

GATOR NEWS

Chris Popofski, Principal | Linda Ellis, Office Coordinator

Balanced School Day

Start of Day - 8:35

8:35-10:15 Instructional Time

10:15-10:35 Nutrition Break

10:35-11:00 Outdoor Recess

11:00-12:40 Instructional Time

12:40-1:00 Nutrition Break

1:00-1:25 Outdoor Recess

1:25-3:05 Instructional Time

End of Day - 3:05

Safe Arrival

During the school day your child's safety is of the utmost importance to us. Please remember to contact the school before 8:30 a.m. If your child is going to be late or absent in the morning and before 1:30 p.m. in the afternoon. If your child is arriving late to school, he/she must sign in at the office. For your convenience we have an answering machine which allows you to contact the school at any time during the night, over the weekend and early in the morning. The number is **519-824-4300**. When you leave a message please be sure to note your child's full name, homeroom teacher and the reason for absence.



Principal's Message:

The fall seems to be flying by...does this mean snow is around the corner? Although we have enjoyed a nice fall, please remember that students are outside twice every day for twenty-five minutes. Unless it is bitterly cold or pouring rain, students will be expected to dress appropriately for the weather and go outside at each break. This includes a warm jacket, hat, mitts and waterproof footwear. Being outdoors allows them to get rid of excess energy, enjoy some fresh air and have some time away from the classroom.

A reminder that November 25th is a PA day set aside to come in for interviews with your child's teacher(s). The school-home connection is very important to us as we work together to make your child's year a successful one. Teachers feel that meeting with you shortly after the progress reports go home will give you the opportunity to implement strategies to increase your child's success while it is still early in the year. We always appreciate your insight, so please do not hesitate to call if you have a concern or positive feedback to share.

Sincerely,

Chris Popofski



School Council News:



- Fallfest and Dance-a-thon funds will help pay for the Junior/ Intermediate trip to "The Museum" as well as "Scientist in the Classroom" for primary grades!
- We have a new Facebook page Gateway Drive Public School Council. This will be a public account but no pictures of the students will be allowed.
- Are on you Instagram? We are too!! Search Gateway Drive School to find us. This is a private account so only those who are approved will have access to pictures.
- Evening of **December 15** will be Carol Sing @school. Join us for hot chocolate, Timbits and some holiday spirit.
- Fudge order forms coming home in December. Funds raised will support further school activities.
- Thank you to all volunteers that helped make the Dance-a-thon a huge success!!
- Need more info?? Or have an idea to share? Please email us at sc.gatewaydr@ugdsb.on.ca
- Join us **November 16 @6:30 pm** to find out more about upcoming events

Indigo Girls Club:

Indigo Girls Club is an after school girls group focusing on empowering young women in the community. They do fun activities and games that promote self awareness and self esteem as well as positive social relationships.

The free program, supported by Parkwood Gardens Neighbourhood Group, is for Grade 5-8 girls. Girls can join in any Thursday 3:10-5:30 at Gateway Rm 3.

Follow us on Twitter:

@GatewayDrivePS



Dance A Thon:

Congratulations Gateway Gators - our third annual Halloween Dance-A-Thon was a huge success! Together we raised **\$5778.41!!!** This money will go towards completing our Naturalized Playground Project, as well as other school initiatives like the purchase of Chrome Books, iPads and funding for science programming throughout the school. Thank you so much to all students and their sponsors for their tremendous support. Also we would like to send a big thank you to: DJ Charlie Clean, Distinctive Trophies, Simply Wonderful Toys, Holly Hughes Dance Academy, Mastermind Toys, RBC, Deadmau5, Andy Szlavik, The Bechard Family, The Rice Family, The Marshall Family and Johnson & Johnson Inc. Canada for their contributions to the event.



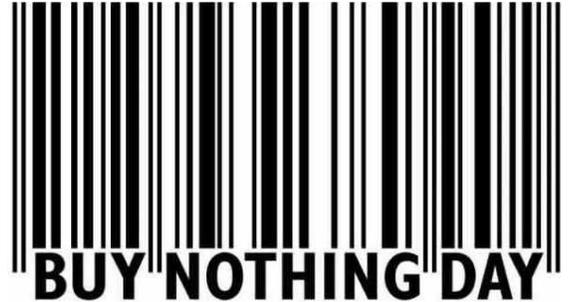
Special Class Placement:

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.

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>

Some great ideas for your family on Buy Nothing Day!

- 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."

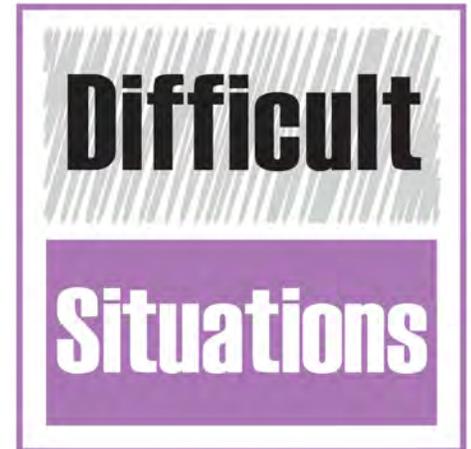
<https://www.daysoftheyear.com/days/buy-nothing-day>

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/resources-parents.htm>

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 totalling 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.



Board Wide Fundraising Initiative for Syrian Newcomers in our Community:

We have been pleased to welcome almost 75 Syrian newcomer students into our Upper Grand schools since last January. We are hoping that you will consider helping us in a board wide fund raising initiative to raise funds to help Syrian newcomers settle into our schools and community. We have partnered with Orca Book Publishers to raise funds by selling their newly published book entitled, “Stepping Stones: A Refugee Family’s Journey” by Margriet Ruurs through our school and board websites. For every book that is sold through our board or school websites, Orca will donate \$10 to our local settlement agencies to support Syrian refugees.

This unique picture book was inspired by the stone artwork of Syrian artist Mizar Ali Badr, who was discovered by chance by Canadian children’s author Margriet Ruurs. She was immediately captivated by the strong narrative quality of Mr. Badr’s art, and, using many of Mr. Badr’s already-created pieces, she set out to tell a story about the Syrian refugee crisis. Stepping Stones tells the story of Rama and her family, who are forced to flee their once peaceful village to escape the

ravages of the civil war raging in their homeland. With only what they can carry on their backs, Rama and her family set out to walk to freedom. Mr. Badr's stunning stone images illustrate the story. This book is a dual-language (English and Arabic) edition.



To order this book, please visit your school's website or the board website and click on the buy button to place your order. Payment is made directly to Orca and the books are shipped directly to your address from their warehouse. Payment for the order will go through at the time of purchase and it will include shipping. Orca will keep track of how many books are sold in our board and will send us \$10 for every book sold, which will then be donated to a local resettlement agency.

For more information, please contact Bonnie Talbot at bonnie.talbot@ugdsb.on.ca or 519-824-4420.

***Newsletters from now on will be online. If you require a hard copy they will be found in the office. You can also register on our website to get it emailed to you. A school calendar has also been added to our website to keep you up to date.**

Gateway Spirit Wear Order Sheet

This year's spirit wear is ready to be purchased and shown off. We are offering many great options that you can choose from.



Logo above will be on the front

Please fill in chart with your choice of size:

Gildan Ultra Cotton T-Shirt With Gator Logo - \$12

Circle Colour Choice	Grey					Dark Green			
	Adult XXL	Adult XL	Adult L	Adult M	Adult S	Youth XL	Youth L	Youth M	Youth S
Quantity									

Gildan Ultra Dry-Fit T-Shirt With Gator Logo - \$15

Circle Colour Choice	Grey					Dark Green			
	Adult XXL	Adult XL	Adult L	Adult M	Adult S	Youth XL	Youth L	Youth M	Youth S
Quantity									

Gildan Ultra Cotton Hoodie With Gator Logo - \$30

Circle Colour Choice	Grey					Dark Green			
	Adult XXL	Adult XL	Adult L	Adult M	Adult S	Youth XL	Youth L	Youth M	Youth S
Quantity									

ATC Ultra Dry-Fit Hoodie With Gator Logo - \$45

Circle Colour Choice	Grey					Dark Green			
	Adult XXL	Adult XL	Adult L	Adult M	Adult S	Youth XL	Youth L	Youth M	Youth S
Quantity									

Childs Name: _____

Homeroom Teacher: _____

Total Amount: _____

If you have any questions about sizes, please see the office as we have a couple to try on. Our visit our School's Website to see a colour photo. **ALL ORDERS ARE DUE BY THURSDAY NOVEMBER 10.**

Please make all cheques to Gateway Drive Public School.

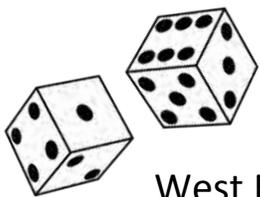


What's Happening

November

Adult Programs

Adult "Bored" Games Night



Drop-In
Wednesday's
6:30pm-8:00pm



West End Community Centre
Hastings Community Room

Adult Badminton



Drop-In
Thursday's
6:30pm-8:00pm

Taylor Evans Public School
Gymnasium



ESL Coffee Hour

Drop-In
Tuesday's & Thursday's
9:30am-11:00am

West End Community Centre
Hastings Community Room

Childminding Available

Adult Coffee Hour

Drop-In
Wednesday's
9:30am-11:00am

West End Community Centre
Hastings Community Room



Children's Programs

Get Moving Monday's

Monday's
6:30pm-8:00pm

Taylor Evans Public School
Gymnasium

Registration Ongoing



Lab Rats

Science Club
Tuesday's

6:30pm-8:00pm

Mitchell Woods Public School
Room #10

Registration Ongoing

Kids Acting Out

Drama Club

Wednesday's
3:05pm-4:30pm

Gateway Drive Public School
Room #3

Registration Ongoing



Imagination Creations

Art/Crafts Club

Thursday's
6:30pm-8:00pm

Taylor Evans Public School
Lunchroom

Registration Ongoing



Parents

Night



Pre-Registration is Required

Tickets Available Now at the WECC

December 9th, 2016
6:30 P.M. - 9:00 P.M.

JK - Grade 6

Indoor Shoes Required

33 GATEWAY DRIVE GUELPH

\$5 Per Child
\$15 Per Family*

*3 or more children