



Hyland Heights E.S. Hawk Talk September

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Press 0 to go directly to the office

Parents and Guardians,

Students were welcomed back to clean, well organized classrooms. In June, the entire school was packed up and stored so the summer construction could happen. The end of August found all staff returning to clean, unpack and reorganize the school. There will continue to be a few transformations over the course of the school year. One that we are all excited about is the move from a Library to a Learning Commons. The Learning Commons will allow us to move away from a computer lab and book exchange model. The Learning Commons will allow for spaces to be created in the area: comfy reading, a TV for video conferencing, and a space for Maker Space.

It will be an exciting year as our library continues the transformation into a "Learning Commons", which is an inclusive, flexible, learner centered space for collaboration, inquiry, imagination and play. To help with this transformation, a used book sale is being held the week of September 19th, to raise money to purchase comfy new furniture for our Learning Commons. Students and staff will be able to purchase used books for 25 cents each, all week during first recess. In addition, the sale will continue during Meet the Teacher Night so families can shop together. Hope to see you there!

Meet the Teacher night will be Thursday, September 22, 2016 from 5:30 until 7:00. The school will be open for you to see your child's classroom and meet their teachers. We look forward to seeing you then.

Back to School Blues

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 during 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.
7. 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!

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 Sept. 27) and the **Police / School Board Protocol for the Investigation of School-Related Occurrences** (closing Sept. 30). You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy

North Dufferin Boundary Review and French Immersion (FI) Feasibility Study

A letter has been sent home with students to inform you that the Upper Grand District School Board is undertaking a North Dufferin Boundary Review and French Immersion (FI) Feasibility Study. The purpose of this review is to confirm the viability of an FI program in Shelburne, and to make changes to FI school boundaries to establish a new North Dufferin JK-8 FI boundary. This also involves modifications to existing JK-8 Regular Track boundaries.

Board staff is planning a **Shelburne FI Feasibility Study Public Information Session on September 19, 2016 from 7-9pm in the gymnasium at Centennial Hylands ES**. This meeting is geared to parents/guardians who have a child born in 2013 and are interested in enrolling in FI in September 2017.

For the boundary review process, staff is planning a **Boundary Review Public Information Meeting on October 19, 2016 from 7-9pm in the gymnasium at Centennial Hylands ES**. This meeting will include a presentation of the Initial Boundary Review Report including staff's recommended option and an opportunity for parents/guardians to ask questions and provide feedback. All are welcome to attend.

Please visit www.ugdsb.on.ca/ndbr for more information about this review.

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

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

- a. “Today is going to be a good day”
- b. “I am going to have a good day”
- c. “I can do this”
- d. “I have what it takes”
- e. “I feel happy”
- f. “I am strong”

2. Practice Relaxation

- a. Start the day with some body stretches.
- b. Take three deep breaths each time you go through a doorway.
- c. Be present: Notice 3 things you can see, hear and touch.
- d. Tense and relax your muscles, releasing tension in your body.
- e. Imagine a place that makes you feel relaxed.

3. Take Breaks Before You Are Stressed

- a. Walk to school.
- b. Get outside at lunch or breaks.
- c. Listen to music to relax.
- d. Eat a good breakfast and lunch.
- e. Hang out with your friends
- f. Think of 3 things you are grateful for.

4. Seek Support

- a. Talk to your family or friends.
- b. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
- c. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
- d. Call KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>
- e. Talk to your family doctor.
- f. Contact community mental health services:

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.
To access services for Children and Youth in Dufferin: 519 941 1530.
<http://dcafs.on.ca/>

The Benefits of Making Mistakes

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>). 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."
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UGDSB Program Department



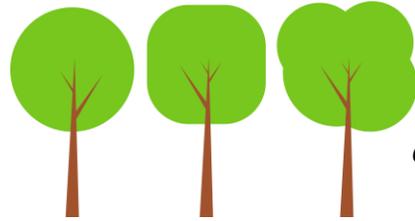
Monthly Environmental Activities to help celebrate our planet
SEPTEMBER 21ST IS NATIONAL TREE DAY!

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

Celebrate National Tree Day on September 21st 2016!

“National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees - clean air, wildlife habitat, reducing energy demand and with nature.”

<http://www.nationaltreeday.ca/>



provide us connecting

“Children today spend less time outdoors than any generation in human history.” <http://getbackoutside.ca/>

“For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination.” <http://30x30.davidsuzuki.org/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

For more ideas:

- ✓ Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: “What to do on a nature walk” or “Arbour Day activities”

