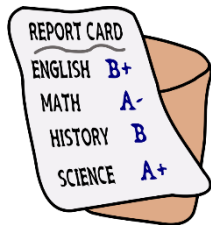




Thank you for a wonderful day of Progress Conversations on October 23! Excellent attendance meant that Ms Benson and Mr. Sobie were able to get to know parents better. We appreciate the support of all the Meadow Lane parents – working as a team will ensure that students get the best education possible. It was especially great to see so many dads come out! It sends a strong message that what happens in school is important and worth not only students' time, but yours as well.

Ms Benson has ordered shoe boxes from Samaritan's Purse so we can continue to support this important ministry. Please plan to have all shoe box donation items at the school by Thursday, November 7 so we can get the boxes ready for pick up by the organizers in time to be sent out to needy children.



Report cards will be sent home on December 10. You know what that means – November will be full of assessments! Please make sure your students are getting proper rest so they can demonstrate their best learning. Concentration, memory, and mood are all affected when we are tired (teachers included). Remember that going to bed is not a punishment! 😊

## A Recipe for Friendship

*From the Guidance Counsellor:*

*The theme for October's Guidance lesson was friendship. Back to school is a good time to talk about traits of good friends and how to make and keep friends. We discussed how having friends make us feel and how we would feel without them. We looked at ways to resolve problems that sometimes arise with our friends. We will continue to explore this theme next month as well.*

**You will need:**

- ♥ a pinch of happiness
- ♥ 1 handful of kindness
- ♥ 2 spoonfuls of gentleness
- ♥ 1 litre of sharing
- ♥ a teaspoonful of helpfulness
- ♥ 3 heaped tablespoons of laughter
- ♥ 50g of smiles
- ♥ a sprinkling of cheerfulness
- ♥ 100g of love



**Method:**

Mix all these together. Then you will have the perfect friend.

