

Belfast Consolidated School Newsletter



Mr. John Munro- Principal

Alyssa Thaxter- Admin Assistant

Ms. Kelley Carpenter – Vice-Principal

Attendance Line 902-659-7200 #1

At Belfast School we have an Attendance Line which parents/guardians can call anytime of the day. Calling this line will enable us to ensure the safety of your child.

Dates to Remember:

- October 3- Dental Clinic
- October 3- Batter Blitz Starts
- October 4- Golf Zone Qualifiers
- October 3- Nov 1- Battery Blitz Drive
- October 9- **Thanksgiving- NO SCHOOL**
- October 10- Picture Orders Due
- October 11- **K-3 Fire Safety Presentation 9AM**
- October 13- Grade 6/9 HPV Needles- PM
- October 19- Subway Orders Due
- October 24- Subway Day
- October 26- **Halloween Spooktacular Night**
- October 27- PD Day- NO SCHOOL
- October 31- **Orange and Black Day**
- November 1- Take Your Child to Work Day- Grade 9
- November 1- Battery Blitz Ends
- November 2- Home and School Meeting 7PM
- November 3- Picture Retakes and Grad Photos
- November 6- Parent Teacher sign up opens

Breakfast Club:

Belfast School's Breakfast Club is in need of some donations. We are looking for fruit cups, muffin mixes, nutri grain bars, cereal, apples, bananas, clementine's, yogurt cups or tubes, and cheese strings. ****Items that will go bad fast, we would like them dropped off on Monday's, so by Friday they will be gone! Thank you in advance!**

#BYOC:

Please remember to bring your own cutlery to school each day. The school does not have any to give out.

Milk Orders:

A reminder that milk needs to be ordered on Thursday's each week by 12PM. Late orders will not be added accepted. If there is no school in a Thursday, orders will be placed Wednesday.

BINGO:

We are happy to announce that we will be having our second **BINGO** night since COVID on November 10th.

Thank You:

Thank you to the anonymous donator for their generous donation to help support our sports teams. The money will be used for bussing and new jerseys.

Halloween Activities:

Tuesday Oct. 31st- **Orange and Black Day**
****Please NO Halloween Costumes****



Battery Blitz:

The Earth Rangers and Call2Recycle Battery Blitz is happening again at our school this year. In honour of Waste Reduction Week this October, students are being asked to bring in their used batteries to school. Any battery under 5kg can be brought in. Starting Tuesday, October 3rd until November 1st we will be collecting used batteries.

Extra Clothing:

The weather tends to be unpredictable these days. Please keep this in mind as we move into the fall, and winter season. Please dress your child appropriately so they are comfortable. Please label all clothing and footwear. It would be appreciated if you would please send in a complete set of clothes with your child. If there is a spill or a fall then your child will be prepared. Thank you.

Phys Ed:

Any parents or community members who would be willing to help out with school athletics please contact Mr. Johnson at tjohnson@edu.pe.ca or (902) 629-0242. There are coaching positions available this year in Wrestling, Gymnastics, Track and Field, badminton, Cross-country, and basketball.

Golf Zone Qualifiers Wednesday, Oct. 4th at Avondale Golf course.
Golf Provincials, Wednesday, Oct. 11th.
Cross Country Zone Meet- Thursday. Oct. 12th
Check out our athletics page:
<https://6130e29f15aab.site123.me/>

Water Bottles:

We ask that students please bring a reusable water bottle with their name on it each day.



Student Well-Being :

Student Well-being Teams are in all Island schools to support students. These teams promote healthy living and help students with mental health and other issues to help them be strong students and community members. Our teams offer **Health Promotion** by providing presentations and leading activities that teach students how to be strong, healthy, and resilient. Presentation topics are age-appropriate and cover topics such as Anxiety, Bullying and Social Inclusion, Health and Wellness, Technology and Me. Our teams also provide **Support** through group programs, one-on-one support, and parent support.

The Student Well-being Teams work with the Student Services Team to support students or parents; however, they are not school-based staff. The team is tri-departmental and includes staff from Education, Health, and Justice. Teams are comprised of Provincial Staff, Family Support Workers (Bluefield FOS and Montague FOS only), Outreach Workers, Registered Nurses, and Social Workers. The Student Well-being Teams work 12-months/year and continue support during school breaks and outside of school hours. The team can also provide home support or clinical support as needed.

The team is referral-based for our one-on-one support and for Mental Health groups, meaning students must go through a referral process to access these services. A child can be referred by a parent, teacher or doctor or they can refer themselves to the service. Parental consent is strongly encouraged for all students and required for any students under the age of twelve. Referrals can be made online, through our website at <https://www.princeedwardisland.ca/en/service/make-a-student-well-being-team-referral> or by contacting our team or the school directly.

If you have questions about your child's well-being, or do not want your child to participate in any Student Well-being presentations or services, please reach out to the Student Well-being Team, as well as your child's classroom teacher.

Click here to learn more about our Teams!
[princeedwardisland.ca/StudentWellbeingTeams](https://www.princeedwardisland.ca/StudentWellbeingTeams)

Have a wonderful year!

Elizabeth Kennedy

Program Lead, Student Well-being Team



Halloween Spooktacular Night:

Belfast Home and School is planning a night full of Halloween fun on Thursday, Oct. 26th. Stay tuned for details.

Wrestling:

Students in Grades 4-9 wishing to wrestle for the Belfast Consolidated School wrestling team are invited to come to practice on October 6th, 2023, at 2:45 pm to 4 pm. Practices will be on Friday's after school to prepare for the Zone and Provincial School Championships. Please remember to have appropriate gym clothing, no outside footwear in the gym. No jewelry to be worn and nails must be trimmed for the protection of yourself and fellow wrestlers. **SEE MR. JOHNSON FOR A PERMISSION FORM.**

Wrestling PEI:

There will be an information and preregistration session on Tuesday, October 3, 2023, between 6-7:30 pm at the Belfast Consolidated School for anyone between the ages of 10 and 18 who are interested in joining the Belfast Wrestling Club. Registration information, athlete requirements, and associated costs will be discussed and provided to interested individuals. Practices and preparation for upcoming tournaments will commence once wrestlers are registered with Wrestling PEI and confirmed. Individuals younger than the age of 10 will be considered on an individual basis. Practices will be held on Tuesday and Thursday evenings between 6 and 7:45 pm. The schedule is contingent on the availability of the facility and may change throughout the season. You must be registered with Wrestling PEI and in good standing with your registration fees paid prior to beginning practices. The link to register is <https://wrestlingpei.ca/wpei-registration-form-2/>.

Parent Teacher Interviews:

Our parent teacher interviews will be the week of Nov. 20-24th. Interviews will be held in person.

If you cannot make an in-person interview, a phone interview is also possible. You will sign up the same way as if it was an in-person interview. Only difference will be, specify phone interview and provide the best number to reach you at.

We will be sending a link out November 6th for you to use to sign-up for an interview time. All sign ups must be in **NO LATER** than Friday, Nov. 17th at 4PM.

If you have any questions, please call Alyssa at the school.



School Therapy Occupational Therapy (OT) Program

Hi everyone! I would like to introduce myself as the OT with the School Therapy, Occupational Therapy (OT) Program. My name is Shannon Reid and I am the OT for the Belfast Consolidated. I am very much looking forward to working at your child's school for the 2023-2024 school year. I will be at Belfast Consolidated every Day 1 beginning Thursday October 5th, 2023.

While at Belfast Consolidated my focus will be to work together to support students in their elementary school years (e.g., kindergarten to grade 6). I am, however, available to consult with students in their junior high years if it is determined by the school, the OT and yourself, as parent/guardian, that an OT referral is needed.

The focus of the School Therapy OT program is to work together with classroom teachers, school staff and parents /guardians to support students' motor and sensory development to assist students with achieving their learning goals, successfully participating in school and, most importantly feeling good about themselves and school! To do this, I will be spending time in classrooms, small group settings, gym, music, and library classes as well as on the playground. Throughout the day, I will be offering guidance, suggestions, and tips.

Occupational Therapists (OTs) working in schools know a lot about motor development, sensory processing as well as environmental set up, adaptations and accessibility. OTs support students in schools with participating in

- **Personal cares:** bathroom routines, putting on and removing outdoor clothing and footwear, clothing fasteners (e.g., snaps, zippers, buttons, shoelaces), opening and closing lunch containers, feeding self, etc.
- **Classroom and school routines:** transitioning between activities or spaces within the classroom or school, organizing and locating school materials, participating in classroom routines, participating in Phys Ed, library, music, recess, and playground activities, etc.
- **Learning-based activities:** using classroom tools (e.g., scissors, pencils, glue stick, learning manipulatives, etc.), expressing learning through cutting, colouring, drawing, printing, cursive writing and using technology, self-regulation with respect to focusing attention and starting work in a timely manner; etc.
- **Managing sensory demands of a school environment:** managing the sound of the bell and /or announcements, sounds and movement in busy corridors, echo in the gym, sounds during assemblies, lighting in the school, feel of learning materials, etc.
- **Managing the physical environment:** accessing spaces when using mobility aids (e.g., wheelchairs, walkers, etc.), accessing appropriate classroom desk and chair heights, using flexible seating options and optimal learning spaces, using equipment for personal cares and technical access (e.g., change tables, lift systems, switches for environmental controls or communication devices), etc.

Please feel free to contact the school or myself if you have any questions about the School Therapy OT Program. I can be contacted at the school on Day 1 or at sreid@ihis.org. I look forward to a wonderful school year working together with school staff, students, and you as parents/guardians!

Shannon Reid, OT Reg.(PEI)
Occupational Therapist, School Therapy OT Program