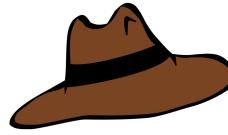


Ignace School



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Attendance Matters and we need your help this year. A few absences every month can add up to weeks of lost learning over the year. Missing school disrupts a child's education. Please help us in our goal of having all our students reach their potential.</p>				1 Falcon Shirt Day Hashbrown Casserole
4  Egg Burgers	5 Dental clinic Canteen Open	6 Pyjama Day  Chicken Soup	7 Canteen Open	8 Falcon Shirt Day Chili
11  Remembrance Day Beef Soup	12 School Council Meeting 11:30 Canteen Open	13 Famous Singer Day  Mac & Cheese	14 K-8 Puppet Show Presentation Canteen Open	15 Falcon Shirt Day Chicken Soup
18 Spaghetti	19 Canteen Open	20 Hat Day  Taco Salad	21 ELE and SEC Parent Teacher Interviews 3:15-6:15 PM Sec Report Cards Canteen Open	22 PA Day
25 Grilled Cheese	26 4-6 Volleyball Tournament SIOUX LKT Canteen Open	27 7/8 Volleyball @ DRYDEN Sweet & Sour Meatballs	28 Plaid Day  Canteen Open	29 Falcon Shirt Day Pancakes

The Falcon Report

On Friday, October 25th, Kylor Kobelka, Reina Naumann, Gavin Bérubé, and Tyson Gallant attended the Skills Ontario Cardboard Boat Races in Dryden. Competitors had to build a cardboard boat, compete with other teams in a race in the pool, and participate in a weight challenge. While Kylor and Gavin won their heat against Sioux Mountain, they lost their battle in the weight challenge and did not place in the top 3. Gavin said, “The most fun I had was drawing the blueprints.”

-Kylor Kobelka, Reina Naumann, Gavin Bérubé, and Tyson Gallant

On Thursday, October 24, the community building day was a fun experience for the teachers and students . They used the 7 Grandfather teachings as a guide for the learning goals and team names. The teams played a few games like Pumpkin Roll and they dressed up the kindergarten students using art supplies. Grade 6 student, Kailey Fox said, “It was very fun and the best part was working together.” The Humble Buffalo came out with the most points with 30 after all the games.

- Maddy Hazelaar and Xander Thomas

It is important to know how much sleep your child is getting because it can affect their mood and attitude towards life, kids also do better in school if they're getting enough sleep.

- Chase Lagace

Health Canada reports:

To be as healthy as possible, children need adequate night time sleep. Current guidelines recommend:

- 9–11 hours of sleep/night for children ages 5–13 years old, and
- 8–10 hours of sleep/night for children 14–17 years old.
- But... 1 in 4 children are NOT getting enough sleep.

Over time, insufficient sleep impacts how a child feels, behaves and interacts.

- 17.2% of children that get insufficient sleep report hyperactivity compared to 11.9% of children who get adequate sleep.
- 21.5% of children that get insufficient sleep report stress compared to 10.3% of children who get adequate sleep.
- 11.2% of children that get insufficient sleep report poor mental health compared to 4.5% of children who get adequate sleep.

Catching more Zzz's can help with childrens':

- Physical health,
- Emotional well-being, and
- Quality of life!

Good sleep. Part of a healthy lifestyle.