



Sherbrooke Howler

Principal's Message

November is here and so is the cold weather. Just a reminder to make sure that your child has warm clothing to wear as we go outside daily.

We have started the year off running with a lot of great learning and engaging activities within the classrooms. We look forward to our first Sherbrooke Art Show and Parent/Teacher Interviews on Thursday November 16th, 2017. The students are excited to show their art work to their families. I look forward to seeing all of our Sherbrooke families.

Nikki Marks



Sherbrooke students held a Remembrance Day ceremony on Friday, November 10th in the Sherbrooke Gymnasium, to honour the soldiers who fought for our freedom in the wars.

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Sherbrooke Bell Schedule

8:55 :	Playground is supervised
9:10:	Entry and classes begin
10:50—11:20	First Nutrition Break
1:00—1:40	Second Nutrition Break
3:20:	Dismissal

Sherbrooke's Art Show

Thursday November 16th, 2017

During Parent Interviews

3:30—6:00 PM

Ø Nov 29th – Health Unit cooking with Gr 5/6 @ 1:45Ø

Dec 14th – Camp Quality puppet show K-3 & 4-8

Reminders from the Office

- ⇒ Please send back your Verification Forms to the Office, if you have not done so. It is important that we have your current contact information in case of emergencies.
- ⇒ Milk cards are available in the office. 20 milks, for \$15.00
- ⇒ Pizza lunch is available on Wednesdays. If your child would like to get pizza on any Wednesday the order MUST be placed with the classroom teacher before 9:30. Orders will NOT be accepted by phone.
- ⇒ Hot lunches will now be served on the last Friday of each month. Menu items and prices will vary; information will be sent prior to each hot lunch event.
- ⇒ Please make sure your child has warm clothing to wear outdoors and a change of footwear for indoors. Winter is coming, and so is the colder weather!
- ⇒ If your child's Health Card has been updated, please



The JK/SK class would like to thank their guest Tyler Armstrong for attending their class to share stories, sing and drum. It was a special



Happy Halloween was had by the kindergarten class! Thank you to our Gr. 7/8 helpers and our families for joining us!


Lakehead Public Schools Quick & Easy Toll-Free
STUDENT ABSENCE 24/7 Reporting
1 844 288 7624
 Parents may choose to report a child's absence online on the Parent Portal at <http://parents.lakeheadschoos.ca>




Sherbrooke's Art Show

Coming Soon!

Thursday November 16th, 2017

Come and see all the student's Art



Special Events are happening all the time!



Our Junior Cross Country Running Team! They performed so well! Congrats Wildcats! You did an amazing job! (Above and below)



Fireman Bob visits the JK/SK Class!



Fireman Bob visited the JK/SK class on October 13th to help us learn about Fire Safety.

Take Back the Kitchen with Our Kids Count!

With the help of "Our Kids Count" the Sherbrooke students are cooking some healthy dishes! Each class gets to spend some time each week in our big kitchen learning how to whip up some



From the Health Unit

Create a world without bullying. Stand Up to bullying! Everyday.

Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at one or more people that is meant to cause fear and distress/harm to another person's body, feelings, self-esteem or reputation. Bullying occurs when there is a real or perceived imbalance of power.

Different forms of bullying can include:

Physical – hitting, shoving, stealing or damaging property

Verbal – name calling, mocking, or making sexist, racist or homophobic comments

Social – excluding others from a group or spreading gossip or rumours about them

Electronic (commonly known as cyberbullying) – spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites



November 19-25 is Bullying Awareness & Prevention Week

Check out Prevnet for more information: www.prevnet.ca/bullying



Find us on Facebook and follow us on Twitter: @TBDHealthUnit
TBDHU.COM

Drug Education Begins at Home

Drug use is part of everyday life. Sometimes we forget that cough syrup, pain pills, alcohol and tobacco are drugs. Children learn about drugs in school, from other kids and on television, but what we do in our own homes is the beginning of drug education.



You are your children's most important teacher. Children learn by watching you and others and copy what they see. The attitudes and beliefs you have around drugs, including alcohol, will shape how your children think and feel about those things too.

Drug education tips:

- Promote positive self-esteem and positive coping. Connect with your child and help them to build a strong social support network as these are important factors for preventing harmful use of drugs and delaying the use of them.
- Start talking with your children early about drugs and alcohol; what they are, what they do to a body, how they are harmful for children to consume. Never refer to medication as "candy".
- Give them clear and consistent messages about what's expected of them. Children need rules and limits. For example, tell them that they are not allowed to drink alcohol even though an adult may. Let them know that it's harmful for a child's body to drink any alcohol.
- Answer your children's questions honestly, simply and directly. For example, let them know that sometimes adults use medication for medical purposes.
- Think about your decisions surrounding alcohol and drug use and what they model to your children. For example, try not to drink over the recommended drinking guidelines when you are with your children. Modelling responsible, social drinking is setting a positive example if they choose to use later on.

For recommended drinking guidelines, more information and resources visit the Centre for Addiction and Mental Health at camh.ca



Find us on Facebook and follow us on Twitter: @TBDHealthUnit
TBDHU.COM



THANK YOU!

Sherbrooke School wants to thank Thunder Bay Kings Hockey Program for donating helmets so



Mr. Blake is a retired teacher and spent 27 years teaching at Sherbrooke School. He has made a generous monetary donation to our school and we would like to acknowledge his kindness and compassion. We will be putting the money towards Sherbrooke School Events for the students and families. We are lucky to have such caring community members.

