

Covey Comment:
 “Most of us spend too much time on what is urgent and not enough time on what is Important.”



WALK-A-THON

‘Stepping Towards Excellence’
 FRIDAY, OCTOBER 26, 2018

GRAND PRIZE: Lenovo Laptop Donated by The Amoury Co.			
	Foundation Years	Primary Years	High School
1st Runner Up	Bicycle (Kelly’s)	Bicycle (Cycles Unlimited)	Gift Certificate for Travel
2nd Runner Up	Amazon Fire HD8 Tablet (DC Technology)	Amazon Fire HD8 Tablet (DC Technology)	2 Round Trip Tickets (Bahamas Ferries)
3rd Runner Up	\$100.00 Gift Certificate (The Sports Centre)	\$100.00 Gift Certificate (The Sports Centre)	\$100.00 Gift Certificate (John Bull)

Get ready... Get set... Go.....

Our Annual Walk-A-Thon is here again and will take place on, Friday, October 26, 2018! To those parents who assisted us last year, we would like to thank you and we look forward to your support this year! To our new parents, we welcome you and encourage you to assist your children in raising money for their school. We also invite you to join us on Walk-A-Thon day as volunteers and participants. Funds raised from this event are used to support campus development projects.

Sponsor sheets have been sent home and additional sheets are available at school offices. We are asking each student and staff of QC to ask friends, family and neighbours to sponsor their walk. Those who bring in sponsor money by **Friday, October 19, 2018** will be eligible for prizes.

We look forward to your full support of our 2018 Annual Walk-A-Thon as we walk and work together to provide the best educational experience for our children. Your participation in this event is extremely important and greatly appreciated. Let us make this year’s Walk-A-Thon the best one yet!

Remember on the day of the Walk-A-Thon ...

Students should eat a healthy breakfast, wear sun block, a hat and comfortable sneakers. Water will be provided along the route; however, you may bring your own. Dress code regulations will be issued by each section of the school.

9:00 A.M. – HIGH SCHOOL (GRADES 7-12)

Leave QC Campus. North on Village Road to Shirley Street, west on Shirley Street to Church Street, north on Church Street to East Bay Street, crossing onto The Sir Sidney Poitier Bridge, ascending The Sir Sidney Poitier Bridge to Paradise Beach Drive, east on Paradise Beach Drive to the round-a-bout traffic circle, revolving south to The Old Paradise Island Bridge, descending The Old Bridge to East Bay Street, east on East Bay Street to Montagu Beach, circling the beach access ramp to Village Road and south along Village Road, returning to commencement site.

9:30 A.M. – PRIMARY YEARS (GRADES 3-6)

Leave QC Campus. North on Village Road to Shirley Street, west on Shirley Street to The Harbour Bay Shopping Centre, advancing north along the access way to East Bay Street, east on East Bay Street to Village Road, and south along Village Road, returning to commencement site.

9:45 A.M. – FOUNDATION YEARS (EARLY LEARNING CENTRE – GRADE 2)

Leave QC Campus – North on Village Road to Montagu Beach, north along beach loop, moving back to Village Road and south on Village Road, returning to commencement site.

FALL BREAK— Our Fall Break is scheduled for **October 29 to November 02, 2017**. School will close on **Friday, October 26, 2018 at 12:00 Noon** after the Walk-A-Thon. **School reopens for all students on Monday, November 05, 2018.**

THANKSGIVING SERVICE & WALK-A-THON PRIZEGIVING/CANNED GOODS—Our Annual Thanksgiving Service/Walk-a-thon prize giving will be held on **Friday, November 23, 2018 at 1:00 p.m.** in The Geoffrey Brown Auditorium. **All students are asked to bring in canned goods which will be distributed to needy persons beginning Monday, November 05, 2018.** Let us help those who are less fortunate than ourselves.

From the Foundation Years (Reception - Grade 2) . . .

‘WAYS TO MAKE EVERY LITTLE COMET SHINE...’ HEALTHY FOODS, HEALTHY BRAINS AND BODIES. DID YOU KNOW? Without adequate vitamin intake, you may feel lethargic, be vulnerable to infection and develop other serious complications that can endanger your health and life. A deficiency in B vitamins can lead to permanent nerve damage and anemia with too little vitamin C, your body can't produce collagen, the primary tissue in the body. In severe cases of vitamin C deficiency, people develop scurvy, characterized by muscle and joint pain, fatigue, spongy and swollen gums and red spots on the skin. Vitamin D deficiency causes rickets in children, which manifests as bone pain, deformations and poor growth and may contribute to poor bone health in adults, as well as high blood pressure, some cancers and autoimmune diseases.

A diet rich in a variety of **fresh vegetables, fruits, fortified dairy, whole grains, dried beans and lentils, and lean meat and fish helps you to get all the vitamins you need.** Whole foods, rather than a supplement, provide an optimal synergy of compounds that your body absorbs and uses. **Vitamin B6 is important for normal brain and nerve function.** It also helps the body break down proteins and make red blood cells. A wide variety of foods contain vitamin B6, including potatoes, bananas, beans, seeds, nuts, red meat, poultry, fish, eggs, spinach, and fortified cereals. If you are unsure if you or your ‘little Comet’ is getting an adequate amount of vitamins, consult with your doctor. Remember, **‘NOT TOO SALTY, NOT TOO SWEET, HEALTHY ORGANIC FOODS ARE GOOD TO EAT!’** Please make sure your ‘little Comet’ has healthy foods and snacks packed daily.

NATIONAL HEROES’ DAY—Monday, October 08, 2018 (Holiday: No School)

PARENTS’ EVENING — “**Evening with the Stars!**” - Thursday, October 11, 2018, at 6:30 p.m. in The Geoffrey Brown Auditorium.

ACTIVITY PACKAGE— Payment for the Activity Package for the 1st Term is due on or before Thursday, October 18, 2018.

PARENT-TEACHER CONFERENCE DAY— Friday, October 19, 2018,

ANNUAL SCHOOL WALK-A-THON —Friday, October 26, 2018.

From the Primary Years (Grades 3 - 6) . . .

T-SHIRT DAY—**October is Cancer Month.** Tomorrow, **Friday, October 05, 2018** students may come to school dressed in Pink or white T-shirt, long jeans and tennis shoes. All school rules will apply. Donation \$3.00.

THANK YOU—We would like to thank all the parents who attended our Back-To-School Evening and the Prefect/Student Leader Installation Ceremony held last week Friday. We are proud of our students.

STUDENT-LED CONFERENCE—This will take place on **Friday, October 19, 2018.** Further details will be forthcoming..

WALK-A-THON—We encourage all students to bring in sponsor money to support the school’s Annual Walk-A-Thon. All Primary Years’ students are expected to participate in the Walk-A-Thon on **Friday, October 26, 2018** and should come to school dressed in official P.E. uniform and where necessary have a cap to wear.

From the High School . . .

SAT—The SAT will take place on **Saturday, October 06, 2018.** Students sitting the examination are to report for registration at 7:30 a.m. as the examination begins promptly at 8:00 a.m. Students are to ensure that they have both their **REGISTRATION TICKET AND A PHOTO ID,** as well as a calculator and at least two No. 2 pencils. A light snack, water or juice, is also recommended.

COLLEGE INFORMATION—Parents of students in Grades 11 and 12 are especially invited to a meeting on **TUESDAY, OCTOBER 09, 2018 at 6:30 p.m.** to receive information on ‘College Preparation’. Also, information on the NCAA and its requirements for our athletes will be shared. The meeting will be held in The Geoffrey Brown Auditorium.

GRADE 10 PSAT—All students in Grade 10 will be sitting the PSAT **on WEDNESDAY, October 10, 2018,** during normal school hours. By now, all students should have paid the examination fee to Mrs. Bowles in the Counselling Centre. Students are encouraged to have a proper breakfast that morning as the examination is timed and breaks are very limited.

GRADUATION CONTRACTS FOR GRADE 12 STUDENTS—Contracts are now available for signing. Parents are reminded to come in and see any member of the Counseling Department to complete the form. We are asking that all contracts be signed by both the parent and student by **Friday, October 19, 2018.**

EDUCATION USA/COLLEGE FAIR-The Counselling Department of Queen’s College, in association with The United States Embassy and Education USA will host a number of colleges and universities during the 4th Annual Education USA Bahamas Fall College Fair. This college fair will take place on **Friday, October 19, 2018 in The Geoffrey Brown Auditorium from 1:00 p.m. to 4:00 p.m.**

SWIM GALA—The Swim Gala is tentatively set for, **Tuesday, October 23, 2018.** Parents wishing to see their child compete are asked to collect a pass from the High School Office before attending the Swim Gala.

PARENT TEACHER CONFERENCE- This will be held **on Wednesday, 24 October, 2018. The day will begin at 8:15 a.m. and will end at 3:00 p.m. The time for Grades 7-9 will be from 8:15 a.m. to 11:15 a.m. and Grades 10-12 from 12:00 Noon to 3:00 p.m. Teachers’ lunch will be from 11:15 a.m. to 12:00 Noon.** On this day, parents will have the opportunity to speak briefly with their child’s teachers. Parents should be prepared to spend at least half a day on campus in order to see as many teachers as possible. Some parents have found it useful to take a day off from work, (vacation day) to ensure that all teachers are seen, especially, where there is more than one child in the High School.

Mrs. Sylvia Beneby, Vice Principal, Head of Primary Years