

KNOX TALKS



Weekly Newsletter of
John Knox Christian School

September 6, 2011

Welcome to the 2011-2012 school year! We already are off to a wonderful start, and it is such a blessing to be here at JKCS! We had an opening assembly this morning with many visitors joining us to worship the Lord and focus upon His love for us as a school community. Visitors included friends, aunts, uncles, moms and dads, grandmas and grandpas, and we had a great grandma join us as well. It is always amazing to see the support system that surrounds our school; God has truly blessed our school, and we trust that He will continue to bless the 2011-2012 school year! We welcome 22 new families to our school this year as well! We are so thankful that John Knox Christian School is your new home; it is a loving community, and we hope that you will quickly feel at home at JKCS.

Our school theme this year is "Passion for Jesus. Compassion for others". All year long, our staff will be committed to helping students grow in knowledge, but also in faith. Our desire is to help our students grow to be more passionate for our God while having opportunities to be compassionate to God's children. Matthew 22: 27-29 states, "Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" We are commanded to love God, love others, and serve the world! I am so excited to work this out with the staff and students over the course of the coming school year! Please pray for our school, and ask that our theme may truly come to life!

Michael J. Meinema: COO



Wednesday - Jonathan VanderSpek, Gr.5

Thursday - Mrs. VanderSpek, Ed. Assistant

FOR YOUR INFORMATION:

Prayer Requests: Please keep the deHaan family in your prayers. Their son Nathan (Gr.10) was in a serious accident and is in Victoria Hospital in London with head injuries.

Boy's Soccer: All boys in Gr. 7 & 8 who are interested in trying out for the soccer team this year please meet Mrs. Lammers in the new Gr. 4 room at first recess on Thursday. Details to follow.

Girls Soccer: Girls in grade 6, 7 and 8 who are interested in playing on the JKCS Girls' Soccer Team are encouraged to sign up for soccer tryouts. The Christian Schools Tournament will be held on October 4th (raindate: October 5th). Practice times and game times are yet to be determined, and will be forwarded as soon as possible. I hope to see many of you on the soccer field! Watch the sports bulletin board for recess practices this week.

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Cross Country: This week students in grades 3-8 are encouraged to sign up for the cross country team. Our first meet is Sept. 23rd. Mrs. J. Hickey and Mr. Bob Dieleman will be coaching the team again this year. We will be running during school hours as well as some after school and/or Saturday practices. More details will follow. Any questions can be given to Mrs. Hickey.

Piano Lessons: Mrs. Buckrell will be at the school on Wednesdays to teach private piano lessons to students who are interested. Please call Elizabeth Buckrell directly for more information. You can reach her at 519-424-2877.

Cancellations: For FOG DAYS, when driving conditions are too dangerous for the buses to run, our JKCS school buses will be cancelled (NO MORE DELAYS). It is expected that parents will drive their children into JKCS when they feel that it is safe to do so. All classes will begin at normal time (8:25 am). The busses will run as usual after school to bring the students home. For students travelling to LDCSS, you can expect there to be a bus that will leave JKCS at 8:30 (or when that bus driver believes that it is safe to drive to London). Please bring your high-school students to JKCS for 8:25, providing you believe the roads are safe. The London bus will drive students home (as usual) at the end of the school day. For bad weather such as SNOW or ICE DAYS, school will be cancelled, and classes will not run for the day. Radio stations 94.3 FM, 101.3 FM and 104.7 FM will broadcast that the John Knox Christian School buses have been cancelled. We will not use phone chains as they prove to be unreliable. Instead you may consult the school's web site at www.jkcs.on.ca to see if the buses are running, or you can call the school for a recorded message on that topic. MM

Dress Code: Please make sure that your children have two pairs of shoes at school. One pair is to be worn outdoors and one pair is for indoor use. Students must wear shoes at all times to avoid injury or infection. Unless instructed differently by the teachers, students are always to remove their outdoor shoes immediately upon entering the school while the outdoor shoes should be put on at the door just before leaving the school building. Our students must always wear socks and so flip flops are not acceptable footwear at JKCS. One final note: all tops worn by our students in grades four and up must have sleeves and must comfortably reach the top of the pants, trousers, shorts, skirt, etc. MM

Morning Arrival of Students: When the students arrive at school in the morning they should immediately proceed to the play areas until it is time to enter the building at 8:20. Only kindergarten (junior and senior) students and SON Beams are allowed to enter the school before this time. Parents who bring their children to school are asked to bring them to the front entrance of the school to avoid our buses all together; we feel this will be safer for all students. Students dropped off at the front of the school may enter the school and then head right outside to the playground. When the weather is too wet for the students to be outside they are all welcome to enter the school as soon as they arrive, using their normal entrances from the playground. MM

Phys. Ed. Uniform: Students in grades 5 and up will be required to wear proper clothing for their physical education classes. The uniform consists of a JKCS t-shirt (those purchased in previous years will do) and maroon shorts. The uniform is available in the school office; Please make sure that your child's name or initials are placed in the shirt and shorts since there will be many similar outfits in the school. The students should keep their uniform in their backpack. The uniforms will be required for class beginning this week. MM

JKCS is a Peanut-Free Zone: Life-threatening reactions to allergies have become much more common over the last few years. In fact the Ontario government has passed a law that took effect on the first of January 2006 and states that all schools must provide peanut or tree nut free areas in the school, especially in school cafeterias. We have several students in our school who are dangerously allergic to peanuts, peanut products, and peanut oil. Accordingly for some years now we have insisted that students not

**Everyone is invited to
the Welcome Dessert Potluck
Friday, September 16th at 6:30 p.m.**

6:30 pm - Class Visits (drop in)
7:30 - Prayer for School & Community
7:35 - 8:30 - Dessert Social

You are in for a treat. We invite you to join us for an evening to welcome students and parent back to class. As a change this year we will be having a scrumptious dessert buffet, allowing more time to focus on class visits and fellowship. The evening will start with a drop-in time for class visits, followed by a circle prayer to pray over the school, the students, staff and community. This will be done on the paved playground behind the school, or in the gym if it is raining.

The evening will conclude with a time of dessert and fellowship in the gym. We ask that each family bring along a favourite dessert to share. (Please pre-cut cakes and pies!).

We will provide plates, cutlery and drinks!

We look forward to a fun evening to kick off the 2011-2012 school year!

bring those products to school in their lunches or snacks. Students should also refrain from giving cookies to their friends since some of these cookies may contain peanuts or traces of peanuts simply from having been baked on trays used for peanut products. We should also remember not to use peanut oil, etc. when preparing items for some of the class dinners put on by the various grades in our school. MM

Head Lice Checks at JKCS: This week, we will conduct our annual Head Lice Check and all the students from JK to 8 will be checked. If your child is found to have either the live bugs or nits, you will be contacted by phone and letter. We appreciate your taking prompt action to get rid of these pests. Though lice are a nuisance, they do not transmit disease. They are not in any way related to the cleanliness of your child or your home. Anyone can become infested with them! We do want to get rid of them as quickly as possible, and we want to avoid other children from getting them. We ask you all to help. Head lice is transmitted mainly through head to head contact. They can also be transmitted through sharing of combs and hats. If your child is persistently itching his/her head, particularly around the ears, he/she may have head lice. You can also detect head lice by examining the head for nits. If you don't know what to look for, yet suspect your child may have head lice, please contact the school, your doctor or your pharmacist and someone will check your child's head. There are many different types of treatments your pharmacist can assist you in choosing the best one. Because the nits are encased in a hard, cement-like substance, it is very possible that not all of them will be killed in the first application. It is recommended that a second treatment be applied 7-10 days later to kill any newly hatched nymphs. You may also choose to treat your child's head with a natural substance- tea tree oil and Molkosan. Visit a Health Supplement Store, and they will help you select the best treatment for your child. They also have a formula you can use on your children to prevent head lice. Here at JKCS we have information for both treatments- the pharmaceutical treatment and the natural substance treatment. Call the office for information.

Keystone Students: We will be looking for host families to provide homes for our international students once again. We do not have firm dates yet, we would like to begin compiling a list of families interested in hosting this year our international students this year. The students would come to stay at your home for a 10 week session, and you would be compensated for hosting your Keystone child. If you are interested in learning more about this program, please contact Mr. Meinema at principal@jks.on.ca

Junior Kindergarten: Welcome to the new school year! This afternoon your child is coming home with an information package that includes information about classroom routines and procedures as well as my contact information. Please refer to the calendar to see what items your child will need the following week for our Show & Share time on Tuesdays as well as upcoming events in our classroom. I look forward to a blessed year together! Miss Linker

Senior Kindergarten: Welcome to a new year! We have been blessed with 16 students. A class list will be sent home on Thursday. There is a lot of information coming home in your child's message bag today. Please return the empty message bag each Kindergarten day. Please save and send to school empty paper towel rolls. Have a great week!

Thursday - Library/Book Bag Day
Friday - Show and tell a photo of you getting ready for Kindergarten.

Grade 1: Welcome to a brand new school year! Look for a

class letter coming home today.

Grade 2: Grade 2A and 2B: Welcome back to school! We are really looking forward to partnering with you and pray that God will richly bless our classes this year. Please check your child's backpack today for an introductory "Parent Survival Guide" and an agenda. Please initial and return agendas every day. Thanks!

Wednesday - Library
Thursday - Phys. Ed.

Grade 3: Welcome to new year! We are excited to get to know each other again and are looking forward to learning together. We welcome Nolan Vermeersch to our class. Please check through all the mail sent home to find out more info about our class. We will begin Spelling Tests and Memory Work next week.

Tuesday - Library
Friday - Phys. Ed
Next Mon. - Bring in Artifact Bag

MOM TO MOM SALE

Book your tables now! It's time for the Fall MOM TO MOM SALE, Saturday, September 17, 9 a.m. to 1 p.m! If you have gently used children's and baby items you would like to sell please email jksmom2mom@yahoo.ca to reserve a table. You can SELL clothes, toys, baby and maternity items. Otherwise, mark your calendars to come out and shop for some great deals! You will find great deals on gently used children's and baby items!

Grade 4: I am thankful for this opportunity to learn and grow with your children. I pray that we will be a blessing to each other and that the love of Our Heavenly Father will shine brightly in our Gr. 4 classroom.

Mrs. L. Lammers

Friday - Spelling Test: Lesson 1

Grade 4/5: Welcome to a new school year, grade 4 and 5! God sure blessed us with an amazing summer, but it is good to be back at school. I hope and pray that we will have an awesome year together growing in our passion for Jesus and our compassion for others!! There are two important letters coming home today. Please ask your child about them. Please keep Abby deHaan, her family, and especially her brother Nathan in your prayers. We pray that God will bring complete healing to Nathan!

Tuesday - 1st day of school

Wednesday - Happy birthday Jonathan!!
- Library

Thursday - Music: you do not need your recorders
- Phys. Ed: bring your gym clothes if you have them

Friday - Grade 5 spelling test
- Meet our Grade 2 buddies

Monday - Phys. Ed: bring your clothes

Grade 5/6: Welcome back to a new school year. A special welcome to Benjamin Winter and Jason Wildeboer who are new to our class. I trust that all had a restful summer. May God bless us as we learn together this year. This week we will become familiar with classroom procedures and will be starting our various units. There will be no tests this week except for Spelling on Friday. On Friday we will have student council elections. Those wishing to be on student council should prepare a 30 second speech convincing their classmates that he/she would be a good class representative. Students should begin memorizing (if they don't have them already memorized) the order of the Books of the Bible as that will be next week's Memory Work assignment. It fits with our Bible unit of the Bible's organization. A letter will be sent home tomorrow regarding our first day and other information. To those that have handed in their questionnaires already, thank you; to those that haven't yet, please hand in questionnaires this week.

Wednesday - Rows 1, 3, & 5 Microwave A.M. (odd number day)
- Phys-ed

Thursday - Rows 2 & 4 Microwave A.M. (even number day)

Friday - Spelling Test: Unit 1
- Student council elections

Next Mon. - Phys-ed

Grade 7: Welcome to the first day of the 2011-12 school year. We are looking forward to working together as a grade 7 community – a community which displays passion for Jesus and compassion for each other. Blessings to each of you as you begin the school year.

Tuesday - Notes, schedules letters go home
Wednesday - Gym: please bring your gym strip
Thursday - Choose book for book report
Friday - Spelling Lesson 1
- Memory Work: Matt 22: 37-39

Grade 8: Welcome to a brand new year – your last at JKCS! We thank God for a wonderful summer and for all the enjoyable and growing experiences we had. I pray that the students will grow in wisdom and in knowledge this year, and that we will soon adjust to school routines again. A special welcome goes out to Sydney and welcome back to Kathleen, both of whom have joined our class. May you soon feel like part of the grade 8 community. Much paperwork is being sent home this week. Please sort through it, complete and return forms as soon as possible. A grade 8 update will be coming home later this week.

Wednesday - Phys Ed (gym clothes required)

Thursday - Music

Friday - Spelling Test Lesson 1, Memory Work: Zechariah 7:9,10

Monday - Phys Ed (gym clothes required)

Tuesday - Writing: Summer poem due, Music, Concert Band

CALENDAR OF UPCOMING EVENTS:

Sept. 6 Welcome Assembly - 9 a.m.
Sept. 7 Staff Meeting
Sept. 10 JKCS Golf Tournament
Sept. 16 Welcome Evening
Sept. 17 Mom to Mom Sale
Sept. 20 JKCS Board Meeting
Sept. 22 Pizza Day
Staff Meeting
Sept. 23 Cross Country Meet
Sept. 26 Curriculum Review Day*
Sept. 29 School Pictures: JK - Gr.8

SONG OF THE MONTH: Love the Lord
Love the Lord your God with all your heart and all your soul and all your mind and love all mankind as you love yourself and...

Love the Lord your God with all your heart and all your soul and mind and love all mankind

We've got Christian lives to live. We've got Jesus' love to give. We've got nothing to hide because in him we abide.

Title: Love the Lord
Words & Music by: Mona Bagasao Crane
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Peanut-Safe Schools



Why has my child's school asked me to avoid sending peanuts or peanut products for lunches and snacks?

Most likely, there are children in the school with a peanut allergy. Your child's school is trying to become "peanut-safe" for a very important reason. A peanut allergy is usually severe and can be fatal. Even tiny amounts of peanut residue on desks or books can cause someone with a peanut allergy to have a strong reaction. Without treatment the person could die within minutes. That's why your help and cooperation are very important. The most important thing you can do is avoid sending any foods from home that may contain even traces of peanuts or peanut products.

To Avoid Sending Peanuts or Peanut Products...

- Read labels to see if peanuts or peanut products are present. Also avoid products that have warnings such as 'may contain traces of nuts' on the package.
- Check ingredient lists each time you buy a product. Ingredients may change!
- Avoid products that do not carry a list of ingredients.
- Avoid packing "bulk foods" – the scoop you used in the raisins may have just come from the peanut bin!

These words in an ingredient list indicate the presence of peanuts:

- mixed nuts
- ground nuts
- goober peas
- goober nuts
- beer nuts
- artificial nuts
- peanut oil
- peanut flour
- peanut meal
- peanut protein
- peanut butter
- mandelona nuts
- nut meats
- arachis oil
- valencias
- cacahouette

Are nuts safe for a person allergic to peanuts?

People allergic to peanuts are not necessarily allergic to nuts. Although many people think of peanuts as a nut, they are actually part of the legume family. 'Nuts' usually refers to tree nuts like almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts. But be cautious because a pack of almonds (or any other type of tree nut) is not necessarily peanut-free. Tree nuts that are packaged in a place that also packs peanuts may contain traces of peanut. Read the label on all packaged food to make sure it does not contain peanut ingredients.

Can I send a sandwich made with a peanut butter substitute to a peanut-free school?

There is some debate about whether or not to allow peanut butter substitutes at a peanut-free school. Some of these new products are peanut-free and therefore are safe for a person with a peanut allergy – read the label to be sure. The concern is that since these products are made to look like peanut butter it's hard to tell the difference between real peanut butter and the substitute and that can pose a risk for allergic kids. Check with your school before sending a peanut butter substitute with your child.

Labels sometimes say “May Contain Traces of Peanuts and/or Nuts”.

What does that mean?

It means that even if the food does not have peanuts in it on purpose, it may have come in contact with peanuts and it is not safe for a person with a peanut allergy. A product might come in contact with peanuts if it's made in a place that also makes other products that do contain peanuts.

Currently, food manufacturers are not required to put this statement on the label. However, the Canadian Food Inspection Agency strongly encourages manufacturers to make a statement in the ingredients list if peanut is in the food as an ingredient or as a component of an ingredient.

If a product has “Peanut-Free” on the package is the product really peanut free?

It probably is but there are no guidelines or regulations that manufacturers must follow to put “peanut-free” on the package. Even if this notice is on a package it's wise to read the label.






My child enjoys peanut butter sandwiches. What do I make for lunch now?

If peanut butter is one of your child's favourite foods, you may feel some despair about what else to offer for lunch. However, most kids want to help their classmates and readily agree to give up their peanut butter sandwiches. Here are some peanut-free lunch and snack ideas to get you started. They're easy to make and can be inexpensive too.

Adapted with permission from materials produced by the Halton Regional Health Unit and Toronto Public Health. Distributed by the Perth District Health Unit. June 2006

For more information about food allergies, lunch and snack ideas, please contact Oxford County Public Health & Emergency Services 519-539-9800, Ext 3457

Sample Peanut Butter-Less Menus

Monday <ul style="list-style-type: none">▪ Sliced meat, cheese and lettuce in a pita▪ Carrot sticks▪ Orange slices▪ Milk 	 Tuesday <ul style="list-style-type: none">▪ Cold hard boiled egg▪ Celery stuffed with soft cheese▪ Raisin bran muffin▪ Milk pudding▪ Fruit juice
Wednesday <ul style="list-style-type: none">▪ Crackers with cheese cubes (or cheese slices) and sliced cold cuts▪ Cucumber slices▪ Canned fruit (in juice) 	 Thursday <ul style="list-style-type: none">▪ Leftover pizza slice▪ Green pepper rings▪ Yogurt▪ Fruit juice
Friday <ul style="list-style-type: none">▪ Bagel with cream cheese▪ Vegetables and dip▪ Fresh fruit▪ Milk 	

Plus ... Snack Ideas!!!

- Yogurt mixed with fruit
- Milk puddings
- Fruit cups (canned in juice)
- Any fresh fruit or vegetable
- Celery sticks stuffed with soft cheese
- Cheese and crackers
- Whole grain cereal or muffins
- Half bagel with cheese
- Juice box – vegetable or fruit
- Popcorn (for older children)
- Mini carrots with dip
- Sliced meat wrapped around cheese sticks
- Hard boiled egg
- Mini pitas stuffed with cheese or hummus
- Mini bagels with cream cheese and cucumber slices
- Nachos and salsa
- Yogurt drinks