



# Matthew Matters

Volume 5

November 23, 2009

## H1N1

At this point in time we have now returned to normal attendance levels and all of our students have had the opportunity to be vaccinated. If your child has missed the school vaccination clinic for his or her age group then please make sure you visit the public clinic this week.

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## Attendance

We want to thank all of those parents who continue to ensure that their children are in school every day. We appreciate that at times it is demanding on families to meet all of their commitments and still have their children in school—but you continue to demonstrate your priority for education. One of the most important things you can do to help your child in school is to make sure they are in attendance.

### 2009/2010

#### School Holidays

December 22 -January 3

April 02—09

May 24

June 24 is our Last Day

## Report Cards and Parent Teacher Interviews

Report cards will go home on Monday, November 30, and Parent Teacher Interviews will take place on Thursday, December 3. Interviews start at 11:00am and run through to 4:00pm. Parents should contact the school office to schedule a meeting with their child's teacher. **Students will dismiss at 10:15 on this day.**

### Mark Your Calendar!

- \* November 26—School Pictures
- \* November 30—Reports go Home
- \* December 3—Parent Teacher Interviews
- \* Christmas Concerts December 9 and 10.

## Remembrance Day

Anyone that attended our Remembrance Day Assembly will agree that our students, staff, and community members, did an excellent job. This is an important time of year and we are proud to partner with the Legionairs in helping educate our students. A special thank you to Ms. Ryder and Ms. Chafe for all of their work in organizing this event. And thank you to Ms. Short who joined us to play for the ceremony.

### Christmas Concert Info

December 9—Grades K, 2, 5, & 7

December 10— Grades 1, 3, 4, 6, & 8

## Updating School Office Data!

We have used our home communication system quite a bit in the last little while. We hope that our system continues to form an important role in communicating such things as parent teacher interviews, curriculum meetings, and emergency closures. This system has the capacity to call all of our parents in less than five minutes, but it depends on the accuracy of the telephone contact numbers that you provide us. As well, please be sure the second contact number you have provided is still accurate, and that the residence or business attached to that number is aware of our coming communications.

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## Keep Active!!!

The benefits of physical activity for our children are outstanding. Children who take part in daily physical exercise are more likely to develop healthy immune systems, are more likely to have high self esteem, and are more likely to remain physically active when they get older. Did you know that physically active people have more blood vessels in their heart? In fact, in active people scientists have been able to show that blood vessels can form around a minor blockage in the heart's capillary system. Did you know that physical activity has been linked with increased development of brain cells? In addition to keeping people more active throughout the day this development of extra brain cells has been linked to increases in intelligence. So, one of the most important things a parent can do for their children is to keep them active—their hearts and minds will be better for it!!!

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### **Pictures**

**November 26th is our new date for pictures and retakes. Any student that was not photographed on our initial day, or any student who wishes to have a retake, should come prepared for pictures on this day.**

**Kinderstart for December  
Kinderstart for December 7  
has been moved to December 14**

**We are on the web  
[www.matthewelementary.nl.ca](http://www.matthewelementary.nl.ca)**