



*November
Newsletter*



Carpathia School

A Message From Mrs. Manness

Fall is well underway as we begin November. We hope our community enjoyed Thanksgiving and Halloween during the month of October. As the weather gets colder, please make sure children are dressing for it. If the temperature reaches -27 with or without the windchill, then students remain inside for recess.

Teachers will be busy working on report cards during the month of November and report cards will go out to parents on November 13. Our Parent-Teacher-Student Conferences will be after school on Thursday, November 16 from 3:30 to 8:00 pm as well as on Friday, November 17 during the day from 9:00 to 12:00 pm. More information on how to sign up for a time to meet with your child's teacher will be coming to you during November from the teachers.

Construction is moving very nicely with the anticipated project ending date being November 2023. We look forward to having access to all areas of the school! We thank you for your continued flexibility as they put on the finishing touches.

Enjoy the beautiful fall weather and be safe.

MS. BELL'S COUNSELLING CORNER



Age 9-18 Free Music Lessons



This program starts on Oct 17 but will be ongoing, free, and drop-in!

Announcing...A new partnership between the West End Cultural Centre and Music Equals!

Beginning on October 17, 2023, Music Equals will become a co-presenter of the Tune-in Music Program, along with the West End Cultural Centre. The Tune-In Music Program offers free drop-in music instruction on the guitar, bass, drums, voice, and songwriting for youth ages 9-18. Professional musicians provide two hours of instruction and mentorship twice a week (Tuesday & Thursday, 4-6 pm) with all instruments provided. This is a great opportunity for participants to try out a new instrument or focus on one that they're interested in!

(No worries if you can't make it this week on short notice.)



Join Us... 

For our
Remembrance Day
Assembly

November 10,
2023 at 11:00
in the
gymnasium



News From Room 137...

In room 137 we have been working on building a caring and compassionate classroom. We worked on the 'Respect for diversity' program where we learned about the brain and its functions and that everybody is smart in some way or the other. We learned about Multiple intelligences and that we can be Nature smart, People smart, Self smart, Music smart, Word smart, Number smart, Picture smart and Body smart. We also explored career opportunities according to our MI's. In short we learned that we need to respect and accept each other and share our talents and strengths with others and work on our stretches.

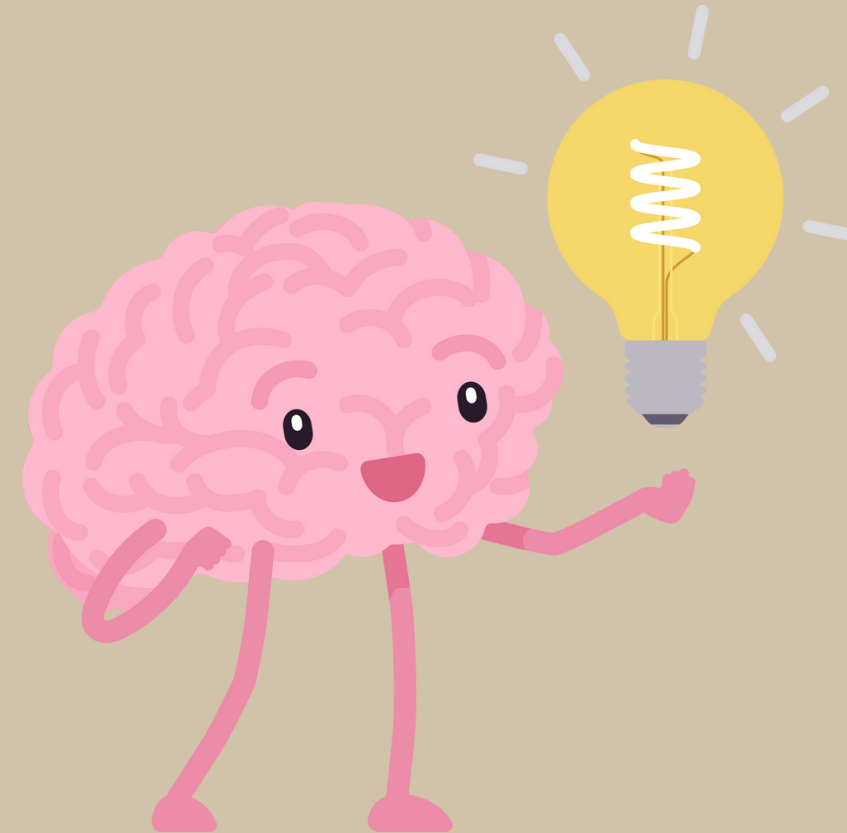
THE BRAIN

Let me tell you about the brain. The brain controls how you think and feel, how you learn and remember, how to move and talk. This three pound organ is the seat of intelligence, interpreter of the body movement, and controller of behavior. The brain is a complex organ that is in charge of thought, memory, emotion, touch, motor skills, vision, breathing, temperature, starvation and every process that regulates the body. Water gives the brain energy to function including thoughts, memory processes and senses.

Hope you've enjoyed this.

By Johar

The Brain
I'm Nature smart and Picture smart. I like to plant flowers. The flowers I like to plant are roses, draw cats and I like to imagine the clouds as different objects. In the future I would like to own a greenhouse and sell my flowers. The brain has three main parts; the cerebrum, cerebellum and brainstem. Your brain contains billions of nerve cells arranged in patterns that coordinate thought, emotion, behavior and sensation.
by Miley



Did you know that the brain is made up of sixty percent of fat? Our brain isn't fully formed until you are 25 years old. Did you know that at 4 years old your spinal cord stops growing? It's only a myth that you only use 10 percent of your brain. Why do our brains have 80 percent water? You probably have some questions about your brain?

By Jamie

The Brain

The brain is a vital part of the human body that we can't live without. Let me tell you about it.

Our brain controls nearly everything that we can do! The brain is split into different parts that do different jobs to help us breath, talk, walk, etc. So I am going to tell you about the different parts of the brain and what they do. The frontal lobe is the one of 2 upper parts of the brain. The frontal lobe controls stuff like movement, memory, speaking, and other things too.

The next part of the brain is the parietal lobe. The parietal lobe is the 2nd upper part of your brain and it controls reading, knowing right from left, and other things too.

The temporal lobe is in the middle part of your brain. The temporal lobe controls your ability to understand language, hearing and other things.

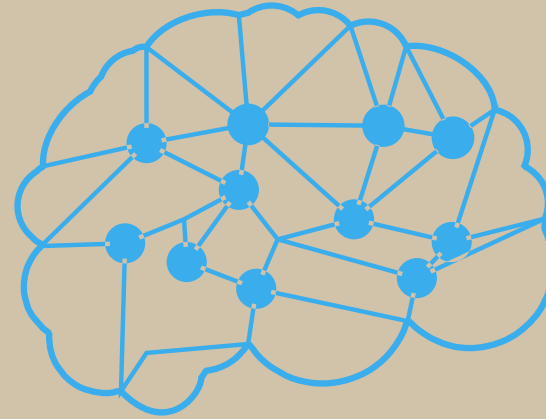
Your occipital lobe is also located in the middle of your brain. The occipital lobe controls your vision and vision reception and interpretation.

Your cerebellum is at the lower region of your brain and controls your balance and coordination.

Your brain stem is the last part of your brain and is one of the most important parts of the brain! The brain stem is at the very bottom of your brain and it controls your consciousness, sleep, digestion, breathing, body temperature, heartbeat, blood pressure, and swallowing.

Those were the parts of your brain! I hope you learned something new from this.

By Chase



The Brain

Would you like to know all about the brain? Ok, then let's get going!

First I'll tell you about its two parts. The brain divides into two parts, the right and left cerebral hemispheres. The right cerebrum and left cerebrum are connected by the corpus callosum.

The brain consists of 5 different parts, the frontal lobe, the parietal lobe, the occipital lobe, the temporal lobe and the spinal cord. First let's talk about the frontal lobe. The frontal lobe is one of the five lobes of your brain. It is the largest lobe of the brain, it is also one of the most common parts to get injured.

The parietal lobe is behind the frontal lobe separated by the central sulcus. Areas in the parietal lobe are responsible for integrating sensory information, including touch, temperature, pressure and pain.

Separated from the frontal lobe, the temporal lobe also has parts dedicated to process information, very important for hearing, learning languages, and forming memories. The temporal lobes sit behind the ears and are the second largest lobe.

Meanwhile the occipital lobes sit at the very back of your head and are responsible for controlling your vision. It helps you see movement and color. If your occipital lobe gets damaged you may become color blind.

The spinal cord carries messages back and forth in the brain and the nerves that run throughout the body. The spinal cord is an extension of the nervous system, which is the brain and spinal cord.

Isn't the brain a complex organ to learn about?

By:Polina. G

Facts about our brain

Let me tell you about some fun facts about our brain.

The average adult human brain weighs three pounds and has a texture like a firm jelly.

Every time your heart beats, your arteries carry 20-25 percent of our blood to the brain. Every time you recall a memory or have new thoughts, you create a connection in the brain. Did you know there are 100 billion neurons (nerve cells) in the brain, but they make up only 10 percent of the brain. Also these neurons branch out 100 trillion plus trigger points, forming what experts call a neuron forest. Isn't that interesting?

Our brain has three most important parts: Prefrontal-Cortex, Amygdala and Hippocampus. Prefrontal-Cortex helps us remember math, books that we like, films etc. Amygdala saves us from danger, it makes us freeze, fight or run away.

Hippocampus saves our memories that we had before. Cool right! The left side of the brain controls the right side of our body and the right side of our brain controls the left side of our body. What a crisscross? Did you know that names of people at a party are the hardest things for our brain to remember? Also, if we want to have our brain healthy, we should do some exercise like soccer, swimming and playing. Don't get hurt in the brain stem because it is the most dangerous part of the brain. Injuries to the brainstem can be very serious and life threatening. The brainstem is located in the back bottom portion of the head, which is responsible for breathing, heart rate, and sleeping cycles. I hope you learned something new that you didn't know about the brain.

By Oleksandr

PATROLS



Co captains Connor and Izzy have taken on the roles and responsibilities for positively leading their squads to an all-time Carpathia Standard High! I am proud of their efforts, hard work and dedication to making sure that each squad member feels like a vital part of something amazing this year! There is no doubt in my mind that they are the future leaders of some spectacular endeavors! Wonderful leadership and a HUGE HUGS and THANK YOU, Ms. Bell 😊

November Dates to Remember:

9 - Picture Retakes

10 - Remembrance Day Assembly

13 - Report Cards Sent Home

16 - Tri-Conferences (4:00 - 8:00)

17 - No School/Tri-Conferences (9:00-12:00)

28-30 - Hearing Screening