



Drayton Heights Public School

75 Wellington St S, Box 40

Drayton, ON, N0G 1P0

519-638-3067

Mr. Mike McNamara
Principal Ext. 223

Mrs. Linda Turton
Office Co-ordinator Ext. 221

Principal's Message

As a staff we are developing and implementing the following model: Being / Belonging / Contributing. BEING: We will help students build self-esteem and develop a positive identity.

BELONGING: We will help students create friendships, feel accepted and build positive relationships.

CONTRIBUTING: We will teach students how to help others and support our school community. Together we will strive to get students engaged in school life, contribute to the school community to enhance their sense of belonging and build their personal 'being'. Please discuss with your child how they contribute at home, at school and in the community. Please encourage your children to get involved.

Safety is always one of my major concerns. We do not want students walking through the staff parking lot. Please support us and be good role models; either go past the front of the school and enter from the north or go on the grass around the parking lot. Going in front of the school is a lot easier with strollers. To avoid cars and buses, students must not ride their bicycles or scooters on school property. Please get off and walk them when you get to the edge of the school property.

Thanks to our 'Global Action' club for running two successful events. On Friday, October 21st they held a 'Hunger Banquet'. Junior and intermediate students were invited to share a meal in the gym.

Students were given tickets at the door and were seated in three areas. The following meals were served: 70 % rice and dirty water (water and tea); 20% beans and rice; 10 % macaroni, veggies, rice krispie squares, and juice. Members of the global action group led a discussion about world hunger and the diversity of wealth in our world. The second event was "Hallowe'en for Hunger". On October 27th, 20 students went door to door collecting canned goods for the Food Bank. What a fabulous lesson in 'CONTRIBUTING'.

Thanks to Mr. Speers for organizing and running a very successful sledge-hockey session for students in grades 4-8. I participated for an hour and learned how sledge-hockey is a fabulous way to ensure 100% inclusiveness. Students and volunteers had a blast and developed a new appreciation for a new sport.

*M. McNamara
Principal*

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.

November 2016 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. Turton. 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 your child at the end of the school day, we ask that you **please wait for your child outside the school** for the 3:20 p.m. dismissal bell. This will enable us to get students to their proper bus and dismissal locations.

Thank you for your support in the 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.

Special Class Placement in UGDSB

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement, and parents and the school team should feel like the placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.

Remembrance Day Services

We will hold a Primary Remembrance Day Assembly at 11:15 am in the gym. Parents and family members are welcome. Our Junior and Intermediate students will walk down to join in the parade at approximately 1:45, leaving the Legion at 2:15 pm, and then joining the wreath laying and service at the cenotaph.





School Council Updates

School Council has been off to a busy start! We have just received a report from our first fundraiser QSP. With a sales of \$2900, we have a school profit of \$894. Thanks to all who have participated.

We are anxiously awaiting the arrival of our second fundraiser, Fresh from the Farm. This is the first year that we have ran this program, and our proud to announce that we sold 187 bundles of vegetables, and 97 bundles of apples!!!! Way to go!!!!

We are just finishing up our third fundraiser which was the Elmira Poultry and MacMillan's frozen food fundraiser. Delivery is set for Saturday, November 26th, from 9am-11am. The product pickup will coincide with our annual Santa Sale. The library is open from 9am-1pm for any student (and siblings) to do secret Christmas shopping for everyone on their list. Our elves are there to help them with the selections, as well as to assist them in wrapping up all gifts. This has been a favorite for many years and is an event you won't want to miss! More details to follow.

We are busy planning our 1st Christmas shopping day. It will be held at the same time as the Santa sale, so while your children are busy buying presents for you, you can do some important Christmas shopping yourself. If you are interested in booking a table, please contact Megan at (519) 638-5911 or mcdougallmegan@gmail.com. Tables are selling fast, so be sure to book yours soon. If you are able to help out with either event, please contact Karen at (519)574-3982 or therozemas@gmail.com

Our hot lunch program has begun again!!!!!! But we are in desperate need of volunteers. We are

looking for several volunteers who are able to commit one Monday morning a month. Please contact Nadia at dnsommerville@icloud.com our first school council meeting was held in September. It was great to see so many new faces! The executive for this school year is as follows:

Karen Rozema - **Chair**
Ashley Freeman - **Co-Chair**
Nicole Peppler-**Treasurer**
Betty Douglas-**Secretary**

If you are interested in finding out more about School Council and what we do, please contact Karen at 519-638-5673 or therozemas@gmail.com

We are looking forward to another great school year!

Important Dates:

Nov. 10	Formal Day (Dress up day)
Nov. 11	Remembrance Day <u>Primary</u> – 11:15 in the gym – parents & guardians welcome <u>Junior & Intermediate</u> students – Leave for cenotaph 1:45
Nov. 17	Progress Reports go home (Grades 1 – 8) Immunization for Intermediate students
Nov. 18	Picture Re-take Day (students are to return their originals)
Nov. 21-25	Bully Awareness & Prevention Week
Nov. 24	Wear Pink Day (Bully Prevention)
Nov 25	PA Day <i>No School</i>





Talking About Mental Health November 2016 – Technology and Video Games

Between checking text messages and playing the latest video game, how much time do you and your children/youth spend on technology?

“Technology is not really the problem, the lack of balance is,” says Doriann Shapiro, Social Worker, Problem Gambling Institute of Ontario (PGIO). “Because we are in a technological age, youth are often also using tech for writing and research. But when they are totaling over seven hours a day, finding balance between that is the challenge.”

“Problem video gaming has harmful effects on an individual’s social, occupational, family, school, and psychological functioning,” says Lisa Pont, Social Worker, PGIO. “It can result in a loss of control, withdrawal, and escape from difficult feelings.”

Here are some tips from Centre for Addiction and Mental Health (www.camh.ca) and Problem Gaming Institute of Ontario (www.problemgambling.ca) that can help:

1. Consider how you use technology. You are modelling behaviours for your children/youth.
2. Before giving your children/youth access to technology, talk to them about safe use. Communicate openly and honestly. Discuss possible effects and the dangers of using the Internet and social media.
3. Talk to your children/youth about how to integrate technology into their lives in ways that respect others. For example, some families have “no texting” rules during mealtimes and family events.
4. Be aware of your children’s/youth’s Internet activities and what they access. Create rules that both you and your child agree to, based on their age and past Internet use. You can also consider V-chip technology for the TV, which can block access to programs and channels, and parental controls for smartphones and computers.
5. Spend time learning about the Internet and video games popular with youth. Participate with your children/youth in these activities. They are more likely to listen to you if they think you know what you’re talking about.





6. Have your children/youth use a shared computer in an open area of your home where you can monitor what they're doing.
7. Help your children/youth lead balanced lives. Set limits around your children's/youth's use of technology. Encourage them to take part in "offline" activities such as sports, music, drama and in-person get-togethers with friends and family.
8. Help your children/youth set priorities. For example, doing homework comes before spending time texting or playing video games.
9. Remember that you own the equipment (e.g., computer, cell phone) your children/youth are using—or you've likely given them the money to buy it. If your children/youth are not using the technology in ways that you approve, you have the authority to cut off access or control their use in other ways (such as using a secret password to set the administrative rights on your home computer).
10. If you have seen signs that indicate your child/youth may be developing a problem from their technology use, (such as: increased time playing/online, avoiding other activities including other interests and school, sleep problems, poor hygiene,

less time with friends/family, lying about their gaming/internet use) talk with your child/youth about your concerns. You could also contact your family physician to get guidance and support for the whole family.

Homewood Community Addiction Services provides support for youth and families with gaming addictions: 519 836 5733.

Here are some useful resources.

Books:

My Parents Aren't Noobs by [Michelle Nogueira](#) and Anthea Helps

Sofa Boy by [Scott Langteau](#)

Doug Unplugged (book and DVD) by Dan Yaccarino and Chris Patton

Websites:

www.problemgambling.ca

www.camh.ca

Have a mentally healthy November!

Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.

Follow me on Twitter @drlynnwoodford.





Helping your child with difficult situations

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. "Resiliency" is what helps adults and children to "bounce back" from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby's smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: "I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away."
5. Instead of making your child say "sorry", talk about his or her feelings and the feelings of the other person involved in the event.

6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child's strengths: "Hey you rode that bike by yourself!"
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to <http://www.reachinginreachingout.com/re-sources-parents.htm>



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

Celebrate Buy Nothing Day on November 25th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things.





Founded by Vancouver artist Ted Dave, *“The first Buy Nothing Day was organized in **Canada in September 1992 as a day for society to examine the issue of over-consumption. In 1997, it was moved to ‘Black Friday’, which is one of the busiest shopping days in the United States.**”*
<https://en.wikipedia.org>

Repair, reduce, re-use, recycle – 4 R’s are best!

“It’s time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, allowing us to share better the surplus of stuff we already have, from furniture to tools, cars, fridges, clothes and food. ‘Repair, reduce, re-use, recycle’, could be the basis of a new economic model.” <https://www.theguardian.com>

- **Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.**
- **Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.**
- **Donate clothes, books, toys and games your family does not need any more.**
- **Think of things you can make or do for people as gifts without spending any money.**

“Either way, there’s no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about.”

<https://www.daysoftheyear.com/days/buy-nothing-day>

DIVISION III



During inclement weather, please note the following:

Your Child rides a “North Wellington” school bus or taxi to school. When you hear the radio announcement “All school taxis and buses in North Wellington will not be operating today” your child’s bus or taxi is cancelled.

During times of inclement weather, please listen to: 1460 AM CJOY, 106.1 Magic FM, Oldies 1090 AM, 105.3 Kool FM, News Talk 570 AM, 96.7 FM CHYM, 920 AM & 101.7 FM CKNX, CKCO-TV for school transportation cancellations.

A decision to cancel transportation is made by 6:30 a.m. in order to give all parents and drivers sufficient notice. The decision is based on a number of factors, including the actual weather and road conditions, as checked first-hand by designated Bus Operators in each area, weather predictions made by Environment Canada, and information on road conditions from the local Road Superintendent.

Parents can also check their school board’s web sites for bus cancellations. Information will be posted daily on the web site by 6:30 a.m. November to April or as required at other times of the year.





Thursday, October 27, 2016

THIS LETTER IS IMPORTANT. PLEASE READ THOROUGHLY.

The Junior Kindergarten registration process for the upcoming 2017-18 school year has changed. The changes are as follows:

- The JK registration window for ALL new JK registrants for the 2017-18 school year will begin on January 9, 2017.
- Parents will now need to indicate on the registration form whether their child is registering for 'Regular English Track' or 'French Immersion'. This section of the Registration Form is pictured below:

THE UPPER GRAND DISTRICT SCHOOL BOARD
STUDENT ADMISSION FORM

IMPORTANT! You MUST check one box: Regular English Track registration French Immersion registration

The remaining changes apply only for parents/guardians wishing to register their child for the UGDSB's **French Immersion program**.

- Junior Kindergarten is the only access point to French Immersion as of September 2017. For the 2017-18 school year, those are children born in 2013.
- A deadline has been created to determine on-time JK French Immersion registrations. An on-time JK FI registration is one that has been fully completed with supporting birth and address documentation by 4:00 p.m. on Thursday Jan. 26, 2017. Registration forms that are completed after the deadline passes will be considered 'late' and will only be processed after all on-time registrations have been processed.
- A Junior Kindergarten FI enrolment cap is in place for each of our French Immersion sites.

École Arbour Vista – 40
École Guelph Lake – 60
Paisley Road – 46
James McQueen – 50

Edward Johnson – 46
John McCrae – 46
Victory – 30
Princess Elizabeth – 90
Palmerston – 30

FA Hamilton – 35
École King George – 46
École Harris Mill – 30
Brisbane – 40





- If the number of on-time JK FI registrants exceeds the school's enrolment cap, a school-based random selection process will be initiated. Siblings of students currently enrolled in French Immersion in UGDSB will be prioritized during this process.
- If needed, the school-based random selection process will occur on or before Friday, February 10, 2017. A list of schools that require the initiation of a random selection process will be posted on the Board's website at www.ugdsb.on.ca.
- The random selection process will take place in the presence of a 3rd party scrutineer to maintain process integrity.
- Parents will be informed of their child's registration status as either registered at their home FI school or on a waitlist on Tuesday Feb. 28, 2017, by email.

Registration for French Immersion Junior Kindergarten IS NOT prioritized on a first-come, first-served basis. As long as a French Immersion Junior Kindergarten registration is FULLY complete and submitted to the school office before 4:00 p.m. on Thursday Jan. 26, 2017, it will be considered on-time. On-time registration can occur anytime between Monday Jan. 9 at 9:00 a.m. and Thursday Jan. 26 at 4:00 p.m.

A Junior Kindergarten French Immersion Registration information night has been scheduled at Palmerston on November 10th, from 6:30 – 8:00 p.m.

Please visit our Board's website at www.ugdsb.on.ca/jkfi for information and updates on JK Registration. You may also subscribe to the French Immersion site to receive notification when the site has been updated. Finally, a dedicated email address has been set up at fsl@ugdsb.on.ca to answer any general questions you may have regarding the new JK FI registration process.

Regards,

Mike McNamara
Principal

Peter LeBlanc
F.S.L. Lead







