



# Journal News

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## Caring for ourselves, our community and our world

• École Whitehorse Elementary is doing its part. We participated as hosts for the Many Rivers and Whole Child Program sponsored Family Dinner last week to celebrate Family Week. Over 350 families enjoyed a hot meal with excellent entertainment.

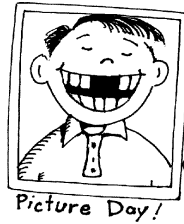
- Thank you to the students and their families who helped with the Whitehorse Food Drive. Our school was responsible for delivery and collection in the the downtown area. Thank you to Mme Sofie for organizing this.
- The ÉWES community raised \$ 8828.00 for the Terry Fox Foundation and presented the cheque to Fred Fox, Terry's big brother, during a school assembly.



Keir, a Grade 4 student who has raised over \$1000 for the last two years, presents Fred Fox with a cheque for \$8828, along with M. Alain.

### Say Cheese!

Individual photos will be taken on October 23rd & 24th.  
Class Photos will be taken on October 27th.



### Dates to Remember

Thursday & Friday,  
October 23d & 24  
Individual Photos

Monday, October 27th  
Class Photos

Tuesday, October 28th  
School Council AGM - 6:15  
Self-Regulation Info Session 7:00

Friday, October 31st  
House Colour Day  
Wear your Hallowe'en Costume  
Assembly 9:30 am - gym  
Pizza Lunch

Monday, November 10th  
PD day  
No School

Tuesday, November 11th  
Remembrance Day  
No School

Monday, November 24th  
Report Cards Home

Friday, November 28th  
House Colour Day  
Moustache Day

# The Recycling Club

## Last Day

to collect Recycling Club Points  
**Saturday, November 15!**



**Wednesday, December 17**  
to convert your points into  
prize certificates.

**Saturday, Jan. 10, 2015**  
last day to redeem your  
prize certificates.



### Beat the rush!

Check points and Order your  
prize certificate online

### Questions?

Call Leaf Solutions at 633-5269 or  
email [admin@yukonrecyclingclub.ca](mailto:admin@yukonrecyclingclub.ca).

[www.yukonrecyclingclub.ca](http://www.yukonrecyclingclub.ca)



Our school website is will  
be mostly up and running on  
Monday.

You will have access to  
staff email, the school  
calendar, school council info  
and the growth plan.

Thank you for your patience  
while we work on this issue.

**As part of our School Growth Plan, we are preparing our students to be Calm, Alert and Ready to Learn.**

In order to regulate our states, we need to be self aware. How am I feeling inside? What does my body feel like when I am stressed or anxious? While many people will identify similar situations as stressful, answering a question on the board in front of peers for example, most people will still identify different physical reactions - some participants may turn red, others mumble, become hyper and others may flee. And you? Take a look at this checklist and see how your family members differ.

**HOW DO YOU FEEL IN YOUR BODY?**



- Headache
- Happy thoughts
- Angry, wanting to break something
- Falling asleep
- Busy brain, lots of thoughts



- Beating fast/hard
- Beating slowly/quietly
- Feel heart beat in throat



- Breathing fast/hard
- Breathing slowly
- Deep breathing/ balloon breathing
- Breathing quietly



- Feeling jumpy
- Tight
- Aching/weak
- Relaxed/loose
- Fidgety/wiggly/tense
- Wobbly knees

From: Lillas and Turnbull, *Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies*. Norton and Company, Inc. 2008

**Learn more about self-regulation:**

A parent information meeting on self-regulation will be facilitated by Dept of Ed. Psychologist Stacey Burnard here at ÉWES on **Tuesday, October 28th 7 pm -8 pm.**

## WE'RE NIT PICKING AGAIN!

Fall and the return to school bring children back into close contact again and with that come the possibility of the spread of head lice. Head lice are tiny insects that live on warm heads. They do not spread disease, however it can be a nuisance and uncomfortable when they decide to take up residence on *your* head!

Head lice can be spread by close head to head contact and sharing items that have been in contact with a head that has head lice. They do not jump or fly.

Head lice should only be treated if you identify live lice on your head. The goal of the treatment is to kill the live lice. Some treatments also work to prevent the hatching of any eggs the lice have laid, also known as nits. However, the most effective way of preventing the hatching of eggs is to physically remove all of the nits. This is time consuming, yes, but really the only effective way of ending the life cycle of the lice. We need to get nit picking!

If you think your child may have head lice, check their head for live lice. Remember they move fast so you'll need to look closely with good lighting. Especially check at the hairline at the neck and behind the ears.

If you identify that your child has head lice, please speak to your pharmacist and check out this website for further advice about how to treat it. [http://www.caringforkids.cps.ca/handouts/head\\_lice%20%20](http://www.caringforkids.cps.ca/handouts/head_lice%20%20)

You can help prevent the spread of head lice by teaching your child to avoid head to head contact with other children and not to share combs, brushes, hair ornaments, and hats.

Whitehorse Health Centre nurses recommend that parents check their children's heads weekly to help you identify head lice as soon as possible. If you do identify head lice, please remember that they are just as happy living on a nice clean warm head as on a dirty one. This is no reflection on your family's hygiene. However, if you let the school know that your child has head lice, they will be able to notify the other parents in your child's class so they can be sure to check their child's head more frequently.

They also do **not** recommend that your child be excluded from school because head lice are common and do not spread disease. It is important for your child to be present at school to maximize their learning - especially at the beginning of the school year.

If you would like more information about head lice or would like help confirming your child has head lice before treating them, please contact your school nurse by calling 667-8865. You may also request a copy of our head lice pamphlet from your school's office or check it out on the web.

<http://www.hss.gov.yk.ca/pdf/headlice.pdf>



**Welcome to our new school Guinea Pig, Nibbles.**

Cinny has a new friend, Nibbles. She is very nervous but curious. Feel free to drop by the office and say hi.

**International Walk to School was a great success.**

We had students walking from Hillcrest/Granger, Copper Ridge, Takhini and Riverdale. Students bused or dropped off, walked around the school until 9 am. We logged the kilometres and got active. Way to go!

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On behalf of the administration and staff, we would like to welcome our new School Council members:

Hillarie Zimmerman, Laura Lang, Victoria Castillo, Christina Pekarik and Rachel Moser. You may reach your council at: **[EWESschoolcouncil@gmail.com](mailto:EWESschoolcouncil@gmail.com)**

The Annual General Meeting will be held on October 28th at 6:15 pm in the school staff room. All parents and residents of ÉWES catchment are encouraged to attend.

The first regular meeting will take place at 8:00 pm following the Self-regulation Parent Information Session.

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**HELP!!!!!! Your immediate attention is required.**

The Drop Off Zone is for giving a quick kiss and hug and driving off. **Think - drop off zone in front of departures at any international airport.** Please do not park or leave your vehicle - even 'just to run into the building'. This is becoming a hazard for our students and a concern for parents. Thank you for your co-operation.

Parking is available in the parking lot, on Black, Third, and at Extra Foods.

