

Dunstable School: News from the Bears' Den



Principal's Message

Our students have done a wonderful job of adjusting to the new Covid procedures at the school. We appreciate their cooperation and your support.

From encouraging your child to wear a mask, to keeping your children home when they are feeling unwell, we thank you for contributing to our overall Covid protocols.

Covid health measures mean that events normally held at the school will be different this year. For example, our October Goal Setting Meetings cannot be face-to-face this year. Instead, we will be holding "virtual" Google meetings or phone calls to discuss your child's progress and to set some learning goals in mid-October. Please watch for a letter from your child's teacher to choose a meeting date and time.

Another difference this year is that we are unable to travel with our Dunstable Bears sports teams. Instead of playing against other schools, we will expand our House Leagues and encourage students to play our various sports at noon hour. Our Volleyball House Leagues will be up and running in early October.

Finally, as we plan Halloween Centre activities for the end of the month, we will also keep Covid regulations and requirements in mind. The activities we choose will allow for cleaning and sanitizing in between groups, and our older students will be sure to wear their face masks as they organize and run activities.

Thank you again for supporting our school in these diverse efforts.

Ms. Tkachuk

**Virtue For October:
Friendliness**

Important Dates

PD Day ~ No School	2
Picture Day!	8
Dunstable Day ~ No School	9
Thanksgiving Day ~ No School	12
Goal Setting Meetings 4:00-8:00 pm	14 - 15
Safely on Board ~ Bus Safety Presentation	15
Dunstable Day ~ No School	23
Halloween Centres	30

Don't wait for people to be friendly, show them how.

Author Unknown

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Virtue for October ~ Friendliness



FRIENDLINESS: a disposition of goodwill, warmth, or kindness to others

School Photos

Imagine That Photographics will take student photos on the morning of Thursday, October 10.

D-Prep children are welcome to join us.

imagineThat
PHOTOGRAPHICS



Bus Safety

“Safely on Board” is visiting our Dunstable School on Thursday, October 15 to share their Bus Safety Presentation.



Goal Setting Meetings

Goal Setting Meetings are scheduled for October 14 & 15.



Please await more information from your child’s teacher to book your virtual appointment. These meetings give parents or guardians an opportunity to meet the teachers and discuss student goals for this school year.

October Birthdays

4 - Amelia & Autumn	5 - Oliver
16 - Emma	20 - Obrey
30 - Cody	31 - Jaison



Halloween Centres

Our school Halloween Party is on Friday, October 30. Grades 5-6 are organizing our “Halloween Centres”.

Please do not send your child dressed in his or her Halloween costume in the



morning. Students will be given time after lunch to put on their costumes. Our Costume Parade will take place at approx. 1:30 pm. Parents, guardians, and Kinder Kids are invited to join us in the afternoon. We hope to see (and recognize) you there!

Please keep in mind, as you are choosing Halloween costumes with your child, that **replica weapons of any kind are not permitted at school**. We ask that your child leave any fake swords, knives, guns, etc. at home.

School Council News

The first School Council meeting of the year was held on September 24. Thanks to those of you who attended this virtual meeting!



Executive Positions:

- Chair ~ Rachel Cornelius
- Vice-Chair ~ Barb Gitzel
- Secretary ~ Cathy Litke
- Treasurer ~ Krista Schole
- Casino Representative ~ Carissa Henkelman

Next School Council meeting is Thursday, November 19 @ 6:30 pm.

Meadowview 4-H Multi-Club

Are you looking for a FUN & AFFORDABLE activity for your kids? Have you taken a look at what 4-H has to offer? Take advantage of great programs that offer opportunities for community service, public speaking, and scholarships.

Please join us for our first meeting October 8 at 7:00 pm at Gardenview Hall.

This year's proposed projects are:



- Beef
- Horse (Western, English & Rodeo)
- Sheep
- Canine (Agility & Obedience)
- Active Living (assortment of fun activities)
- Foods
- Cleavers Program (ages 5-8)

Open to youth ages 9-21.

FREE MEMBERSHIP for 2020.

For more information please contact General Leader ~ Tracy DeZaeyer at 780-967-0144.





How much sleep does my child need?

Your child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells your child's body when to sleep. The body clock is influenced by your child's age; children need less sleep as they get older.

The Canadian Paediatric Society has produced a general guide to the amount of sleep young children need over a 24-hour period, including naps.

Age	Recommended amount of sleep
Newborns (0 to 2 months)	16 to 18 hours (3 to 4 hours at a time)
Babies (2 months to 6 months)	14 to 16 hours
Older babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10 to 13 hours
Pre-schoolers (3 to 5 years)	10 to 12 hours
School-aged children (5 to 10 years)	10 to 12 hours

The National Sleep Foundation offers guidelines for older children and teens.

Age	Recommended amount of sleep
6 to 13 years	9 to 11 hours
14 to 18 years	8 to 10 hours

The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less. Talk to your child and adjust their sleep schedule to find out how much sleep per night works best.

Getting the recommended amount of sleep (e.g., number of hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful times. Some older children and adolescents may maintain 8 to 10 hours of sleep per day but if they go to sleep very late and then sleep through most of the morning, this means they are not receiving the full restorative benefits of sleep.

*Be good to people
for no reason.*