



Brisbane Public School

October Newsletter

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Principal: Reena Anand Office Coordinator: Jodi McKenzie

Principal's Message

Bienvenue automne! It seems fall is certainly upon us! Please remember to dress your children according to the weather forecast.



This year we are very excited to be continuing with our eco efforts. Our eco team is committed to go green every day, because one small change one day at a time adds up to a world of difference. Passez au vert!

Thank you for your efforts to keep our parking lot safe. Quick pick-ups and goodbyes will help to ensure we can accommodate everyone.

We encourage you to continue to actively participate in your child's education as follows:

- ♦ Volunteer in the classroom, or school events. (sign up online through our school website)
- ♦ Actively support your child's homework, by setting aside a regular homework time and being available for questions.
- ♦ Read to, or read with your child for 20 minutes every day in both English and French
- ♦ Set aside one-on-one time with your child to go over the day's events, or to discuss activities that are coming up.
- ♦ Set a regular bedtime for your child, to give them the best chance to be successful.



Helping Your Child Succeed

"A healthy lunch and snacks provides children with the energy and nutrients they need to grow and learn and play at school."

~ Eat Right Ontario

Cool lunches happen when kids get to plan and make the foods they love to eat. Having children take ownership of preparing lunches is a recipe for success!

Examples of "Cool Lunch Guide"

Starting with the grain

Bagel; Pita bread; Hamburger/ Hot dog bun; Bread; Flatbread/ tortilla; Pasta/ noodles; Rice; English muffin; Muffins; Crackers; Breadsticks.

On top, in between, or on the side

Cheese (shredded, cubed, sliced); Cream cheese; Cottage cheese; Luncheon meat; Hardboiled egg; Leftover chicken or turkey; Canned fish (tuna, salmon...); Tofu; Hummus; Canned beans.

Crunch!

Carrots; Celery; Lettuce; Peppers; Cucumber; Apple; Pear; Strawberries; Oranges; Bananas; Broccoli; Cauliflower; Salsa; Pickles.

Thirst quenchers

Water; Milk, white or chocolate milk; 100% fruit juice; Vegetable juice or cocktail; Yogurt and fruit shakes.

Soccer Intramurals

We have started our soccer intramurals for our Junior students. Students are excited to be involved in the this great opportunity. Thanks to Mlle Bhatia for getting this started for our students!



Lost & Found

Did you label, with a permanent marker, items your child brings to school that could go missing? Our lost and found bins are filling up fast, and it is more likely an item can be returned if you have labeled sweatshirts, coats, lunch bags, backpacks, shoes, etc. All items not claimed in a timely manner will be donated to a charitable organization.

School Buses

For current information on bussing (routes, lates, inclement weather) please visit the website at:

www.stwdsts.ca

Terry Fox Run

We would like to thank everyone who came out or supported the Terry Fox Run on September 28th. It was a special event, and the whole school participated. Special thanks to Ms. O'Shea and Mme Kloosterboer and their team of student leaders for their organization! Terry Fox's remarkable determination and his wonderful achievement were highlighted as an inspiration for us all. As a school we surpassed our goal of \$950 and raised approx. \$980! As a reward for reaching our goal, we will be having a school wide pyjama party **on Friday Oct 9th**. All students can come to school in their PJ's! Bravo Brisbane!! Thank you to the volunteers for joining us.

Cross Country Club

The Brisbane Cross Country team has started up running club at recesses. Students in primary and Junior are all welcome to join the running team at recesses. Thanks to several staff for getting this program up and running for our students! If you have questions, please contact Mrs. Geddes.

Fun Food Fridays

Orders for our fun food Fridays (pizza) have been sent home. Milk



will be available again this year as well. All orders are due to the office **Friday Oct 9th** so please fill out one order for each child if you are interested.

Fall Fair Display

This year's fall display is incredible and we hope you enjoy our roadside display. Thanks to Mme Zumbach, parents and staff for the wonderful display in front of our school sign! The contest for the Fall Fair will be judged this weekend. Bonne chance!



Brisbane's Earth Heroes and EcoSchool Committee

Brisbane's Earth Heroes are off to a great green start to the new school year after obtaining Gold EcoSchool status at the end of last year! Our compost and gardening teams are up and running, with many committed, passionate, hard-working kids and our Local Species Awareness Team is gearing up as well.

The first task of the Local Species Awareness team is to highlight the autumn migration of Red Efts, the tiny juvenile forms of the Eastern Red Spotted Newt. This fascinating species begins its life hatching from eggs in the spring in nearby ponds. They are completely aquatic at this stage of their life, absorbing oxygen using their external gills. They go through a metamorphosis a few months later, absorbing their gills and growing legs, and become the terrestrial, orange, juvenile red eft stage. At this stage, they make the daunting trek right across Brisbane's school yard on rainy autumn days, to the surrounding forest, where they will live for several years. As they approach the metamorphosis into the adult stage, they use the earth's magnetic fields to navigate back to the site of their pond, where they once again transform into an aquatic animal. We want the Brisbane community to know about this amazing species with whom we share our space and to help them on their journey by treading carefully at this time



of year.

After our focus on the Red Eft's migration, the Local Species Awareness team will then engage in an investigation of another local species that could use our

help, still to be chosen. We will then turn our attention back to raising Atlantic Salmon in our school's hatchery for reintroduction to the Credit River and Lake Ontario through the province's Bring Back the Salmon program.

Along with the initiatives mentioned above, we have several others that have been established over the past few years. These include the Litterless Lunch incentive program, Battery recycling, and our newest, the Butterfly Habitat "teaching lab." If you are interested in getting involved in any of these initiatives or potentially sitting on our EcoSchool Committee, please contact Lynn Knapp, at lknapp@ugcloud.ca.

School Council

School Council is a great way to be involved in the school community and make a positive contribution to your child's education. Council meetings are held the second Tuesday of each month. Next meeting is **Tues Oct 13th at 7:15** in the library. All parents are welcome!

Library books

Please remember to return library books.

Upcoming Events



October

8th	Picture Day
9th	PJ day, whole school
9th	Pizza/milk/fundraising orders due
12th	Thanksgiving Day holiday
19th	Dental screening JK/SK gr 2
30th	PD Day (This is a full day PD Day)

Reminders

- ✓ Return Student Insurance forms (accepted or declined)
- ✓ Return Student verification forms
- ✓ Agenda money
- ✓ Return Consent to Share Personal Information Form
- ✓ Sign up via the school website to volunteer
- ✓ Sign up via the school website to be on our mailing list at www.ugdsb.on.ca/brisbane

October's Environmental Theme: PROTECT OUR EARTH

This year we will challenge ourselves to LIVE green every day, because one small change one day at a time adds up to a world of difference. The environmental theme for September is sustainability. 'Sustainability' means protecting our Earth and using Earth's natural resources carefully, like forests, water, minerals, and fossil fuels.

Part of living in a sustainable way is using, buying and eating only what you really need. This saves resources and cuts down on waste too. For example, do you really need a new pencil case or pencil crayons or a brand new eraser every year, or do your old ones still work? Do you throw your leftover lunch items in the garbage at school, or do you take them home and eat them for a snack after school? Do you buy vintage clothing or wear hand-me downs? Do you eat meat every day, or do you eat vegetarian at least once a week, like those who have accepted the 'Meatless Monday Canada' challenge.

To find out how carefully you use the Earth's resources, Google the following words: "zero footprint calculator" and take the footprint calculator quiz. It will tell you how many Earths we would need to survive if everyone lived like you!

Slogan of the month: Sustainability – choosing to live better with less!

Talking About Mental Health!

Welcome to the new school year! My name is Dr. Lynn Woodford and I am the Mental Health and Addiction Lead for the school board. Every month I write a column for school newsletters about mental health and provide strategies and resources for families.

Hope that the transition back to school has been a positive one for you and your family. If your child or youth is experiencing any challenges with the transition back to school, please talk to your child or youth's teacher or administrator.

The UGDSB has many resources available on its website: <http://www.ugdsb.on.ca/> for parents and students to access. To access these resources: click on the Parent tab then click on the Mental Health Tab. There is also a Student tab with a Mental Health tab, which you can share with your children and youth.

Once you are on site, you will find information about local mental health and addiction resources:

- Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHA WWD)
 - To access Addictions, Mental Health (including eating disorders and first episode psychosis) and Crisis Services (Guelph/Wellington for Children/Youth and Guelph/Wellington/Dufferin for Adults) contact:
- Dufferin Child and Family Services (Services for Children/Youth in Dufferin County)
 - To access Addictions, Mental Health and Crisis Services 519-941-1530
 - Talk in Services on Tuesdays 1:00- 7:00
 - 655 Riddell Road, Orangeville
 - <http://dcafs.on.ca/>

There is an Access to Mental Health Resources document that provides more details about counselling and supports in Guelph Wellington Dufferin.

There are also links to useful websites with information for parents about mental health and addictions such as:

- Kids Help Phone (1 800 668 6868) www.KidsHelpPhone.ca provides phone and web counselling for youth under the age of 20. Support is free, 24/7, anonymous and confidential.
- The ABCs of Mental Health <http://www.hincksdellcrest.org/ABC/Welcome> provides information related to different mental health concerns, according to developmental ages.

Hope these resources are helpful for you and your families. Hope you have a wonderful fall!

Chromebooks in your public library!



Upper Grand students can now get a Chromebook to do assignments after school, evenings and Saturdays



Supporting Your Child in Math

Everyday children go about their daily lives exploring and discovering things around them, and by doing so they're exposed to the world of mathematics. And since mathematics has become increasingly important in this technological age, it is even more important for our children to learn math at home, as well as in school.

Attitude is Important How do you as a parent feel about math? Your feelings will have an impact on how your children think about math and themselves as mathematicians. Take a few minutes to reflect on these questions:

Do you think everyone can learn math?

Do you think of math as useful in everyday life?

Do you believe that most jobs today require math skills?

If you answer "yes" to most of these questions, then you are probably encouraging your child to think mathematically. Positive attitudes about math are important for your child's success.

Mathematics as Problem Solving, Communication, and Reasoning

Helping your child learn to solve problems, to communicate mathematically, and to demonstrate reasoning abilities are fundamental to learning mathematics. These attributes will improve your child's understanding and interest in math concepts and thinking.

A problem solver is someone who questions, investigates, and explores solutions to problems. They stick with a problem to find a solution and understand that there may be different ways to arrive at an answer and attempt different ways to get there. You can encourage your child to be a good problem solver by involving him or her in family decision making using math.

To communicate mathematically means to use words, numbers, or mathematical symbols to explain situations; to talk about how you arrived at an answer; to listen to others' ways of thinking and perhaps alter their thinking; to use pictures to explain something; and to write about math, not just give an answer. You can help your child learn to communicate mathematically by asking your child to explain a math problem or answer. Ask your child to write about the process she or he used, or to draw a picture of how he or she arrived at an answer to a problem.

Reasoning ability means thinking logically, being able to see similarities and differences about math concepts in different domains and make choices based on those differences or similarities. You can encourage your child to explain his or her reasoning behind answers and encourage them to ask themselves, "Does this make sense?" As you listen, you will hear your child sharing his or her reasoning.

Please see below for tips on using Math at home in your daily life.

Blue Jay Fever

Have you caught Blue Jay Fever yet, or are you already thinking about the NHL pre-season? Maybe you're not a sports enthusiast, and instead are busy taking your children to dance, swimming or music lessons. Whatever the case, why not incorporate math into these afterschool activities? Here are some quick and easy connections to share with your children on those early mornings, after school or late night drives that connect math to our everyday lives.

1. Batting average

This number tells fans how many times a player gets a hit compared to the amount of times he gets up to bat. Simple division is used to figure out a batting average. For each game divide the number of hits the player gets by the number of times he is at bat. The answer should result in a decimal answer. (For example: Bautista gets up to bat 8 times, but he only hits 5 times. The equation would be 5 divided by 8 giving a batting average of 0.625.)

2. Staying out of the penalty box

Which fraction is largest: $\frac{5}{4}$, $\frac{4}{3}$, $\frac{3}{2}$ or $\frac{2}{1}$? If the Leafs have a 5 on 4 advantage, and Phaneuf has to decide whether to draw an opponent away from the play, it's important for him to know that $\frac{4}{3}$ is a larger fraction than $\frac{5}{4}$. Math tells us that 4 skaters have a better advantage over 3 than 5 skaters have over 4.

3. Patterns in Music

Musical pieces often have repeating choruses or bars, similar to patterns. In mathematics, we look for patterns to explain and predict the unknown. Music uses similar strategies. When looking at a musical piece, musicians look for notes they recognize to find notes that are less familiar. In this way, notes relate to each other. Relationships are fundamental to mathematics and create an interesting link between music and math. Listen carefully to the music next time. You'll definitely hear the patterns!

4. Swimmably Mathematical

Speed of swim (measurement of distance and time), surface area of palm (area measurement of odd shape), kicking angle of the legs (trigonometry, angle), rhythm of the stroke (sequence, counting, pattern sector), and breathing (volume of air required, space measurement) are all about the math!

5 The Science of Dance

There's the symmetry (between arms and legs, but also between bodies and within a single body), counting, rhythm, momentum, mass, connection, sequence, and shape. Every area of math can be expressed with the human body.

Source: <https://www.google.ca>

Go Math Go! Go Math Go!

Supporting your child with literacy development



Parents are encouraged to read with their children daily. In the French Immersion program, formal English instruction doesn't start until Grade 3. Parents are requested to read to their children in English and practice early literacy reading skills by reading books together, sharing in the joy of literacy.

Some suggestions to help them write for authentic purpose include:

Have them write the grocery list based on what is needed and estimate the amount it will cost

Write a letter to a friend, relative or a note to Mom or Dad or even their teacher or principal

Share reading and make it fun by asking a prompting question like: What do you think is going to happen next?

If your child is a reluctant reader, read a few pages and then have them read a part.



Our board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more.

When students are at home they can go to this URL:

<https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/password they will enter the site and they can then click on any of the resources and be taken directly to the individual resource without the need for any additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid them in their education, and may make your life easier when it comes to homework and projects. We are excited that students will be able to access information from anywhere and at anytime in this information age!

Supporting



School health

Help stop the spread of germs and create a healthier school

To Prevent Illness Consider the Following:

Keep Immunizations Up-to-Date

- Keeping immunizations up-to-date can prevent many serious illnesses. Call ext.4667 for a list of immunizations your child has received or to report immunizations to Public Health.
- Adults need immunizations too.

The flu is more serious for the very young and elderly. They can get the flu from school aged children who don't seem sick but may have a mild case. Get your free flu shot. It protects everyone. Visit www.wdgpUBLICHEALTH.ca to find a flu clinic near you.

Wash Your Hands

While we have vaccines to prevent serious illnesses we do not have vaccines to protect us from the common cold or noroviruses. Teaching children to wash their hands properly can reduce the chances of them getting sick and stop the spread of illness to others.

Everyone should wash their hands before eating and after using the bathroom, coughing and after blowing their nose. Use hand sanitizer when soap and water aren't available.



Noroviruses cause vomiting and diarrhea, and are easily spread to others.

Cover Your Cough and Sneeze

Teach children to cover their cough and sneezes to stop the spread of different illnesses such as colds and flu. Use a tissue or arm to cover the mouth and nose.

Notify Your School When Your Child is Ill or Sick

Your school may be reporting absences due to illness to Public Health to help track illness in the community. When reporting your child's absence to the school please let them know if your child is ill.



Sick? Stay At Home!

When many people are close together such as in schools and classrooms it is easy for illnesses to spread. Children should not be in school with a fever, undiagnosed rashes, vomiting or diarrhea. Children should recover completely before returning to school.



Wellington-Dufferin-Guelph Public Health
1-800-265-7293 | www.wdgpUBLICHEALTH.ca
info@wdgpUBLICHEALTH.ca

Public Health

