



December News

PEI Home and School Federation

Newsletter 2020

Extra Mile Award 2021

Nominate a deserving school staff individual for recognition by the P.E.I. Home and School Federation.

Extra Mile Awards recognize teachers and other staff (i.e. admin. assistants, EAs, custodians) who exemplify going the extra mile - over and above the call of duty.

Describe the nominee's contribution in the following areas:

- * Demonstrated caring attitude towards Island students and youth
- * Evidence of going the extra mile in assisting students to achieve academically, socially

and/or in other areas of school life

* Demonstrated ability to motivate young adults.

* Evidence that time given bettered the life of these young Islanders.

Recipients will be announced and a presentation arranged with the school administration.

Submit nominations by Jan. 22, 2021.

Find more details at: Extra Mile Award of the Year



Inside this issue:

- School Staff
- Appreciation Week 2
- Fundraising Ideas 2
- International
- Volunteer Day 2
- Coping with Stress 3
- Community
- Resources 3
- Photo Gallery 4

Resolutions

You can effect change in PEI's school system by using a formal resolution writing process. Home and School members are asked to consider presenting an issue in education that is affecting the learning success of students to

influence change at the provincial level through the Federation's advocacy policies on topics such as wellness, curriculum needs, student health, school bus safety and more.

For assistance, contact:
peihsf@edu.pe.ca
902-620-3186
1-800-916-0664.

Submit resolutions by Jan. 31, 2021.

Great Minds

Only through the ancient tradition of storytelling can we enter the magical minds of one another."
- Sivan P.L.

School Staff Appreciation Week February 14 – 20, 2021



School Staff will be celebrated across Canada Feb. 14-20.

Home & Schools committees have begun to make Covid-safe plans for showing appreciation to school staff for the contributions they make to our

children and their education.

Remember:

Keep plans simple!

A little appreciation goes a long way!

COVID-Friendly Fund Raising and Community Building Ideas...



Do you have Covid-friendly Home and School fund raising and community building ideas to share with other Home and Schools? We continue to collect your ideas and post for

everyone to view on our website at:

<https://peihsf.ca/content/fund-raising-and-community-building-ideas-covid-friendly>

Send ideas to: peihsf@edu.pe.ca

International Volunteer Day December 5th

International Volunteer Day is a global celebration of volunteers. It takes place on Dec. 5 to shine a light on the impact of volunteer efforts everywhere.

This year's theme - **Together We Can Through**

Volunteering - developed by United Nations Volunteers, encourages us to thank volunteers for their actions and showcase the impact of volunteering during the COVID-19 crisis.

Visit **National Volunteer Week (NVW) 2020 blog post** for ideas on how you can virtually applaud your volunteers.

Keep Children Healthy during the Covid-19 Pandemic – Ways to Promote Children’s Wellbeing



Wash hands - Wash your hands with soap and water for 20 seconds, and encourage your child to do the same. [Read more](#) and [watch a video](#) on how to wash hands correctly.

Wear a mask - Make sure everyone in your household [wears a mask](#) (2 years or older) when in public and around people who don't live in your household. Ensure your child wears their masks correctly and safely. Some children may find it challenging to wear a mask. If your child finds it challenging, you can consider [alternatives](#).

Avoid close contact - Make sure your child and everyone else in your household [keep at least 6 feet away from other people](#) who don't live with them and people who are sick (such as coughing and sneezing).

More at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

Coping with Stress, Anxiety, and Substance Use During Covid-19

Overview of facts, tips and resources to help Canadians cope with stress, anxiety and substance use during COVID-19. Topics covered include the signs and symptoms of anxiety or stress, and coping mechanisms like square breathing. Also includes advice on monitoring substance use in times of stress and reducing harms.

Download the PDF version

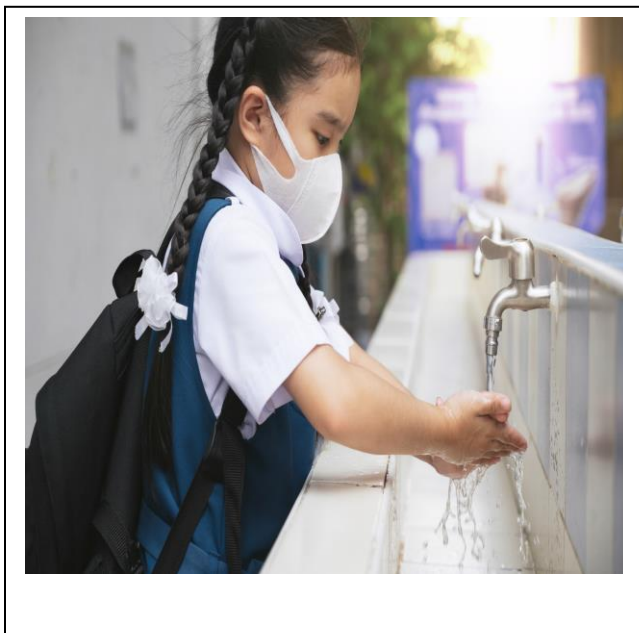
An [Inuktitut version](#) of this resource was translated by Nunalituqait Ikajuqatigiitut Inuit Association.

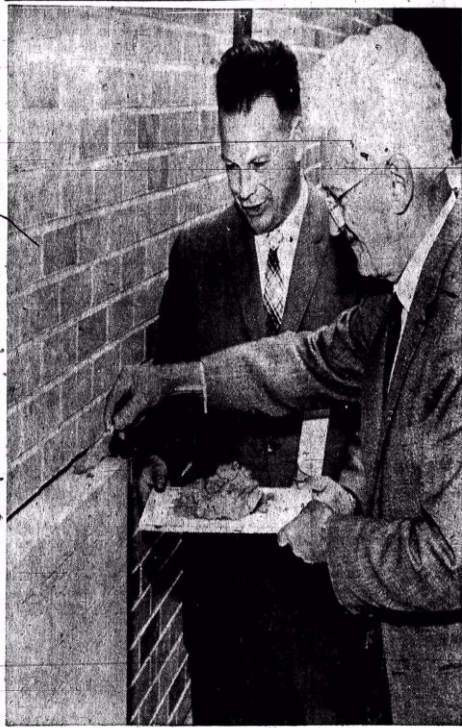
RANDOM RESOURCES:

*Charlottetown Food Council Community Conversations About Food - 60 minute virtual workshops hosted on Zoom. All members of the public are invited Register! Community Food Survey Link - survey participants chance to win Van Kampen's fruit tree!

*Building GRAND-Families Inc. is a new non-profit crating awareness and support for grandparents who are primary care-givers for their grandchildren. Check their website launched the end of November 2020. www.buildinggrandfamilies.com

*Public Schools Branch Board and Annual Meetings will take place on Mon. Dec. 7th. Contact Sheri at: sxgauthier@edu.pe.ca to attend in-person or request a virtual attendance link.





CORNERSTONE LAID AT PRINCE STREET SCHOOL

Li-Col. L.T. Lowther (right), principal of Prince Street School from 1928 to 1954 laid the cornerstone at the new school in a ceremony yesterday afternoon. Assisting him is the architect, Keith Pickard, Chairman of the City School Board, Dr. R. G. Lea, presided. Remarks were made by Col. Lowther, Dr. Lea and Mayor A. W. Gaudet. Keys to the school were presented to the principal, Miss Mabel Matheson, by Mrs. C. B. Whiteside, a member of the building committee. The ceremony was the second of its kind in the city yesterday. In the morning the cornerstone of St. Jean elementary school was laid by Li-Col. Leo F. MacDonald, who was principal of Queen Square school, which the new school replaced, from 1931 to 1958.



Above pic: Wondering how you can celebrate #GivingTuesday? By paying more than your own total meal value, you can help pay for another student's lunch! All you have to do is order your lunches at peischoolfood.ca and add your donation to the total cost of your child's lunches.



Best wishes of the holiday season to you and your family!

Above top: Cornerstone laid at Prince Street School (1958). Above bottom: Elm Street School Cornerstone (1961).