



Mac's Tracks - November 2022

Looking ahead.... November

*Please remember to keep
Halloween treats at home.
Thank you!

2- PAC meeting
4- No School- Report Card
writing
10- Remembrance Day
Assembly 10:45
11 - Remembrance Day - no
school
20 - Report Cards home
22 - Parent/Teacher mtgs
23 - Parent/teacher mtgs
24- PJ day
25 - No school
26 - Santa Parade

NJ's Driveway

Please remember our bus
lane **must remain clear of
all and any traffic**. Please
park in the designated
spaces. **Please do not park in
accessible parking unless you
have an accessible pass.**

Unfortunately, we are
limited in parking, and that
means we have to be extra
vigilant for where and when
we park.

Parking in or very close to
the bus lanes makes it
impossible for the buses to
safely drop off students.
Staff are on supervision
every morning and do their
best to remind drivers and
we appreciate and thank you
for your extra vigilance with
this.

November is a time for remembering...in the rush and flurry of the first two months of school November is the perfect time to reflect on how much we have accomplished and where we need to go next! Report cards will go home this month and parents and families are invited to come to share their student's successes so far. This is also when we set our goals for the months to come.

Each week, NJ teachers meet to have professional discussions about student achievement, strategies to ensure student success and ways to support all learners in their academic and social-emotional work. We meet to review student data after initial reading, writing and math assessments. We have had Ms. Mraz and Ms. Fullerton supporting us in our teaching practice! Both experts have provided us with effective ideas and professional development on play based learning, inquiry and math instruction. Bringing in specialists to support teaching is one strategy that continuously supports teachers. Ms. Miraz and Ms. Fullerton model lessons, co-teach and then provide feedback on how we are doing. We are also very happy to partner with other schools in YKI in providing these lesson study opportunities.

How does this impact the students? Our students are experiencing more opportunities for inquiry projects, digging deeper into topics they are interested in, utilizing different and new strategies to work with numbers as well as having teachers who are very current in their professional development! After a round of lesson studies, teachers will bring what they have learned back to their classrooms and in between visits, we practice, practice, practice!

We look forward to seeing everyone during Parent/Student/Teacher meetings taking place Tuesday, November 22nd and Wednesday, November 23rd from 4-7 p.m.

Please use the Google Form link below to book your times.

. Report cards will come home on Monday, November 21st
As always, we appreciate the support we continually receive from our parents and families. Please book interview times using our:

Parent Teacher Interview Google Form

<https://forms.gle/FTsiA1rdXrePZHok6>

Mr. Caines

Medication at school - we recognize that from time to time it may be necessary for your child to take medication during school hours. YK1 has a guideline for this. All medication requires a completed medical form and medication must be sent in its original packaging. Forms are available from the office or on our website.

Prescription medication form- must be completed by a **medical doctor** and the medicine must come in its original container identifying the medicine with the child's name, doctor's name and dosage.

Non Prescription medication form - to be completed by the parent/guardian and sent with the medication in its original packaging identifying the medicine.

NJ Scholastic Book Fair



Did you know that for every \$10 you spend at the Book Fair, up to \$6 goes back to our school? Students will visit the Book Fair during class time on Nov. 21st-24th. and can purchase books during this visit. There will also be an opportunity for you to visit the Book Fair from 4-7 during P/T Interviews. A Book Fair Flyer will be coming home shortly!

December Food Drive

December is just around the corner and we will begin our annual dry/non-perishable food drive. Our donations are always graciously received and appreciated.

This is also a very powerful lesson for our students to receive - generosity and community building.

Did you know?!

When you bring your recycling into the Bottle Depot, you can make a contribution to the NJ Recycling Program? Simply give the clerk our school phone number and we receive the credit! 873-4372

Thank you!



Math Matters

New math? Old math? It seems to be always changing! Research tells us that we learn new concepts first concretely (counting objects, making fractions out of crackers, then pictorially (being able to draw and talk about what the drawing represents) and finally, symbolically (not needing to have a picture or object to help explain or solve a problem). These stages happen more or less for all students. Some students need less time to get to symbolic representation than others. However, all students benefit from hands-on learning opportunities where they connect what they are learning in math to other subjects as well as to their experiences.

🐾 Be Respectful 🐾 Be Responsible 🐾 Build Relationships

NJ Parent Advisory Committee = PAC

We are a committee of parents with children who go to NJ Macpherson. We meet once a month to hear updates from the Principal, our YK1 Board Representative and the PAC Committee on fundraising initiatives and concerns. Everyone is invited!

The PAC is an important part of our school's success. We have big fundraising goals this year and would appreciate your support!

Our next monthly meeting is Wednesday, November 2nd from 7-8pm and will be taking place at NJ Macpherson, in the staff lounge.

Upcoming NJ PAC Events:

Subway Days: November 18th and December 16th

Register and Order online: <https://njmacpherson.hotlunches.net>

Use Code - **NJMHL**

Silent Auction - December 8th

Please let us know if you/your business have any items to donate for this fundraiser!

Join our Facebook Group for events and reminders!

<https://www.facebook.com/groups/n.j.macphersonpac>

Contact us via email: njmpac@gmail.com

Chair: Samantha Stuart

Co-Chair: Chelsea Francis

Treasurer: Leonie Graves

RAINBOW Club- Fridays 11:30 - 12 p.m.

Rainbow Club is the name for our school's GSA (Gender & Sexuality Alliance). This club is optional for students in grades 1-5 on a drop-in basis, as they choose. The club can address topics of family, identity, and respect. It will be a space for LGBTQIA2S+ students and allies to connect and hold space for each other. Rainbow Clubs promote a safe, healthy school climate and an anti-bullying message.

Each session may be different, and will evolve with the group, but these are the kinds of things to expect at Rainbow Club:

- Stories
- Crafts
- Sharing Circles
- Asking and answering questions
- Sharing ideas, and finding solutions, for how to make NJ a more inclusive community!
- Grades 1-3
 - Focus on friendships, respecting differences, and building self-esteem.
- Grades 4-5
 - Topics include all of the above and also may also include discussions on sexuality, gender, hormones, changes, social issues, etc.

LOST + FOUND!

CHECK OUT THE LOST AND FOUND AT THE FRONT DOORS OF THE SCHOOL. MANY 'TREASURES' GET PUT THERE IF THEY ARE FOUND AROUND THE BUILDING.



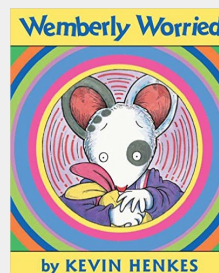
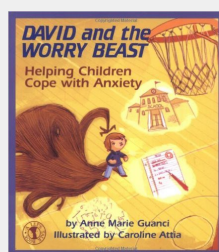
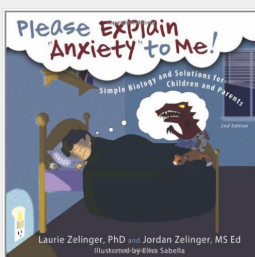
PST Info

Fear, worry and anxiety are normal occurrences within the life of a child. One of the many tasks of parents and educators is to help children understand and process these emotions. The physiological and psychological effects of anxiety are many and varied. Stomach aches, increased crying, refusal to go to school, irritability, sleeplessness, changes in appetite, increased need for reassurance and comfort, separation issues, repetitive behaviours and sadness can all be indicators of anxiety and worry in a child's life. It is often difficult to remain calm and understanding in the face of our children's anxiety, and often as adults we do not always know what to say or do to best calm our children's fears.

It is important for parents and educators to become aware of the typical feelings and behaviours associated with childhood anxiety, and to have some ideas for dealing with these such as the following:

- 1) TALK or WALK – remind your child to talk to a grownup they trust, and identify who these grownups are. A short walk or change of space can also help with anxiety in the short-term.
- 2) BLOW SLOW – Slow and deep breathing can help us calm down. Many of our students have learned this skill in their classrooms.
- 3) SMILE FOR A WHILE- even forcing ourselves to smile trains our brain to make the 'happy chemical', serotonin, that helps us feel calm.
- 4) RELAX-JUMPING JACKS- you can relax your body by listening to music you like, doing stretches, practicing mindfulness. If you choose to do active movement like jumping jacks or skipping, your body will calm down once you stop the activity.
- 5) DISTRACT-GET the FACT – sometimes when we are worried, a good strategy is to change what we are doing, and this can help to change what we are thinking. Getting the facts means finding a good reason to be worried, rather than letting your imagination make something up.

If you are concerned as parents that the anxiety symptoms of your child may be excessive or chronic, and are disrupting your child's life and happiness, you are encouraged to speak to your child's teacher, school counselor, school admin, or contact a mental health professional.



NJ PST Team



Healthy Foods for Learning...

NJ students and staff are very fortunate to be supported by Healthy Food for Learning! We use the funds to fill our snack basket, replenish our cooking supplies and ensure we have plenty of good healthy snacks for growing minds and bodies!

Some Pictures of NJM Staff and Students in Action



Monthly Language Challenge

October

“My Name is Sara.”

“Sızi Sara siyeh.”



My Name is Sara



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Reminder: Please book a interview time: https://forms.gle/FTsiA1rdXrePZHok6</div>		1	2 PAC Mtg @ 7pm	3 Gr.3-5 Choir 11:30-12:00	4 STIP Day- No School	5
6 Daylight Savings - turn clocks back 1 hour	7	8	9	10 Remembrance Day assembly 10:45	11 Remembrance Day- No School	12
13	14	15	16 Rock Your Mocs	17 Gr.3-5 Choir 11:30-12:00	18	19
20	21 Report Cards go home PBIS BLITZ starts	22 Parent- Teacher meetings 4-7 pm	23 Parent- Teacher meetings 4-7	24 Gr.3-5 Choir 11:30-12:00 PJ Day - Wear your pajamas to school!	25 No school	26 5:00-6:00 Yellowknife Santa Parade (No School Activity Planned... just FYI) 
27	28	29	30			
		Christmas Break Last day December 21st- January 5th- start for students				
	Thank you everyone for being mindful of the "no parking" areas in our Parking lot and Bus area					

NJ Macpherson School

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www.njm.yk1.nt.ca

[facebook.com/ yk1njm](https://facebook.com/yk1njm)

Twitter @njm_school

School Principal: Randy Caines Assistant Principal: Helen Wong

