



Baltimore School Newsletter January 16 2012

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Principal: Mr. Darrell Budgell Vice Principal: Mrs. Rose Brophy

Welcome Back

The staff at Baltimore School welcomes all students back to a new year. We hope that each and everyone of you had a relaxing and fun-filled break. The winter season is also upon us and with that we can expect some delays and cancellations. As was posted in the Newsletter before Christmas, parents and students are advised that all announcements of delayed openings and school closure will be done through Synrevoice. The call will be made to each home at 7:00am and it will also be carried on VOXM, along with updates on the weather central icon on the School Board's website at www.esdnl.ca

If you have not been receiving the Synrevoice messages, please contact the school.

New Front Door Intercom System

As most of you who have visited the school since the Christmas Break have realized, the school has had a video intercom system installed at the front entrance. During class hours, all outside doors to the school will be locked.

All visitors will have to buzz the main office in order to gain entry to the building. This measure has been taken in all Eastern School District schools and it is done so with the safety of your children in mind.

Upcoming Events

Jan. 20	Kinderstart Class
Jan. 23-27	Exam Week for Grades 10-12
Feb. 1	Picture Retakes, Groups, & Kindergarten Grad photos
Feb. 2	Grad class Cap & Gown Photos
Feb. 9	K-6 Literacy Assembly (Begins at 10am)
Feb. 9	Gr. 7-12 Parent/Teacher Interviews (Early dismissal @ 12:30pm)
Feb. 10	Professional Development Day (No school for students).

Reminder

A reminder to students and parents that students participating in extra-curricular activities **will not be permitted** to wait in the school for extended periods of time. This is due to the fact there is no supervision available after 3:00pm in the general school area. The support staff is very busy at that time and the students are at risk.

New Signage

Prior to Christmas, several traffic and parking signs were placed around the school grounds with the purpose of providing more safety to our students. Please take note of these new signs and follow the directions given.

Afterschool Physical Activity Grant

During this past Spring, Baltimore School in conjunction with the Community Youth Network, applied for an afterschool grant to enable our students to gain better access to activities provided after school. We were successful in our endeavour, and were able to obtain \$23,000.00. There will be more details of the programs offered after all activities have been finalized.

Thank You

A special thank you to Mr. Cyril Barbour and Ms. Alice Kavanagh for helping out with our Christmas gift exchange.

Picture Retakes and Graduation Photos

Pictures for all students who missed Picture Day before Christmas, and those who would like to have retakes, will have the opportunity on Wednesday, Feb. 1. All Kindergarten Grad and Level III Grad pictures will be taken on this day also.

Baltimore Website

The School website is very informative. Scheduled tests and exams are posted and the site is updated on a regular basis. There are also many educational links that can be accessed through this site. Check it out at

<http://www.k12.nf.ca/baltimore/>

Scholarship Information

A reminder to grade 12 students and their parents, that there are many scholarship opportunities for students that intend to pursue post-secondary studies next year. Please contact the Guidance Counsellor, Ms. Gosse, for more information.

Christmas 50/50 Draw

The 50/50 Draw was a tremendous success. The lucky ticket was drawn during the Pri/Elem Concert and the lucky winner of the \$1618.00 prize was Janice Hopkins.

Christmas Placemats

Before Christmas students from Grades 5 through 12 made over 200 Christmas Placemats from recycled Christmas cards. These placemats were distributed to and gratefully accepted by The Gathering Place, New Hope Community Centre, and St. Thomas Anglican Church in St. John's each of whom provide a special Christmas dinner for their clients. Special mention was made on CBC radio about the "colourful placemats that adorned the tables" of St. Thomas Church. Thanks to all the students who took part in this very worthwhile project.

Breakfast Program

A big thank you continues to go out to all the parents and staff that provide a nutritious breakfast to all our students. The program is very popular and accessed by many of our students each morning. Keep up the great work.

Christmas Dinner

Our annual Christmas Dinner was a huge success again this year due, in no small part, to the generosity and kindness of you, the parents. We would like to acknowledge the following people who contributed to this much anticipated Christmas tradition at our school:

Wendy Carew-Walsh, Judy Walsh, Yvonne Dunne, Wendy Walsh, Connie Kavanagh, Tammy Dalton, Ella Carew, Lesa Dalton, Cheryl Ryan, Janice Hopkins, Cathy Hopkins, Nancy Brothers, Leanna Dalton Lorna Dinn, Vivian Ryan, Tracy Coady, Michelle O'Toole, Kim Ryan, Mary Ryan, Robin Ryan, Michelle Rossiter, Anne Marie Carew, Julie Kane, Wendy O'Brien, Tracey Goodridge, Debbie Graham, Sharon Fennelly, Tracey Maloney, Sharon Clowe, Terri-Lynn Kavanagh, Ricky Hayden, Wendy O'Brien, Tracey Duggan, Juanita Hawkins, Cheryl O'Brien, Andrea Morry, Alicia Hayden, Charlie Gosse, Katie Walsh, Paula Mulcahy, Glen & Lorna Lawlor, Jennifer Lawlor, Connie O'Brien, Valeria O'Driscoll, Joan Kavanagh, Colleen Collette, Natalie Brazil, Marg Dunne, Cathy Lynch, Paula Battcock, Joe Brophy, Bernard Kavanagh, Jayanthi Udayapala, Sriyani Wijesekara.

Exam Week

This upcoming week, Jan. 23 - 27 is exam week for all grade 10 B12 students.

Report Cards and interviews will take place on Thursday, Feb. 9 for students in grades 7-12.

The parent interview times are 1:30-4:30 and 5:30 - 7:00pm. On this day all students will be dismissed at 12:30pm.

Encounters with Canada

This year Baltimore School has the honour of having a Senior High student selected to attend the Encounters With Canada program in Ottawa. Nicholas Arsenault will be spending a week in Ottawa during the last week of February. We hope you have a great trip.

Independent Living Resource Centre

The Independent Living Resource Centre will be holding an Information Session to talk about the Registered Disability Savings Plan. The information session will take place at the Regional Arts Centre/Kavanagh Premises, 15 Pool Road, Ferryland on January 25, 2012 at 2:00 - 4:00 pm. This session concerns students and/or people in the community age 0-49 who have a disability and are concerned about their future. Learn how to receive grants and bonds. Please call to confirm your attendance and let the presenters know if disability related supports are required. Contact [Amanda Lush](#) at 722-4031 or toll free at 1-866-722-4031.

SADD

Thanks to Cpl. Tracey Horwood and Ms. Brophy for organizing the SADD Red Ribbon Campaign, and also on the roadside checkstop that was conducted before the Christmas Break. It is great to see all our students return to school after the Christmas Break.



Are Backpacks weighing your child down?

Backpacks are a great way to carry items, but when they are not used in the right way, they can injure the back, neck, shoulders and spine. Children and teens need to take extra care because their bodies are still growing. Carrying a heavy backpack day after day can affect their future health. Doctors and physical therapists recommend that the weight of a backpack be no more than 15% of a person's body weight.

Too Heavy? Your child's backpack may be too heavy if:

- Your child has to struggle to take the backpack off or to put it on
- Your child has back pain
- Your child has to lean forward to carry the pack

Your child has numbness/weakness in the arms or legs

Tips for students to remember:

- Always use both shoulder straps. Wearing a backpack on one shoulder may increase curvature of the spine.
- Tighten the straps so that the pack is close to the body. The straps should hold the pack two inches above the waist.
- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.
- Stop often at school lockers, if possible. Do not carry all of the books needed for the day.- Bend using both knees, when you bend down. Do not bend over at the waist when wearing or lifting a heavy backpack.

Buying a new backpack? Things to look for in a new backpack:

- **Wide padded shoulder straps** - Narrow, unpadded straps can dig into the shoulders and cause numbness/tingling in the arms and hands. Straps should be at least 2 inches wide.
- **Padded back** - Look for a backpack with extra padding on the part that touches the back. This will reduce pressure and keep the load of the pack from digging into the back.
- **Adjustable shoulder straps** - These will allow the backpack to be properly fitted to the body. Loose shoulder straps can cause pain and add stress on the spine. Adjust the shoulder straps so the bottom of the pack sits two inches above the waist.
- **A padded waist or chest belt** - This will help to spread weight across the body and take pressure away from the spine and shoulders.
- **Extra pockets** - Look for a bag with extra pockets to spread the weight of the load more evenly around the whole backpack.
- **The right size for your child or teen** - The width of the pack should not be more than the width of the child's upper body.

Rolling backpack - This may be a good choice for students who must carry a heavy load. Remember that rolling backpacks still must be carried up stairs and can be hard to roll in the snow or on rough ground.

Land and Sea Documentary

Last Spring, the CBC television show, 'Land and Sea' was at the school and around the community producing a documentary on two of our students, Nasomi and Anu Sirimal-Durage. For those interested, the 30 minute documentary will air on Sunday, February 5th.

Winter Poems—Grade 5

Snowflakes are falling

The ponds are frozen

It is fun making snowmen

I like to drink hot chocolate

I like icicles

Winter is so cold

By: Brianna Dalton & Dawson Kavanagh

Santa is coming

Winter is so cold

He eats a lot of cookies

You get to drink hot chocolate

I get some presents

You can go skiing

By: Devon Hawkins & Lucas Power

Snow is very fun

Winter's in the air

Icicles are everywhere

Snowflakes are falling down

I drink hot chocolate

Children play in the snow

By: Todd Walsh & Samantha Lawlor

Hockey is great fun

I make small snowmen

I like skating on the pond

They turn out very ugly

You should try skating

Children love snowmen

By: Trent O'Brien & Trevor Dunne

Winter is so cold

The snow is blowing

I love to drink hot chocolate

Will Santa Claus find his way?

It is so yummy

Children are waiting

By: Taylor Aspell & Holly Kavanagh

Snow is falling down

Winter is so fun

We can go on our ski-doo's

To play in snow with my friends

Wear your warm snowsuit

We can go skating

By: Seamus Walsh & Daniel Walsh

I like mummering

There are marshmallows

I like singing and dancing

In my cup of hot chocolate

See you next Christmas

Chocolate in Winter

By: Logan Brothers & Abby Boland

Winter scenes are cool

Polar bears catch seals

Hot chocolate is relaxing

Polar bears are dying out

Winter fun is both

Polar bears like snow

By: Christi Aylward & Cassandra Ryan