Eramosa Public School

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Newsletter

Katrina Plazek, September 2016 – Issue 1 Sheri MacKenzie,

Principal Office Co-Ordinator

## FROM THE PRINCIPAL’S DESK…

We are so glad to see all of our students returning well rested and having enjoyed a wonderful summer with friends and family! We are very pleased to welcome new families to our school as well as to our new teachers, Mrs. Rodenburg who will be teaching the grade 1/2 class and Ms. Huynh who will be teaching the grade 2/3 class one afternoon a week (Day 1) and will be our teacher librarian on days 2 and 4. We are also happy to welcome back Ms. Mackenzie, our Office Coordinator. The teachers are eager to get started on a new year and we are all looking forward with anticipation to the year ahead! Hope to see you at the Open House and BBQ on September 22nd from 5- 7pm. More information from the School Council will be coming home soon!

*Katrina Plazek, Principal*

## School Twitter Sites

This year we will again be on Twitter to capture some of the great happenings in the school. Our Twitter handles are @EramosaPS and @EramosaKINDER (for Kindie news). For people without a Twitter account, please visit our school website where you can see the School tweets.

## Transportation Twitter Site

Follow STWDSTS Transportation @STWDSTS for news, inclement weather and other great information. Please be aware that the phone call out system will not be used by the Transportation Department this year- please refer to Transportation’s ‘Notification about Bus Changes’ memo later in this newsletter.

## Important Information Regarding your 2016-2017 School Year Bus Delay and Cancellation Notifications (from the Transportation Department)

Due to the large number of route changes that occur over the summer, STWDSTS deletes all previous year (15-16 School Year) subscription accounts and emails. We ask parents/ students to re-subscribe after August 22nd, 2016 so that the information you are receiving during the 2016-2017 school year is accurate and up to date. On or after Monday, August 22nd, 2016, you can use the instructions listed below to re-subscribe to receive delay and cancellation emails:

HOW TO SUBSCRIBE TO BUS DELAYS & CANCELLATION EMAILS

1. Log onto: <https://www.findmyschool.ca/Cancellations.aspx>

2. Click on the envelope on the top right side.

3. Under ‘Other Options’ select ‘Subscribe’.

4. Type in your email address and click ‘Subscribe’ - you will receive the following message; ‘An email has been sent to this address. Please check your email and confirm the subscription’.

5. Open the email you received from ‘support@wdsts.ca’ and click ‘confirm’. You will be directed to the website again where you are asked to type in a password.

6. Type in the new password in both boxes and click “Subscribe”; you will receive the message “Thank you for confirming your subscription. You can now login to manage your subscriptions.”

HOW TO MANAGE YOUR SUBSCRIPTIONS:

1. After confirming your subscription, click on the ‘Subscriptions’ link or login to your account.

2. To choose notifications by route number, click ‘Route#’ from the drop down list next to ‘Find Route by:’

3. A second drop down menu ![MC900388712[1]]()will appear to select which route you want to receive notifications about, then click find.

4. Select the box next to the route number and click ‘Subscribe’. Note: You can repeat this step to subscribe to multiple routes.

HOW TO LOGIN TO YOUR ACCOUNT

1. Log onto: <https://www.findmyschool.ca/Cancellations.aspx>.

2. Click on the envelope on the top right side.

3. Type in your email address and password then click login.

## Food Program

The food order forms and information will be coming home today. **Please return all forms and money by September 13th at the latest**. Parents love pita, hot dog and pizza days and the kids do too! Please note that changes to orders, cancellations and additions will only be done the week of February 1st. On days when the busses are cancelled, food orders (not milk) will be rescheduled and you will be given advance notice using a sticker in the agenda/Kindergarten communication book.

## Battery, Pop Tab & Marker Recycling

Please keep sending in your old batteries to keep them out of the landfill sites. We sent a full pail of batteries back to the recycling depot! Pop tabs are given to the Legion and this helps to purchase wheelchairs. Mrs. McKnight will recycle markers, so we will have a bin for old markers at the front door. Please feel free to send these items to school with your child.

## Important Papers to Complete and Return

There are some important pieces of information coming home. Please complete and return these as soon as possible:

- White Student Verification form (accurate information is important). If you have an important concern such as a life threatening condition, change in custody, etc. please contact Mrs. Plazek.

- FOI (Freedom of Information) form

- Food Program Order (due September 13th)

- Volunteer Form

- Parent Council Form (due September 9th)

- CASL (Canadian Anti-Spam Legislation)

- Consent to Share Personal Information

## CASL (Canadian Anti-Spam Legislation)

The importance of CASL legislation is becoming very clear. When you get unwanted emails from companies advertising something you have no interest in at all, you are able to scroll to the bottom and select the unsubscribe button; this assures you that you are taken off a mailing list. This is a legal requirement for any organization that is offering a product(s) for sale.

The Upper Grand District School Board is CASL (Canada’s Anti-Spam Legislation) compliant. Please visit our CASL Consent website at [www.ugdsb.on.ca/CASL](http://www.ugdsb.on.ca/CASL) to ensure we have your consent to receive newsletters, school and Board updates, announcements, event invitations and other electronic messages which may contain advertising or promotions regarding school fundraisers, field trips, the sale of yearbooks, student pictures, uniforms, books, prom or dance tickets or similar events and offers. Monthly newsletters will be emailed on the first school day of the month to all families who are signed up on the CASL list.

## School Council

School Council is made up of a group of very dedicated parents that are committed to supporting the students and staff to make the education of the children the best it can be. There are official positions including Chair, Secretary, Treasurer and Official Parent Rep. All parents are welcome to join us at any meeting and hopefully once you come out, you will stay. Our meetings start at 7 pm in the library and we try very hard to keep it to 1 1/2 hours so we finish around 8:30 pm; time to tuck the kids in and have a snack. Our first meeting will take place on September 13th. We will be making plans for our first welcome back barbeque so if you can help us with that it would be most appreciated! Our school council runs many events that bring the entire community together, including a Halloween Dance and Breakfast with Santa, to name a few. This is a great way to be involved in your child’s education and we hope you will consider joining us. Meetings usually take place on the second Tuesday of the month – this year’s meeting dates will be published in the October newsletter. Please join us!!

## Electronic Newsletter

To help save the environment and reduce the use of ink, paper, toner, etc., paper copies will be provided only to people who contact Ms. MacKenzie at the office and make arrangements. Thank you for helping us to help the environment! Newsletters are available on the **first school day of the month**. The newsletter can be viewed online at [www.ugdsb.on.ca/eramosa](http://www.ugdsb.on.ca/eramosa).

If you have registered on the CASL website ([www.ugdsb.on.ca/CASL](http://www.ugdsb.on.ca/CASL)), you will be emailed the newsletter.

## agendaAgendas

Agendas are a valuable communication tool that promotes the habit of excellent organization. Thank you to EPSAC for supporting this initiative.

## Students with Life Threatening Allergies to Peanuts & Other Nuts- Anaphylaxis

![MC900331294[1]]()We have students with life threatening allergic reactions to peanuts and other nuts. The safety of all our students is very important to us. Please be aware that, due to legislation requiring every school to reduce the risk of exposure of anaphylactic causative agents, we are restricting the presence of nuts at Eramosa. **Please DO NOT send peanut or nut products to school** for snack or lunch with your child; this includes imitation nut products. Students with anaphylaxis may perish if they come into contact with foods containing even small amounts of peanuts or nuts.

## Toonies for Terry

Please mark Thursday, September 29th at 2:15 pm on your calendar and plan to join us for our annual Terry Fox Run. We will send home information soon about our plans for this event. No family is untouched by cancer. Let’s help to conquer cancer.

## Class Organizations

Classroom organizations are tentative until our enrolment numbers are confirmed and the Board staffing committee meets to review Ministry compliance. Necessary changes will be made in the third week of school. Mrs. Plazek will contact parents of any students who will be moved.

## School Visitors

We love to have visitors! Parents and volunteers are often at Eramosa for a variety of reasons. When you come into the building, please follow these procedures:

* Go into the office to sign in.
* Sign out at the Office when you leave.

## cameraLifetouch Photographers

Individual and class photographs will be taken by Lifetouch on Tuesday, November 1st. More information will follow with details about how to purchase. Retake day & pictures for absent students will be communicated in the October newsletter.

## Eramosa Staff and Phone Extensions for 2016 – 2017

For future reference, please refer to this list. To report a late arrival or student absence we ask that you **leave a message only at extension 100**. This extension is monitored regularly every day.

**Class Teacher Ext.**

Jr. & Sr. Kindergarten J. Nyman 410

Grade 1/2A J. Rodenburg 401

Grade 2/3B J. McKnight 407

Grade 2/3B & Library M. Huynh 225

Grade 3/4A A. Semanyk 402

Grade 5/6A D. Shaw 406

Grade 6B P. Demysh 409

Core French L. McLeod 408

Planning/ Resource N. Ellis 414

Early Childhood Educator W. Jackson 403

Educational Assistant P. Jaspers 404

Custodian T. Baker 400

Office Co-ordinator S. MacKenzie 221

Principal K. Plazek 223

## Open House

Our September Open House, Barbeque and Book Fair is booked for Thursday, September 22nd from 5:00 pm to 7:00 pm.

Our evening schedule is:

 *5:00 - 7:00 Book Fair*

 *5:00 - 6:00 Barbeque*

 *6:00 - 7:00 Classrooms open*

More information about the EPSAC BBQ will be sent home in the coming weeks.

Because of time constraints and lack of privacy on Open House Night, this is not an appropriate time for individual parent-teacher conferences or progress reports. If you would like more specific information about your child’s progress, please feel free to make an appointment with his/her teacher on a different day, when your questions can be properly addressed. Everyone wants to meet the teacher!

## Safe Arrival and Departure

If you drive your child(ren) to school in the morning, please drop them off at the front walk, ask them to put their backpacks in their designated class line and join their friends on the playground. Students are not to walk on the black top unescorted in the morning or afternoon for safety purposes. Entry into the school prior to the bell is permitted only under special circumstances and with permission from the classroom teacher. Children who arrive after the 8:55 am bell are considered late and need to report to the main office to pick up a late slip before going to their classroom. Parents may accompany children to the front foyer and children will walk from there to their classrooms on their own or with a staff member. Punctual attendance is expected and helps your child to learn.

If you pick up your child during the day, please sign them out in the Student Sign In/Out binder. If you are picking them up after school, please sign them out on the appropriate bus clip board. **We will ask you to wait in the front foyer, where your child will meet you. *Please do not go to the hallway, classroom or playground to pick up your child.***  If someone other than the parent or guardian is picking up your child, please send a note or call the school to let us know. Thank you for understanding that these procedures are in place for the safety of all of our children.

Calling at the end of the day should only happen in extraordinary circumstances. Please use your child’s agenda to notify the office of your plans. Please do not leave emergency information on voicemail as it may be missed if the Office is busy; please call and speak directly with Ms. MacKenzie.

New this year: To ensure bus list attendance is done correctly, bus attendance will be finalized at 3pm. Parents who have not given prior notification of pickup and who arrive later than this time will need to wait with a staff member at the doors where students exit to board their bus. Please make arrangements before 3pm to pick up your child. This helps ensure students are safely accounted for.

## recessRecess

Recess time is designed for students to take a break from their studies and to enjoy some outdoor active play. This is an opportunity for them to learn and practise social skills of taking turns, playing fairly and including others. Students are welcome to bring skipping ropes and balls from home. Please label all equipment with your child’s name. Access to the creative play structures will be dependent on weather conditions. For safety reasons please note that children will not be allowed on this equipment if they are wearing flip flops. Older students are not to pick up younger students on the playground, or inside the hallways.

## Medication at School

All student medication (prescription or over the counter) must be stored and administered from the office. It is important for the safety of the child taking the medicine and the other students in the school. In order to give any medication, we must have the appropriate form completed and signed by a parent or guardian**. As well, the container must have the pharmaceutical sticker on it indicating the name of the child and directions for administering the medication.** This is designed to ensure that mistakes are not made. Please call the school when you require these forms.

**Children requiring medication such as EPI-PENS for life-threatening medical conditions are required to carry these medications with them at all times. We suggest a fanny pack. Additional EPI-PENS may be kept in the school office.**

If your child has a life threatening medical condition, please call the school for more information and to set up a ***“Life Threatening Management & Prevention Plan,”*** in consultation with your family doctor.

**Ryan’s Law** has been passed enabling children, with parent permission, to carry their puffers with them at all times. Asthma, like anaphylaxis, can be life threatening. Please contact the office if your child develops asthma and requires a puffer. We recommend a fanny pack for this item as well. A “Student Asthma Management Plan” will need to be completed.

## Dress for the Weather

September weather can be unpredictable. We plan to go outside for every recess break, unless there is heavy rain or the threat of severe storm. Children should have a sweater or light jacket in their backpacks to wear outside if necessary.

All children need to have two sets of footwear, one for indoor use and the other for outdoor. The best choice is running shoes, which can double as gym shoes, for both indoor and outdoor use. For safety reasons, flip flops are not suitable for school.

## 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 will be 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) during the second week of school. 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](http://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.

## Bicycles

![MC900045138[1]]()Students in grades 5 and 6 may ride their bicycles, weather permitting, **if they have written parental permission**. One note is sufficient for the season. Students need to wear a helmet, walk their bicycles on school property, lock it on the bicycle rack and follow safety and traffic rules when riding to and from school. They need to inform the office when they ride their bike home before they leave. For the safety of all, permission may be temporarily withdrawn from individual students if these rules are not followed.

## Important Information from the Transportation Department about Bus Changes & Notifications

STWDSTS wishes to inform you of a critical change to the method we communicate bus cancellations and/or school closures.  Historically STWDSTS notified media outlets and other partners using an automated telephone call-out system (EMA) to advise of cancellations and/or closures due to inclement weather.

For the upcoming school year (2016-17) and beyond, STWDSTS will no longer be utilizing the telephone call out system (EMA).  All media outlets and partners are encouraged to visit [www.stwdsts.ca](http://www.stwdsts.ca) or follow us on Twitter - @STWDSTS for all inclement weather bus cancellations and/or school closures.

All bus cancellations and/or school closures will be posted to Twitter and our website [www.stwdsts.ca](http://www.stwdsts.ca) by 6:30am as per STWDSTS Inclement Weather Bus Cancellations policy 024.

## 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 September 27th) and the Police / School Board Protocol for the Investigation of School-Related Occurrences (closing September 30th). You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy).

## Police & School Board Shared Protocol – Public Input requested

“The Upper Grand District School Board is working with local police services and school boards to update our shared protocol, which defines the working relationship between police and schools. Your feedback is wanted! From now until September 30th, we’re welcoming members of the public to review the draft protocol and provide their input. For more information and to review the draft protocol, [visit the board website.](https://www.ugdsb.on.ca/board/article.aspx?id=67067)

## Back to School Blues – From the Program Department

Although for many there is excitement and anticipation about going back to school, for some children transitioning back in September can be tough. Moving into a new classroom, having new teachers, new friends and classmates, and new schedules can all bring about a feeling of stress. The angst children feel, questions they ask, and worries they express about these changes are normal. Sometimes it can be the smallest detail that can be the most worrisome for children. As a parent, you may not know what to do about these butterflies, stomach aches or tears. For some of us, it may intensify our own stress. Here are a few things you might try the first few weeks into the new school year.

1. Listen carefully to your children and hear their concerns.
2. Remind them of previous times when they felt anxious, and discuss the strategies they used that helped make the situation better.
3. Review the daily routines they are experiencing at school, and what after school time and weekends look like.
4. Make a list of the things they like about school.
5. Remind them of all the things they are good at.
6. Ask about their friends.

Be patient and positive. You may need to have these conversations daily.

As a parent in our school, please know that you can always contact us if your child’s worries persist. We are here to support your child’s wellbeing and achievement, and getting off to a great start in September will help us all achieve just that!

## Talking About Mental Health Sept 2016 – Keeping Your Cool as You Head Back to School

## From the UGDSB Program Department

Hope that you had a good summer and enjoyed some fun, relaxation and down time. As the children and youth get ready to head back to school, it is important to plan a mentally healthy school year. Some simple steps will help to make this year more positive and less stressful.

1. **Start Each Day With A Positive Thought**
	1. “Today is going to be a good day”
	2. “I am going to have a good day”
	3. “I can do this”
	4. “I have what it takes”
	5. “I feel happy”
	6. “I am strong”
2. **Practice Relaxation**
	1. Start the day with some body stretches.
	2. Take three deep breaths each time you go through a doorway.
	3. Be present: Notice 3 things you can see, hear and touch.
	4. Tense and relax your muscles, releasing tension in your body.
	5. Imagine a place that makes you feel relaxed.
3. **Take Breaks Before You Are Stressed**
	1. Walk to school.
	2. Get outside at lunch or breaks.
	3. Listen to music to relax.
	4. Eat a good breakfast and lunch.
	5. Hang out with your friends
	6. Think of 3 things you are grateful for.
4. **Seek Support**
	1. Talk to your family or friends.
	2. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
	3. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
	4. Call KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>
	5. Talk to your family doctor.
	6. Contact community mental health services:

# Canadian Mental Health Association WW (CMHAWW):

# Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

# To access services for Children, Youth and Adults in Guelph/Wellington:

# 1 844 HERE 247 (1 844 437 3247)

<http://here247.ca/>

## The Benefits of Making Mistakes

## From the UGDSB Program Department

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, “making mistakes is part of life—and a really big part of growing up. It’s how you learn who you want to be” ([http://talkingtreebooks.com/quotes/quote-making-mistakes.html)](http://talkingtreebooks.com/quotes/quote-making-mistakes.html%29). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children’s lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher Jo Boaler, states in her book Mathematical Mindsets (p. 12) when the brain is challenged and mistakes are made, that is the time when “the brain grows the most.”

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.

2. They try new ideas.

3. They are open to different experiences.

4. They try out ideas without judging them.

 5. They are willing to go against the crowd.

6. They do not give up when things get hard.

Wouldn’t it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, “[everyone] will make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit. “

## French Second Language Advisory Committee (UGDSB)

The UGDSB is establishing a French Second Language Advisory Committee (FSLAC). The Committee will serve in an advisory role and make recommendations with respect to the FSL Action Plan and the French Immersion JK Registration Process for 2017 and beyond.

Eleven Committee members will be selected from all areas of the Board, and will be parents of current elementary or secondary FSL students in either French Immersion or Core French programs. Interested parents may forward an application to Superintendent Tracey Lindsay which includes the following:

1. A statement explaining why they are interested in serving on the FSLAC.
2. The current grade their children are in, in what FSL programs and attending which school.
3. A brief outline of your school and/or community volunteer experiences.

Applications may be emailed to Tracey Lindsay at tracey.lindsay@ugdsb.on.ca.

Eramosa Public School

September 2016

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
| 4 | 5Labour Day | 6Welcome Back! First Day of School | 7 | 8 | 9 | 10 |
| 11 | 12 | 13-Food Orders Due-EPSAC Mtg. 7pm in the Library | 14 | 15 | 16 | 17 |
| 18 | 19-Milk Program begins | 20-Hotdog Day | 21 | 22-Open House, BBQ & Book Fair 5-7pm | 23 -Plowing Match Trip Gr. 1-6-Pizza Day | 24 |
| 25 | 26 | 27-Pita Day | 28 | 29-Toonie for Terry & Terry Fox Run 2:15pm-Pizza Day | 30P.A. DayNo School for Students |  |