Frank L. Bowser School

NOVEMBER

class newsletter



DATES TO KNOW

Nov. 2 – No school for students

Nov. 3 – Used book sale
5:30 pm- 7 pm

Nov. 11 – Remembrance Day
(No school for all)

Nov. 20 – No school for students

Nov. 27 - Pocorn Day

REMINDERS

As the weather gets colder, please ensure your child comes to school dressed for the conditions with a coat, hat, and mittens/gloves.

Students should also bring a refillable water bottle each day and include any utensils needed for their lunch.

Thank you for helping your child come prepared for a successful day at school!

CELEBRATING OUR DIVERSITY

As part of our ongoing commitment to celebrating the diverse backgrounds of our students, we continue to highlight countries from around the world throughout the year. Students learn about each country's culture, traditions, landmarks, and contributions through newsletters, announcements, and flag displays. This fall, we celebrated India in September and Ukraine and the Philippines in October.

These celebrations help foster cultural understanding, inclusion, and global awareness within our school community. At the end of this newsletter, you will find the country newsletters that have been shared so far. We would like to extend a special thank you to Ms. Paige Lean, our Education Support Teacher (EAL), for creating these informative and engaging resources for our students and families.

STAY CONNECTED

We encourage all families to visit and subscribe to the school website at https://flb.nbed.ca/ to stay informed about upcoming events, important announcements, and school news throughout the year.

NUMERACY PRACTICE

Strong math skills develop through regular practice and meaningful real-life experiences. You can support your child's math learning every day by:

- Counting and comparing objects around the house
- Playing card games, dice games, and board games
- Talking about time, schedules, and calendars
- Estimating costs and making calculations while shopping
- Measuring ingredients when cooking or baking
- Exploring fractions, decimals, and multiplication facts in real-world situations

Encourage your child to explain their thinking by asking questions such as, "How did you figure that out?" or "Can you show me another way?"

Just a few minutes of math conversation each day can help build confidence, problem-solving skills, and a positive attitude toward mathematics.



LITERACY PRACTICE

Reading together for just 15–20 minutes each day can have a big impact on your child's literacy development. As you read, encourage your child to talk about the story by asking questions such as:

- What was your favourite part?
- Who was your favourite character and why?
- What do you think will happen next?
- How would you change the ending?
- Can you invent a completely new ending to the story?

These conversations help build comprehension, vocabulary, creativity, and a lifelong love of reading.

November Reading Challenge: Find a cozy spot, grab a blanket, and enjoy a good book together as the weather gets cooler.

MABEL'S LABELS FUNDRAISING

Support our school and keep your child's belongings organized! Mabel's Labels offers durable, waterproof personalized labels that are perfect for water bottles, backpacks, shoes, clothing, and more.
To support our fundraiser, visit campaigns.mabelslabels.com, select Frank L. Bowser School, and place your order. Your labels will be shipped directly to your home.
Thank you for your support!

INDIA

A country of many people, languages, and traditions

India is a country with many different cultures, languages, traditions and communities. There is so much to discover!



LANGUAGES

India has 22 official languages and hundreds more. Your classmates might speak Hindi, Tamil, Bengali, Punjabi or another language at home.

नमस्ते (Namaste)

வணக்கம் (Vanakkam)

নমস্কার (Nomoshkar)

ਸਤ ਸ੍ਰੀ ਅਕਾਲ (Sat Sri Akal)



PEOPLE & CULTURE

- India has more than 1.4 billion people – that's over 1/6 of the world's population!
- Indian mathematicians made important contributions to the development of zero and the number system.
- India has a rich history of contributions to games, textiles, medicine, science, art and more.



DIWALI

Diwali, also called Deepavali, is a festival of light's celebrated by many people in India and around the world. Families and communities celebrate in different ways, including lighting diyas, sharing food and spending time together.

FOOD

Indian food is different in every region. You might try:

- rice and flatbreads like naan and roti
- lentils (dal)
- spices like turmeric, cumin and cinnamon
- treats like samosas, biryani and sweet mango lassi



In some Indian food traditions, people enjoy eating with their right hand. Other people use spoons, forks or other utensils.







AMAZING ANIMALS



Bengal tiger (India's national animal)



Indian elephant (smaller ears than African elephants)



Peacock (India's national bird, with a giant colorful tail)



One-horned rhino lives in tall grass



King cobra – the world's longest venomous snake

INDIA'S FLAG



India's flag has three horizontal bands:

- Saffron (top) – courage and sacrifice
- White (middle) – peace and truth
- Green (bottom) – faith and fertility

In the center, a navy blue Ashoka Chakra – a 24-spoke wheel representing the eternal wheel of law and progress.



From the Himalayas to the beaches, from busy cities to quiet villages, India is a land of incredible diversity, kind people and unique traditions.



UKRAINE

A country of many people, languages, and traditions

Ukraine is a country in Eastern Europe, with a long history, unique traditions, and a bright future.



LANGUAGES

Ukrainian is the state language of Ukraine. Ukraine is also home to people who speak other languages, including languages of national minorities. Many Ukrainians also speak English and other languages.

Привіт (Hello)

Доброго дня (Good day)

Дякую (Thank you)



Ukrainian people come from all regions of the country, including big cities, small villages and rural areas.

PEOPLE & CULTURE

- Ukraine has a population of over 40 million people.
- People come from many different backgrounds, regions and communities.
- Ukrainian culture includes rich traditions in music, dance, art, literature, food and family life.
- Ukraine is home to many different communities, including Ukrainian, Russian, Crimean Tatar, Jewish, Polish and others.



FOOD

Traditional Ukrainian food includes:

- Borscht (beet soup)
- Varenyky (dumplings)
- Holubtsi (stuffed cabbage rolls)
- Deruny (potato pancakes)
- Pampushky (garlic buns)

TRADITIONS

- Ukrainians celebrate many holidays and traditions, like Christmas, Easter and Independence Day (August 24).
- They wear traditional clothing called vyshyvanka, which features beautiful embroidery. (Not everyone wears it every day, but it is an important part of the culture.)
- Music, dance and folk festivals are also important parts of Ukrainian life.





Pysanky (decorated eggs) are a traditional art form.

MUSIC & DANCE



Ukrainian music and dance are full of energy, expression and pride. The bandura is a traditional string instrument, and folk dances like the hopak are well known around the world.

ART & LITERATURE



Ukrainian art is known for its beautiful folk art, iconography, and vibrant colours. Ukraine has also produced many famous writers, poets and artists.

DID YOU KNOW?

Ukraine is home to many different communities and cultural traditions. Its UNESCO heritage includes Ukrainian borscht, pysanky (decorated eggs) and Ornek, a traditional ornament and knowledge system of the Crimean Tatar people.

AMAZING ANIMALS



European bison



Eurasian lynx



Brown bear



White stork



Golden eagle

Ukraine is home to forests, mountains, rivers, wetlands and grasslands that support many different species.

THE FLAG



The blue and yellow flag represents the sky, peace, wheat and prosperity.



From the Carpathian Mountains to the Black Sea, Ukraine's landscapes are breathtaking and full of natural beauty.



Ukraine is made up of many people, languages, traditions, and stories. Each person's experience is unique and valuable.

Teachers: Use this poster as a starting point to learn more about Ukrainian culture and the experiences of Ukrainian people in our community.

PHILIPPINES

A country of many people, languages, and traditions

The Philippines is a beautiful island nation in Southeast Asia, with a rich history, warm people, and a vibrant culture.



LANGUAGES

Filipino (based on Tagalog) is the national language, and English is also widely used. The Philippines is home to over 170 different languages and dialects!

Kumusta? (Hello)

Salamat (Thank you)

Magandang araw! (Good day)



PEOPLE & CULTURE

- The Philippines is home to over 110 million people.
- It has a mix of Indigenous, Malay, Chinese, Spanish and other cultures.
- Family, respect and community are important values.
- Filipinos are known for their kindness, resilience and strong sense of togetherness.



FOOD

Filipino food is a delicious blend of flavours and cultures!

Popular dishes include:

- Adobo (marinated meat)
- Sinigang (sour soup)
- Pancit (noodles)
- Lumpia (spring rolls)
- Halo-halo (shaved ice dessert)

TRADITIONS

- The Philippines celebrates many holidays, including Christmas, Sinulog Festival, and Feast Days.
- Music, dance and festivals are an important part of Filipino life.
- The Barong Tagalog (for men) and the Filipiniana (for women) are traditional formal clothing.





Festivals, food, music and family bring people together and celebrate Filipino heritage.





AMAZING PLACES

- El Nido (Palawan)
- Banaue Rice Terraces
- Chocolate Hills (Bohol)
- Mayon Volcano (Albay)
- Beautiful beaches and over 7,000 islands!



THE FLAG



The Philippine flag has three colors and a sun with eight rays and three stars.

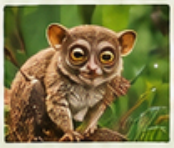
- Blue – peace and truth
- Red – courage and bravery
- White – freedom and equality
- Yellow – the sun (life and hope)

The sun has eight rays, representing the country's original 8 regions (now 17 regions).

AMAZING ANIMALS



Philippine eagle (national bird)



Tarsier (national animal)



Whale shark (marine life)



Green sea turtle (marine life)

The Philippines is home to unique plants and animals, both on land and in the ocean.



From the mountains to the beaches, from the cities to the islands, the Philippines is a land of opportunity, beauty and diversity.