

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 first month of school is over and it's beginning to feel like fall. Our students are all settled into their classroom routines, and clubs and teams have started.

It was great to see so many families out at Fall Fest on September 21st. Thanks to teachers and students for preparing their classes and to Mrs. Jones and Mrs. Hall-Sayer for all their work making the school shine. Also thanks to our amazing Parent Council and all of their volunteers, which the night would not of happened if it were not for all your efforts.

We encourage you to continue to actively participate in your child's education as follows:

- Show support and participate in school events.
- Volunteer in the classroom, join school council, or go on a field trip.
- Read to, or read with your child for 20 minutes every day.

Sincerely,

Chris
Popofski





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 office as soon as possible at the beginning of the school year.

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.

Follow us on Twitter:

@GatewayDrivePS



Life-Threatening Allergies:

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials.

Anaphylaxis is a medical condition that 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 are aware that 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 for the prevention and management of 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.

Terry Fox:

A great big thank you goes out to the students, teachers and families of Gateway Drive for another great campaign to raise funds for cancer research through the Terry Fox Foundation. Our school participated in our Terry Fox Walk/Run on Thursday, October 1. The sun was shining and many smiles were seen all round. A great event for a great cause.



Gateway Drive School Council:

Being a member of School Council is an excellent way of having input into our school's activities and becoming involved in your child's school life. Our next meeting will be on **Wednesday, October 18th at 6:30 pm.**

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.

Intermediate Football & X Country:

On September 27th, the Intermediate girls and boys participated in the touch football tournament at College Heights and Centennial. The team members demonstrated great teamwork and sportsmanship throughout the day! Ms. Muller and Ms. Ranalli would like to thank the teams for a great day!



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.

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.” 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.

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.



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>

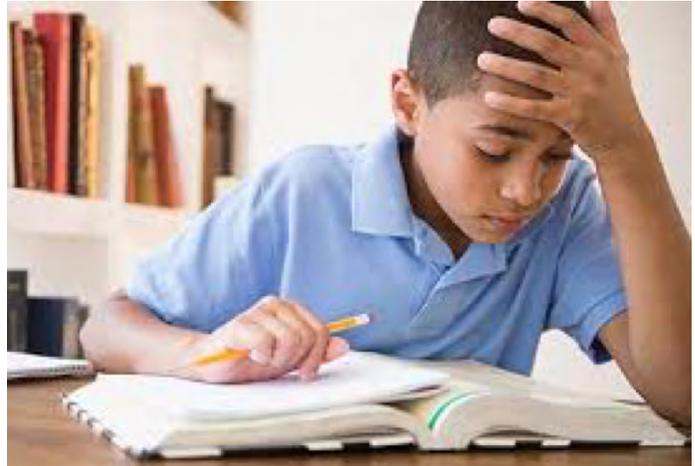
"We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them."

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."



Participate in International Walk to School Day on October 4th 2017!

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?

Talking About Mental Health October 2017 – Building Resilience:

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

1. Make connections

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

2. Help your child/youth by having them help others

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

3. Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.



4. Take a break

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

5. Teach your child/youth self-care

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

6. Move toward goals

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

7. Nurture a positive self-view

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

8. Keep things in perspective and maintain a hopeful outlook

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

9. Look for opportunities for self-discovery

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

10. Accept that change is part of living

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

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





**Gateway Drive Public School
Grounds Greening Committee Presents:**

A HALLOWEEN DANCE-A-THON!

On **Thursday October 26th** the students will be dancing up a storm at our 4th annual **Halloween Dance- A-Thon**. The funds raised from this event will support school initiatives such as the purchase of Chrome Books and iPads, funding for science programming, the breakfast club & healthy snack programs, and funding for class field trips. Classes will rotate through the gymnasium for designated periods of time. There are many prizes available to be won, including toys, games, books, trophies for the top fundraising student in each grade, a cupcake party for the top fundraising class, and our **2 GRAND PRIZES: a DRONE and a HOVERBOARD!!!**

We are still looking for prize donations so if you can help, please contact Michelle Marshall at (519) 763-4341 or mdmarshall@sympatico.ca. We are also looking for several parent volunteers to help for a couple of hours during the day of the Dance-A-Thon.

More details will be provided in your Dance-A-Thon kits to be sent home soon, so stay tuned!

***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.**

Parkwood Gardens Neighbourhood Group

21 Imperial Road S. 519-824-6340 pgng96@gmail.com pgng.ca

OCTOBER 2017

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
		Action Read		ESL Classes		Friendly Bean Free Cafe		Brain Fit		Happy Friday's			
		Get Movin' Monday's		Conversation Circle		Newcomer Coffee Hour		Adult Badminton		Garden Fresh Box			
				Lab Rats				Ban Viet		Orders Due Today			
				Indigo Girls				Parent-Child Place					
8		9		10		11		12		13		14	
		Action Read		ESL Classes		Friendly Bean Free Cafe		Brain Fit		Happy Friday's			
		Get Movin' Monday's		Conversation Circle		Newcomer Coffee Hour		Adult Badminton					
				Lab Rats				Parent-Child Place					
				Indigo Girls				Ban Viet					
								Ecott Food Cupboard					
15		16		17		18		19		20		21	
		Action Read		ESL Classes		Friendly Bean Free Cafe		Brain Fit		Happy Friday's			
		Get Movin' Monday's		Conversation Circle		Newcomer Coffee Hour		Adult Badminton					
				Lab Rats		Garden Fresh Box		Ban Viet					
				Indigo Girls		Pick Up Your Order Today		Parent-Child Place					
22		23		24		25		26		27		28	
		Action Read		ESL Classes		Friendly Bean Free Cafe		Brain Fit		Happy Friday's			
		Get Movin' Monday's		Conversation Circle		Newcomer Coffee Hour		Adult Badminton					
				Lab Rats				Parent-Child Place					
				Indigo Girls				Ban Viet					
								Quarter Auction					
29		30		31									
		Action Read		ESL Classes									
		Get Movin' Monday's		Conversation Circle									
				Halloween									
				Evening Programs Cancelled									
				Notes:	Our clothing closet and WECC Food Cupboard are open Monday-Thursday. Call to book appointment.								
				Please visit us at pgng.ca for details on programs and services. Call or email ahead to register									



Running & Reading Club



Start2Finish invites you to a **fun, free** after-school program starting on Wednesday Oct 11th, 2017

It will include:

- Running, relays and active games
- Circuit training for strength and fitness
- Individual and team challenges
- Group and individual reading activities

You can also look forward to:

- Healthy snacks
- T-shirt
- Cool prizes for individual and group goals reached
- Guest visits from athletes, police officers, firemen and more!

What: Running & Reading Club

Where: Your School Gym

When: Wednesday's from 3:15 – 5:15 (until the end of May)

Why: To develop a love for fitness and literacy!

Register now! Space is limited. Please complete and return the forms to your school by Wednesday, October 4th, 2017



1295 North Service Road
Burlington, Ontario L7R 4M2
905 319 1885 Tel.
1 888 320 8844 Toll-Free
905 319 3413 Fax
start2finishonline.org

Running & Reading Club Permission Form (Page 1 of 2)

Please return these forms to your child's teacher or office by Wednesday October 4th, 2017.

I give permission for my child, (First and Last name) _____ to attend the weekly Start2Finish Running & Reading Club beginning on Wednesday October 11th, 2017 from 3:15 to 5:15 and continuing every Wednesday afternoon until the end of May. The Club will meet each week at the school gym.

Child's Grade Level: _____ **Child's Age:** _____

Child's Postal Code: _____ **Child's Date of Birth:** _____

Male or Female: _____ **Child's T-Shirt Size:** _____

Name of Parent/Guardian: _____

Address: _____

Phone Number: (Home) _____ (Cell) _____

Email Address: _____

Emergency Contact:

Name: _____

Relationship to child: _____ **Phone number:** _____

Child's Allergies and Dietary Restrictions:

Medications and important medical information:

Health Card #: _____

Dismissal Information (please check one):

My child has permission to walk home alone.

My child will be picked up by the following people:

Name: _____ Relationship: _____

Name: _____ Relationship: _____

I acknowledge and verify that the information above is correct: (Sign) _____

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Running & Reading Club Permission Form (Page 2 of 2)

Parent's Agreement:

By signing this form, I, the parent/guardian, acknowledge and agree to ALL of the following:

- I realize that due to program popularity and space limitation, **Start2Finish cannot guarantee my child's admittance into the program.**
- **I understand that this is a weekly commitment**, and that if my child is accepted, I will support his/her weekly participation from now until June.
- On behalf of my child, I assume the risks of any kind of harm, injury, or loss resulting from his/her participation in this program, and release Start2Finish and its representatives from any and all liability.
- I consent to the collection of data from my child to assist in evaluating the success of this afterschool program. My child may participate in activities including program fitness testing, which will measure such areas of fitness as cardiovascular endurance (running tests), upper body strength, and core strength (through activities such as sit-ups/ curl-ups and push-ups). I understand that results, if published, will be reported anonymously, and that my child's name will NOT be used in any of the data. This testing will NOT have any effect on my child's school grades, and it will not affect my child's participation in the program.*
- As part of the evaluation of the program's success, Start2Finish may also collect information about the academic performance of my child, and will receive this information without my child's name used in any of the specific data.*
- Information from the permission form may be shared with third party funders of the program in accordance with privacy laws.
- I also understand that photographs and video footage may be taken which may include my child. These photographs and videos can be used to promote Start2Finish and its sponsors in any and all media outlets.

Name of Child: _____

Signature of Parent: _____ Date: _____

Participant's (Child's) Agreement:

I, (child's name) _____, choose to participate in the Running & Reading Club at my school and understand that it is a commitment – something I will stick with every week from now until race day in May or June.

I will do my best to be there and on time each week we meet during the year.

I will do my best to follow the program rules that my coaches will explain when the program begins so that everyone who takes part in the Running & Reading Club can have fun while they are learning and growing.

Signature of Child: _____ Date: _____



1295 North Service Road
Burlington, Ontario L7R 4M2
905 319 1885 Tel.
1 888 320 8844 Toll-Free
905 319 3413 Fax
start2finishonline.org

*For further information, please contact the Start2Finish office at 1-888-320-8844.

Program Survey

Questions for Parent/Guardian:

1. Does your child like fitness/physical activities?

2. Does your child read at home?

3. Is your child involved in any other program(s)? **Circle YES or NO.** If Yes, what program(s)?

4. Is your child taking any medication?

5. How many schools has your child attended in the last 2 years?

Questions for Student:

1. What exercise or activity have you done this week?

2. What book have you read this week?

3. Do you like reading at home or at the library?

4. Do you like being on a team?

5. What are some teams you have been on?

Dear Parents,

We are happy to share that Lunchbox Orders will be offered at Gateway Drive Public School this school year!

Not familiar with Lunchbox Orders? Lunchbox Orders is a convenient, online ordering platform featuring local restaurants. An ordering calendar has been coordinated for the Gateway Drive community and is found at www.lunchboxorders.com.

All orders are submitted on the website and payment is processed on-line by Visa, MasterCard, Discover or Visa Debit. Visa and MasterCard prepaid cards are also accepted on the website.

The lunch calendar features the following options:

Delivery Date	Featured Restaurant
Wednesday – Rotating Menu	Swiss Chalet
	Extreme Pita
	Montana’s Cookhouse



How to Order:

1. Go online at www.lunchboxorders.com and click “ORDER LUNCH”.
2. **New to Lunchbox Orders?** Click “Create an Account” to register your family’s account.
3. **Already registered?** Please login directly with your current user name (e-mail address) and password.
4. Add your child to your account by clicking “add a student” and register your child with their new teacher and grade.
5. Click “Order Now” (beside your child’s name) to access the school’s ordering calendar.
6. Proceed with ordering your child’s lunch by clicking on the blue box for each restaurant featured.

The Benefits:

1. With every meal purchased, a contribution will be made to the school’s fundraising program.
2. Lunchbox Orders is paperless and cashless. Ordering online is fast and easy!
3. All menu items featured are compliant with the Ontario Ministry of Education’s Food and Beverage Policy.
4. Orders may be placed weekly or in advance, for the full length of the program.

Dates to Remember:

- Lunch delivery is scheduled to EVERY Wednesday!
- All orders, updates and cancellations must be submitted by Sunday at noon for the following week.
- Please note, new orders will not be accepted after the Sunday deadline.

If you have not placed your order for next week, you may do so until Sunday, October 8th.

If you have any questions, please contact the Lunchbox Orders customer service team at **1.877.426.6860** or by e-mail at info@lunchboxorders.com.

Thank you!