

Lady Mackenzie PS

November 2018



Principal: Ana Mena

Vice Principal: Kevin McMurray

Trustee: Don Alton

Safe Arrival Number: 705-438-3449

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School Website: <http://lmp.tdsb.on.ca>

Perseverance is our character trait for November.
"Every strike brings me closer to the next home run."-Babe Ruth

Principals' Message:

We have so much to be proud of at Lady Mackenzie. The months of September and October have been very busy, with a wide variety of special events, sports and clubs being offered.

Congratulations to our soccer and cross country athletes who represented our school so well at games, meets and tournaments this year.

We are excited to present to you our new Lady Mac Lynx Logo. It is meant to represent our commitment to excellence in education, our welcoming community and drive to persevere. An order form will be sent home next week if you wish to purchase spirit wear for your family. Orders should arrive in time for Christmas holidays.

We look forward to seeing all our parents once again at our Parent-Teacher interviews that take place November 22 from 4:30-8:30.

Ana Mena & Kevin McMurray



Terry Fox Run

We are proud to share with you our fundraising total for the Terry Fox run this year. We contributed \$6746 through your generosity! This brings our fundraising grand total over the last 22 years to over \$97 000! We are proud of our small community with a big heart! Join us November 16 for our Terry Fox promise assembly.

Cross Country



On October 3rd the Lady Mackenzie Cross Country team travelled to Ken Reid park in Lindsay for the annual cross

country meet. The athletes ran hard and represented Lady Mackenzie P.S well! An extra special congratulations goes out to the Junior/Intermediate girls team for winning the Spirit of the Day award!

Remembrance Day

Families are welcome to join us November 9 for our Remembrance Day assembly at 9:10 in the gym. Students in grades 5-8 will be walking to the cenotaph for a 11:00 ceremony.



Student Leaders

We are so proud of the number of bus helpers, lunch monitors, recycling team members and students that volunteer their time coaching hockey among other things. Our students are contributing to making our school a great place to be!



Lost & Found

Every few months we donate bags of stylish clothing that are left behind in our lost and found.

It is the beginning of November and our lost and found bin is full. Please remind your children to look through the bin to find any missing articles. Parents are also welcome to search!



Intermediate Girls' Soccer

Congratulations to the intermediate girls who played in the County soccer tournament on October 16th at Fenelon Township. The girls had a great season and made us very proud. Team members included: Sydney Manning, Corrin Brethour, Hailey Norris, Tehya McCue, Emily Kun, Autumn Brianka, Kasandra Fraser, Sydney Lytle, Kennedy Soper, Taryn Durward, Rebekah Reid, Samantha Le-Mesurier, Brook Reed, Taelyn James, Molly Gill, Kiera Bourassa.



Intermediate Boys' Soccer

Congratulations to the Intermediate Boys Soccer Team on a successful season. Your hard work and dedication was evident in our final tournament. Thank you for representing Lady Mackenzie with pride and being wonderful teammates. -Ms. Berry

Junior Soccer

An awesome season for an awesome team! Mrs. Barley

and Ms. Mena thoroughly enjoyed coaching such a dedicated and driven team. The highlight of the tournament had to be the 8-0 win and seeing the team apply some of their strategies from practice in the game. Team members included: Austin Brianka, Samantha Cheung, Evey De Groot, Olivier Donais, Spencer Dwyer, Hannah Eastcott, Cam Gill, Bradley Grills, Marisa Melendez, Kinsley Misner, Sidney Shaw, Adam Teel, Nelojan Thavarasa, Garrett Wright.

Inclement Weather

If busses are cancelled due to inclement weather, it will be posted on the TLDSB website (tldsbc.ca) and announced on Bob FM radio. If busses are cancelled, then the Boys' & Girls' Club after school program will also be cancelled. Register at mybustoschool.ca to receive individual notices for bus cancellations.



ME to WE

Thank you to everyone for your donations during the WE Scare Hunger campaign. The generous donations of our school community will help to ensure that no family goes hungry!



ME to WE Rafikis are bracelets that change the world. Each bracelet is handmade with love by a woman in Kenya, empowering her to earn a living and create a better future for her family and her community. Every Rafiki also gives back, by donating to a community overseas through a life-changing impact.

The Me to We team will be selling Rafiki bracelets just in time for Christmas. They make a beautiful, unique gift and are just \$10 or \$15 each (tax included). Order forms will be sent home the first week of November. Pre-order yours before November 24.

Magazine Campaign

Thank you to all who supported our magazine campaign! We are using the funds to help support landscaping around our new playground and a gaga ball pit. If you wish to order additional magazines, you can do so at any time this year.

www.gsp.ca

Our school code is: 3724564

OPP Visits

OPP kids has kicked off in Mrs. Jewell's and Mrs. Genge's Grade 6 class. The OPP KIDS program focuses on topics such as youth and the law, peer-to-peer relationships, online and social media awareness, drug awareness and mental health awareness.



Shopper's Delight



Yes! We are gearing up for our annual event! In December all JK- Grade 8 students will have the opportunity to take part in our annual shopping spree. This activity allows those students to purchase items for their family members at incredibly low prices. All merchandise will be in the 25 cent to \$1 range. What we need from you is merchandise to sell. We are looking for any items that would make a great gift provided that it is clean and able to be used. We kindly ask that clothing not be sent. If you wish to send stuffed animals, please ensure they are pre-cleaned. Please send any merchandise to our office.



Character Ed

Quoting a staff

member, "Compassion often begins with sympathy, which is **seeing** someone's pain. It also includes empathy, which is being able to **feel** someone's pain". During the month of October, the staff and students of Lady Mac have been focussing on what it means to be compassionate and show it in deed and action. Congratulations to our Students-of-the-Month who demonstrates a high degree of Compassion.

Student of the Month:

Eastin Waldock
Addison Ferguson
Scotty Miletics
Micah Rabesca
Calvin Cardoni
Loghan Marsh
Katelyn Harrison

Luke Rogers
Kaleb Cramm
Samantha Cheung
Bradley Grills
Emily Schmidt
Emma Todd
Hailey Norris
Byrnell Roberts
Molly Gill

The bus drivers acknowledged the following students for being compassionate on their buses:

Avery Wright
Hannah Eastcott
Kaitlyn Palmer
Torri-Ann MacEachern
Avery Freymond
Kaycee Bourassa
Fayianna Thomsen
Samantha LeMesurier

National Diabetes Month

Did you know that November is National Diabetes Awareness Month? There are two main types of diabetes. Type 2 is the most common and can usually be controlled by diet and exercise. Type 1 Diabetes accounts for approximately 10% of the diabetes population and is an autoimmune disease that strikes without warning at any age. It occurs when a person's pancreas stops producing

insulin, a hormone that enables you to get energy from food. Without multiple daily injections of insulin those living with Type 1 Diabetes would not survive.

The Charles H. Best Diabetes Centre is a charitable organization that currently supports over 400 children and 1,000 adults with Type 1 Diabetes, by providing the valuable education and support necessary to manage this life-changing disease.

—There is no known cause and no cure for Type 1 Diabetes.

— Children do not "grow out of it".

—Over 300 factors can affect a person's blood sugars each day. — A person with Type 1 Diabetes will test their blood sugars by poking their fingers at least 4-6 times each day.

— They must count each carbohydrate in the food they eat to calculate their correct insulin dosage.

—Life-saving insulin injections must be given 6-8 times each day.

That's over 5,400 needles each year... every year... FOR LIFE!

By donating a loonie or a toonie to the Charles H Best Centre, you can help support someone in your community living with Type 1 Diabetes. Donations can be dropped off in the office.