



Colonel By Secondary School

A Message from the Principal...



Students in Colonel By's Eco-Club applied for a SpeakUp! Grant last year and used their funds to establish and maintain a vegetable and flower garden in an unused garden bed on school grounds. Last week, they harvested potatoes, squash, heirloom carrots, turnip, pumpkin and lots more! Veggies were sold at our Meet-the-Teacher Night and funds will be used to continue supporting this project into the future.

2 Oct 2019

Dear Parents and Guardians,

Welcome to the second month of the school year. At the end of September, schools receive their final staffing allocation and we will be hiring two new part-time teachers (French and Business Studies) to accommodate growth in student population. We hope to have the new teachers in place early next week. This allocation has allowed us to split some of our larger classes.

House of Commons Page Program - The House of Commons has opened its recruitment campaign for the 2020-2021 Page Program. Students who maintain a minimum average of 80% and can speak both official languages are invited to apply. To be selected, students must have been accepted into a full-time program at a university in the National Capital Region. Detailed information is available on the [Parliament of Canada website](#). Applications must be submitted no later than November 11, 2019.

Professional Activity Day (Oct 11, 2019) - Our first Professional Activity Day of the school year has been set. Although students have the day off, our teachers will enjoy a day of professional collaboration that focuses on student well-being and the fundamentals of mathematics.

School Council (Oct 15, 2019 - 7:00pm) - Parents, guardians, students and community members are invited to the next School Council meeting. School Council serves as an important advisory body to the Principal. Meetings are held monthly and you can find details by visiting the [School Council website](#).

Screen Time - Did you know that too much screen time does interfere with a healthy lifestyle? Using tablets, computers and playing video games are examples of screen time. Children may use screens for school work and that's OK. Time spent in front of a screen can not only affect your vision but also your ability to be better in school. Spending less time on your screen can improve self-confidence, improve fitness, maintain a healthy body weight, and have more fun with friends.

Tips to help reduce screen time:

Model healthy screen use, because your kids are watching you. Review your own media habits: plan time for hobbies, outdoor play, and activities.

Be present and engaged when screens are used, and when possible, watch together and talk about the content.

Make sure daily routines come first: face-to-face interactions, sleep, and physical activity.

Avoid screens at least 1 hour before bedtime and keep recreational screens out of bedrooms.

For more information, visit websites from [Parents In Ottawa](#) and [Caring For Kids](#).

Community News

School Supplies - Students in need of assistance with purchasing school supplies can contact 211 for support. A 211 operator will provide information about the community organization closest to their home which can help access school supplies through their schools supplies program.

Wishing you a wonderful day!

Sincerely,

Steve Spidell, Principal

www.colonelby.com | 613-745-9411
Follow the Principal on Twitter @ColByPrincipal