



Eagle's Nest

Oct 16, 2023

School Council

Our School Council has many exciting activities planned for us this year.

Some of the activities and fundraisers are...

- Art Cards for Kids
- Pizza Days
- Hot Dog Days
- Dances

Our next meeting date is November 14th at 5:30 pm. Come on out and join us! All parents are always welcome! You can also join us online!

If you have any questions for our School Council, please email them at epiccentralschool@gmail.com



Lost and Found
Our Lost and Found is quickly filling up. Please remind your child or children to stop and have a peek for any missing items.

School Safety Procedures

NGPS schools work with Hour Zero to use established protocols for student and staff safety procedures. In the upcoming newsletters, we will outline and describe the different protocols that we practice.

**Lockdown

- **An Emergency Lockdown (used when concern is in the building):** an announcement is made informing all students, staff and visitors that lockdown procedures have been implemented.
- Once the announcement is made, staff will close and lock all classroom doors and position students strategically in the classrooms, out of sight.
- The office staff will implement an automatic locking of all outside doors preventing anyone from entering the building.
- Normal practice can resume once administrators have received approval from the RCMP or Superintendent.

**Important information for parents

- Phone calls will not be answered if the school is in lockdown.
- All school doors will be locked so parents will not be able to enter the building.
- We ask that parents understand that our priority during a lockdown is on the safety of our students and staff and that parents will need to be patient to get information.
- We will communicate information to our parent community when we are able.

Halloween 2023

Halloween is right around the corner! This year, in an attempt to make things easier for families, students are able to come dressed in their costumes. Our monthly assembly will kick off at 9:30 am with our Student Recognition Awards followed by our costume parade. Students will continue themed literacy and numeracy activities throughout the day. We ask that students are dressed for the weather as they will still be asked to go outside at recess and lunch times. Teachers will be in touch with parents if there are any additional afternoon activities.



Cooler Weather

As we are now in October, it will be essential that students are dressing for the weather. Wearing layers is advisable as mornings are chilly but as the day goes on, our school gets very warm. Please remember to label your child's clothing items.

Canniff Corner

Emotional Intelligence

You can support your child and help teach them to recognize their emotions by doing a body scan together. A body scan allows us to be mindful of what our bodies are feeling.

Begin by closing your eyes and taking a few deep breaths. Send your attention into your feet and notice any sensations you feel.

Then, send your attention into your legs and do the same. Repeat this process with your hips, belly, chest, arms, back, shoulders, and head. Have your child identify the sensations they felt, and ask them what their body might be telling them.



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Relay for Life

Each year, Mr. Landry, one of our wonderful teachers, puts a Whitecourt Central School team together to participate in the Relay for Life. Students participate in Hat and Gum Days by donating \$1 and this money is donated on behalf of WCS to the Canadian Cancer Society. Keep an eye out for upcoming events in support of our Relay for Life team!

Website: whitecourtcentral.ca

Facebook: facebook.com/WhitecourtCentral

Email: central@ngps.ca



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Important Dates and Reminders:

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">16</p> <p>Grade 1-3 Fire Safety Presentations</p> <p>Grade 4 Fun Swim</p>	<p style="text-align: right;">17</p> <p>Swim to Survive for 2-Danks & 2-Walsh</p> <p>Hot Lunch Orders Due</p>	<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>Tue/Thur Kinder Attend</p> <p>Pizza Hot Lunch for those who ordered</p>
<p style="text-align: right;">23</p> <p>Kindergarten (M/W) Firehall Visit</p>	<p style="text-align: right;">24</p> <p>Kindergarten (T/Th & AM) Firehall Visit</p> <p>Swim to Survive for 2-Danks & 2-Walsh</p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p> <p>Pizza Hot Lunch for those who ordered</p>

Hot lunch orders can be placed at:

<https://whitecourtcentralschool.hotlunches.net>