

# École Guelph Lake Public School



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## **Principal's Message**

The first two months of this school year have flown by and our learners have been very busy here at École Guelph Lake.

October was a busy month with many learning opportunities for students and staff. Of particular interest, our grade 1 students enjoyed a trip to the Guelph Lake Conservation area, several of our grade 4 students participated in Cross-Country, we had trips to River Run performances, and of course, on October 31<sup>st</sup>, we participated in a range of Halloween activities including a costume parade and dancing in the gym. Congratulations to Mme Dupré's class who won 1<sup>st</sup> place overall at the Stone Road Mall Pumpkin contest with their Ewok creation and to Mr. Bastedo's and Mme Howard's class for winning second in the Elementary School Division. In addition to all this, our Grade 3 students worked hard completing the CCAT testing as per Board directives, and *everyone* has been very busy academically.

November also promises to be busy with several activities and learning opportunities planned for students and staff. For parents, we will have our 3<sup>rd</sup> School Council meeting on November 7<sup>th</sup>, as well as the screening of Miss Representation and a panel discussion on November 10<sup>th</sup>. We will have a Remembrance Day assembly on the 11<sup>th</sup> and the third week of November will be recognized as our Anti-Bullying week in UGDSB. At École Guelph Lake we will focus on strategies to support our students and we will continue to encourage kindness and compassion every day at our school by celebrating positive student interactions.

It is with excitement that we begin November, and look forward to another productive month at Guelph Lake!

D. Marquis

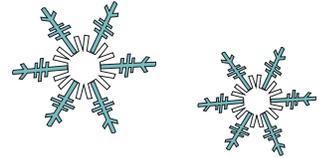
## **Remembrance Day**

All students in grades 1-4 will have a Remembrance Day Assembly on Friday, November 11<sup>th</sup>, at 10:30 am. Parents and guests are welcome to join us as we remember those who went to war to fight for Canada and for Freedom. All students will receive a poppy, and all donations are welcome. Kindergarten classes will also be engaged in relevant Remembrance Day activities in their classrooms.



## **Colder Temperatures**

As we approach the cold winter season, we ask you to please assist us in helping your child be prepared for the weather as it can be quite cold on some days, especially early in the morning. Students also need to dress warmly for the outdoor recesses (25 minutes of outdoor time at each nutritional break). It is important to ensure that your child comes to school with a warm jacket, a hat and mittens, appropriate footwear as well as snow pants. Although it's not winter quite yet, it is just around the corner.



## **Parent Volunteers**

There are many ways for parents to become involved and volunteer at our school. In particular, we welcome parent volunteers' help to prepare learning materials for teachers, assist and supervise on special event days and on class trips, or help in the library to shelve books and organize resources. Please take note that when assisting on trips, parents may NOT bring younger children/siblings. We need to know that volunteers have their full and undivided attention on all students when helping on class excursions. Furthermore, the additional little ones cause an insurance liability concern for us when they are added to a group. We also would like to thank all parents who, when visiting our school, have been reporting to the office and signing in before proceeding to the classrooms or onto the yard. "Merci!" for all you do!



## **Mark your Calanders**

Make sure you save the date. Wednesday, December 14<sup>th</sup> from 6:00 – 8:00 pm will be our Holiday Open House event at École Guelph Lake. There will be activities and crafts for all ages as well as opportunities to learn about celebrations around the world. We hope you can join us! More details to follow.

## **Head Lice**

Head lice are a nuisance but not a health hazard, and they don't result from a lack of cleanliness. Having said that, it is very important to check your child's head frequently. If you do discover head lice, please notify the school office so that we can try to keep it under control in the school. At Guelph Lake, we strive to be a lice-and-nit-free school so in the eventuality that your child were to have lice, we ask that you treat your child and ensure that he/she is lice-and-nit-free before returning to school.

## **Concussions**

Concussions can have a serious effect on a young, developing brain. [Proper recognition and response to concussion](#) in the school environment can prevent further injury and can help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, there is a heightened risk due to concussion during physical activity which includes physical education classes, playground time or sports activities.

To address this increased risk of concussions and to prevent and identify the signs and symptoms of concussion, the Board is committed to increasing awareness for all students, staff, parents, volunteers and health care practitioners to support the proper management of concussions.

The Board's concussion procedure is available on the Board website or by following the link on our school website page at <http://www.ugdsb.on.ca/johnson/index.aspx>. Learn more about concussions by watching a short video [Concussion Management and Return to Learn](#).

## **Fundraising for Local Students in Need through 'Free to Achieve'**

Charities like Free the Children, have transformed how students view themselves, their community and the world. Our students feel empowered to make a difference both locally and globally. In fact, our students have been raising money for the Upper Grand Learning Foundation's (UGLF) "Free to Achieve" fund - a fund that benefits students in our community with basic needs, like winter clothing, school trips and hearing aids. Please consider your next fundraising activity to support "Free to Achieve." Visit the UGLF website for more information at [www.uppergrandlearningfoundation.com](http://www.uppergrandlearningfoundation.com).

## **Child Abuse Prevention Policy & Program**

The Upper Grand District School Board places a high priority on the safety of our students. The Child Abuse Prevention Policy is evidence of our commitment to this priority. The following is a quote from the policy:

“Every citizen in the community shares a responsibility for our children. School officials and teachers share this collective community responsibility for creating safe and nurturing environments for children. Under the Child and Family Services Act, this responsibility includes the legal requirement to report to the local Children’s Aid Society any suspected child abuse or other situations where a child may be in need of protection. Teachers and other Board employees have a special opportunity to know and understand children during their most influential years of development. They are in a unique position to be able to see early signs of maltreatment, and to know or hear about the abuse and neglect that is often suffered by children.”

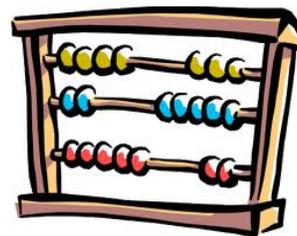
As required in the Policy, we will be teaching age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

These lessons will occur during the months of November and December for grades one and three. The lessons will be team-taught by our Child and Youth Counsellor and classroom teachers. There is no formal program for our other grades, although the safety concepts are reviewed by classroom teachers. We encourage you to discuss with your child at home, the concepts taught in the Child Abuse Prevention Curriculum.

For more information regarding the Child Abuse Prevention Policy and/or Programs, please contact our Child and Youth Counsellor, Mme Beddard or Mr. Marquis at 519-822-9271.



## A Parent's How-To Guide for Helping Your Child in Math



Math education looks different than it did even ten years ago. Employers today cite that the essential 21st century skills of problem solving, collaboration, logical reasoning and the ability to think critically are the most important 'look-fors' when interviewing candidates. In schools today, students are asked to solve challenging mathematical problems that put more importance on conceptual knowledge instead of procedural knowledge. This leaves parents sometimes at a loss about their role and how to best support their child. As a parent, you are an invaluable partner in your child's mathematics education; you are the first educator in your child's life. Research shows that when there is a high level of family involvement, students do better in school. Below are some tips to support your role as a mathematics parent.

### **Tips for Parents:**

*(adapted from Doing Mathematics with Your Child - A Parent's Guide)*

<http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideNum2012.pdf>

- find real-life experiences that encourage and engage your child to think and talk about mathematics (shopping, sorting, construction, managing time and money, understand patterns and trends, make predictions based on patterns, analyze data)
- encourage and provide manipulatives to explore mathematical concepts (toothpicks, popsicle sticks, money, chocolate chips, etc...)
- be mindful of your attitude towards mathematics; strong, positive attitudes about math increase a child's ability to feel successful and to persevere with challenging math tasks
- encourage risk taking
- provide a supportive, relaxing environment
- build your child's confidence by engaging them in math activities that will allow them to feel successful
- engage in math activities or math talk in the language you are most comfortable with
- a math problem is not necessarily a word problem; don't allow language to be the barrier to the mathematical concept presented
- build on memorization of math facts by ensuring the understanding of the concept (What does multiplication/division mean? When would we use it? Why would we use it? How did you figure out that fact? How can you use one fact to help you figure out another?)
- familiarize yourself with the Ontario Math Curriculum (<http://www.edu.gov.on.ca/eng/curriculum/elementary/math18curr.pdf>) in order to understand what your child is learning and what is expected of him/her

## Math Resources:

### Math Activity Sites

There are many more sites in the *Doing Mathematics with Your Child - A Parent's Guide* referenced above

<http://www.mathstories.com>

<http://www.hoodamath.com/games/>

<http://www.mathplayground.com>

[http://www.funbrain.com/teachers/subj\\_math.html](http://www.funbrain.com/teachers/subj_math.html)

<http://www.aplusmath.com>

<http://cemc2.math.uwaterloo.ca/mathfrog/main.shtml>

<http://www.khanacademy.org>



## Bullying Awareness Week November 21<sup>st</sup> – 25<sup>th</sup>

During the week of November 21<sup>st</sup> – 25<sup>th</sup> students and staff at École Guelph Lake will be discussing and exploring the issue of bullying and its effects. Throughout the week, students will participate in activities and discussions in their classrooms. This is to promote awareness, empathy and give students the confidence and skills/strategies needed to handle bullying situations, whether they are a bystander or a target or maybe even bullying themselves.



*Did you know that in the majority of cases, bullying stops within 10 seconds when peers intervene or don't support the bullying behavior?*

The Upper Grand District School Board takes all incidents of bullying seriously. That's why we developed an online bullying reporting tool. **Stop a Bully** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to your school principal for follow-up. We will follow up on your report.

You'll find the Stop a Bully button on our school's website and the board's website ([www.udsb.opn.ca/stop-a-bully](http://www.udsb.opn.ca/stop-a-bully)).

### **What is bullying behaviour?**

Bullying behaviour can be defined in many ways but some of the common elements of the definition include:

- an imbalance of power - the bully or bullies may be physically stronger or may be part of a larger group and/or may have a stronger social status within the school
- the action is repeated over time - two friends arguing and calling each other names is not bullying
- there is malicious intent - a bully means to hurt the other person. Bullying is not accidental nor is bullying just teasing
- bullies enjoy the power and strength they feel when hurting others

Anyone can be a bully although the approach a bully takes usually differs from boys to girls. Boys tend to bully physically; pushing, tripping, bumping, kicking, etc. The bullying pattern of girls tends to be harder to observe as they tend to exclude, intimidate or verbally bully their target. If you suspect that your child may be bullying, you need to take the problem seriously and talk to your child. Let your child know that you will not tolerate bullying behaviour and use non-violent consequences. Establishing family rules, spending more time with your child and increasing supervision of their activities will help your child feel valued and lessen the likelihood of bullying behaviour.

### **How do I know if my child is being bullied?**

Anyone can be a target of bullying although bullies tend to choose victims who are passive and are less likely to be assertive and stand up for themselves or less likely to tell an adult.

### **What is a bystander?**

A lot of recent research indicates the role of a third group in the occurrence of bullying. This third group is the bystanders. Bystanders allow bullying to occur by standing and watching or by actively encouraging and cheering the bully on thereby reinforcing the bullying behaviour. Bystanders often say that it's none of their business, the bully is my friend, the victim deserved to be bullied or that there is nothing they can do about it. Bystanders are now being encouraged to empathize with the victim, to report (not tattling) when someone is in danger of being harmed, to accompany the target to get help, and to join together with their peers to protect targeted students.

