



# Ashley Oaks Public School

We make a difference through the 3 R's: Respect, Responsibility and Recognition

December 2022

Principal: J. Hicks

Vice Principal: L. Gonser

Superintendent: P. Skinner

Trustees: S. Polhill and L. A. Pizzolato

FIND US on SOCIAL MEDIA:



@AshleyOaksPS



@ashleyoakspublicschool



@ashleyoakslondon

Ashley Oaks P.S. Website: <https://ashleyoaks.tvdsb.ca/en/index.aspx>

## From the Office...

As November is coming to an end and December is on the horizon, we just want to remind families that students are expected to go outside for recess. Parents should be certain that children come to school prepared for the cold weather - hats, mitts, coats, snow pants and boots. It is extremely helpful if clothing is labelled. Indoor shoes should be left at the school to be worn inside. A change of clothes for the younger students could be left in their backpacks.

Thank you to those parents that were able to come in for interviews after receiving the progress reports. The research is clear that when students, staff, and parents work together, the result is an improvement in the student's success.

It is with sadness that we say farewell to Mrs. Gonser, our interim vice-principal. We wish her all the best as she re-enters retirement. Welcome Mrs. Arndt, who will be joining us as our new vice-principal starting December 1<sup>st</sup>.

With Winter Break just around the corner, we would like to wish everyone a restful, safe, fun-filled holiday. Have a great December and enjoy the break. Happy New Year, too.

## Stream of Dreams

Ashley Oaks P.S. is excited to participate in the Stream of Dreams program during the week of

December 12<sup>th</sup>-16<sup>th</sup>. The Stream of Dreams Murals Society provides environmental education through an award-winning community art program called Fish on Fences. The society helps children and adults understand their connections to local watersheds and how to make behavioural changes to protect streams, rivers, lakes, and the ocean. As part of the program, each staff member and student will be painting a fish that will be installed on our Kindergarten fence. A big thank you to Mrs. Travnicek for arranging to have this amazing program come to Ashley Oaks.



## Fall Food Drive

Miss Brown's grade 8 class has organized a Fall Food Drive to help support the need in our area. Already, the generosity of the Ashley Oaks community has allowed us to reach a third of our goal, with a total of 500 items to be donated. The Food Drive continues until Friday December 16. Please continue to send in non-



perishable items (if you can) so we can reach our goal of 1 500 items, and more importantly help a lot of people in our community! Thank you in advance for your generosity!

### From the ESL Dept.

#### Storytelling is Powerful

Set aside time this holiday season for storytelling with your child. Not only does it promote brain and language development, but also it sparks imagination, develops emotions, and strengthens relationships.

Try out these story time tips over the holidays!

- 1) Design a comfortable reading nook for your child away from distractions.
- 2) Read a book to your child and then ask them what you think might happen to the main character next.
- 3) Have your child take you through a picture book, telling you the story from the pictures.
- 4) Tell stories as a family around the dinner table. Ask your child to share their favourite part of everyone's story.
- 5) Grab things from around the house (e.g. plate, pillow, towel, vase, book, pen, granola bar) and ask your child to tell a fun story that includes the items.
- 6) Read one page of a book together and then have your child share what they think happens next. Do this until the book is finished.
- 7) Ask your child to walk around the room several times. During each trip, get them to invent a story about where they are going and why (e.g. walking down the sidewalk to go to school; walking along the beach to enjoy the sand and waves; walking down the aisle of a store to buy groceries).
- 8) Tell the beginning of a story to your child during a road trip. Ask them to finish it.
- 9) Have both you and your child draw pictures of your favourite holiday event. Then tell each other stories about the pictures.

10) Listen to your child's favourite song together and ask them what story it tells.

From the ML Teachers

### Volleyball

Congratulations to **the Intermediate Girls**

**Volleyball team** for a great season! Our girls trained and played hard this season, developing their skills and working together as a team to finish second in the league. The girls fought hard in our semi-final match and lost to a great team. We are so proud of the girls for their accomplishments. Way to go Maiyar, Cecilee, Quincee, Gabrielle, Sham, Zain, Maria Z, Kallia, Allison, Tala, Dorcas, Maria A, Jana and Reetaj!



Coach Katrina Brown and Genevieve Scott

**The boy's volleyball team** wrapped up their season in the regional tournament on Thursday November 24<sup>th</sup> at Glen Cairn Public School. The boys made it to the championship game and became silver medalists for the South Region. All of the coaches are very proud of this team for coming together and putting in their hard work each day to make this season a success. Congratulations Aces!

Mr. Henderson, Mr. Patterson and Mr. Lac



## London Knights Music Fundraiser

Thank you to the families who attended the London Knights fundraiser to cheer on our Ashley Oaks singers! In total, we raised over \$700 for our school music program, and it was great to watch the Knights win! A big congratulations to the students who sang Oh Canada on the ice - you rocked!



## School Council

Please consider joining us on December 5<sup>th</sup> at 6:00 in the Library. We will be discussing the new school dress guidelines and fundraising for our new climbers.

## Student Council

We are proud to announce that Ashley Oaks' Student Council has been selected for the 2022-2023 school year. The Student Council is an avenue for our students to have a voice. Representatives were selected by their peers and teachers for demonstrating responsibility for their schoolwork, upholding the values of Ashley Oaks and the Thames Valley District School Board, including that of equity and inclusion, and for wanting to build a robust community spirit at Ashley Oaks. Student councils often organize events like Pizza Day, guest speakers, and special sporting events and ours will look to do the same. Student leadership is so

important and we are proud of our twenty representatives who have stepped forward and will help shape the community of learning here at Ashley Oaks.

## Thames Valley's Guidelines for Student Dress:

Thames Valley students come from diverse backgrounds and have diverse identities and experiences. Decisions about dress are personal and reflect individual expression of identity and socio-cultural norms and are therefore important to student well-being. Dress codes in schools often create and maintain ideas about dress that is 'normal' or 'appropriate' that do not reflect students' identities – including their gender identity, cultural identity, race and creed. As a result, dress codes can reinforce harmful stereotypes and treat certain groups of students differently than others, resulting in discrimination. They may also devalue students' ability to exercise control over their own bodies by choosing how they dress. Thames Valley learning and working environments must be free from discrimination. All staff must ensure students feel safe and included and are treated fairly at school. This means affirming students' identities in everyday practice and supporting interactions between staff and students that are based on individual dignity and mutual respect.

- Set expectations for student dress in all Thames Valley schools that are equitable and non-discriminatory.
- Ensure consistent practices across the district in communicating with students, families and staff about dress that is suitable for a K-12 learning environment, and in having conversations with students about dress that are supportive and inclusive.

- Prioritize safety, while affirming and respecting students' identities, choices, and freedom of expression.
- Help to maintain school environments that are positive, anti-oppressive, and inclusive of diverse identities.

**Breakfast IS the most important meal of the day!!**

For many students and their families, mornings are a race against the clock to get out the door and to school on time – and all too often, kids skip breakfast in the rush. However, research suggests that this habit can lead to decreased focus and learning and have a negative impact on school performance. Kids should eat breakfast every day. Learn what type of breakfast foods can boost your child's brain power.

What should you feed your child for breakfast?

Kara Gann, Clinical Dietitian at Children's Health<sup>SM</sup>, says that smart breakfast choices are carbohydrate-rich foods like fruits, whole grains, and low-fat dairy. Since these foods are more slowly digested, they provide a steady supply of glucose. Adding protein to the mix helps maintain the energy supply even longer, ensuring the brain has enough go-power to last until lunch. The list below provides healthy breakfast choices that are kid friendly. Choose a carbohydrate food to supply fuel and a protein/fat to sustain that energy flow throughout your child's day.

**Carbohydrate-rich breakfast foods**

- Oatmeal
- Whole wheat bread, pita or tortilla
- Corn tortilla
- Fresh or frozen fruit
- Whole grain cereals (low sugar)

**Protein/fat energy supplier**

- Peanut butter
- Eggs/egg whites
- Canadian bacon/ham
- Beans
- Almonds/nuts
- Avocado

**Carbohydrate + protein**

- 1% or skim milk
- Low-fat Greek or plain yogurt
- Low-sugar fruit yogurt
- Reduced-fat cheese (cheddar, mozzarella, Swiss, etc.)

**Dates to Remember:**

School Council- December 5<sup>th</sup>

Stream of Dream- December 12<sup>th</sup> -16<sup>th</sup>

Christmas Concert (in person) December 22<sup>nd</sup> 6pm