

September 2017

Welcome to Grade 7!

We hope you had a great summer! We are excited to teach your children and look forward to working with you. The following are a few of the expectations for the new school year.

1. Behaviour

This year, the Grade 7 students will have the opportunity to be role models and leaders among our fellow students. Students are expected to follow all the school rules outlined in the Parent Handbook and school agenda. Students are also expected to practice good manners at all times. We will be encouraging this positive behavior throughout the year.

2. Homework

Students in Grade 7 are expected to complete approximately 60 minutes of homework per weeknight (Monday-Thursday). Homework may include daily homework, finishing work started in class, reviewing for tests and quizzes, projects, and additional review and practice activities. The amount of time needed to complete the assigned homework may vary from student to student depending on his or her work habits. Our goal is to instill time management skills and good work ethic. If your child is having difficulty completing his or her homework, please let us know.

3. Agenda

Students will have time at the end of everyday to record their homework or important information in their agendas. The agenda is also a great way to communicate with your teacher. If you notice your child is not using the agenda please encourage her/him to do so.

4. Water

Students need to drink water everyday for optimal brain functioning. Students will be allowed to keep refillable water bottles on their desks. They will not be allowed juice, soft drinks, sugar drinks or anything sticky during class.

5. Daily Physical Activity (DPA)

On non-PE days, students will participate in daily physical activity (DPA). Please make sure your child has a pair of runners available at school every day. Girls are recommended to wear a pair of shorts underneath their skirts. We strongly encourage uniforms to be washed on a weekly basis. It would be preferable that your child has at least two white school shirts and PE shirts that he or she can use during the week.



6. Breakfast

Breakfast is the most important meal of the day. Eating is important for everyone, but especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination.

A healthy breakfast meal should contain a variety of foods, including fruits, vegetables, whole grains, low-o or non-fat dairy, and lean protein.

Even if you think you don't have time to eat breakfast, there are grab-and-go options. Some quick and healthy choices include:

- A veggie omelet and piece of whole wheat toast
- A whole-wheat English muffin with low-fat cheese, a scrambled egg, and slice of tomato or lean ham
- Smoothie made with fruit and low-fat yogurt
- Salmon on 1/2 whole-grain bagel with light cream cheese
- Whole-grain cereal with fresh fruit and low-fat milk
- Oatmeal made with skim milk, raisins, nuts, with 4 ounces of orange juice
- Low-fat yogurt and a piece of fresh fruit
- Yogurt smoothie and breakfast bar
- Hard-boiled egg and a banana

September at a Glance:

Tuesday, September 5th—Back to School! 8:30am registration

Wednesday, September 6th - First day of school 2:30pm dismissal

Tuesday, September 7th- PPP Meeting

Mon-Wed, September -11-13 - Grade 7 Outdoor Education Camp

Thursday, September 15th— Meet the Teacher Nigh, 6:30pm

Wed-Fri, September 27 - 29th – SFX Book Fair

Wednesday, October 4th - Cross Country Meet

Friday, October 6th - SFX School Walk-a-thon, 12:00pm dismissal

