Drayton Heights Public School

75 Wellington St S, Box 40
Drayton, ON, N0G 1P0
519-638-3067

Mr. Jeff Crawford
Principal Ext. 223

Mrs. Nicole Peppler
Office Coordinator Ext. 221

Principal's Message

November is always a month of reflection. This is a theme that will touch on a variety of events both at school, and within our community.

Within our local community as well as our vast country, we take the time to remember the sacrifices made by men and women to ensure that we are able to live in a peaceful nation. Remembrance Day is a solemn time for us to be thankful for the opportunities we have, which have been made possible by the many sacrifices made by others. On Wednesday, November 11th, The primary division in our school will have a solemn assembly to honour the memory and sacrifice of those people who have given so courageously for our benefit. Part of this ceremony will be 2-minutes of silence to pay our respects to the memory of our veterans and their families. Our junior and intermediate students will join our community at the cenotaph, to preserve the memory of our veterans during that Remembrance Day service.

School Council Updates

School Council had its' first meeting on Monday, September 28th, and established fundraising goals for the coming school year. We hope to raise $6000.00 this year, in order to support the following programs for our children;

- Primary Home-Reading Program
- Scientists-In-Schools Program
- Classroom trips
- Technology in classrooms
- EmpoWErment DAY
- Sledge Hockey

We appreciate your support of all School Council events and fundraisers.

We presently have an opening for our school council co-chair. If you are interested in taking on this role, please contact the school office.

Our next school council meeting is Thursday, November 26th, at 7pm in the Library.

November 2015 Newsletter

Visitors to the School

To ensure the safety of our students, we ask that all visitors to our school ***sign in at the office*** with Mrs. Peppler. Throughout the school day, all doors to the school, with the exception of the front doors, will be locked in order to better control access to our building.

Should you wish to meet with your child's teacher, we ask that you please arrange a mutually convenient time to do so. If you are picking up your child at the end of the school day, we ask that you ***please wait for your child outside the school*** for the 3:20PM dismissal bell. This will enable us to get students to their proper bus and dismissal locations.

Thank you for your support and understanding with these safety rules

Arrival and Departure Routines

If there is going to be a change to your child's arrival and/or departure routines, we ask that you ***please have a note sent to the office to indicate this change at the start of the day.*** ***Without a note from a parent/guardian, we will insist that a student adhere to their regular routines at these times, so that we can ensure the safety and well-being of the student.***

Medications

There are procedures that need to be followed for the office to give medication to a student during the school day. Please call the office to find out what the procedure is prior to sending in any medication.

Lunch and Snack Routines

Due to anaphylactic allergies within our school, students are not permitted to bring in snacks to share with others within the school. Students are to eat only those items sent from home for their lunches or snacks. Thank you for your support of this school routine.

LUNCH EXPRESS

Time-savers for when you're in a rush

Grab and go

- Wash and cut up fruit and vegetables when you get home from the grocery store or market. Place them in containers and put them in your fridge ready for lunches.

Wrap and roll

- Put separate ingredients for the wrap in the lunch. Your child can put it together at school.
- No time to make a sandwich? Roll up slices of deli meat with a fancy toothpick.

Fast frozen

- Make healthy muffins or granola bars and freeze them individually.

Hands on

- Pack raw veggies and hummus
- Slice a kiwi in half and include a spoon.

Keep it Safe

- Teach children to wash their hands before eating.
- Use and insulated bag and freezer pack to keep cold foods cool.

Drinks to Grow On: Water, Juice, Milk

- Pack a reusable water bottle in your child's lunch bag.
- Limit 100% fruit juice to 1/2 - 11/2 cups daily.
- Take part in school milk programs: kids who drink milk at school are more likely to meet their calcium needs than kids who don't.

What about Sports drinks? They're not a good lunch choice. Energy drinks are not recommended for children & youth.

Add Some Fun

- **Brighten your child's day with a joke or new pencil or pen.**
- **Use two different kinds of bread or cut the bread into different shapes using a cookie cutter.**
- **Make a butterfly! Place fruit pieces in a sandwich bag. Tie the centre of the bag with a pipe cleaner or twist tie.**

PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.

Wellington-Dufferin-Guelph Public Health
1.800.265.7293 | www.wdgpublichealth.ca
info@wdgpublichealth.ca

For more ideas, contact Eat Right Ontario at www.ontario.ca/EatRight

Photo credits: Butterfly, Kraft Canada Inc. • Monday kebab, Sherri Shantz photography

GO FOR 4!

School Lunches That Make the Grade

A healthy lunch includes at least one item from each of the four food groups in *Canada's Food Guide*:

1. Vegetables and Fruits 2. Grain Products
3. Milk and Alternatives 4. Meat and Alternatives

MONDAY = Kebab + Egg + Milk + Trail Mix + Kiwi

Kebab sandwich

- Whole-grain bread, sliced, cut in four pieces
- Cheese cubed
- Cucumber sliced
- Cherry tomatoes
- Straw for skewer

Make your own trail mix with unsalted sunflower seeds, pumpkin seeds, pretzels, and dry cereal such as multi-grain O's. Make enough to last a week.

TUESDAY = Taco + Milk + Apple

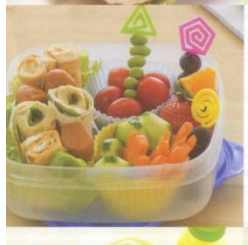
Taco

- Leftover chili
- Lettuce shredded
- Carrot grated
- Red pepper sliced
- Onion sliced
- Cheese grated
- Taco shell

WEDNESDAY = Chicken Pita + Milk + Green Salad + Pear

Pita pocket

- Whole-grain pita
- Leftover chicken cubed
- Tomato cubed
- Lettuce
- Onion sliced
- Apple sliced



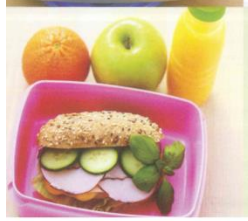
THURSDAY = Turkey wrap + Milk + Veggies + Fruit

Turkey wrap

- Whole-grain wrap
- Turkey sliced
- Lettuce

Put sliced cucumber, carrots, cherry tomatoes, and grapes in a muffin cup

Skewer cantaloupe, strawberry, and blueberry for a fruit kebab.



FRIDAY = Ham & cheese sub + Orange juice + Peppers Sliced cucumbers + Yogourt

Mini sub

- Multi-grain bun
- Ham
- Cucumber sliced
- Lettuce
- Cheese sliced

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

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 Upper Grand District School Board
Follow me on twitter: @drlynnwoodford

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!

Updates of Support for Students Who are Deaf and Hard of Hearing

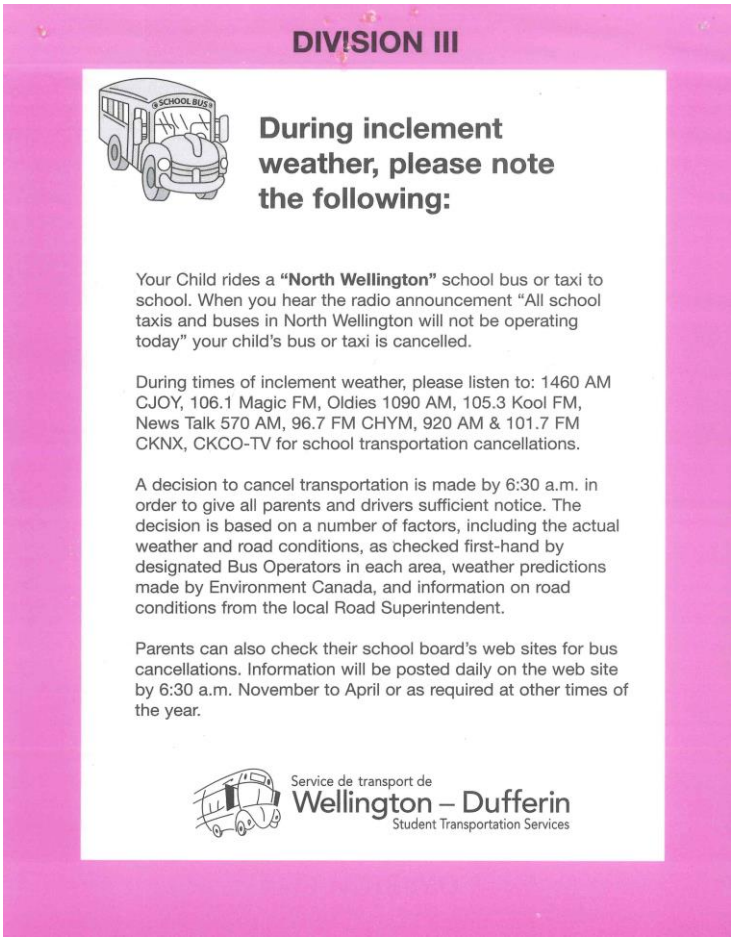
"I Feel Good!" A Guide to Support the Mental Health and Well-Being of Children and Youth Who Are deaf and Hard of Hearing

Although advances in hearing technology and early intervention programs have made it possible for greater numbers of children with hearing loss to access sound in order to develop spoken language, some parents continue to express concern that their children are experiencing challenges in their social relationships. To assist families and professionals in supporting the mental health and developing the social skills of children and youth with hearing loss, VOICE for Hearing Impaired Children has produced "I Feel Good!" A Guide to Support the Mental Health and Well-Being of Children and Youth Who Are deaf and Hard of Hearing in Ontario's schools. This publication was developed in collaboration with the Canadian Hearing Society and with input

from researchers at Universities of Toronto and Western Ontario as well as clinical psychologists. This resource highlights typical social developmental milestones, the impact hearing loss may have on social interactions and provides suggestions to support developing social skills. The goal of the guide and these proactive strategies is to assist children and youth with hearing loss to develop the skills they need to successfully integrate with peers at school and in the community at large. Be sure to access both the French & English versions on our website (www.voicefordeafkids.com).

"Sounds for Success" e-learning course

VOICE for Hearing Impaired Children has also launched a new series of videos and resources that support the unique needs of deaf and hard of hearing students. Our new resources were created to assist educators in Kindergarten to grade 2 in providing an inclusive environment for their students with hearing loss. Visit the VOICE website to view courses and resources, in both English and French, on a variety of topics including Laying the Foundation for Literacy, Developing Social Skills and Effective use of Classroom Amplification Systems. We encourage parents to share this information with their child's school and classroom teachers and invite them to take advantage of these free and informative resources, as they plan for a successful year for students with hearing loss. See the Resources for Professionals section on the new VOICE website; (www.voicefordeafkids.com).



Important Dates:

Oct 27	Intermediate Immunizations; Gr 7 Hep.-B & Menactra Gr 8 Girls HPV
Oct 30	PA Day *No School*
Nov 11	Remembrance Day
Nov 16-20	Bully Awareness & Prevention Week
Nov 27	PA Day *No School*

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 then 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/

DRAYTON HEIGHTS PUBLIC SCHOOL

MAPLETON PRESCHOOL PRESENTS:

JAMIE'S REPTILES & CHRISTMAS SHOPPING EXTRAVAGANZA

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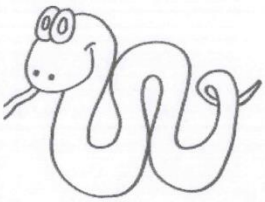
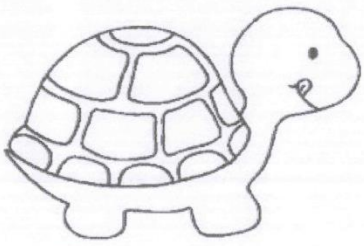
SATURDAY NOVEMBER 14TH



10:00 am – 2:00 pm
COMMUNITY CHRISTIAN SCHOOL
35 High Street, Drayton , ON

ACTIVITIES INCLUDE:

- REPTILE SHOW @ 11:00 am ($2/person @ door)
- VENDORS
- LUNCH BOOTH
- BAKE SALE
- SILENT AUCTION
- FACE PAINTING @ 12:30



Jamie's Reptiles is kindly sponsored by Woods, Clemens, Fletcher and Cronin Professional Corporation.

UPPER GRAND DISTRICT SCHOOL BOARD