center** prepares for the morning rush by placing sticky notes on her fridge. They are reminders to **NOTICE** emotions, **NAME** the emotion, **ACCEPT** what is going on, and **BREATHE** (pausing to take a few deep breaths) before jumping into action. - Randy Taran, Project Happiness

Ways Mindfulness Reduces Stress - mindful.org



Here's how mindfulness gives you the space to respond calmly under pressure—plus, a meditation for lowering stress levels.

You are more aware and sensitive to the needs of your body. You may notice pains earlier and can then take appropriate action.



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Character Education

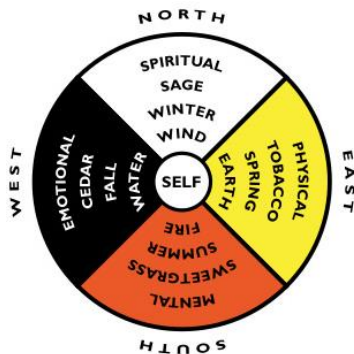
In December we celebrated the character trait of Respect. These students demonstrated these traits:

- I am polite and caring
- I value myself and others
- I treat all people with dignity and uphold their rights
- I protect property and our environment



In January we celebrate the KPR Character Education Trait of Initiative. To take initiative means:

- I am eager to do what needs to be done without being asked to by others
- I seize opportunities and willingly take steps necessary towards achieving a goal



We equate this to the Seven Grandfather Teaching of the "Medicine Wheel." The Medicine Wheel represents all of creation, harmony and connections. It is considered a major symbol of peaceful interaction on Earth (All races of people, the directions, all of the cycles of nature, day and night, seasons, moons, life cycles, and orbits of the moon and planets).

QE Proud!

Congratulations to Maddie and Josie for winning in the Remembrance Day contest.

They received their award at the legion December 16.






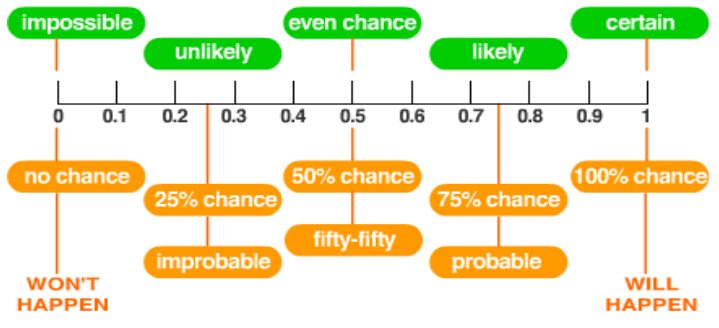



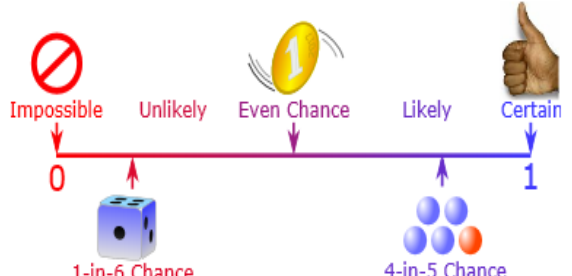
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Illustrated Mathematics Dictionary: Probability

Many events can't be predicted with total certainty. The best we can say is how likely they are to happen using the idea of probability. Words have special meaning in probability.

<p>probability</p> <p>- the chance that a particular outcome will occur, measured as a ratio of the total of possible outcomes.</p> $\text{probability} = \frac{\text{favourable outcomes}}{\text{possible outcomes}}$ <p>EXAMPLE:</p> <p>coin toss - heads or tails</p>  <p>$P = \frac{0}{0}$ heads total</p> <p>Repeat click</p>	<p>probability</p> <p>- the chance that a particular outcome will occur.</p> <p>Probability can be recorded on a scale of 0 to 1, showing the likelihood or chance that a particular outcome will occur, ranging between 0 (impossible) and 1 (certain).</p> 
<p>Experiment: a repeatable procedure with a set of possible results.</p>	<p>Outcome: A possible result of an experiment.</p>
<p>Example: Throwing dice</p> <p>We can throw the dice again and again, so it is repeatable.</p> <p>The set of possible results from any single throw is {1, 2, 3, 4, 5, 6}</p> 	<p>Example: Getting a "6"</p> 
<p>Sample Space: all the possible outcomes of an experiment.</p>	<p>Sample Point: just one of the possible outcomes</p>
<p>Example: choosing a card from a deck</p> <p>There are 52 cards in a deck (not including Jokers)</p> <p>So the Sample Space is all 52 possible cards: {Ace of Hearts, 2 of Hearts, etc... }</p> 	<p>Example: Deck of Cards</p> <ul style="list-style-type: none"> the 5 of Clubs is a sample point the King of Hearts is a sample point <p>"King" is not a sample point. There are 4 Kings, so that is 4 <i>different</i> sample points.</p>
<p>Event: one or more outcomes of an experiment</p>	<p>Probability of an event happening = $\frac{\text{Number of ways it can happen}}{\text{Total number of outcomes}}$</p>
<p>Example Events:</p> <p>An event can be just one outcome:</p> <ul style="list-style-type: none"> Getting a Tail when tossing a coin Rolling a "5" <p>An event can include more than one outcome:</p> <ul style="list-style-type: none"> Choosing a "King" from a deck of cards (any of the 4 Kings) Rolling an "even number" (2, 4 or 6) 	<p>As a number, probability is from 0 (impossible) to 1 (certain).</p> 



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**We wish you a happy holiday!
And a wonderful New Year!**





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Behold the Magic of a Consistent Routine - additudemag



Many children with attention deficit disorder (ADHD or ADD) also exhibit executive function deficits. That means they have a hard time organizing materials to complete homework or a project, figuring out how much time a task will take, setting deadlines and time management. Creating a daily routine, at school and at home, provides external organization, gives your children the chance to focus on one task at a time, stay focused, and succeed.

Break Down the Day

Write down all of the tasks your child completes in a day. Include getting ready for school, after school and homework time, chores, free time, dinner, and preparing for bed. Break down each time frame into steps. There may be activities and other conflicts that make your schedule complicated — dance lessons on Wednesdays and soccer practice on Thursday — but try to make every day as consistent as possible.

parents, get involved!

School Council Meeting



Upcoming meeting dates, 6pm in the library.

January 13
February 3

COUNCIL

SPEAK OUT

BE HEARD

MAKE A CHANGE

WE MUST BECOME THE CHANGE WE WANT TO SEE

April 6
May 4



Digital Citizenship

New legislation bans cell phone use in Ontario classrooms during instructional time, starting September 2019. We acknowledge the value of cell phones when teachers want to use cellphones as part of their lesson, for medical reasons and students with special needs.

Students who bring cell phones to school need to either leave cell phone in their bags (the school will not be responsible for them) or give them to their teacher for storage until picked up during non-instructional time.

If a student is using a cell phone without teacher permission, the student will be asked to put the phone in a lock box in the office to be picked up at the end of the day.

Being a digital citizen is an important skill to acquire.

7. Protect

Protecting someone from cyberbullying or protecting account info with secure passwords changed regularly or protecting a website by letting someone at the site know there's a technical vulnerability.

8. Clarify

Clarify someone else's point, data, or position on an issue before attempting to counterpoint during an online debate.



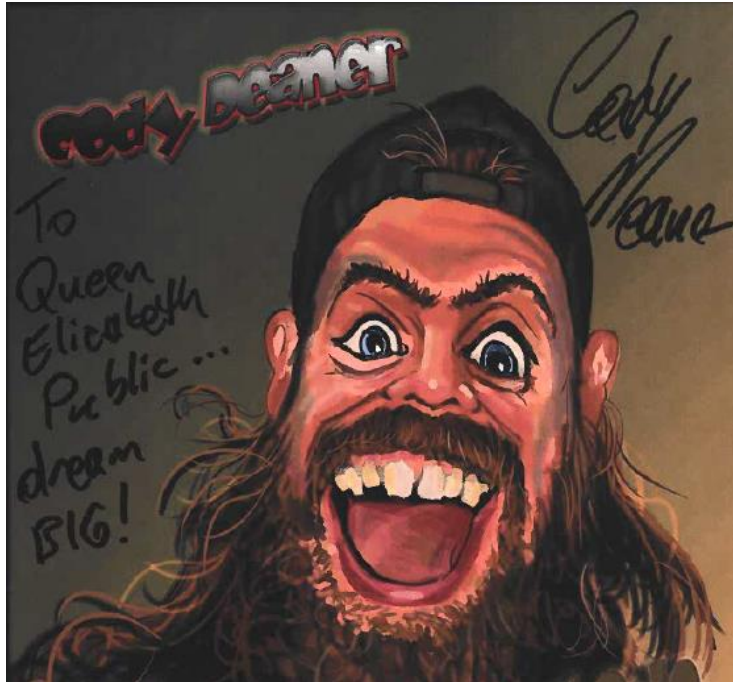
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We thank Cody for coming in December 12 and delivering the message to never to

Dream Big, Never Give Up

always

Give'r

and

Your Dreams Will Come True.

We will all remember your stories and follow you as you continue to do great things for other children.

Season Greetings from your Breakfast Club volunteers!



We have been kept very busy over the past weeks as our numbers of students continues to increase. Each day we serve soup and hot cereal along with our full buffet table. This is very important on the cold days to warm up our walkers. Caesar salad continues to be very popular and it goes with everything! Over the winter months we will move to roasted veggies of all kinds to encourage the students to try new foods.

Thanks to a generous donation the students shared together a cup of hot chocolate on a very cold day in December! We are lucky to have such a giving community. We ended 2019 with our annual Breakfast Club Barbecue. This is a very popular day with a variety of favorite foods, creative servings of veggies and fruits with some special treats offered.

Merry Christmas and Happy New Year to all from all the Breakfast Club volunteers! See you in 2020.



ON BEHALF OF ALL THE STUDENTS, THANK YOU NANCY FOR BEING THE CHRISTMAS ELF WHO DELIVERED US HAND DECORATED GINGERBREAD AND CUPCAKES FROM SANTA.





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Who is going to earn the



Please check EDSBY and <https://queenelizabeth.kprdsb.ca/> for updates to events!

Follow us on Twitter at @QEagles

Equity, Diversity and Inclusion Calendar information at:

<http://www.kprschools.ca/en/students/well-being/equitydiversityandinclusion/equitycalendar.html>

Safe Schools Reporting studentabsence.kprdsb.ca 1-844-434-8119

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast Program 8:35-8:50 am School Walk 9:00 am Outdoor Play 11:00-11:20 am Nutrition Break 1 11:20-11:40 am Outdoor Play 1:20-1:40 pm Nutrition Break 2 1:40-2 pm School Ends 3:20 pm Office Hours 8:30 am – 4:00 pm Safe Schools Reporting 1-844-434-8119	6 Day 2 7 Day 3  50 cents!	8 Day 4 9 Day 5 10 Day 1 NRG Breakdancing	13 Day 2 6:00 pm SCHOOL COUNCIL  14 Day 3 15 Day 4 16 Day 5 17 Day 1 NRG Breakdancing	20 Day 2 21 Day 3 Grade 7 Immunization 22 Day 4 23 Day 5 24 Day 1 NRG Breakdancing	27 Day 2 28 Day 3 Gr. 8 Graduation Photos 29 Day 4  Jr. Boys Basketball (tentative) 30 Day 5 Jr. Girls Basketball (tentative)  2:00 Initiative Recognition	31 PA Day 