



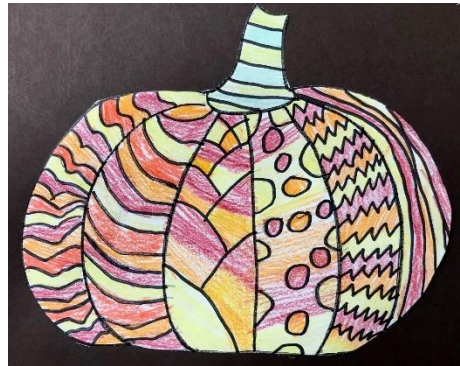
# ROCK LAKE OCTOBER NEWS



## Classroom news:

- Grade 8 and 9 students have been hard at work on a Christmas newsletter that will be sent out to all families in December.
- The early years students are learning about citizenship, what it means to be a good citizen and the rights and responsibilities of Canadian citizens. The high school students are on a similar but more in-depth study of citizenship and the Charter of Rights and Freedoms.
- Kindergartens have been busy learning some new songs and rhymes and have been learning to print, recognize and say the sounds of the letters a, m, s, t, p and f. They have really been enjoying the book *Going on a Bear Hunt*.
- The middle years Science class has been discussing the diversity of life including topics such as vertebrates and invertebrates and classifying animals into groups.
- The early years students had some fun with pumpkins- counting seeds, weighing, measuring, making pumpkin slime and best of all eating pumpkin seeds!





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.

## A Recipe for Friendship

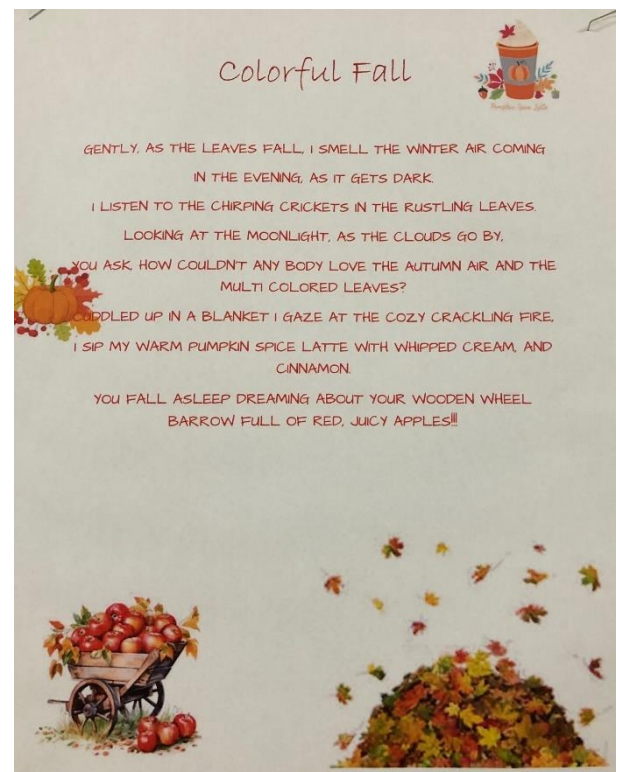
### You will need:

- ♥ 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.



Dates to Remember:

Progress Conversations: Nov.1

No school: Nov. 8 & 11