

November 25, 2019

At WCS, we regularly get healthy living updates from our Public Health Nurse. This month's focus is on sleep habits for children. Sleep is essential for everyone, especially for children who are actively growing. When we sleep, the body has time to repair itself from the wear and tear of daily living. Getting good quality sleep each day is important for children because it helps improve their:

- attention, learning and memory
- behaviour
- mental and physical health
- overall well-being
- growth and development



Sleep needs differ for different ages and for different kids. Pay attention to what works best for your child. General recommendations for kids based on their age are:

- Preschoolers (3-4 years) need 10-13 hours of good quality sleep with consistent bedtimes and wake up times. This might include a nap.
- Elementary school kids (5-13 years) need 9-11 hours of uninterrupted sleep with consistent bedtimes and wake up times.
- Teens (14-17) need 8-10 hours

Telltale signs indicating lack of sleep include, complaining of being tired, irritability, increased forgetfulness, difficulty learning, and lack of interest in what is happening around them. Here are some tips for bedtime routines that can help with sleep:

- Set a specific bedtime.
- No screen time one hour before bedtime.
- Avoid heavy meals and energetic play prior to bedtime.
- Routines like the three B's - bath, brush and book - are great for kids.
- Bedroom should be quiet, cool and comfortable for sleeping.
- Make use of night lights.
- Set a specific wake up time.

For more information on sleep habits, plans, and needs, see sleepfoundation.org.



Monday	- Neel P., Gr.3
Tuesday	- Cole M., Gr.4A
Sunday	- Ezra V., SK2

FOR YOUR INFORMATION:

Prayer Link: Join us in praying for baby Brooks Markus who will be having surgery today, for baby Eva who is recovering from pneumonia, and for all the many needs in our community. We rejoice in the great news we received last week from Abby's medical team, that she is able to return to grade 7 this week for a shortened day. We praise God for families and for creating bodies in an amazing way and that each of us is fearfully and wonderfully made. God's blessings flow over each of us and we thank him and ask for his continued presence and power.

Parent Teacher Conferences will be held this week Tuesday and Thursday (Nov. 26th and 28th) from 4-6 pm and 7-9 pm. If you have questions or observations, the conference is a good time to share those with the teacher. Some of these will be student-led conferences - your child's teacher will communicate with you in regards to whether your child should attend. Book vendors will be available for some of the time. We are looking forward to discussing your child(ren)'s learning journey with you!

Book Fair 2019 – Please Support our Book Fair! Well this is the week of our Book Fair! Book Fair 2019 dates are: November 26 and 28, 2019 from 3:30 to 9:30 PM. It will be held during ALL Parent Teacher Conference Times. We hope you are able to support it as all proceeds help to support our school library. This year's Book Fair will feature two vendors. Ann Schieckoff, will be our Christian book provider and Cindy Armstrong will be our Usborne Book provider. Some of you have asked about Scholastic. Scholastic no longer runs sales in multi vendor sales. Please keep in mind that WCS also offers the book sales monthly with the book clubs from Scholastic, so be sure to order from there if you are wanting something from Scholastic. (Please contact Miss Body if you wish to know more about that.) If you would like to volunteer and help out in any way, please feel free to contact me at m.dieleman@woodstockchristian.ca.

Bus Patrol Leadership Team: Please return your forms signed by both student and parent.

JOIN US AS WE GIVE
THANKS FOR GOD'S GOODNESS
AND FAITHFULNESS.

A BENEFIT CONCERT TO SUPPORT
THE FAMILY OF

*Abby
VanderHoek*

November 27th

7:00pm at Maranatha CRC

admission: free-will offering

With guest artists:
Rachel Hickey, Kelly Martin, Janet VanderSpek,
Maranatha Praise Band and
WCS music ensembles
Hosted by Woodstock Christian School

Senior Boys Volleyball: Good playoff game on Friday, boys. That is the kind of play we need on Wednesday. We need to bring our "A" game. On Wednesday we will be making our way to London at around 4:00 and will be stopping in at a Tim Horton's for supper before we reach Mother Teresa. Our semi-final game is scheduled there for 5:45 p.m. versus Notre Dame, London, with the possibility depending on how well we do, playing again at 8:15. We are not permitted to be in the gym until 5:30 p.m. Players will need to bring money for our supper stop. I wish to thank all parents for their support and their help in getting the boys to our various games. We are also thankful for Mr. Takacs helping to coach this season. Please look for an email today in your inbox.

Dress Up Your Teacher Day: On Thursday, November 21, School Life is hosting "Dress Up Your Teacher Day". On this day students are invited to bring interesting, fun and funky clothes and accessories to school to dress up their teacher. Thank you for your participation, the School Life Leadership Team.

Chicken: Thank you to those of you who ordered chicken this month. Your orders will be available for pick-up this THURSDAY, November 28th, between 3 and 4pm. Please make arrangements to have your orders picked up during that time frame, as we will not be storing any orders at the school. We ask that you do not come for your order before 3, as we are often sorting orders right up until that time. This ensures accuracy for everyone. Please keep in mind that the school no longer has a large deep freezer so it is very important to make arrangements to have your orders picked up. Please note that we will not be responsible for orders that are not picked up without prior arrangements. If you have any questions, please contact Michelle Sol at 519-539-7839 or jmsol@rogers.com.

PA Day: Please note that there will be no classes at WCS on Friday, November 29th. Teachers will be conferencing with parents on Tuesday and Thursday evenings, so Friday is designated as a PA day.

Lost & Found: We are accumulating a large number of clothing items in our lost & found area. There are many sweatshirts, containers, quite a few gym uniforms in the lost & found as well. Please check the cart near the library to see if any items belong to your family. Items not picked up by Thursday evening will be donated to a local thrift store.

Coats for Kids: Thank you WCS for all the donations that came in for our Coats for Kids & Adults drive. A lady from Operation Sharing came in each week and collected the items. She never left empty handed!! From your donations others will be able to stay warm this winter.

Child Cognition Lab: Thank you to parents of students in kindergarten and primary classes for being willing to participate in the University of Waterloo's child cognition study. The researchers will be at WCS to conduct the study on December 3rd and 4th in the morning.

Canadian Pacific Holiday Train & Food Bank: The CP Holiday Train will be stopping in Woodstock on its cross continental tour. Head down to 199 Winniett Street on Friday November 29th at 6:40 pm to see it. There is no charge, though this is a great opportunity to drop off donations for our local food bank. Check the website to make Heart Healthy donations and to celebrate a Canadian tradition! Check it out: <https://www.cpr.ca/holiday-train/canada>



WCS fifth through eighth grade actors will be presenting these two Christmas dramas which will take place on:

**December 11th (Matinee),
December 12th (Evening) &
December 13th (Christmas Tea Matinee).**

Rehearsals are taking place now and excitement is building!
Plan to join us for one of the showings.

Junior Kindergarten Service Learning: As part of our International service learning project, our JK class is partnering with Mrs. Dieleman as she heads to the Dominican Republic in January. We will be listening to Mrs. Dieleman's stories about what she will be doing there with the women in the Paradiso Vocational Centre. We will be praying for Mrs. Dieleman and gathering materials for the sewing centre where she will be teaching the women of that community. The organization that Mrs. Dieleman will be working with is called the Samaritan Foundation. This foundation seeks to provide hope and homes to the poorest in the Dominican Republic. Go to <https://www.thesamaritanfoundationdr.com/> to find out more about their projects. Mrs. Dieleman has provided a list of sewing supply needs: Fabrics (cottons or cotton blends most desired), sewing machine needles (multi packs are best), ribbons (colours most preferred are pinks, red, purple, yellow, green - any size), various elastic sizes for waistbands, thread (any colour welcome but basic colours such as white (off) gray, black preferred, zippers (any size and colour needed). Please look for a box in the front foyer and start filling it for Mrs. Dieleman's trip. Any question? Contact Mrs. Westerveld.

Student Support - Mrs. Bulthuis: I am looking forward to connecting with many of you this week! The grade 7 math group will be receiving information today about a fractions food project they will be working on next week. A recipe is needed by this Thursday.

Wednesday - Return book bags (gr. 1-3)
 Thursday - Spelling tests (gr. 1, 2, 4, 7)
 - Bring recipe to school (gr. 7)

J.K. - Mrs. Westerveld: Welcome to a new week. We have two snow pants that no one recognizes here. I will post photos on See Saw. Please see December calendar for up coming events and learning. Please send back report card envelopes. You may keep your child's report card. I'm looking forward to talk with you all this week. Have a great week.

Tuesday - PTCs
 Wednesday - Library
 - Abby's benefit concert -7:00
 Thursday - PTC s
 Friday - PA day: No School

S.K.1 - Miss Body: Welcome to a new week. Report cards went home on Friday. Conferences are Tuesday and Thursday 4 to 9. I am looking forward to chatting with you about your child. Connecting question: What 2D shapes have we learned about? (circle, square, triangle and rectangle) Letter: g and o. Sight words: review.

Tuesday - Library
 - Parent/teacher conferences
 Wednesday - Benefit concert for Abby
 Thursday - Parent/teacher conferences
 Friday - PA Day: No Classes

S.K.2 - Mrs. Poort:

Grade 1 - Mrs. VanderPloeg: Welcome to a new week! It is a four-day week! Parent Teacher Conferences take place this week. Check your emails for an update about what is happening in Grade 1.

Monday - Phys. Ed
 Tuesday - Library
 - Parent Teacher Conferences
 Wednesday - Show&Share: Nathaniel C., Daniel & Korianna
 - Memory Work due: Psalm 100
 Thursday - Phys. Ed
 - Spelling Test
 - Parent Teacher Conferences
 Friday - PA Day: NO School!

Grade 2 - Mrs. Horinga: We continue focussing on learning about and being able to identify the main idea and details in our reading. We are beginning a new math unit on numbers to 100. This week's spelling focus is on long o. Please remember to keep your child's report card but to please sign and return the envelope so we can use it again next term, I look forward to meeting with you all this week.

Tuesday - Parent Teacher Conferences 4-6,7-9
 Wednesday - library
 - Benefit Concert: be at Maranatha Church for 6:45 in your Sunday best.
 Thursday - Parent Teacher Conferences 4-6,-7-9
 Friday - PA day: no school

Grade 3 - Mr. G. Hiemstra: This week we will have Parent Teacher Conferences on Tuesday and Thursday. Students will be taking their spelling test on Thursday this week.

Thursday - Spelling Test

Grade 4A - Mrs. VanAndel: Welcome to the last week of November grade 4! Your paper bag book report is due on Thursday, grade 4! We are performing in the Musical Benefit for Abby VanderHoek on Wednesday evening. Please be at Marantha CRC by 6:45. Thanks!

Tuesday - Happy birthday Cole!!!
 - French test
 - Bring gym clothes
 - PTC's 4-6 and 7-9
 Wednesday - Math test: geometry
 - Library: remember your books
 - Musical Benefit for Abby VanderHoek at 7:00
 Thursday - Book Report due
 - Spelling test
 - Memory work: Ruth 1:17
 - PTC's 4-6 + 7-9
 Friday - no school: PA Day

Grade 4B - Mrs. Hickey: Welcome to a new and busy week. Remember to wear purple WCS shirt for the benefit concert and arrive by 6:45 pm) Please return report card envelope this week. Looking forward to discussing your child's progress with you at PT conferences.

Tuesday - French Test (study sheet sent home Fri.)
 - Phys. Ed. (gym strip)
 Wednesday - Math Test: Geometry
 - Library
 - Benefit Concert (Maranatha CRC @ 6:45 pm)
 Thursday - Paper Bag Book report is due
 - Mem. Work: Ruth 1:16-17
 - Spelling Test: Lesson 10
 - Phys. Ed (gym strip)

Grade 5 - Mr. A. Hiemstra: Welcome to a new and shorter week. A reminder that we have a P.A. day on Friday and parent teacher conferences are on either Tuesday or Thursday evening depending on when you are scheduled. Also a reminder that the benefit concert for Abby VanderHoek is happening on Wednesday evening and all grade 5s are expected to be at Maranatha CRC by 6:45pm.

Tuesday - Parent Teacher Conferences in the evening:
 check the schedule sent out.
 Thursday - Parent Teacher Conferences in the evening:
 check the schedule sent out.
 - Science Quiz: based on the main arteries of the

body (see notes)

- Spelling: quiz + lesson 13 of workbook
- Memory Work: Galatians 5:22-23 (NIV)

Friday - P.A. Day, no school

Grade 6 - Mrs. Dam: Welcome to another short school week! I am looking forward to meeting with everyone during interviews. Please look for an important email about book orders.

Math: The unit 5 math test is coming home today. Students may hand in corrections to receive half marks. Parents please sign the tests. We are beginning a new geometry unit today.

Language: Ch. 5-7 MSM literature circle work is due Weds.

Spelling test (lesson 9) will be next Weds. Mystery novel book report is due Dec. 18.

Creation Studies: We are beginning a study of Space. We will be participating in an exciting "Junior Astronauts" program from the Canadian Space Agency!

Thursday - Memory Work quiz: John 8:6-7

Grade 7 - Mrs. Racicot: Please refer daily to Google Classroom for grade 7 homework, assignments and tests.

Grade 8 - Mr. Schaafsma: Welcome to a new week of learning. I am looking forward to connecting with all of you during Parent Teacher Conferences this week. All grade 8 students are invited to attend their conference as we will be discussing student learning together. Also, please plan on attending the Benefit Concert to support of the VanderHoek family on Wednesday evening at Maranatha Church. Please keep checking Google classroom for any homework assignments or due dates.

CALENDAR OF UPCOMING EVENTS:

November	26	Parent-Teacher Conferences 4-6 + 7-9 p.m.
	27	Benefit Concert 7 p.m. @ Maranatha CRC
	28	Parent-Teacher Conferences 4-6 + 7-9 p.m.
	29	P.A. Day*
December	4	Staff Meeting 7:15 Prayer Group 8:30 Sub Lunch
	9	Triple Ball Tournament
	11	Christmas Drama Matinee
	12	Christmas Drama Evening 6:30 Performance
	13	Christmas Tea & Drama
	17	Board Meeting
	18	Prayer Group 8:30 Pizza Lunch
	20	Christmas Chapel Skating
	23 - Jan.3	Christmas Break*
January	6	New Year's Chapel