

Grape Vine

Grapeview School Newsletter # 4

December 2008

www.dsbm.edu.on.ca/schools/grapeview

Grapeview School Mission Statement

“It is the mission of Grapeview School to promote excellence in education through strong community partnerships and to provide a positive, nurturing and challenging environment”

Inside this Issue

Report Cards	1
Holiday Greetings	1
Community Care	1
Coats for Kids	2
PVA Meeting/Donations	2
Inclement Weather	2
Lost and Found/ Holiday Concert	2
Character Skills	3
Bullying News	4
Battery Collection	5
Respect/Amazing Students	5
T-Shirt on the Town	5
Junior Chefs/Mad Science	5
Hot Choc./Heart Healthy	6
Volleyball/Raffle	6
Healthy Holidays/Cookies	7
West Park Open House	7
6KW Charity	8

Report Cards

First term reports will be sent home to all parents on December 3rd. Parent-Teacher interviews will be held on December 4th from 4:00-8:00 p.m. and on December 5th from 8:00a.m. - 12:00p.m. There is no student attendance at school on Friday, December 5th.

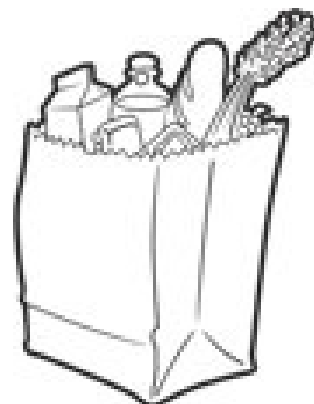
Holiday Greetings

We wish all of the Grapeview families a very safe and happy holiday. We will see you back at school on Monday, January 5, 2009. Happy Holidays!



Community Care Food Drive

Once again our intermediate division will be leading/organizing a school wide collection for Community Care. Students are being encouraged to bring in non-perishable food items and toys. We will be holding an in-school friendly competition to see which class can bring in the most items per student. Collection of items will start Monday, December 1st until Wednesday, December 17th, 2008. Let's go Grapeview!!



Coats for Kids

On behalf of Community Care, Grapeview once again will be collecting donations of new or gently used coats, boots, mittens, hats, scarves and sweaters for children and adults in need. Look for the bins in our front lobby and thank you for your continued support.



PVA Meeting

We continue to invite any interested parents to attend our PVA meetings. This is a great way to stay informed about your child's school life. A reminder that babysitting is available at PVA meetings. Our next PVA meeting is on Monday, January 12th at 7:00 p.m. in the school library. See you there!

St. Catharines General Hospital

Grapeview's PVA will be continuing the tradition of coordinating the Christmas Donations in lieu of gifts for the Teachers. The donations are specifically for the neonatal/pediatric unit of the St. Catharines General Hospital. Donations will be accepted on Thursday, Dec. 4th from 3:30 to 7:00 pm and Friday Dec. 5th from 8:30 to 12:00 pm, as well as December 16th during the Holiday Concert.

Inclement Weather Procedures

Decisions for school closings are made by the board office and announcements for school closings will be made on the 7:00 a.m. newscast on local radio stations. When schools are officially closed, teachers are not expected to be in attendance. Parents must use their own discretion whether to send their children on days when school is open, but weather conditions are less than ideal.

Early dismissal will also be announced on local radio stations. We will not send young students home to an empty house, and will make every effort to insure the safety of all children. If there is early dismissal, do not phone the school! The phones are needed to make necessary calls. Parents may always withdraw their children if they believe weather conditions constitute a danger for their children.



Lost and Found

We have numerous items in our Lost and Found. We are encouraging students to please look through the bins to make sure they are not leaving behind some important clothing. Anything that has not been claimed by Christmas Break will be donated to those in need. If your child(ren) are missing items, please remind them to check the two lost and found locations at the school. (Jewelry and cell phones are kept at the office)

Holiday Concert

Christmas is coming and to help celebrate the Primary Students (JK-3) at Grapeview would like to invite their parents and Grandparents to a Christmas Concert and Carol Sing. There will be 2 performances. During the afternoon of **Tuesday, December 16th at 2:00pm** parents and Grandparents of the afternoon JK/SK students and Grandparents of all students are welcome to attend. On **Tuesday December 16th at 6:00pm**, the parents and Grandparents of the morning JK/SK students as well as the parents of **all** students are welcome to attend.

Please help support our local community care by bringing a non-perishable food item or a new unwrapped toy.



December Character Skills

Self-Discipline

Discipline means control. Self-discipline is self-control. It means getting yourself to do what is important to do, rather than being a leaf in the wind of your thoughts or feelings. With self-discipline, you can be moderate. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.

I am practicing self-discipline when I...

Use detachment so my emotions won't control me

Speak and act calmly when I am hurt or angry

Get things done in an orderly and efficient way

Create routines for myself

Do what is expected without people having to remind me

Do things on time

I have self-discipline. I use my time well and get things done. I choose my action with detachment.

Courtesy

Courtesy is to be polite and to have good manners. It is to be considerate of others. It is a way of speaking and acting with people which gives them a feeling of being valued and respected. "Please", "Thank you", "Excuse me" and "You're welcome" are courteous expressions which let people know you appreciate them and care about their feelings. Courtesy brightens people's lives. It helps to make life more enjoyable.

I am practicing courtesy when I...

Show others that I value and respect them

Remember to treat parents, teachers and children politely

Think about how my actions affect others

Make requests instead of demands

Greet people with a smile

I am courteous. I speak and act in gracious ways. I show others that I value and respect them.



Teach your children that if they see someone being bullied, they should not watch, laugh or join in.

Pay attention to the relationships in your children's groups. Ensure all children are included and that inappropriate behaviours are addressed.

Help kids see the value of offering empathy and support to those who are bullied.

Work with your child's school to educate others about the problem of bullying.

Be a good example for your children. Model respectful behaviours at home and in your daily interactions.

How parents can help stop cyberbullying:

Familiarize yourself with online activities. Learn about the websites, blogs, chatrooms and cyberlingo that your children are using.

Keep the computer in a common area so you can monitor activities.

Keep open communication lines with your children so they feel comfortable talking to you about cyberbullying experiences. Let them know that you are there to support them.

Recognize that online communication is a very important social aspect in kids' lives. Do not automatically remove their online privileges if you find out about a cyberbullying experience.

Talk to your children about what is acceptable behaviour online and offline.

Report any incident of online harassment and physical threats to the local police or your Internet Service Provider.

Report any bullying that occurs over your child's cell phone to your phone service provider. You may have to change the phone number if the problem does not stop.



Battery Collection

Grapeview School has been collecting and disposing of batteries for a number of years. Unfortunately we are unable to continue this activity as the Ministry of the Environment has specific policies about collecting hazardous materials. Therefore, only the collection and disposal of batteries generated from within the school is permitted. Used batteries generated from outside the school cannot be collected and stored by the school. Thank you for your cooperation.



Respecting Nature

It has come to our attention that some of our students have been tearing branches and leaves from some of the bushes that line our school property. We will be speaking to our students about the need to respect the greenery around the school as well as the property of our neighbours.

Let's work together to keep our yard clean and green.



Amazing Students

Grapeview School has some amazing students that are always finding ways to help others. Connor Frazer with the help of some friends, Chris Celestini, Connor Hassan and Andrew Hutton decided to have a garage sale. Connor and his friends collected over \$200.00 and decided to send the money to Canadian Soldiers in Afghanistan. What a thoughtful and generous thing to do! I am sure that the soldiers appreciated your generosity very much! We are all very proud of you!



T-Shirt on the Town

Here's a neat idea! Wear your Grapeview clothing out in the community and have your picture taken! Bring the photo in to school and we will start a collage of "Students in the Community". We will also try to get some pictures into the newsletter!



Junior Chefs

Starting in December, 15 grade 4 students, will join Miss. Sadowski once a cycle to create some delicious baked goods. Just in time for the holidays, these tasty treats may not make it home! For those students who are interested, please see Miss. Sadowski for the details. If there is enough interest, meeting times may increase or a rotation will be developed to accommodate all students. Meeting time and date TBA.



Mad Science Presentation

Mad Science: Special Holiday Presentation!!

Mad Science will be coming to Grapeview on Dec. 18th, in the afternoon. A mad scientist will do a special holiday presentation with a winter theme. It is sure to be entertaining, as well as educational!

Hot Chocolate

On the evening of parent/teacher interviews, Student Council will be selling hot chocolate in the front foyer. Proceeds will go to the Pajama Program. This program benefits children and families who live in poverty in Niagara. Using the money raised from candy grams and hot chocolate sales, student council will purchase pajamas and books for boys and girls, between the ages of infant and 17 years. Grapeview families are also welcome to donate pajamas and books. They must be new and unused. Thank you in advance for your support. Please drop off pajama and book donations at the office.

P.S. - There will be marshmallows, whipped cream and sprinkles too!



Heart Healthy Report

On Wed. Nov. 5th we had our Walk to School Day at Grapeview. The weather was beautiful and we had a super response. The primary winner was Mrs. Rupcic's Grade 2 class, the Junior Winner was Mrs. Donato's Grade 5 class and the Intermediate winner was Mr. Armstong's Grade 7 class. Along with the 3 winners we awarded a GOLDEN SHOE to Mrs. Rupcic's Class for being the most creative with their signs. CONGRATULATIONS!!!

On Wed. Nov. 26th we had a Healthy Lunch Day. We were asking students to pack a lunch with all 4 Food Groups included. The primary winner was Mrs. Rupcic's Grade 2 class with 100%, the Junior Winner was Mrs. Keeping/Ms Wood's Grade 6 class with 89% and the Intermediate winner was Mr. Pisek's Grade 8 Class with 98%. Congratulations to all of the above winners and thanks for your participation.

COMING UP: Fruit Kabobs Class Fundraiser @ \$2 each; watch for the details coming home. Also our Super Healthy Citrus Fundraiser.

FRUIT SHAKE: Blend together 3/4 cup plain yogurt, 3/4 cup drained pineapple chunks and 2 Tbsp frozen orange juice concentrate.

Thanks Grapeview
Sue Hassan & Tawnya Paura

Senior Boys' Volleyball

Congratulations to the SR. Boys Volleyball team on an excellent season. The boys made it to the semi-finals in league play, 5th place at the Niagara Invitational and 5th place at DSBN. All boys showed immense improvement over the course of the season, they were very dedicated team members who were always looking to get better. They were simply a pleasure to coach! Thanks to all parents for your support, driving and cheering on your Gryphons. Basketball Tryouts for boys and girls will take place in the coming weeks before the holidays.

Basketball Raffle Tickets

Thanks to all families and staff members who are selling tickets for our Glass Backboard fundraiser. Luckily they were installed earlier than expected and look great, however we need all ticket money in by mid January in order to move forward. Remember, all students who sell their allotted tickets receive ballots for the special SONY draw. Special Thanks go out to Mr. Frank Prantera who helped organize our prize donations for our Raffle.



Tips for Healthy Holidays!

It's that time of year again for fun, festivities, and feasting. Here are some ideas to keep in mind whilst the kids are home all day and the company's coming over to play!

1. Pre-plan your holiday meals. Decide ahead of time what is going to be the menus for the two weeks off. This way snacking, eating out, and quick take outs, will be avoided if foods are in fridge and freezer ready to be heated.

2. Don't forget to pile on the veggies. Kids can snack during the day, while at home, on raw vegetables pre-cut and stored in the fridge. Stock up on healthy dips like Hummus, Tzatziki, and Gazpacho, for the extra 'holiday treat' effect.

3. Bake and freeze treats so that they're not always tempting the family, and pull them out when you need them. (This also works great for boxed chocolate and candies given by co-workers, employees etc. Once out of sight-out of mind, and can be thrown out in the new year, once all the festivities and loose rules are over.) Chew some sugar free gum while baking, this should stop the temptation to nibble.

4. When visiting friends and relatives, eat a healthy snack before hand. This way you won't be starving before hitting the buffet or treats offered; curbing the urge to overeat.

5. If the kids are staying over at grandparents or friends houses,

don't be afraid to pack healthy treats and desserts for them to eat while there. It is a nice way to offer to help out, and sends a subtle message that you want your children to stay on a healthy food plan even during the holidays.

6. Try non traditional Christmas fare such as, veggie lasagna, seafood dishes, low fat cheese and lean meat trays, with low-fat whole wheat crackers rather than rolls.

7. Hide the remote and make everyone get up to change channels for 2 weeks. It's a small step but will help to keep from sitting too long especially after large or excessive meals. Once up, try quick exercise jumps, running on the spot, or jumping jacks while commercials play. With the amount of TV watching families do on off time, this has actually been proven to have made a big difference in peoples' circulation, digestion, heart, lung, and muscle strength.

8. Don't start the holidays any differently than usual. It's tempting to 'treat' with trips to the drive thru's instead of breakfast at home, or while shopping for gifts, but the treat can fast become a daily habit that will be extremely hard to kick in the new year. The damage done by excessive overeating, and lack of exercise is far harder to fix and longer lasting than it is worth. Moderation and commonsense don't need to take a holiday-you and your kids do!

Rachel Green is a certified *Nutrition and Wellness Specialist, with a Teacher's degree, and Culinary Arts Certification.* She owns and operates **True Balance Youth Health and Fitness Centre.** Give the Gift of Health this Christmas! Call about kid's '**HOLIDAY COOKING CLASSES**' 905-684-1086 or visit www.truebalance.ca.

Communication Class Cookies

Our communication class will be baking cookies during the month of December and will be selling them at break time on the following dates: Thursday Dec 4th, 2008

Friday Dec 12th, 2008

Friday Dec 19th, 2008



Cookies will be sold for 50 cents each or 3 for \$1.00. Proceeds will go towards supporting the outings taken by our communication class.

West Park Open House

West Park staff will be at Grapeview to present information to our grade 8's on Friday, January 9th, 2008. West Park's Open House is going to be held on Tuesday, January 13, 2009.

6KW Stephen Lewis Foundation Charity

Here's another great thing that Grapeview students are involved in! Way to go 6KW!!

Choose a nickle, dime, quarter, loonie or toonie

Mon. Nov 17	Tues. Nov. 18	Wed. Nov. 19	Thurs. Nov. 20	Fri. Nov. 21
How many people are in your family? Donate that amount of coins. _____	How many rooms are in your house? Donate that amount of coins. _____	How many bathrooms are in your house? Donate that amount of coins. _____	How many electrical plugs are in your house? Donate that amount of coins. _____	How many beds are in your house? Donate that amount of coins. _____
Mon. Dec 1	Tues. Dec. 2	Wed. Dec. 3	Thurs. Dec. 4	Fri. Dec. 5 PA DAY
How many blankets on all of your beds? Donate that amount of coins. _____	How many chairs are in your house? Donate that amount of coins. _____	How many water taps are in your house? Donate that amount of coins. _____	How many pieces of fruit are in your fridge? Donate that amount of coins. _____	Parents.... How many TVs do you have? Donate that amount of coins. _____
Mon. Dec 8	Tues. Dec. 9	Wed. Dec. 10	Thurs. Dec 11	Fri. Dec. 12
How many windows do you have in your house? Donate that amount of coins. _____	How many pairs of socks do you own? Donate that amount of coins. _____	How many times did you run water today? Donate that amount of coins. _____	How many stairs do you have in your home? Donate that amount of coins. _____	How many pets do you have? Donate that amount of coins. _____
Mon. Dec. 15	Tues. Dec. 16	Wed. Dec. 17	Thurs. Dec 18	Fri. Dec. 19
How many bicycles does your family have? Donate that amount of coins. _____	How many pairs of shoes do you have? Donate that amount of coins. _____	How many shelves of books do you have in your house? Donate that amount of coins. _____	How many times did you eat out in the last two weeks? Donate that amount of coins. _____	How many phones do you have in your house? Donate that amount of coins. _____