

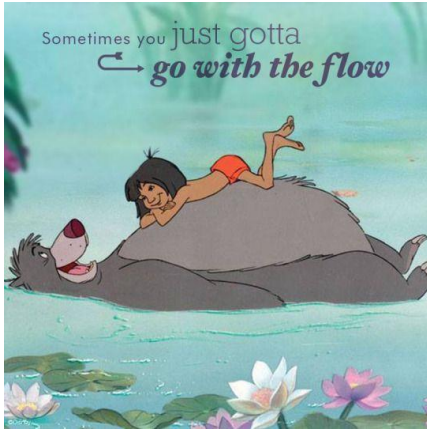
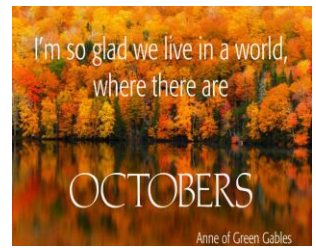


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube

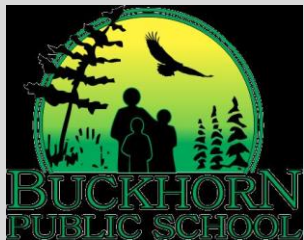


Hello Buckhorn Bears,

We are very lucky to have a growing, supportive community! Thank you to all our families, students, and staff for making the addition of a class seamless.

The new portable will be installed towards the field behind the library before the end of October. Once complete, all junior classes will be outside, and the library will be reorganized inside.

Below is our new staff organization. Welcome back Matthew Cole in grade 2/3, and new to our school, Julie Hockridge as our grade 1/2 teacher.



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

Kristy_Hill@kprdsb.ca
Sharon_Pomeroy@kprdsb.ca
Alicia_DelMastro@kprdsb.ca
Annabel_James@kprdsb.ca
Victoria_Wasson@kprdsb.ca
Julie_Hockridge@kprdsb.ca
Matthew_Cole@kprdsb.ca
Melissa_Davidson@kprdsb.ca
Rachel_Hensen@kprdsb.ca
Stephanie_Cavanagh@kprdsb.ca

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
Brittany_Ibbotson@kprdsb.ca
Liane_Loucks@kprdsb.ca
Julia_Harrison@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

There are many wonderful events coming up in October, including World Teacher Day on the 5th and Early Educators Day on the 24th (we will celebrate on the 25th). Please join me in acknowledging the extraordinary dedication and work of all our Buckhorn staff.



We had a wonderful visit from the Lions club who will be weeding our gardens this fall. We are excited as this is part of the preparation for our upcoming 50th celebrations. **If you have any perennials you are splitting, we would love them for the gardens! Thank you, Lions!**

Enjoy the fall, Thanksgiving with family and friends and never hesitate to reach out to staff or the office if we can be of assistance or support.

In partnership, Rachelle Duffus

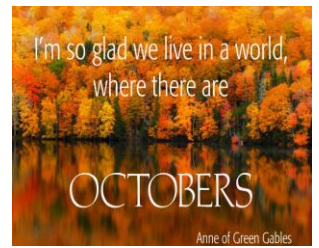


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



Buckhorn Proud

September Awards Winners for Optimism



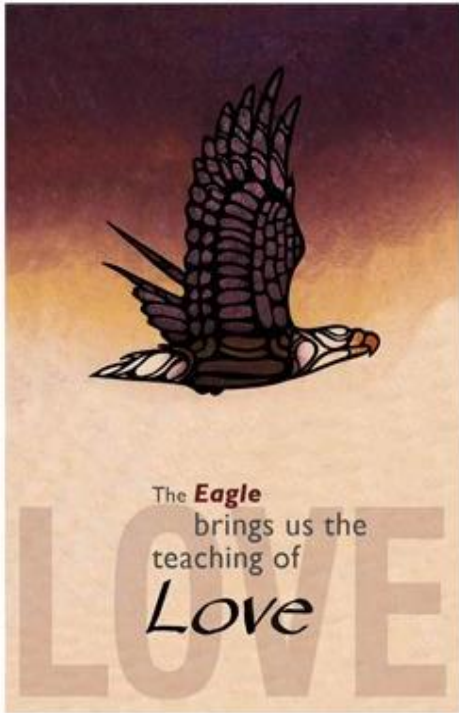
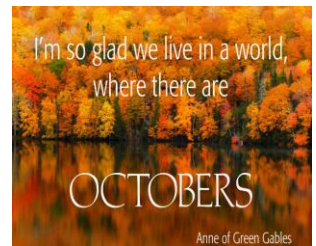


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

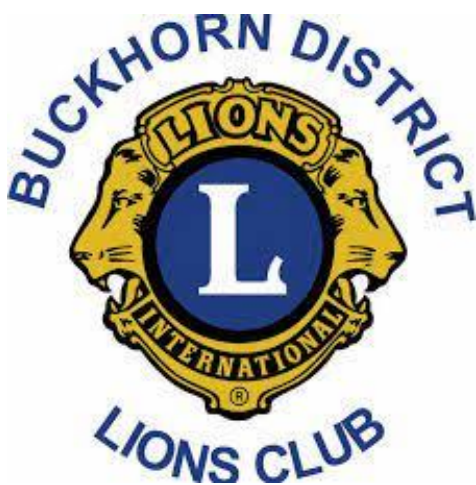
<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



In October we celebrate the KPR Character Education Trait of **Fairness**. To be fair means:

- I am sensitive to the needs of individuals
- I include others and value their uniqueness
- I celebrate diversity
- I treat people with the dignity and consideration with which I would like to be treated
- I gather as much information as possible in order to make a decision that is just

We equate this to the Seven Grandfather Teachings of Love or "Zaagidwin." The eagle represents love because he has the strength to carry all the teachings. The eagle has the ability to fly highest and closest to the creator and also has the sight to see all the ways of being from great distances. The Eagle's teaching of love can be found in the core of all teachings, therefore an eagle feather is considered the highest honour and a sacred gift. To know love is to know peace.



Thank you to the Lions Club for weeding our gardens in preparation for the 50th. We are looking for perennials to put in once the weeds are removed. If you have some you are dividing, please drop them by the school and we will place them in the garden this fall.

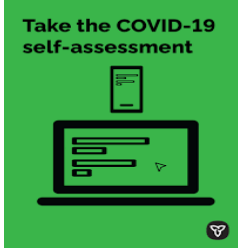
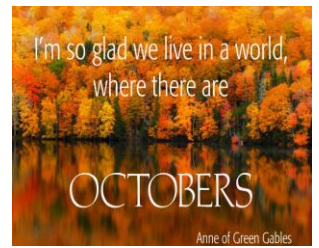


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



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.

1. Create a routine

One of the best ways to help children cope with change is to implement structure again. "Routines help us anticipate what's coming and make us

feel safe and secure," says Kumar. "Structure and stability have been drastically affected for many families, so it's important to establish a new normal for your child."

Work with your child to create a new daily schedule. A healthy routine will encourage children to maintain a regular sleep schedule, healthy eating habits and daily physical activity. Turn to trusted resources, such as your child's school, for suggestions of daily work or activities. Make a goal chart or to-do list and display the chart in an easy-to-see place like the refrigerator. This will allow your child to track progress and be reminded of their hard work. "Make an effort to acknowledge your child's accomplishments right now," encourages Kumar. "Tiny acknowledgements can make a big difference right now in helping your child's mood."

While a schedule will help, Kumar says it's also okay to acknowledge that the new normal is not normal. "Be understanding of the fact that it's going to take time to adjust," she says. "If the daily schedule doesn't go as planned, that's okay! Try again tomorrow."

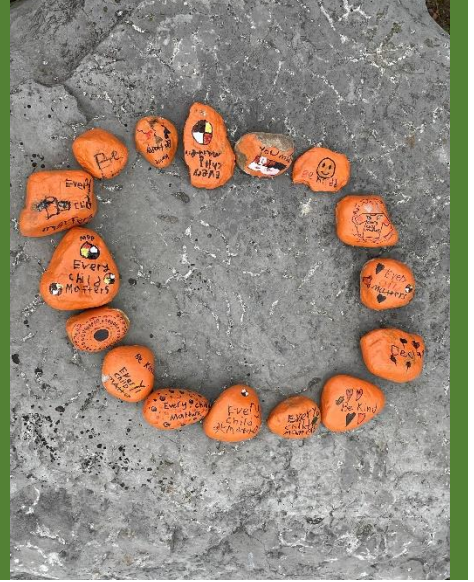
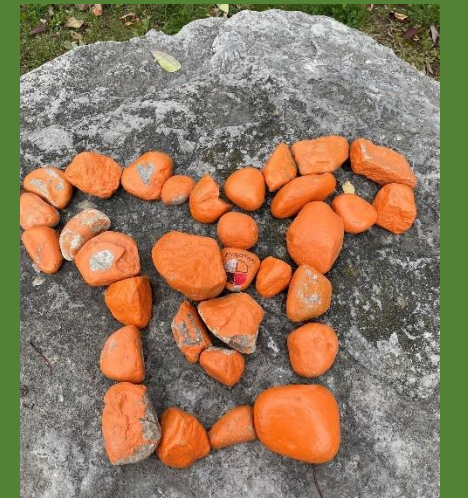
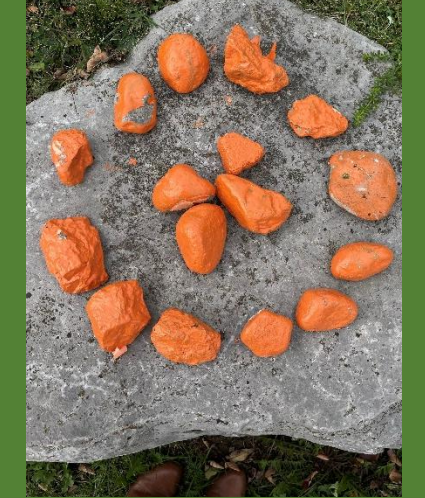
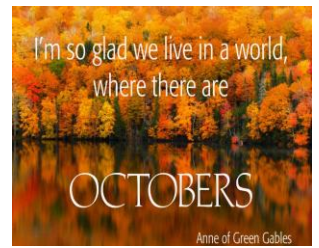


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



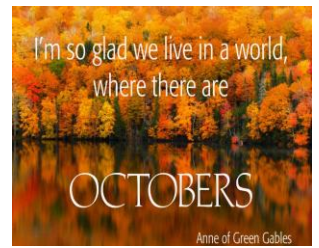


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

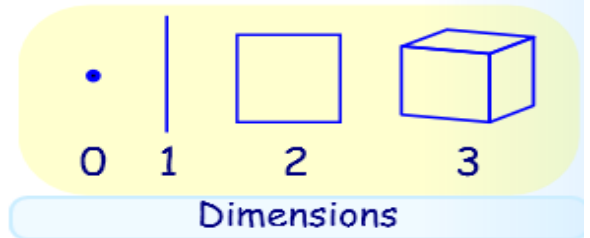
<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



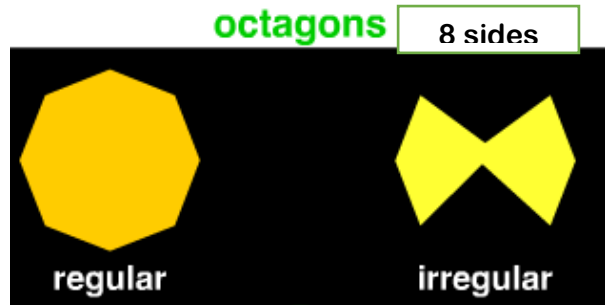
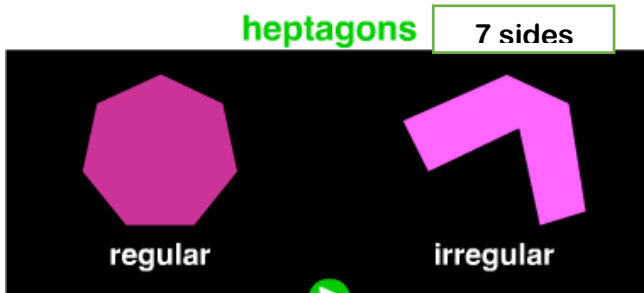
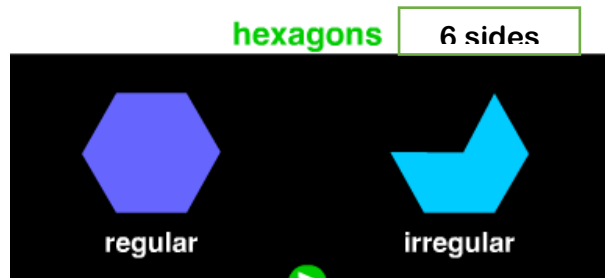
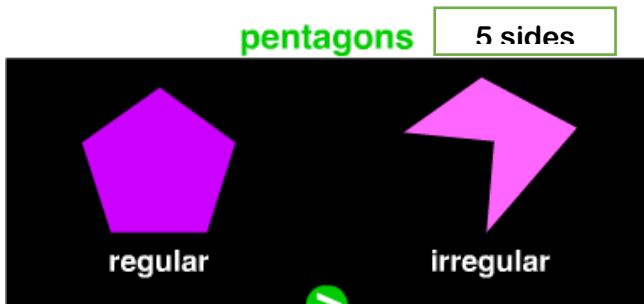
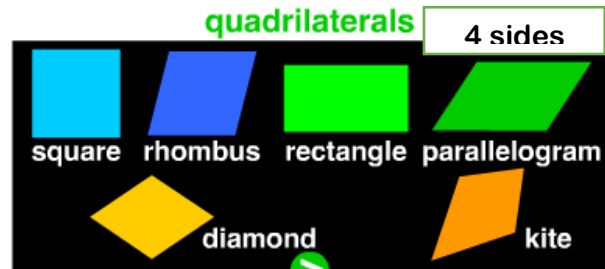
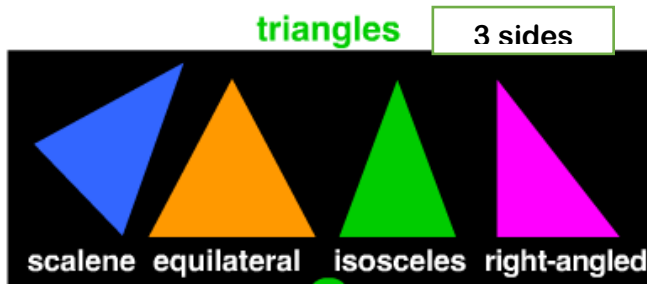
This month We Learn about Geometry and Spatial Sense

Point, Line, Plane and Solid

- A **Point** has no **dimensions**, only position
- A **Line** is one-dimensional
- A **Plane** is two dimensional (2D)
- A **Solid** is three-dimensional (3D)



Regular Polygons: A **polygon** is a plane (2D) shape with straight sides. To be a **regular** polygon all the sides and angles must be the same.



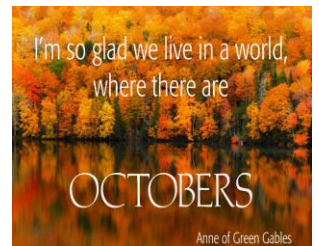


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

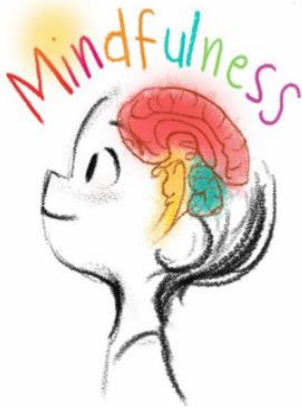
<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



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

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. Every day at 11:15 and 1:35 pm we will take a school wide mindfulness break.

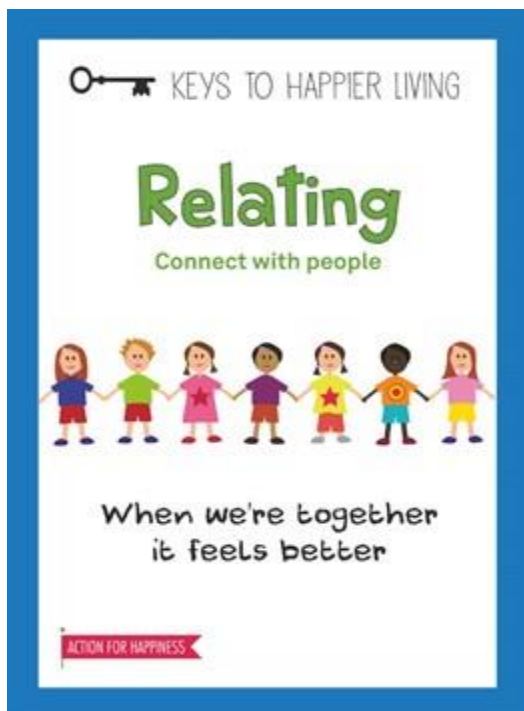
There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation. We will highlight mindfulness every month.



Basic mindfulness meditation

This exercise teaches basic mindfulness meditation.

- Sit on a straight-backed chair or cross-legged on the floor.
- Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
- Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
- Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.



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.

ACTION 2

Do kind things for others

What goes around comes around - and with kindness it really does. Research shows that being kind to others increases our own levels of happiness as well as theirs. What's more it has a knock-on effect - kindness is contagious, so it makes our communities nicer places to be.

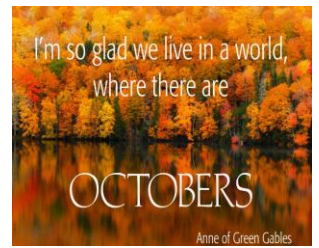


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



National Coming Out Day, October 11

National Coming Out Day



“NCOD was inspired by a single march. 500,000 people participated in the March on Washington for Lesbian and Gay Rights on October 11, 1987, generating momentum to last for 4 months after the march had ended. During this period, over a hundred LGBTQ+ identifying individuals gathered outside Washington, DC, and decided on creating a national day to celebrate coming out – this began on the 1st anniversary of their historic march.

NCOD gains popularity and participants every year. Since its inception, countless public figures and celebrities have openly identified themselves as LGBTQ+, and yearly share messages of support and hope for those still in the closet. The event plans to continue its efforts to eradicate hate and homophobia with friends and family coming out to dispel stereotypes.”

<https://nationaltoday.com/national-coming-out-day/>



Congratulations to V. Wasson for organizing our Terry Fox run.

Thank you for your generosity as we raised \$311 for cancer research.

Alex, Hunter and Reese are the winners of our Toonie Toss!

What a wonderful day!

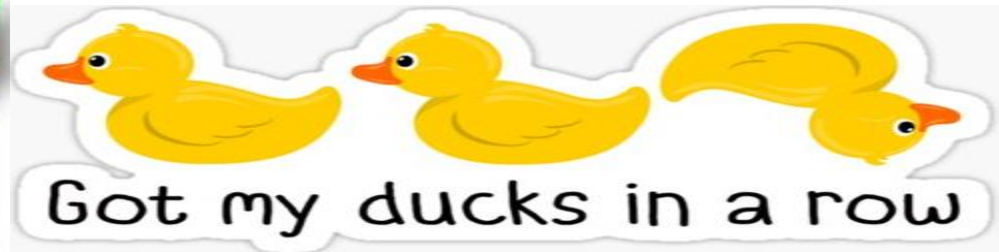
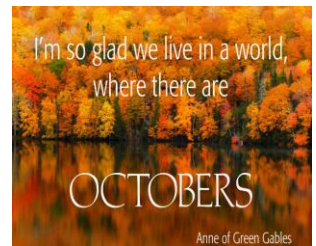


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



Take a moment to make sure you have checked the following off as complete.



BuckhornPS
@BuckhornPs

Join us on Twitter and stay updated daily!



Connect you're your chid(ren's) teacher and the school at
https://buckhorn.kprdsb.ca/meet_Edsby



SchoolCashOnline

Go to <https://kprdsb.schoolcashionline.com/> and select the "Get Started Today" option.



Please email Shelley_Robbins@kprdsb.ca if your child(ren) has any allergies, medications (home or during school hours), medical conditions.



Register your children for the automated attendance system. Please visit studentabsence.kprdsb.ca. If you use the mobile app, please search for SchoolMessenger (one word) on Google Play Store or Apple App Store. Once you have re-registered your child, you once again will be able to inform the school of your child's upcoming absences at:
studentabsence.kprdsb.ca or call 1-844-434-8119



We have purchased IXL math subscriptions for all students and parents to have unlimited access; there is even a free app. Get involved by checking in on your child's progress, supporting their growth and keeping them motivated to use IXL at home. Ask your teacher for access!



We have purchased Raz-Kids Reading for all students and parents to have unlimited access. Sign up from the Roster page in your Kids A-Z page. You can request access to information by simply logging in to Kids A-Z as their child, clicking the "Parents" link in the top right and following the instructions to provide an email address. Ask your teacher for access!

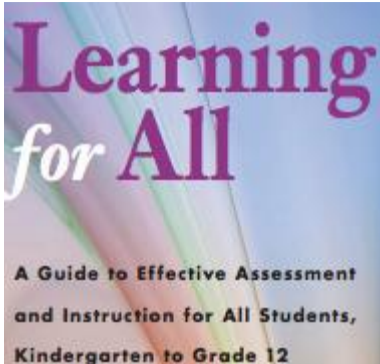
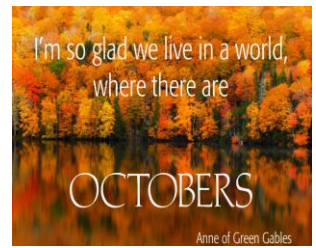


THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



How is Your Child Assessed?

We value the gains all our children make. Learning is never done just one way but acquired and expressed in different ways. Some of us are better talkers, others writers or artists. It is our diversity in learning and expressing our knowledge that makes us individuals. We celebrate all learning.

As we look towards progress reports, we want to give you key idea as to how your child's learning is being assessed. We are partners in your child's education. Please feel free to contact your child's teachers if you have any questions or would like support at any time.

Type of Assessment	What does this mean?	What it looks like in the classroom	Benefits
Assessment for learning	Teacher gathers evidence about what the student knows so they can plan to provide targeted instruction.	<ol style="list-style-type: none"> Diagnostic assessment helps teachers understand students' readiness to learn, their interests and attitudes. These include: <ul style="list-style-type: none"> Review report cards Talk to staff Observations Pre-tests Formative assessments are giving while teaching to adjust teaching to respond to individual students' strengths and needs. <ul style="list-style-type: none"> Assignments Students response to feedback 	Teacher knows: <ul style="list-style-type: none"> Where the learner is Where the student needs to go How the best to get there Moderated marking supports ongoing assessment and monitoring of student learning What learning goals and success criteria need to be
Assessment as learning	Teachers help students realize what they know and what they need to learn (metacognition).	Using differentiated instruction students: <ol style="list-style-type: none"> are physically interactive construct their own knowledge choose reflect on and communicate their understanding need considerable and varying amounts of time and experience critically assess their work and think about how to make it better make sense of information monitor their own learning with feedback from peers and teachers 	Teachers know students: <ul style="list-style-type: none"> Strengths Learning style(s) Preferences Needs Interests Readiness to learn Students know: <ul style="list-style-type: none"> They are a partner in their learning Themselves as learners Strengths Interests Aspirations
Assessment of learning	Final assignments that show what they student knows and can do.	Summative evaluations that demonstrate learning: <ul style="list-style-type: none"> Visual (posters, pamphlets,, dioramas) Oral (speech, conversation,) Kinesthetic (movement, building) Written (test, journal) Technology (power point, Google) 	Teachers: <ul style="list-style-type: none"> Modify curriculum expectations (different grade level) or accommodate (instructional, environmental, assessment) Can identify concepts that still need to be taught Students: <ul style="list-style-type: none"> Demonstrate learning based on their strengths

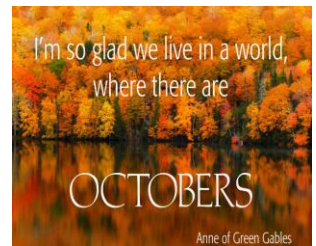





THE BEAR NECESSITIES

Buckhorn Public School Newsletter

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

<https://buckhorn.kprdsb.ca/> *Twitter @BuckhornPs *YouTube



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 Breakfast club	Holiday				1 Day 4 
8:55-9:45 Announcements Period 1 9:45-10:35 Period 2	4 Day 5 	5 Day 1 	6 Day 2	7 Day 3	8 Day 4 
10:35-10:55 Nutrition Break 10:55-11:15 Recess	Thanksgiving Break NO SCHOOL! 	12 Day 5	13 Day 1	14 Day 2	15 Day 3
11:15-11:55 Mindfulness break Period 3 11:55-12:55 Period 4	18 Day 4 	19 Day 5	20 Day 1	21 Day 2	22 Day 3
12:55-1:15 Nutrition Break 1:15-1:35 Recess	25 Day 4 	26 Day 5	27 Day 1	28 Day 2	29 Day 3 
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 October 14 at 6 pm; join us!

COUNCIL

SPEAK OUT BE HEARD MAKE A CHANGE
WE MUST BECOME THE CHANGE WE WANT TO SEE

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.