



The Dragon's Dispatch

Daily Schedule

9:10 am

Supervision Begins

9:30 am

Entry Bell

11:30 am

1st Nutrition Break

11:50 a.m.

1st Activity Break

12:10 p.m.

Instructional Time

2:10 p.m.

2nd Nutrition Break

2:30 p.m.

2nd Activity Break

2:50 p.m.

Instructional Time

3:50 p.m.

Dismissal

UPCOMING DATES

- ◆ February 5 - Public Speaking in the Gym
Primary 1st Block / Junior 2nd Block
- ◆ February 8 - Pizza & Popcorn Day
- ◆ February 14 - Hot Dog Day
- Dance for Gr. 6 - 8 students (2nd block)
- **Wear Red and White Day**
- Winter Fun Day (2nd Block)
- ◆ February 15 - Family Day
- ◆ February 18 - Report Cards Go Home
- ◆ February 20 - Pizza & Popcorn Day
- ◆ February 22 - Twin Day
- ◆ February 25 - Intermediate Classes going to Shaw Woods
- ◆ February 27 - Pink Shirt Day
(Anti-bullying Day)

A message from Ms. Elliott, our School Support Counsellor

MINDFULNESS ACTIVITY FOR KINDNESS, FOCUS AND CALM

Here at Champlain Discovery we are fortunate to have teachers who promote Mindfulness everyday in their classrooms to enrich kindness, focus, and being calm during stressful moments. These activities build empathy, manage everyday emotions, and offer support opportunities for whole class teachings. Here is an activity that a whole family can do together called "Breath by Breath". Any day, any time, take 3 soft, slow, mindful breaths and watch life flow and be in the moment. Remind each member that "You are never in yesterday or tomorrow...you are here now. Breath in... breath out...let memories of yesterday fly away and fade away. Remember that everything in life changes...with each breath, everything is fresh."

Reminder to Families with Kindergarten Students from RCJTC:

We all share in the duty to ensure the safety of our students. We would like to remind parents/guardians that you are responsible for the safety and conduct of your child(ren) at the bus stop prior to boarding the bus and in the afternoon following the drop-off. In the case of a Kindergarten student afternoon drop off, a trusted responsible person (e.g. parent/guardian/babysitter) must be waiting at the bus stop to receive your child(ren). If no one meets the child(ren) at the bus stop, drivers are directed to take the child(ren) back to school. Repetitive failure to receive Kindergarten student(s) at the bus stop may result in the removal of transportation privileges.

We thank you for your commitment to student safety.



RCJTC
Renfrew County Joint
Transportation Consortium

WEIRD BEARD CHALLENGE

The students of Champlain Discovery were able to raise \$440 for the Salvation Army Food Bank through the school's Weird Beard Challenge. Ms. Watt's class raised the most money, so they were able to design Mr. Popke's beard for the day! It was a beautiful design!!!! Thanks go out to every student, parent and staff member who was able to help donate any funds to this worthwhile cause! It truly shows that Champlain Discovery cares about our community!!



HOT DOG DAY

Our next Hot Dog Day will be held on Thursday, February 14th.



EASTER CRAFT SHOW



Our Easter Craft Show will be held on Saturday, April 6th from 10 a.m. - 4 p.m.
Please mark the date on your calendar.

2018 - 2019 SCHOOL YEARBOOK

This year's school yearbook is now available for purchase on school cash online for a limited time. **We will only be ordering the exact amount of pre-ordered yearbooks.** These yearbooks are an excellent keepsake for all of our students, especially our graduates. The yearbook will be \$14.00 for one copy or \$25.00 for families who wish to purchase two.

