Boozhoo friends and family of Mine Centre School.

November is upon us and with that comes progress reports and parent teacher conferences. Our goal is to have 100% participation in our conferences this year. Our students love to share what they are learning with you! Please mark Thursday, November 21 on your calendar. More information on parent teacher conferences will be out next week.

Congratulations to our Thunderbirds Volleyball team for their fine performance at the Atikokan tournament. It is awesome to see and hear about our terrific kids, positive sportsmanship and volleyball skills. If you get a chance to come out and support our Thunderbirds at the Crossroads or FFHS tournaments, please do so. You won’t be disappointed! It is exciting volleyball!!

Please note that there is a school Council meeting coming up at 2:00 on November 26. We are currently seeking parent representation from all 3 of our communities. Mrs. B. Dennis

Calendar of Events:

November 13 - World Kindness Day / Progress reports go home
November 18 - 22 Bully Awareness Week
November 19 - Star Thunderbird Assembly at 8:45
November 22 - P.A. Day - No school for students
November 26 - School Council meeting at 2:00 in the Library - All parents are encouraged to attend
November 30 - Valley Diabetes presentations for all classes
December 3 - Science North activities at Mine Centre School

Spot light on Rock & Roll Literacy

This week, author Sigmund Brouwer visited our school to work with staff and students as part of the Writers in Residence program. This program consists of visits to the school from the author, skype sessions with students and staff and writing workshops that will occur throughout the year. Sigmund is a dynamic author who incorporates rock and roll music into his presentations. Sigmund captivated the audience with his interesting, witty and sometimes gross tales. Sigmund’s message was very clear: “It’s all about attitude. Hard work will give the greatest pay off.” We look forward to working with Sigmund throughout the 2019-2020 school year as we develop as young authors.

Sigmund Brouwer is the best-selling author of nearly thirty novels, with close to 4 million books in print. He has won the Christy Book of the Year and the Arthur Ellis award, as well as being nominated for two TD Children’s Literature Awards and the Red Maple Award.

This publication is available in accessible formats upon request.
**MENTAL HEALTH MEMO: SLEEP HYGIENE: HEALTHY SLEEP HABITS TO IMPROVE YOUR SLEEP PATTERNS**

Sleep is important for our children’s physical, cognitive and mental well-being. Both the quality and quantity of your child’s sleep is important. As children grow and develop, the amount of sleep needed changes (10-11 hours for pre-school and school aged children and approximately 9 hours for teenagers).

According to the 2018-2019 RRDSB School Climate Survey, less than half of students in Grades 4-12 report getting 8 or more hours of sleep per school night and only 23% report getting a good night’s sleep every night.

Here are some ideas for helping your child fall and stay asleep:

- Have a consistent bedtime routine that you follow every night and children should go to bed and get up at similar times every day.
- Ensure the bedroom is quiet, dark, relaxing and at a comfortable temperature.
- Remove electronic devices (TVs, computers, gaming consoles and smart phones) as these can delay bedtimes and the light exposure stimulates brain activity making it more difficult to fall asleep.
- Beds should only be used for sleeping. Teens especially will use their beds for doing homework, eating and screen time.
- Provide a light bedtime snack (such as cheese and crackers) and ensure they eat breakfast every day.
- Ensure your child engages in at least 60 minutes of moderate to vigorous exercise during the day.

Poor or insufficient sleep can affect your child’s mood and behaviour, put them at higher risk for emotional and behavioural problems, and negatively affect their ability to pay attention, learn and be successful in school.

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com

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**Did you know?**

An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through the community. Let’s do our best to reduce the flu in our school community this year and keep all of our students safe and healthy. The flu clinic is this Thursday, Nov. 7 from 3-6 at the Mine Centre School Library.

**The week of November 18-22 is Bully Awareness Week in the province of Ontario. Mine Centre School practices bully awareness and prevention strategies this week and every week throughout the school year. Staff members promote inclusion of all students, equity, respect and responsibility through daily lessons and interactions with students. This year, students and staff will hear and view anti bullying messages at our monthly Star Thunderbird Assembly and through classroom activities. All teachers use ‘Common Sense Media’ as a tool to teach anti cyber bullying and proper internet etiquette. We will also kick off our annual ‘Light Up the School with Kindness’ campaign. Students and staff will be on the lookout for acts and words of kindness and recognizing them by posting on paper light bulbs throughout the school. Our goal is to post examples of kindness all the way around the school. Students who are recognized in this campaign will have their names entered for a variety of small draws donated by the NWHU.**

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**Shout outs:**

- Shout out to Deshawn, Gavin, Joelle, DeSean, Kemmery, Lanny, Kaleb and Charlize for having positive office referrals in the last month. Way to go!!

- November’s Star Thunderbirds are Evan, Kaleb, Kallyn, Tristan, Isabelle, Aaron, Harper, Nelly, Pacey, Deshawn, Mrs. Stewart and Miss MacLean. Stop in and check out the Star Thunderbird bulletin board in our foyer. **Star Thunderbirds are recognized monthly for their positive attributes and contributions to our school community.**

- Miigwetch to Miss MacLean and Mr. Carr for coaching our Thunderbird volleyball team. They will be in action again on Saturday, November 16th at Crossroads school.

- Welcome to Chelsea Kabatay who is now working as an EA in our school.