

Gulf Shore School Newsletter

September 2022

Principal: Maria Lavoie
Vice Principal: Klasina Driscoll

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www.edu.pe.ca/gulfshore

Welcome:

Welcome to the 2022-2023 school year. A special welcome to those of you who are new to our school.

This newsletter is the first of a monthly newsletter from Gulf Shore. We will be sending out a reminder to parents that the newsletter is ready to view and it will be posted on the website at www.edu.pe.ca/gulfshore. Parents are asked to take the time to read it as it contains information about the upcoming month. On behalf of the staff, we wish you a very successful school year.

Dates to Remember:

September 7 – First Instructional Day 2022
September 21 - Meet the Staff
September 30 – National Day for Truth and Reconciliation (no classes)
October 7 – Professional Learning; Day (no classes for students)
October 10 – Thanksgiving Day - (no classes)
TBD – Terry Fox Walk/Run
October 20 – Student Pictures
October 21 – Professional Learning Day (no classes)
Friday, October 31- Halloween
November 14 - Picture retakes

Visitors to the School:

Everyone who is visiting the school (dropping off children, picking up children or for any other reason) **must** stop in the office before going to any other part of the school. We ask that you do not park on the side of the road in front of the school, please use the parking lot. Also, please remember that we are a nut and scent free school.

Staffing:

We would like to welcome to our Gulf Shore Staff:
Klasina Driscoll – Vice Principal
Synthia McEachern- Music teacher
Courtney Aylward- Gr. 9 English Teacher
Dorothy Wakelin – E.A
Megan MacKay – E.A
Lorraine Clarke – E.A
Linda Guidon – E.A

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Industrial Arts and Home Ec Fee:

As in past years, we are collecting a fee for students in grades 7-9 to offset the cost of Home Ec., Industrial Arts. The fee for 2022 – 2023 school year is \$20.00. Please send this fee in with your son/daughter. Once we received the payment, a receipt will be issued and sent home.

Nut / Fragrance Free:

Gulf Shore is scent- free. Some members of our staff and students are highly allergic to strong scents. We ask that students refrain from using perfumes and strong scented body spray. If you plan on visiting the school please abide by this policy.

We are also a Nut Free School. Please be mindful when packing your children's lunches, NO Peanut butter, soy butter, Nutella or products containing peanuts, pistachios or cashews and no WOW or imitation butter.

Early Arrival at School:

Parents are asked to respect our policy regarding students coming to school early in the morning. Students who walk or are dropped off are asked **not to arrive before 8:20.**

School Photos:

Our school photos will be taken by Lifetouch on October 20, 2022. Retakes for anyone who missing getting their picture taken on October 20 is November 14.

Agendas: It is expected that students use their agenda daily to record homework, assignments and other important dates. It is also a useful place to communicate with homeroom teachers.

Meet The Staff Night: We will be having a Meet the staff night on Wednesday, September 21 at 7PM in the Multi-Purpose Room. Can't wait to see you all there.

Terry Fox News: Our school will be participating in the Terry Fox Run. Date will be determined. Stay tuned.

Home & School News:

Welcome to all the new families joining the Gulf Shore community as well as all our returning members. We hope everyone had a great Summer. As a parent or guardian of a child enrolled at Gulf Shore, you are already a member of the Home and School. Thank you for taking an interest in our school and the import role that Home and School plays.

Home and School exists for many reasons. Our primary purpose is to ensure that our children receive the best learning environment possible. We do this by maintaining open lines of communication with the staff so that parents have an understanding of the school and its

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workings. If you don't know about Home and School, this is your chance to get involved and be in the know!

Throughout the year, we will be looking to our members to get involved by volunteering to help when they can. We all have different strengths and interests and there is always a way to help. We are asking that each classroom chooses 1-2 representatives to take turns attending meetings and act as a liaison between their class and the Home and School. You don't have to be a class representative to attend meetings. Everyone is always welcome. They are a great way to stay connected to what is happening in our school community.

Our Home and School takes care of the milk program along with the Food for Thought cupboard. Our milk program will not be up and running until the second week of school. This will give parents time to log on and register their son/daughter for this program The Food for Thought Cupboard is stocked with healthy foods and snacks and is available to any of our students when in need. We also organize staff appreciation potlucks, healthy snacks, hair checks, a Terry Fox day BBQ and a fundraising event during the school year.

Meetings are held on the third Wednesday of the month. Our first meeting of the year will take place on Wednesday September 28th at 7pm at Gulf Shore School. We are currently looking to fill the position of secretary. If you are interested in joining the executive please Marsha Leblanc at marshaleblanc04@gmail.com.

This year's executive include:

Jen Covello – Past President
Marsha Leblanc – President
Stephanie Arnold – Vice President
Lindsay Gallant – Treasurer
Dorothy Wakelin – Secretary

Wishing all the Gulf Shore families a great 2022-23 school year. We hope to see you soon.

Band News

New Music Google Site - We have a new music google site this year. It will include links for all K to 9 music students and will include daily lesson plans, links to google classroom, band news, rehearsal schedules and more. You can check it out at <https://sites.google.com/cloud.edu.pe.ca/gulf-shore-consolidated-music-/home>. We will not be using the previous Gulf Shore band website this year.

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Communication: Band information sheets will be distributed to all band students. Please check in their book bags! A google form is also available on our google classroom under band news if you prefer to respond digitally. For the remainder of this school year, I will be sending out important information and announcements through the school email server. I also post information on the "Gulf Shore Band" Facebook page - please join us if you haven't already done so!

Early Morning Band and Shark Attack!

All students in grades 7-9 Band are expected to participate in our early morning band rehearsals on Tuesdays and Thursdays. Students are asked to be in the building no later than 7:45 am so that they are in their seats and ready to play by 7:55am. Our first EMB will be on Tuesday, September 13th.

All grade 7-9 band students are invited to join our (optional) popular music group, Shark Attack. Shark Attack practices on Thursdays after school from 3-4:00 pm. The date for our first Shark Attack will be announced at a later date.

Band Uniforms and Hoodies- An email will be sent out later this month to take orders for band uniform shirts (required) and band hoodies (optional).

Phys Ed/Sports News:

Welcome back to our Gulf Shore athletes for the 2022/23 athletic season!

Soccer (grade 7-9): We will be getting right into the swing of things with soccer tryouts for both girls and boys starting Friday, September 9th afterschool until 4:30. Future practices and league games are TBD and will be sent out at a later date.

Cross country (grade 3-9) will be starting up early September and will run (literally) through lunch break on Tuesday and Thursdays starting the second week back with Tuesday, September 13th as the first date.

Golf (grade 7-9) will be starting week of September 12 with exact practice dates/times TBD.

COMMUNITY NEWS

The information provided is for information purposes and is not necessarily sanctioned by the school or Public Schools Branch.

PEI School Food Program:

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The PEI School Food Program is gearing up for another year of providing healthy and affordable meal options to Island students. The PEI School Food Program is a provincial lunch program that offers ALL island students K-12 a healthy and affordable lunch each school day. The price will be increasing to 5.50 per meal. The program will remain a pay-what-you-can program. Gulf Shore's provider will be Route 2 Diner again this year. Their new website is now live at : www.peischoolfood.ca. Check it out today for lots of program information, as well at the Fall 2022 menu.

Registration and ordering will commence on Saturday, September 3 and continue until September 8 at noon for meals for September 12-23.



School Therapy Occupational Therapy (OT) Program

Hi everyone! I would like to introduce myself as the OT with the School Therapy, Occupational Therapy (OT) Program. My name is and I am the Alyssa Reeves OT for the Bluefield Family of Schools. I am very much looking forward to working at your child's school for the 2022-2023 school year. I will be at Gulf Shore Consolidated every other Day 6 beginning September 14th, 2022.

While at Gulf Shore Consolidated my main focus will be to work together to support students in their elementary school years (e.g., kindergarten to grade 6). I am, however, available to consult with students in their junior high school years if it is determined by the school and yourself, as parent/guardian, that an OT referral is needed.

The focus of the School Therapy OT program is to work together with classroom teachers, school staff and parents /guardians to support children's motor and sensory development in order to assist children in achieving their learning goals, successfully participating in school and, most importantly feeling good about themselves and school! To do this, I will be spending time in classrooms, small group settings, gym, music and library classes as well as on the playground. Throughout the day, I will be offering guidance, suggestions and tips.

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Occupational Therapists (OTs) work with children of all ages and know a lot about children's development in the areas of:

- **Fine motor and visual motor skills** (e.g., support: printing, drawing, cutting, keyboarding, completing fasteners, tying shoelaces, using a lock, etc.).
- **Sensory processing** (e.g., being comfortable with sounds, lightening, smells, texture/touch, and movement within the school environment that we encounter during our day).
- **Environmental set-up** (e.g., ensuring the environment works to meet everyone's needs from flexible seating to wheelchair accessibility, etc.).
- **Safety and Participation** (e.g., support moving safely within the school, participating in movement breaks, specialty classes, school clubs, recess, etc.).

Please feel free to contact the school or myself if you have any questions about the School Therapy OT Program. I can be contacted at the school on every other Day 6 or at areeves@ihis.org and 902-213-4715. I look forward to a wonderful school year working together with school staff, students and you as parents/guardians!

Alyssa Reeves, OT Reg.(PEI)

Occupational Therapist, School Therapy OT Program



Dear Parents / Guardians,

Student Well-being Teams are in all Island schools to support students. These teams promote healthy living and help students with mental health and other issues to help them be strong students and community members. Our teams offer **Health Promotion** by providing presentations and leading activities that teach students how to be strong, healthy, and resilient. Presentation topics are age-appropriate and include Consent, Gender Diversity and Being an Ally, Kindness and Empathy, Personal Hygiene, Self and Co-Regulation, Social Inclusion and Bullying, Stress and Anxiety and Transitions. Our teams also provide **Support** through group programs, one-on-one support, and parent support.

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The Student Well-being Teams work with the Student Services Team to support students or parents; however, they are not school-based staff. The team is tri-departmental and includes Social Workers and Registered Nurses from Department of Health, Outreach Workers from Department of Justice, and our Provincial Staff from Department of Education. The Student Well-being Teams work 12-months/year and continue support during school breaks and outside of school hours. The team can also provide home support or clinical support as needed.

The team is referral-based for our one-on-one support and for Mental Health groups, meaning students must go through a referral process to access these services. A child can be referred by a parent, teacher or doctor or they can refer themselves to the service. Parental consent is strongly encouraged for all students and required for any students under the age of twelve. Referrals can be made online, through our website at <https://www.princeedwardisland.ca/en/service/make-a-student-well-being-team-referral> or by contacting our team or the school directly.

If you have questions about your child's well-being, or do not want your child to participate in any Student Well-being presentations or services, please reach out to the Student Well-being Team, as well as your child's classroom teacher.

Click here to learn more about our Teams! princeedwardisland.ca/StudentWellbeingTeams
Have a wonderful year!

Elizabeth Kennedy
Program Lead, Student Well-being Team