



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



Happy Holidays Buckhorn Bears,

We have so many presents to celebrate this December.

We have the present of the Buckhorn community, who always keep us in their thoughts and are constantly planning on how they can best support our school, staff and students. Gifts include Boomwackers from the Cody Inn, garden work from the Lions and Buckhorn Sand and Gravel and donations of plants from Horlings. We have the gift of pizza lunch the end of every week from Stonescape, Buckhorn Sand and Gravel, and anonymous donors.

We have the present of a caring and giving School Council who are working hard to build us a new kindergarten play structure. Every Wednesday, beginning December 1 until March 30 2022, Pizza Alloro will be donating a portion of sales to the Buckhorn Public School. School Council meets monthly to support school initiatives and build infrastructures that benefit every student.

We have the present of incredible staff who ensure each child is has a voice and a place. We have the gift of our office and caretaking staff who ensure we are safe and prepared to meet each day with a smile. We wish Shelley Robbins all the best as she moves to the board office and closer to her dream job. We know what you mean to this community Shelley and wish you nothing but the best.

We have the gift of our students, whose enthusiasm for learning, leadership and resilience never ceases to amaze me. They bring us gifts of joy every day through their successes and stories shared.

Each one of us can make a difference. Together we make change.
-Barbara Mikulski

Everyone has supported the staff and school with kindness, generosity, patience and understanding. We are thankful to everyone for their presents and wish all a happy holiday and a great New Year.

In partnership,
Rachelle Duffus

CHECK OUT OUR NEW CLOTHING LINE FEATURING THE BUCKHORN BEAR!

https://stores.inksoft.com/buckhorn_public_school/shop/home





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Rachelle_Duffus@kprdsb.ca
Shelley_Robbins@kprdsb.ca
Ryan_Ramage@kprdsb.ca

Kristy_Hill@kprdsb.ca
Sharon_Pomeroy@kprdsb.ca
Alicia_DelMastro@kprdsb.ca
Jeanna_Jones@kprdsb.ca
Rebecca_Soden@kprdsb.ca
Julie_Hockridge@kprdsb.ca
Matthew_Cole@kprdsb.ca
Melissa_Davidson@kprdsb.ca
Rachel_Hensen@kprdsb.ca
Stephanie_Cavanagh@kprdsb.ca

BUCKHORN

STAFF 2021-2022

Principal
Office Assistant
Head Custodian

JK / SK
ECE
JK / SK
ECE
Gr. 1
Gr. 1/2
Gr. 2 / 3
Gr. 4
Gr. 5
Gr. 6

James_Brake@kprdsb.ca
Diane_Lloyd@kprdsb.ca
Kailee_Dupuis@kprdsb.ca

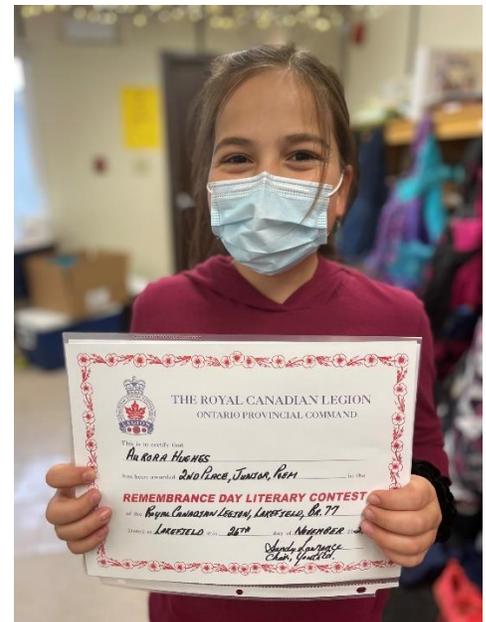
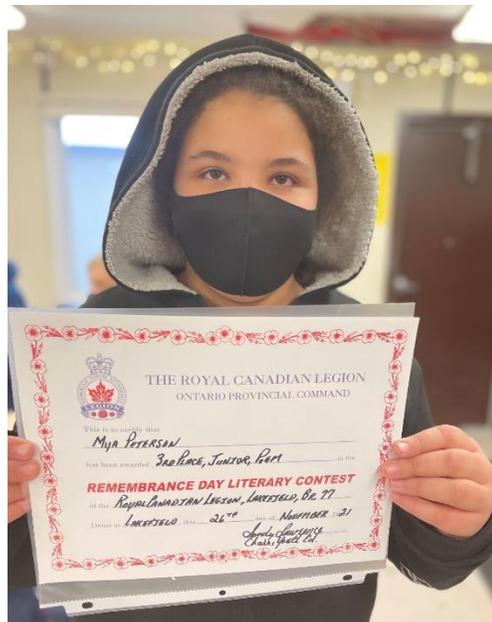
Marylouise_Hennan@kprdsb.ca
Laura_Lukinuk@kprdsb.ca
Audrey_Nowicki@kprdsb.ca
Cailey_McCallum@kprdsb.ca
Pauline_Jabcobs@kprdsb.ca
Courtney_McCahon@kprdsb.ca
Kyle_Sorenson@kprdsb.ca
Julia_Harrison@kprdsb.ca
Brittany_Ibbostson@kprdsb.ca

Superintendent
Trustee
First Nations Trustee

French / SERT
Library / JK/SK
Primary Planning
Child and Youth Worker
Educational Assistant
Educational Assistant
Educational Assistant
Personal Care Assistant
Educational Assistant



Congratulations to Mya and Aurora, winners in the Royal Canadian Legion Remembrance Day Poetry contest. We are very proud of you!





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Buckhorn Proud November Award Winners for Courage



Liam Sauder



Eleanor Wiles



Taylor Button



Lilly Hartwick



Weston Jackman



Lochlain Houthuys



Tyler Emmorey



Cloe Caza



Katalina Karaj



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Zaria Hunter



Aspen Irwin



Reese Campbell



Kayla Welsh



Abigail Kennedy





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The Lions Club Good Deeds recipients are:



Fletcher is welcoming, kind, and helpful to all every day. He notices when peers are alone or sad and helps them however he can. He loves to help others and is eager to do jobs in the classroom and throughout the school. Fletcher is a great citizen of our school community!

Emily has been nominated for this award because she cares about our school and is always willing to help others and show leadership. Emily has helped with assemblies and our Remembrance Day ceremony. She is a person who can always be counted on to help make our school a great place.

See You Soon

To all my Buckhorn Bears,

It has been beyond a privilege to be not once but twice, 12 years daughters went through Buckhorn try a new adventure within our just the events and amazing everyday with the students and is unbeatable and I've been very with parents and volunteers. My Bears you should be VERY proud of the people you are as I tell everyone how proud I am of you. Never stop being yourself and creating dreams to push towards. I can't say goodbye. See You Soon Mrs. Robbins



able to be a part of Buckhorn Public School, altogether, during my career. Both my and as they have moved on, I have decided to School Board The memories I have from not experiences our school provides, but just staff at Buckhorn. The Buckhorn Community lucky to develop some incredible relationships

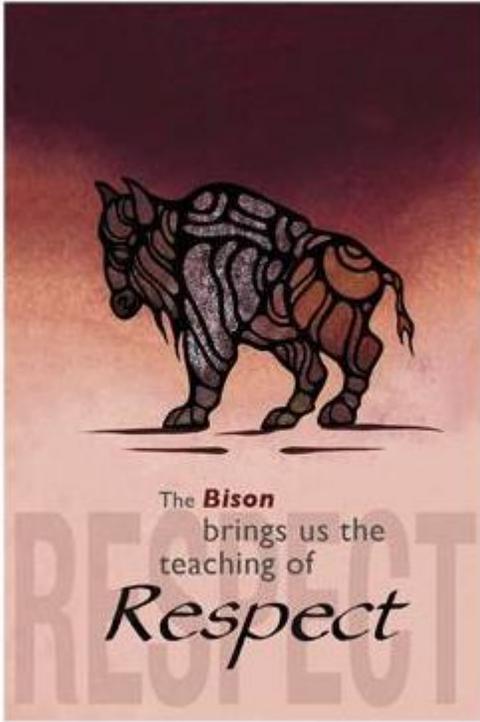


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In December we celebrate the KPR Character Education Trait of Respect. To be respectful means:

- I am polite and caring
- I value myself and others
- I treat all people with dignity and uphold their rights
- I protect property and our environment

We equate this to the Seven Grandfather Teaching of Respect or "Mnaadendimowin."

Respect is represented by the buffalo. The buffalo gives every part of his being to sustain the human way living, not because he is of less.



Peterborough Public Health

Peterborough Public Health (PPH) has noticed a local increase in school-related COVID19 cases and exposures. PPH would like to remind families to continue using the [School Screening Tool daily](#) to monitor for signs and symptoms of COVID19. Please keep in mind COVID-19 can present just like a general cold or flu virus. If

*you or your child is feeling unwell, please stay home and seek PCR testing immediately. Testing can be arranged at: [Getting Tested for COVID-19 - PRHC](#). Rapid Antigen Testing is **not** reliable for people with COVID-19 symptoms or individuals identified as close contacts*

A few additional tips to stay healthy:

- *Avoid gathering with large groups of people, especially if individuals are unvaccinated.*
- *If you are currently unvaccinated and eligible to receive the COVID19 vaccine, consider booking an appointment by visiting: [How to book a COVID-19 vaccine appointment \(ontario.ca\)](#).*
- *If you have questions or would like to learn more about the COVID19 vaccine, The SickKids COVID-19 Vaccine Consult Service is a by-appointment phone service that provides a safe, judgement-free space to have an open conversation about the COVID-19 vaccine for children and youth. It is available in multiple languages, using over-the-phone language interpretation. [Book a consultation online](#) or call 437-881-3505 to schedule an appointment.*



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Thank you for keeping our community safe!



STYLE YOUR NEST

HOME DECOR

THANK YOU, JAMIE,
FOR SUPPORTING OUR SCHOOL COUNCIL
FUNDRAISING EVENT.
COUNCIL RAISED
??

Buckhorn School Council is using FlipGive, to raise money for Scientist in the Classroom, Forest of Reading, Jimmy the Break-dancer, comfy seating for children and a new playground structure.

FlipGive

TEAM FUNDING MADE EASY

School Council will earn cash back on every purchase anyone makes through the Buckhorn Team all year long! All you have to do is shop anytime with the brands you already love, like Home Depot, Walmart, Sport Chek, Indigo, Old Navy, Apple, Esso, and Loblaws through the Flip Give site.

1. Join our team now and you'll get a \$5 bonus the first time you shop:

https://flipgive.app.link/teams/join?fundraiser_name=Ashley&joincode=5CYF77

2. Or enter this code: 5CYF77

- After using the link above to access FlipGive
- Click JOIN THE TEAM
- Choose a way to sign up; Google, Facebook (great for sharing), Apple or Other
- Sign in as you normally would to one of those accounts.
- If you see Buckhorn Public School 2020 2021 - press blue button to JOIN THIS TEAM
- Select a player - Click I DON'T HAVE A PLAYER. I'D LIKE TO SUPPORT THE TEAM
- Select an option
- Add your favourites then click CONTINUE
- You can customize your earnings or just leave as is - this doesn't dedicate you to anything, its just an option
- YOU ARE ALL SET - START SHOPPING AND FUNDRAISING FOR BUCKHORN



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Breakfast Club needs double vaccinated volunteers to come into the school one morning a week 8:00am to 9:00am every other week (that is only twice a month) to prep, bag and pack food bins for the classrooms. Contact Sue Swankie Breakfast Club coordinator. email is best swankie@sympatico.ca or call 705-657-1916.



Peterborough City and County (also including Campbellford and area schools):
THE WOLF - 101.5 FM
FRESH RADIO - 100.5 FM
COUNTRY 105 - 105.1 FM
ENERGY 99SEVEN - 99.7 FM
OLDIES - 96.7 FM
LIFE - 100.3 FM
FREQ - 90.5 FM

Wondering if your child's school bus is running during bad weather?

On winter mornings, inclement weather and poor road conditions may lead to the delay or cancellation of school transportation services. The decision to cancel bus service due to inclement weather is made based on the daily weather forecast and in consultation with area bus companies between 5:00 a.m. and 6:00 a.m. All cancellation notifications are posted on STSCO's website www.stsco.ca by 6:15 a.m. Radio stations and STSCO's social media accounts are also updated at the same time. If you have provided an email address to STSCO, you will be in receipt of the cancellation or delay notification for your child(ren)'s route(s).

- ✓ Visit the Student Transportation Services of Ontario website at www.stsco.ca and click on "Cancellations & Delays" at the top of the homepage.
- ✓ Listen to your favourite local radio station for bus cancellations.
- ✓ Voluntarily provided email address for direct email notices from STSCO by logging into the "Parent Login"
- ✓ Make sure you have this information at hand!

Child's bus company:	Route number/name:	Ontario Education Number (OEN):
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✓ Please remember:

- Schools normally stay open even when buses are cancelled.
- If buses are cancelled in the morning, they won't run in the afternoon either.
- If your child rides a school bus and it is cancelled, you don't need to call the school to report the absence.
- If your child does not ride a school bus, you still need to call the school if he or she is absent, even on an inclement weather day.
- Please don't call the school to check on buses, as it ties up phone lines needed for possible emergency calls.



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Every Friday, EVERY child has

HOT LUNCH

Thank You
Thank You
Thank You!!!! to:



BUCKHORN
SAND & GRAVEL

The Weather is Changing, and We Need to Be Prepared!



Base Layers (the Layer Right Next to Your Child's Skin)

- What it does: wicks moisture
- Materials to look for: wool or synthetic fabrics, such as polyester
- The right fit: snug

Middle Layers (Goes Over the Base Layer)

- What it does: insulates
- Materials to look for: wool, down, or fleece
- The right fit: close to the body without restraining movement

Outer Layer

- What it does: protects your child from rain, snow, and wind
- Materials to look for: a waterproof jacket or shell; outerwear that's also breathable (such as those made from Gore-Tex) is key if your child will be physically active
- The right fit: allows easy movement and has plenty of room for Layers



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Nix the Cotton

• You know that jeans and cotton pants absorb rain and snow, but even in cold and dry conditions, cotton absorbs sweat. And wet cotton + cold weather=very cold kids. If it's cold out, it's best to avoid cotton altogether.



Every morning before heading to school, staff and students must complete the daily self-screening, available at

<https://covid-19.ontario.ca/school-screening/>.

Stay Healthy

Families are facing major changes in their day-to-day lives because of [coronavirus disease \(COVID-19\)](#). With all the unknowns that come with a new virus, it's normal to feel anxious about the "what ifs" and the future. There are ways parents can help children cope with stress and anxiety about COVID-19. Every month we will offer tips on how to help children with anxiety about COVID-19.

Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

anxiety on a scale from 1-10. Many times, anxiety will increase to a level 8 or 9 before we ever realize we were creeping up the scale.

Early signs of anxiety can look different for everybody. For some, it might be biting nails or being fidgety; for others, it can look like irritability. Become familiar with the warning signs your child displays, as well as signs that you yourself are feeling anxious. Typical symptoms of anxiety include excessive worry, restlessness, fatigue, difficulty concentrating and trouble sleeping.

3. Catch the signs of anxiety early
One of the most important tools in managing anxiety is to recognize and address early warning signs of anxiety. Kumar encourages families to think about



Essential Skills for Reading Comprehension – understood.org

Reading comprehension can be challenging for kids for lots of reasons. Whatever the cause, knowing the skills involved, and which ones your child struggles with, can help you get the right support.

Here is an essential skill needed for reading comprehension, and tips on what can help kids improve this skill.

Vocabulary

To understand what you're reading, you need to understand most of the words in the text. Having a strong vocabulary is a key component of reading comprehension.

Students can learn vocabulary through instruction. But they typically learn the meaning of words through everyday experience and also by reading.



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What can help: The more words kids are exposed to, the richer their vocabulary becomes. You can help build your child's vocabulary by having frequent conversations on a variety of topics. Try to include new words and ideas. Telling jokes and playing word games is a fun way to build this skill.

Reading together every day also helps improve vocabulary. When reading aloud, stop at new words and define them. But also encourage your child to read alone. Even without hearing a definition of a new word, your child can use context to help figure it out.

Teachers can help, too. They can carefully choose interesting words to teach and then give explicit instruction (instruction that is specialized and direct). They can engage students in conversation. And they can make learning vocabulary fun by playing word games in class.

For more ideas, watch as an expert explains how to help struggling readers build their vocabulary.



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This month we learn about Number Sense and Numeration

Even Numbers: divisible by 2

➤ 2 4 6 8 10

Odd Numbers: not divisible by 2

➤ 1 3 5 7 9

Ordinal Numbers: used to indicate position

➤ 1st 2nd 3rd 4th 5th

Whole Numbers: counting numbers

➤ 0 1 2 3 4 5 6 7 8 9

estimate

- (to make) an approximate or rough calculation, often based on rounding.

counting number (natural number)

- a whole number from one to infinity.
- used for counting 1, 2, 3 or ordering 1st, 2nd, 3rd.

dollar

- one hundred cents make a dollar.

100 cents = \$ 1.00



COIN EXAMPLES:

- Play Money - how many of each coin make \$1.00?
- Enter a number and click the button.



more



Rounding means making a number **simpler** but keeping its value close to what it was.

The result is less accurate, but easier to use.

Example: 73 rounded to the nearest ten is 70, because 73 is closer to 70 than to 80. But 76 goes **up** to 80.

73 → 70

76 → 80

A line with numbers placed in their correct position.

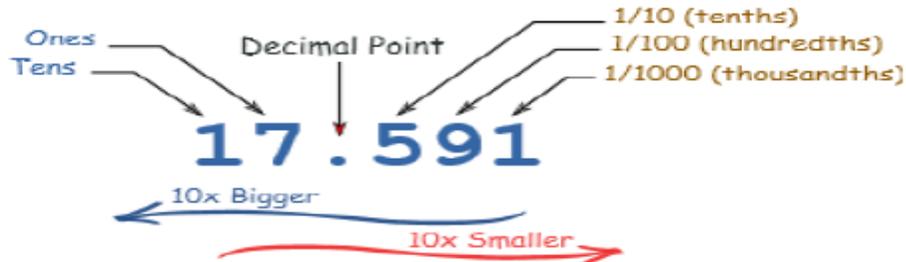


Useful for adding and subtracting, and for showing relations between numbers.

The value of **where** a digit is in the number.

Example: In 352, the 5 is in the "tens" place, so its place value is 10

Example: In 17.591, the 9 is in the "hundredths" place, so its place value is 0.01





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PLEASE REVIEW THE UPDATES TO PETERBOROUGH HEALTH COVID PROTOCOLS

My Child Did NOT Pass the COVID-19 Daily Screening. Now What?

(Please see [SCHOOL AND CHILDCARE SCREENING TOOL](#) for details on symptoms and screening.)

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) which includes:

- Fever and/or chills (37.8 °C or higher)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of sense of taste or smell
- Nausea/vomiting, diarrhea

If your child has:

- Been directed by a health care provider or public health to isolate OR if your child is not at least 14 days post 2nd vaccination and has:
 - ✓ Travelled outside of Canada in the past 14 days
- OR
- ✓ Been identified as a close contact of someone who has COVID-19
- OR
- ✓ Has received a COVID-19 Alert exposure notification on their cell phone in the last 14 days

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and book a COVID-19 test at an assessment centre and/or seek medical advice.

*All household members must self-isolate EXCEPT those who received their 2nd vaccination at least 14 days ago or were previously positive for COVID-19 within the past 90 days AND have no symptoms.

Refer to the Return to School or Child Care protocol.

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and follow the advice of the Local Public Health Unit.

If your child develops symptoms, you should book a COVID-19 test at an assessment centre and/or seek medical advice.

Refer to the Return to School or Child Care protocol.

***Anyone who has passed the COVID-19 Screening Tool but has symptoms of illness should stay home until they feel better.**



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Positive Psychology: Harnessing the Power of Happiness, Personal Strength, & Mindfulness



Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. Every day at 1:40 pm we will take a school wide mindfulness break.

Mindfulness improves well-being. Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

Basic mindfulness meditation – Sit quietly and focus on your natural breathing or on a word or “mantra” that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.



Keys to Happier Living

Western neuroscience (the science of the brain) has now confirmed what Eastern wisdom has known for a long time: happiness is a skill we can learn.

Research shows that happiness, compassion and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains.

Every month we will present you with a challenging action to take to increase your happiness.



Create a local Action for Happiness group

Can you find

like-minded people joining up to share ideas and take action?



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BUCKHORN DISTRICT LIONS CLUB
INVITES YOU TO THE 1ST ANNUAL

Santa Claus Parade

DEC. 4 • 2PM

PARADE ROUTE:

**BUCKHORN FOODLAND TO THE
BUCKHORN COMMUNITY CENTRE**

AFTER THE PARADE

**FREE HOT CHOCOLATE & HOT DOGS WILL BE
PROVIDED TO BUCKHORN PUBLIC SCHOOL CHILDREN**

**THERE WILL ALSO BE OTHER BBQ ITEMS
THAT CAN BE PURCHASED**

we are gladly accepting toys and non-perishable food
donations that will be collected during the parade



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Personal Pronouns

“A gender neutral or gender inclusive pronoun is a pronoun which does not associate a gender with the individual who is being discussed.

Some languages, such as English, do not have a gender neutral or third gender pronoun available, and this has been criticized, since in many instances, writers, speakers, etc. use “he/his” when referring to a generic individual in the third person. Also, the dichotomy of “he and she” in English does not leave room for other gender identities, which is a source of frustration to the transgender and gender queer communities.”

<https://uwm.edu/lgbtrc/support/gender-pronouns/>

What is your personal pronoun?

1	2	3	4	5
(f)ae	(f)aer	(f)aer	(f)aers	(f)aerself
e/ey	em	eir	eirs	eirself
he	him	his	his	himself
per	per	pers	pers	perself
she	her	her	hers	herself
they	them	their	theirs	themself
ve	ver	vis	vis	verself
xe	xem	xyr	xyrs	xemself
ze/zie	hir	hir	hirs	hirsself

Pronouns-- A How To Guide

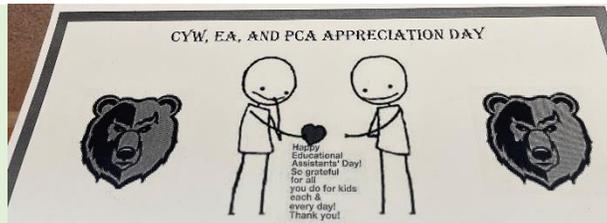
Subject: 1 laughed at the notion of a gender binary.

Object: They tried to convince 2 that asexuality does not exist.

Possessive: 3 favorite color is unknown.

Possessive Pronoun: The pronoun card is 4.

Reflexive: 1 think(s) highly of 5.



We have the best support staff. Thank you Noel, Pauline, Kyle, Julie and Cailey. Abs. Liane and Brittany.



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Follow us on Twitter @BuckhornPs! Connect with us on EDSBY! Check out our YouTube channel (coming soon!)					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 Supervision Begins			1 Day 1	2 Day 2 	3 Day 3 
8:55-9:45 Announcements Period 1 9:45-10:35 Period 2	6 Day 4	7 Day 5	8 Day 1	9 Day 2	10 Day 3  
10:35-10:55 Nutrition Break 10:55-11:15 Recess	13 Day 4 Holiday Hat / Hair Day	14 Day 5 Comfy Clothes / PJ Day	15 Day 1 Build a Snowman Day	16 Day 2 Holiday Twin Day	17 Day 3 Ugly Sweater / Red&Green Day  
11:15-11:55 Mindfulness break Period 3 11:55-12:55 Period 4					
12:55-1:15 Nutrition Break 1:15-1:35 Recess					
1:35-2:15 Mindfulness break Period 5 2:15-3:15 Period 6					
3:15 Dismissal					

NEXT SCHOOL COUNCIL MEETING will be virtual on December 6 at 6 pm; join us!



Co-chairs: Caroline VanNoort and Allison Schultz
 Treasurer: Endrit Karaj
 Secretary: Ashley Garbutt
 Fundraising for: Scientist in the Classroom, Forest of Reading, Jimmy the Break-dancer, comfy seating for children and a new playground structure.