



CENTRAL PUBLIC SCHOOL

Phone: 519 821-7990 Fax: 519- 821-8270

October 2016 Newsletter



Principal: R. MurrayCako

Office Coordinator: Karen Epps

Principal's Message

It was wonderful to see familiar faces and new faces at Meet the Teacher night.

This month, we look forward to a continued focus on learning and enriched experiences for our students. The Cross Country team continue to practice for their tournament and meet later this month. Office helpers, Kindergarten helpers, student announcers, safety patrollers and "Kids In Action" schoolyard monitors are all on the job.

We will continue to send home the first page of the newsletter and the Monthly calendar. Please check the full newsletter online. The newsletter will be posted on the Central Public School website: <http://www.ugdsb.on.ca/central/>. A hard copy can be obtained by request from the office.

R. Murray Cako
Principal



SCHOOL COUNCIL NEWS

Happy Fall everyone! It's hard to believe September is over. On behalf of School Council, we hope everyone is settling in to the routine of school, in particular families who are new to Central. As a brief introduction, School Council is a group of parents and caregivers (just like you!), a teacher representative, and our Principal who come together with the goal of enhancing our children's school experience. Through committee work we: strive to raise funds in fun and creative ways; re-imagine outdoor spaces to provide green/natural/welcoming/fun places; create a thriving and inclusive community through social events; and encourage communication between all members of the school community. There are many ways you can become involved: on the front lines, or behind the scenes; during the day, evening or weekend; for a one-time event or an on-going basis; and according to your interests and skills. It's a great way to learn about our school, and to make new friends! You are welcome to observe our (almost) monthly meetings (we would love to hear your ideas!), or to become a voting member (commit to attending 6 out of 8 meetings if possible). We are always looking for new faces and new ideas.

Congratulations to our newly elected co-chairs, Jessica Barrie and Angela McHolm. They will chair our next meeting for 2016/17 on **Thursday October 13th at 6:30pm**. Child care is provided. We hope to see you there.

MARK YOUR CALENDARS

- ✓ October 5th – International Walk to School Day, World Teachers' Day, and Patrol Pizza Lunch
- ✓ October 10th – Thanksgiving – No School
- ✓ October 12th – Junior Cross Country
- ✓ October 13th – School Council Meeting
- ✓ October 14th – Picture Day
- ✓ October 17th – Milk Program Begins
- ✓ October 20th – First Pizza Day
- ✓ October 28th – PA Day No School
- ✓ October 31st – Halloween Parade



Next Meeting:
Thursday, October 13th, 2016
6:30pm in the library - please join us!

SCHOOL CASH ONLINE

Parents – Please register for School Cash Online!

School Cash Online is up and running! School related expenses such as milk, SUBS, pizza days, field trips, Spirit Wear, etc. will be available for online purchase. Please take a few minutes to register!

1. Go to this website:
<https://ugdsb.schoolcashionline.com> and Register by selecting “Get Started Today”
2. Complete three registration steps
3. Accept the confirmation email

If you do not have access to a computer or would like help with the registration process, please come to the school office and we will set you up.

MILK and PIZZA PROGRAM



The milk program will be starting the week of October 17th. Pizza will begin Thursday, October 20th and will run every Thursday.

 Information sheets will be coming home the week of October 3rd with additional details.

Please note order deadline is October 11th for first session orders.

PICTURE DAY

The photographers from Lifetouch Canada will be visiting our school for student pictures on **Friday, October 16, 2015**. Watch for order forms to be distributed prior to this date.



FROM THE LIBRARY

September was a busy month in the library. All students now have a library card and should be bringing home library books. Below is a chart indicating the number of books each student is allowed to have out at a time.

JK- Grade 1: 1 book
Grade 2-4: 2 books
Grade 5-6: 3 books



Primary students will be bringing home bookmarks to help remind them of their library day in the five

day cycle. Please mark your child’s library day on your home calendar so that your child can take a new book each week. We are running the **Library Knights** program in grade 1 and 2 classes again this year. Students enjoy getting a stamp each time they return books and home support is essential to make it work! Ms. Brennagh is still looking for parent volunteers to assist students with checking out books and to help with shelving. Please drop by the library or send a note in the agenda if you are interested in helping out in the Library.

Dress Up Day

We will be having a Dress Up Day during the afternoon of Monday, October 31st!



There are options for your child on this day:

- wear orange and black - dress in a costume - wear everyday clothes

If students wish to wear a costume please note the Costume Do's and Don'ts:

Costume Do's	Costume Don'ts
<ul style="list-style-type: none"> - follow the school Dress Code - wear black and orange - dress up as a character from your favourite book or movie - use makeup or face paint - this is to be put on at home before school - make sure you can get your costume on independently - check that your costume is safe (i.e. not too long) 	<ul style="list-style-type: none"> - no masks - no weapons - no violent references

Please note that our younger students may be sensitive to scary images!

After second break the children will have a chance to change into their costumes. It is much easier if the children are able to pull on their costume over the clothing that they are wearing that day in the classroom as we have limited space in the washrooms for a full change of clothing. If your child’s costume requires any special makeup it would be great if you would apply it before coming to school.



Thank you for your support!

Individual Education Plans (IEPs)

Individual Education Plans, or IEPs, are developed by schools when assessments show that a student needs special education programming and/or services. The development of the IEP should be a collaborative process that includes parents and the student (if possible). During the development phase, schools are required to seek feedback through consultation with parents. This is your opportunity to discuss and share information with the classroom teacher and/or special education teacher regarding your child's education. If your child had an IEP last year, you will see a copy of this working document come home within the first 30 school days.

When the IEP is sent home, you will also receive a booklet titled, *Parents' Guide to the Individual Education Plan*. This booklet is a resource to help parents understand how an IEP is developed, what is included in an IEP, and how an IEP supports your child. It also includes definitions and explanations to help parents understand some of the language that is part of an IEP, such as accommodations and modifications.

One more item that will accompany your child's IEP this year is a **Parent/Guardian IEP Questionnaire**. We want to know your ideas about your child's Individual Education Plan (IEP). Your ideas will be used to help us improve the IEP processes in our schools, and help us provide parents/guardians with the special education information they are looking for. Please take a few moments to share your ideas and return the questionnaire to the school office. If you need any help with completing this questionnaire, your child's classroom or special education teacher can assist you.

Talking About Mental Health October 2016 – Promoting Mental Health

Helping kids grow up mentally healthy is an important part of parenting. Here are a few things that CHEO (<http://www.cheo.on.ca/en/Promoting-Mental-Health-parents>) suggests you can do to support good mental health in your children and youth.

1. Put your device down.

When you are with your children and youth, show them that they are more important than your electronic device. Lead by example: **put your own devices aside and spend face-to-face time with your kids.**

2. Listen when they're upset.

When children and youth are upset, they just want you to listen and understand how they're feeling. Try not to jump in with advice or reassurance. **Listen is spelled with the same letters as Silent.**

3. Focus on their strengths.

Support your children and youth's self-esteem by helping them to see their own strengths. **Show that you see and appreciate kindness, empathy and trying hard**, and not just achievements like good grades. For example, "That was kind of you to think of your brother" or "You worked so hard on that and you didn't give up!"

Have a mentally healthy October!

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.
Follow me on Twitter @drlynnwoodford.*

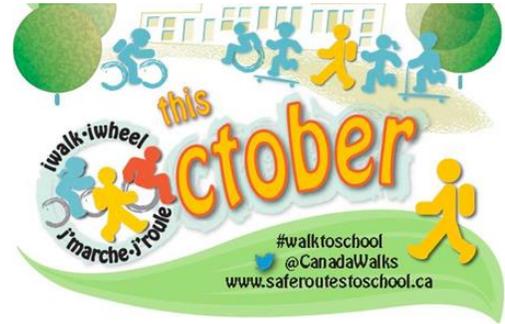


Monthly Environmental Activities to help celebrate our planet OCT 5TH IS INTERNATIONAL WALK TO SCHOOL DAY!

It is vital to teach our children to respect and take care of the environment.

Participate in International Walk to School Day on October 5th 2016!

In October we celebrate active travel by encouraging students to walk or bike between home and school. Walking or cycling to school gets kids outside every day actively enjoying their natural environment. They arrive at school better able to concentrate and learn.



“In the 2015 ParticipACTION Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, the overall grade for Canadian children and youth remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, the grade for Active Transportation remains a D, with only 24% of 5-17 year olds walking/wheeling to school and 62% being driven by parents or caregivers. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.”

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

4 ways that walking or biking to school can benefit kids by Katherine Martinko

- **Walking is known to improve academic performance.** Children arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It's an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote *Last Child in the Woods*, kids certainly aren't spending enough time outside these days. Those few minutes of walking can provide inspiration.
- **Walking provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child's daily routine is a good place to start fighting it.

Urban affairs journalist Christopher Hume says, *“Walking is a reflection of how we feel about the environment in which we live.”* Children will learn to love their town even more if they get to know it on foot. Why not gather a group of friends and participate in Walk to School Day?

Feedback Welcome on Draft Policies and Protocols

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are Public Concerns #215 (closing Sept. 27) and the Police / School Board Protocol for the Investigation of School-Related Occurrences (closing Sept. 30). You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy.

First Nation, Métis, Inuit Self-identification

If your child is a member of a First Nation, the Métis or the Inuit, then please consider having him or her self-identify.

Self-identification helps in several ways:

1. Students will have access to more culturally relevant programming and opportunities for unique cultural and academic experiences.
2. The school system will have an opportunity to focus efforts and resources, as well as an increased awareness of the diverse needs of indigenous families.
3. The school community will have an opportunity for building relationships to increase student success and well being.

Share your pride in your heritage!

Please come to the office (or have your child do so) to get a card that can be filled in and submitted if you wish to self-identify.

Data will be protected and governed by the Freedom of Information and Protection of Privacy Act.

Changing Our Beliefs and Attitudes About Math

Myth of the Math Person

Most people believe that math is one of those subjects that you either “get” or you “don’t get.” This way of thinking cannot be further from the truth; there is no such thing as a math person. Everyone can achieve in any subject with hard work, perseverance, and someone to guide them. The key to shattering this myth is developing a growth mindset in our teachers and students, and a math classroom where students are challenged by engaging problems and supported in their learning.

The Evolving Classroom



“The reason so many people think math is the most difficult is the inaccessible way it is often taught.”¹ When we were math students our math teachers often taught us tips, tricks, and recipes for solving math problems. In the math classes of old there was only one correct solution. We could get the answer if we memorized and followed the teacher’s procedure, but if someone asked us the “why” behind our formula, most of us wouldn’t be able to answer.

Today, teachers are striving for students to have a solid grasp of the “why” behind each solution. This often means that students are encouraged to share a variety of methods and strategies to solve a single problem. By sharing different strategies, teachers can help students see the common thread that connects each solution, thus deepening their understanding of the concept being taught. The teacher’s role is no longer to teach procedures, but to help students make connections and understand the mathematical concepts behind the solutions.

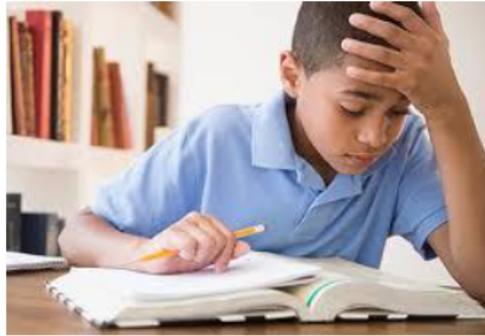


¹ Boaler, Jo. [Mathematical Mindsets](#). Jossey-Bass: 2016, pg 96.

Growth Mindset Homework Help Tips

Let your child struggle with math problems.

- See if they have the perseverance to work through their struggles. We need to break the math myth that we need fast answers to be good at math.



Never let your child hear you say: “I was never good at math.”

- Research studies have shown when parents tell their children they were not good at math, their child’s achievement is immediately affected.²

Ask your child if they can solve a math problem in another way.

- This shows that your child has multiple strategies at their fingertips and they are flexible with their math thinking.

Ask your child to explain the reasoning behind their response.

- “Why did you (add/ subtract/ multiply/ divide)?”
- “What does your drawing represent?”

Online Resources

Parents’ Beliefs about Math Change Their Children’s Achievement -

<https://goo.gl/psL33d>

“We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them.”

TL Talk: The Gift of Failure – Interview with Jessica Lahey - <https://goo.gl/oo7xFc>

“Jessica is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed.*”

How to Learn Math: for Students - <https://goo.gl/OCywaf>

“How to Learn Math is a free self-paced class for learners of all levels of mathematics. It combines really important information on the brain and learning with new evidence on the best ways to approach and learn math effectively.”

² Boaler, J. (n.d.). Parents’ Beliefs about Math Change Their Children’s Achievement. Retrieved September 22, 2016, from <https://www.youcubed.org/think-it-up/parents-beliefs-math-change-childrens-achievement/>

Reminder for Parents: Accidents Happen - Be Prepared with Student Accident Insurance

Parents or guardians are responsible for expenses related to student injuries on school premises during school activities. Accidents can and do happen and the costs involved might not be fully covered by Provincial Health Care or employer group insurance plans.

The Upper Grand District School Board is empowered under *The Education Act* to offer Accident and Life Insurance for students.

Information has been sent home with respect to Student Accident Insurance offered by Old Republic Insurance Company of Canada. You should receive the Director's letter, an Acknowledgment to be signed by parents (and returned to school) and a Student Accident Insurance application form (to be mailed directly to Old Republic). Old Republic offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents or guardians.

Subscription is directly through Old Republic by mail or on line. Questions should be directed to Old Republic at 1-800-463-5437 or www.insuremykids.com.

For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable.

Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board adopted a new policy in June 2016 to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year. Authorization for the collection of this information is in the Education Act. The purpose is to collect and share medical information and to administer proper medical care in the event of an emergency or life-threatening situation. Users of this information may be principals, teachers, support staff, volunteers, bus operators and drivers. This form will be kept for a minimum period of one calendar year. Contact person concerning this collection is the school principal.

Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school.

If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher.

Our school has procedures in place to help manage anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps.

Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

Celebrate
Walk to School



this
October

iwalk-iwheel
j'marche-j'roule

#walktoschool
@CanadaWalks
www.saferoutestoschool.ca

Join students and families across Canada
International Walk to School Day 2016
Wednesday October 5



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October 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 *International Walk to School Day *World Teachers' Day *Patrol Pizza Lunch	6	7	8
9	10 Thanksgiving Day No School	11 Milk and Pizza orders due for first session orders	12 Junior Cross Country	13 6:30 School Council Meeting	14 Picture Day	15
16	17 Milk Program Begins 	18	19	20 Pizza Day  Program Begins	21	22
23	24	25	26 Grade 3/4 and Grade 4 River Run Trip	27 Pizza Day 	28 PA Day No School	29
30	31 Dress Up Day *After second break					