



## Welcome to Byron Woods and North Woods Montessori Schools!

**Welcome** to the beginning of a new school year! We are looking forward to working with returning students and getting to know all of our new students and families. The first weeks of school can be both exciting and overwhelming. Here are a few strategies to help establish a daily routine for your child:

- Maintain regular times for bed and getting up in the morning.
- Fuel up your child's body and brain for the day's activities by having them eat a healthy breakfast.
- Help your child value the life-long courtesy of punctuality by ensuring that your child arrives before classes start. By not arriving on time your child misses information and lessons as well as disrupting the class.

### Absences/Lates

If your child will be absent or late, please call the school or send an email. The answering machine at both schools is always on. If we don't receive notification of your child's absence, your contact numbers will be called. The doors at Byron Woods are locked at 9:15 except for the office door. If your child will be arriving after 9:15, they will need to enter through the office. At North Woods, if you arrive after 9:15 please use the buzzer at the front door to be admitted. All doors are always able to be opened from the inside.

### Water Bottles

Please send a filled, labelled water bottle each day with your child.

### Website for Byron Woods and North Woods

Our website [www.bwms.ca](http://www.bwms.ca) is always available. You can access previous newsletters, menus and the interactive calendar, any time – day or night.

### Sunscreen Alert

When purchasing sunscreen to send to school with your child, please check the ingredient list. Many sunscreens contain nut oils. We have children with severe, life-threatening peanut/nut allergies. No sprays please. Thank you for your cooperation.

## Calendar

### September 25

Terry Fox School Run Day, wear your school t-shirt (Byron Woods); due to location, North Woods will not have a Terry Fox school run but donations are welcome.

### September 30

National Day for Truth and Reconciliation – please wear something orange

### October 12

School closed for Thanksgiving Holiday

### October 30

Class Halloween parties in the morning

Wear a costume or orange/black

### December

Winter Break: Dec. 21- Jan. 1 inclusive

### January 4

First day of classes after Winter Break

### February 15

School closed for Family Day Holiday

### March 15-19

March Break

### March 26

School closed for Good Friday

### March 29

School closed for Easter Monday

### Early May

School photos for both schools

### May 24

School closed for Victoria Day Holiday

### June 25

Last day of school for Casa students

### July 1

Last day for Toddlers not registered for July and August

### July 2

School closed for Canada Day

### North Woods contact information

If you need to contact **North Woods**, please call the school at **519-601-8098**. If necessary, please leave a phone message and a staff will return your call as soon as possible or send an email to [info@nwms.ca](mailto:info@nwms.ca) for a prompt response.

### Treats/Snacks from Home

Some of our students are unable to accept any outside food due to severe, life-threatening food allergies and medical conditions. Thank you for your consideration and cooperation by not sending or offering any food or snacks to our students.

### Newsletters

September's newsletter will be handed out in paper and also sent by email. Starting in October, newsletters will only be sent by email. **If you haven't received your September newsletter by email, please inform Byron Woods's office for both Byron Woods and North Woods families, as we may have out-of-date email information.**

### Scholastic Book Orders

Please check out the Scholastic parent guide at [scholastic.ca/rc/parentsguide](http://scholastic.ca/rc/parentsguide). Books can be ordered at any time for both Byron Woods and North Woods using the class code of "RC203842". Scholastic also offers the choice of delivering them to your home or to Byron Woods.

### Bags, Bags and More Bags

Do you have a secret place in your home where all the plastic bags from grocery and other stores go to hide? Our schools would like to help you with your overflow of bags. All the classrooms use these bags especially the Toddler rooms. Please send in your extra bags to your child's classroom or the office.

### Our Montessori Program

In Montessori education, children are active participants in their learning. They choose their activities and work at their own pace. This fosters a sense of independence and self-confidence. It also encourages children to take responsibility for their learning. Montessori encourages children to learn from each other in a mixed age group setting. The main areas in the prepared Montessori classroom that your child will acquire knowledge from include Practical Life, Sensorial, Language, Culture, Mathematics, and Cultural Studies (a wide range of subjects inclusive of history, geography, science, arts, and music). The Casa program incorporates basic French vocabulary into their weekly programming as well.

### Extra Clothing for your Child

We ask that all children have two complete changes of clothing in their backpack at school. Accidents happen and this will help. Please remember to label everything and ensure your child has indoor and outdoor shoes. Backpacks and indoor shoes should stay at school. Please no crocs or slip on shoes for outdoors.

## Parking for North Woods

We appreciate your courtesy and cooperation in being on time when arriving and departing from our busy parking lot. To alleviate congestion in the school parking lot, we ask that:

- Out of consideration for other families, we ask that you leave as soon as you have dropped off and picked up your child.
- To keep all our children safe, please close the gate when entering and leaving the parking lot and please turn off your vehicle when you are not in it.
- **Please do not park in any of the condo parking lots as the condo corporation has advised that vehicles will be towed.**

## Staffing Changes North Woods

With the new school year, there have been some changes in staffing at North Woods:

**Casa :** Mrs. Dawn Hall, Head Teacher  
Ms. Nicole Haid  
Mrs. Anuradha Gupta, co-Montessori teacher  
Mrs. Lisa Mitchell

**Toddler :** Mrs. Monica Wardle, Head Teacher  
Miss. Evelyn Mitchell

## Water Does Wonders!

Our bodies are made up of 55-65% water. Water helps everything work in the body. It regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes. Our body loses water throughout the day.

The amount of water you need each day depends on your age, amount of muscle, physical activity and the weather. You will need more water when you are active and during hot weather. Water is always a great choice when you are thirsty. Have a refillable water bottle or glass with you during the day to make it easier to drink small amounts throughout the day. Remember, water bottles should be washed daily in warm, soapy water, rinsed and left to air-dry upside down. The nozzle of a sports cap should be opened and flushed through.

### Choose water first to quench your thirst!

Do you enjoy drinking water each day? Would you occasionally like to jazz it up for special occasions, celebrations or even just to try something new? If that is the case, fruit-infused, flavoured water may be an option for you to try. For more recipes, visit <http://brightbites.ca/wp-content/uploads/Flavoured-Water-Recipe-Cards.pdf>.



Vegetables and fruit you might want to try alone or in combinations:

- Berries, either single berry or mixed berries
- Cantaloupe
- Cucumber
- Lemon
- Lime
- Mango
- Orange
- Pineapple
- Watermelon

*Food Safety Reminder: Be sure to wash all vegetables, fruits, and herbs before cutting, eating, or using them as a garnish.*

### Strawberry WATER

- 4 sliced strawberries
- 8 cucumber slices
- 2 liters of water

In a large pitcher, add 4 sliced strawberries and 8 cucumber slices. Fill with water and refrigerate two to four hours. Serve in glasses over ice.

