



CHES NEWS



Learning to Learn Together

NOVEMBER 2015

A MESSAGE FROM THE OFFICE:

We have been very fortunate with some amazing weather this Fall, and the start of November is no exception. We are looking forward to the sun and warmth in the forecast ahead....and hope it stays much longer.

October was a great month for our Huskies. CHES hosted the Intermediate Soccer Tournament on October 1st—it was a beautiful sunny day, however a little cold at the same time. Our Huskies demonstrated excellent sportsmanship and skill on the field. Thank you to Madame Verge and Mr. Crowley for coaching our Intermediate Soccer team.

On October 6th, CHES was very well represented at the annual Cross Country Run Meet for Dufferin County. Many of our students placed in the top 5 of their divisions. Thank you to all students who participated for representing our school so well. Thank you also to our many coaches: Ms. Sidey, Mrs. Fendley, Mr. Parsons, and Mr. Bannon.

Other extra-curricular activities that took place during October included Volleyball and the Cartooning Club. Thank you to Mrs. Bennington and Mrs. Middlehurst for getting our Volleyball teams up and running, and thank you to Mr. Crowley for hosting a weekly Cartooning Club.

On October 29th we had a wonderful “Boogie” day with students from all classes taking turns demonstrating their amazing dancing skills that they had been practicing. Thank you to Mrs. Marcoux for leading the dances, and thank you to Mrs. Pilch for the dance teams and fantastic decorations. Since we could not do the fund-raising component of our “Boogie” day, we are hoping to host a Dance-a-thon later this year to raise money to support the use of technology at CHES.

Looking forward to a great November!

Sincerely,

Wendy Clarke & Vicky Crandall

Vice-Principal

Principal



CALENDAR OF EVENTS:



- November 2 School Council Mtg. @ 6:30pm
- November 11 Remembrance Day Assembly
- November 13 Picture Retake Day
World Kindness Day
- November 16-20 Bully Prevention Week
- November 17 Camp Quality Compassion
Assemblies (Primary and Junior)
- November 20 Deadline for QSP & Dieleman orders
- November 27 PD Day**

REMINDER:

FRIDAY NOVEMBER 27th IS A PROFESSIONAL DEVELOPMENT DAY. THERE WILL BE NO CLASSES FOR STUDENTS.



End of Day Routines:

- This is a reminder to parents/guardians
- that if you are calling the school to change the end of
- day routine for your child(ren), please do so **prior to**
- **2:30pm**. This is extremely important to ensure that
- we are able to get these changes to your child(ren)
- and their teacher(s) prior to bus loading times.
- Please note that we no longer have “live answer”
- with our phone system. If you need to speak with
- someone right away please press “o”, otherwise leave
- a message. Messages are checked frequently.



Picture Day Photos:

Just a reminder that photo orders are due to the office by November 6th, unless you are ordering prints online.

Please also note that Friday, November 13th is our Picture Retake Day.



Thank You Shelburne Home Hardware:

Another thank you to Shelburne Home Hardware for supporting the work on our garden by the Complex.

CHES SCHOOL COUNCIL

School Council Executive

At the elections held at our September meeting, this year's Executive members were chosen. Your Parent Council Executive for this year is:

- Chairperson: Julie Gordon
- Vice-Chair: Lisa Cullen
- Treasurer: Shari DeAbreu
- Acting Secretary: Jennifer Robertson



We would like to elect a permanent secretary as soon as possible. Anyone interested in getting involved in Council is invited to attend our next meeting and find out more!

QSP

A QSP campaign is coming!! Catalogues and ordering information will be coming home soon for our November QSP Magazine campaign. You could win a trip to **Great Wolf Lodge!** Magazine subscriptions make excellent holiday gifts, and encourage literacy in budding readers, so take time to look through the catalogue... there's something of interest to everyone. Please note, this campaign will accept **ONLINE ORDERS ONLY**.

DIELEMAN'S

Once again this year we will be fundraising with Dieleman's. We had such success last year that we have decided to offer their products again. Information will be coming home along with your QSP information package in early November. As with QSP, Dieleman's orders will be accepted **ONLINE ONLY**; no paper orders will be accepted at the school.

Bag2School

Thank you all for your support of our Bag2School fundraiser. Your generous donations of used textiles totaled 1.13 tonnes, and raised \$226. Way to go CHES!

Interested in finding out more about Parent Council? Do you want to learn more about what goes on here at CHES? Join us for a meeting! Our next few meetings will be: Monday, November 2nd and Monday, January 11th both at 6:30pm in the library. Come and join us! **FREE CHILD CARE PROVIDED!!**

Character Education and Bully Prevention

This month at CHES students will be learning about "Compassion" as part of our Character Education programming. Friday, November 13th is World Kindness Day, and November 16th to 20th is Bully Prevention Week at CHES (and throughout the UGDSB). During Bully Prevention Week students will have the opportunity to see a couple of productions that focus on compassion and bully prevention. They will also be focused on a variety of bully prevention activities in their classrooms.



Talking About Mental Health - Access to Mental Health Services Dufferin-Guelph-Wellington

Here is a quick guide to accessing mental health services in our communities. Hope it is helpful for you and your family.

Mental Health Agencies:

Child and Youth Services in Dufferin

- Dufferin Child and Family Services (DCAFS)
 - To access Addictions, Mental Health and Crisis Services
 - ⇒ Call 519-941-1530
 - Talk in Clinic on Tuesdays 1:00- 7:00, just drop in to access services
 - ⇒ 655 Riddell Road, Orangeville
 - <http://dcafs.on.ca/>

Child and Youth Services in Guelph/Wellington and Adult Services in Guelph/Wellington/Dufferin

- Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHAWWD)
 - To access Addictions, Mental Health and Crisis Services
 - ⇒ Call HERE247 at 1 844 437 3247 (1 844 HERE247)
 - ⇒ www.here247.ca
 - Walk in Clinic for Children/Youth on Tuesdays, 1:30- 7:00, just drop in to access services
 - ⇒ 485 Silvercreek Pkwy, Guelph
 - <http://www.cmhawwd.ca>

Family Health Teams ...

...have counselling supports as well as medical services paid for through OHIP

Dufferin Area Family Health Teams

<http://dafht.ca/>

519-938-8802 ext. 314

Guelph Family Health Teams

<http://www.guelphfht.com/>

519-837-4444

North Wellington Family Health Teams

www.mmfht.ca (Minto-Mapleton); Telephone: 519-638-2110

www.mountforestfht.com (Mount Forest); Telephone: 519-323-0255

Centre Wellington Family Health Teams

<http://uppergrandfht.org/>

Phone: 519-843-3947

East Wellington Family Health Team

<http://www.ewfht.ca/>

Erin: 519-833-9396; Rockwood: 519-856-4611

Talking About Mental Health - Access to Mental Health Services Dufferin-Guelph–Wellington cont'd

Community Support Lines

- Guelph Wellington Child and Youth Sexual Assault Abuse Team (CYSTAT) 519 400 1263
 - ◊ For access to supports, referrals and crisis response for: children who have been sexually abused, children who exhibit sexualized behavior and youth who have sexually offended
- KIDS LINE
 - ◊ 1-800-265-7293 ext. 3616
 - ◊ For referrals, prenatal, parenting and child development questions
 - ◊ Speak with a WDG Public Health nurse
 - ◊ Monday to Friday, 8:45 a.m. - 4:15 pm

Agencies using Variable Fees

- Family Counselling and Support Services (Guelph-Wellington)
 - ◊ No one is turned away due to income or inability to make payment
 - ◊ Walk in Clinic Wednesday, 1-7pm, just drop in to access services
 - ◊ <http://www.familyserviceguelph.on.ca/>
 - ◊ 519-824-2431
- University of Guelph Couple and Family Therapy Centre
 - ◊ <http://www.cftcentre.uoguelph.ca/index.shtml>
 - ◊ Fees range from \$5 to \$75 per hour
 - ◊ 519-824-4120 ext. 56335
- Dufferin-Peel Catholic Family Services
 - ◊ No client is refused services because of an inability to pay
 - ◊ <http://www.cfspd.com/contact.html>
 - ◊ 1-888-940-0584

Private Services (for information purposes)

- College of Psychologists
 - ◊ To find a registered psychologist by city or postal code see: https://members.cpo.on.ca/public_register/new
- Therapists in Guelph
 - ◊ <http://www.theravive.com/cities/on/counselling-guelph.aspx>
- Therapists in Orangeville:
 - ◊ <http://www.theravive.com/cities/on/counselling-orangeville.aspx>

Note: Costs for some services may be provided through Employee Assistance Programs or benefit packages at parents'/guardians' workplaces.

Dr. Lynn Woodford, Psychologist is the Mental Health and Addiction Lead for the Upper Grand District School Board

Follow me on twitter: @drlynnwoodford

Progress Reports:

The Upper Grand District School Board would like to inform parents and guardians that due to the impact of province wide job action, Elementary Progress Report Cards will not be going out as scheduled. Like most public school boards in Ontario, Upper Grand is postponing Elementary Progress Reports, which were scheduled to go out in November. Please stay posted for updates on Progress Reports.

The Board will continue to monitor the situation and provide updates. For updates please visit the UGDSB board website at www.ugdsb.on.ca.



November's Environmental Theme: AIR POLLUTION

Air pollution is a big problem. But we can solve it. Know that all over the world, steps are being taken to stop the damage to our environment from air pollution. Scientists study the damaging effects and make recommendations. Governments write laws to control emissions. Canada has a Clean Air Act. And the good news is that recently Ontario became the first province in Canada to no longer make electricity using coal-fired power plants! Perhaps most importantly, teachers in schools and universities are educating our youth to understand the problem and make a difference.

What are some of the ways we can reduce air pollution? Planting trees is a great way to help filter our air and make it clean. If cars are producing too much carbon dioxide then trees will help convert it back into essential pure oxygen. Also, use a push mower instead of a gas-powered mower, or use a snow shovel instead of a power snow remover. Bike and walk more, and look into purchasing a more fuel-efficient car. If you buy locally produced food, trucks won't need to make as many far away deliveries and use as much fuel. You can even help indoor air quality by growing plants indoors, especially spider plants, the peace lily, or bamboo palms to help take toxins out of the air inside.

Scientists are also working on how to use energy in a cleaner way. For one example, an alternate fuel source that emits fewer greenhouse gases than conventional fossil fuels comes from an unexpected source - vegetable oil! Type "Run Your Car on Vegetable Oil " into Google and find out the pros and cons of this alternative fuel source.

Slogan of the month: Keep our air healthy - plant a tree!

Math Anxiety

M-A-T-H... A four-letter word that can bring on headaches, sweaty palms, stomach aches and/or tears. A four-letter word that can begin a verbal battle and end with wounds. A four-letter word that can be dreaded, leaving one confused and hoping for non-existence. What is it about math that can cause a child to be afraid? Attitudes.

As a parent/caregiver, you are an invaluable partner in your child's mathematical education; you are the first educator in your child's life. Recent research has shown that an adult's feelings about math and what they say can have an impact on how a child thinks about math and themselves as mathematicians.

Below are some verbal tips to help support you in curbing math anxiety in your child:

Instead of...	Try...
"You are so smart!"	"You have worked so hard to learn all those math facts."
"I hated math as a child," or "I was never good at math."	"I am not sure of the math you are working on. Can you explain it to me?"
"Oh, looks like you made a mistake here."	"You made a mistake. That is wonderful! Your brain just grew from the learning that just happened!"
"This problem is way too hard for me to help you with."	"I think you should try this problem without my help. This would be a great opportunity for your brain to struggle so it can grow!"
"Let's see... Joe started with 15, and now he has 5, so what is 15 take away 5?"	"What do you think this problem is asking you? Can you restate it in your own words?"
"That is the right answer. Good for you!" "That is the wrong answer."	"How do you know you are right?" "Does that answer make sense to you? Why or why not?" "Is there another way to solve this problem?" "Explain how you got your answer."
"You are not good at math either, just like me."	"With hard work, you will get better at math. Don't give up."
"You have to learn to know these answers quickly."	"Take the time you need to figure out the answer. It is more important you understand how to get the answer than knowing it quickly."

Words have the power to inspire a child to become the mathematician he/she is capable of being.

Adapted from:

What's Math Got To Do With It? by Jo Boaler

<http://yano.co.uk/2012/05/dont-let-maths-muddle-you-2/>

<https://www.youcubed.org/fluency-without-fear/>



Remember to check out CHES on Twitter:

@CheShuskies

