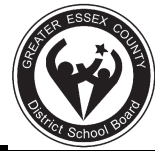




# Raptor Report



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## Administrator's Message

Another month has quickly come and gone and we would like to begin by thanking our students, community, staff and School Council for all of their hard work and support with the Magazine Fundraiser. A reminder that this is the first of our two yearly fundraisers—our Read-a-thon/Fit-a-Thon will be taking place later in the school year.

Progress reports will be going home on Monday November 14, 2011. Parent teacher interviews are being booked for the evening of Thursday November 17 between 4:30-7:30pm. The P.A. Day on Friday is for teacher professional learning through Ministry initiatives.

As we move into the month of November, we all should take time to reflect on the past and current contributions of Canadians as we celebrate Remembrance Day. The school will be having a Remembrance Day Ceremony on November 11 @ 11:15 am. The Legion will be bringing poppies and student donations will be accepted (fifty cents is a suggested donation for one poppy). If you wish to increase this donation, feel free to do so.

Our cross country and soccer teams have completed their seasons and the volleyball teams have had their season start. In addition to these activities there are many other opportunities available here at Lakeshore Discovery School that we are very proud to offer (Student Parliament, Green Team, Chess, Musical, etc.). By participating in school events, students learn the meaning of teamwork, commitment and working toward a common goal. These are great skills for life. Get out and participate as we truly believe that children do learn in a variety of environments.

At Lakeshore Discovery we are very proud of our community spirit! The "Coats For Kids" campaign just ended with many coats being donated to local families. Operation Shoebox will begin and students will work to collect Christmas gifts for children in underprivileged areas during the month of November. We are looking forward to a great month of November and remember that by working together Lakeshore Discovery School will continue to be a great place to learn!

Mrs. Adamson, Principal and Mrs. Bellaire  
Vice Principal

## School Council News

Our next School Council Meeting will be Wednesday November 30, 2011 at 7pm in the Staff Room. Please come out and join us and look for our new addition to the website coming soon!

Just a reminder to check our school website frequently!

## Chess Club

Our Chess Club is starting on Monday's after school. The first date is Monday November 21 and you can get your permission forms from Mme. Orr

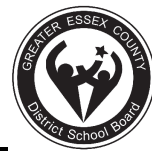
## Book Fair

The BOOK FAIR runs from **November 10 to November** during the school day from 9:20-3:10 daily. Each child will be visiting the BOOK FAIR during that week and will have a chance to purchase books and other novelty items that





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are at the BOOK FAIR. A schedule will be coming home in their agendas. If your child would like to make a purchase, you can send money in a labeled Ziploc bag. **60%** of the profits are awarded back to the school. Book prices range from \$5.00 to \$20.00 with an average price of \$6.00. Talk about the BOOK FAIR with your child so they know what to expect. There will be **NO REFUNDS** so please discuss this with your child and come to an agreement on what type of book is acceptable. Please remind them as well to take care of their money and any change they may receive. There will be volunteers on site to assist your child with their purchases.

## QSP Fundraiser Update

For easier, more convenient magazine ordering, simply order online at [qsp.ca](http://qsp.ca). Remember we are not encouraging our students to sell door-to-door. We are however, encouraging them to sell only to people you and your family know – family, friends and relatives. Please have all orders into the school by November 11<sup>th</sup>, 2011. Thank you for your support.

## **Promoting Courage and Confidence Anti-Bullying Strategies**

Sometimes parents feel they have little control over their child's relationships outside of the home. However, research indicates that there are key interactions between a parent and child that have a significant impact on their child's peer relationships. With respect to problematic relationships such as bullying, research has found that bullying behaviours are a learned

pattern of behaviour. Children who bully are learning to use power and aggression to control and distress others. Victimized children may begin to feel increasingly powerless and stressed. Below we have listed 10 proactive strategies identified by PREVNet, [2007] that parents may use to support their children in dealing with relationships, positive and negative.

### **Consider Your Own Behaviour**

- Model respectful, empathic behaviour
- Remember you always have an audience

### **Establish a Code of Conduct**

- Set clear guidelines with consequences for unacceptable aggressive and bullying behaviour
- Monitor bullying behaviour between siblings

### **Use Consequences that Teach**

- Consequences should send the message that the behaviour is not OK, but also help the child learn the skills they are lacking

### **Encourage Children to Report**

- Let your child know that you want to hear about every incident of bullying and encourage them to talk to you or another adult they trust

### **Catch Children Being Good**

- Praise respectful and cooperative behaviour whenever you see it
- The more you praise the behaviour the more often you will see it

### **Create Friendship Opportunities**

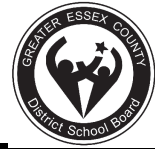
- Having friends and experiencing positive peer relationships in different settings e.g. clubs, sports can help to minimize the impact of bullying

### **Give Your Children Scripts**

- Role play what your child can say and do in a bullying situation



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- Children who bully need help with learning different problem solving strategies

## **Build on Your Child's Strengths**

- Encourage them to participate in activities they enjoy so they can start to feel good about themselves
- Build self esteem with positive feedback re; a job well done

## **Be Ready to Listen**

- If your child reports being bullied, listen right away
- Acknowledge their strength and courage in telling you
- Be willing to respond to all reports and keep communication lines open

## **Be Your Child's Champion**

- Take action if they come forward with concerns regarding bullying
- Make connections with significant adults in your child's life to see if they are aware of the problem and determine what steps will be taken to ensure the bullying stops

*Submitted By: Social Work and Attendance  
Counselling Services - GECSDB*

## **Recycling at Lakeshore**



Mrs. Hamelin (ECO Team Leaders) would like to thank all of the students for their efforts with recycling collection during the months of September and October. .

## **Kiss and Ride Thank-You**

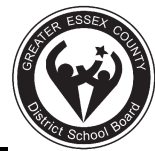
Thank you so much to our community for using the Kiss and Ride area effectively and efficiently. Your cooperation is greatly appreciated.

## **A Foundation for Children's Mental Health**

Throughout the 2011/2012 school year, the Greater Essex County District School Board is promoting positive conversations about mental health. We want to remove negative perceptions of mental illness, be open-minded and improve access to professional help for ourselves, our friends, and our families. This year, the Board is endorsing the We Care for Kids campaign to help raise \$1 million dollars to help rebuild the Family Learning Place. The F.L.P. is the intensive care unit of children's mental health in the area. It is the only residential facility for children in Windsor and Essex County. Each school is being asked to participate in this important venture. I hope everyone in our school community will join us to help us do our part!



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## Random Act Of KXndness Day®

November 4, 2011 is Random Acts of Kindness Day

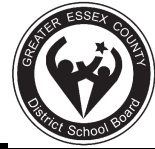
### **RANDOM ACTS OF KINDNESS - "KINDNESS IS PRICELESS and AGELESS"**

#### **101 RANDOM ACTS OF KINDNESS SUGGESTIONS FOR FAMILY, FRIENDS, CO-WORKERS, CLASSMATES.....**

1. Send a letter, a card, or make a telephone call to a long lost friend or relative and renew that relationship.
2. Invite someone to dinner who is alone or on their own.
3. Visit a shut-in, elderly friend, or someone who is sick.
4. Offer a ride to someone to appointment, shopping etc.
5. Send a thank you/congratulatory note to a co-worker/classmate, appreciating their efforts and the difference they make.
6. Assist a co-worker or classmate with a project.
7. Dedicate a song to a special someone on the radio.
8. Prepare a favourite meal/snack for family or friend.
9. Offer your services of childcare to allow a new mother some personal time.
10. Take the garbage out for your neighbour.
11. Let someone into line with fewer items than you at the store.
12. Help rake your neighbour's leaves.
13. Assist with household activities.
14. Smile, talk, or "hang out" with a co-worker/classmate with whom you may not usually do so.
15. Wash and vacuum someone's car.
16. Store furniture for someone.
17. Help someone move.
18. Loan your bicycle/car/tools to someone.
19. Share your discount coupons.
20. Let your staff go home a few minutes early.
21. Write a poem/song/paint a picture for someone.
22. Teach someone a new skill.
23. Call or email a long lost friend or relative and get reconnected.
24. Open and hold a door for someone.



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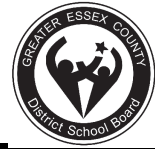
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25. Help someone obviously struggling with a heavy load.
26. Carry groceries to the car and return the cart for a parent with a child, or a senior etc.
27. Volunteer your time and skills.
28. Come to work early and make coffee for your co-workers.
29. Offer your parking space to someone; give your "pay and display" with time left on it to someone.
30. Gather up your gently used clothes, toys, furniture, and books and donate them to appropriate organization.
31. Safely assist someone in need of roadside help.
32. Congratulate/comfort a team mate.
33. Let someone into the line of traffic.
34. Leave a thank you note for the paperboy/postal worker.
35. Reward a loyal customer.
36. Thank/appreciate a business owner/staff person who has provided you with excellent service.
37. Educate others about Random Act of Kindness Day and discuss the importance of "everyday kindness."
38. Tidy up the staff kitchen at your office.
39. Pick up litter and be kind to our environment.
40. Pick up clothing that may have fallen off a hanger in a store.
41. Compliment someone on their hair/clothing /job well done.
42. Give gently used toys and clothing to a shelter.
43. Make your family's favourite dinner.
44. Car pool with someone for the day.
45. Ride your bike to work /school to save carbon emissions and be kind to the environment.
46. Allow a student to job shadow you.
47. Help someone with their resume.
48. Refer a job opening to someone looking for a position.
49. Share magazines that you get a subscription to when you are finished with them.
50. Share a favourite recipe with a friend or co-worker.
51. Donate your time at the food bank or soup kitchen.
52. Take your kids to the park.
53. Let your kids stay up an hour later than normal if it is not a school day the next day.



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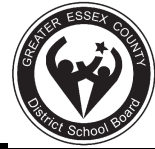
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54. Teach your kids how to make cookies.
55. Take your pet for an extra long walk.
56. If you see someone with their tail light or brake lights out, let them know.
57. If you see someone who has locked themselves out of their car, offer to make a phone call for them.
58. Share your garden produce with friends/neighbours.
59. Comfort someone who is in need.
60. Hug someone you love and tell them you love them.
61. Give up your seat on the bus for someone who needs to sit.
62. Pick up litter off the street/parks.
63. Donate a canned item to the food bank from your cupboard that you bought but are not going to use.
64. Share your notes with someone who has missed a class or meeting.
65. Donate blood.
66. Put a treat in your spouse/kids lunch box.
67. Work or switch a work shift so someone else who needs the time off can do so.
68. Let a group or organization use your boardroom for a meeting.
69. Send leftover catered food to a homeless shelter.
70. Help with housework for a senior or make their lunch for them.
71. Refer someone to a website that offers valid coupons.
72. Pick up roadside bottles and put them in a recycling bin.
73. Be part of your Neighbourhood Watch Program.
74. Pump gas for someone at a self serve.
75. Pick flowers from your garden and share them at work or with neighbour/friends.
76. Get a group together to entertain at a senior's residence.
77. Offer to cover the receptionist over the lunch hour so she can have an extra long lunch.
78. Clean off graffiti in your neighbourhood.
79. Have your business offer a Random Act of Kindness Day discount to encourage kindness.
80. Let people cross at the cross walks when you see them waiting.
81. Offer to fix or repair items for someone who doesn't have the skill set to do it themselves.
82. Help deliver meals to people.



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83. Form a neighbourhood committee to do a neighbour cleanup.
84. Organize a neighbourhood garage sale.
85. Remember birthdays, anniversaries, and special dates and send the person(s) a note or card.
86. Give a friendly welcome to newcomers in your neighbourhood, at work, or at school.
87. Write a reference letter or post one on LinkedIn for someone who is not expecting it.
88. Say something nice to everyone you meet.
89. Tutor a student who is struggling with a subject in which you have skill.
90. Offer to share your umbrella on a rainy day.
91. Tell your staff/employees how important they are to your business.
92. Give your family or friends a kindness certificate that they can redeem for a favour later.
93. Donate or give your season's theatre/hockey tickets to someone when you aren't going to use them.
94. Share/email your photos from events with others who attended but didn't get any pictures.
95. Send a letter of thanks to someone who has made a difference in your life.
96. Organize a potluck at work.
97. Thank the crossing guard for taking good care of the children going to school each day.
98. Thank a police officer/fireman and stop to consider what would happen to our community without them.
99. Call your paper provider and arrange to have your paper donated when you're away on holidays.
100. Fold and/or put laundry away for your spouse/child/roommate.