



**L' École Edward Johnson School**  
*Learning for Life Apprendre pour la vie*  
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**OCTOBER 2017**



### **Principal's Message**

Summer certainly did seem to linger on through September. Despite the steamy temperatures, it has been a great start to the new school year. Classes are back into full swing. I particularly enjoyed meeting many of you at our Meet the Teacher-- Open House. We had a great turnout.

Although we had to postpone the Terry Fox Run by a week, due to the unusually hot weather, it is set to go for this coming Thursday, October 5 beginning at 11:15am. Please come out and join us.

The extra-curricular cross country running and soccer clubs are in full swing. The soccer tournament is this coming Wednesday, October 4 (boys in the morning and girls in the afternoon). The cross-country running meet will take place on Monday, October 23.

Please remember to keep our hallways clear if possible. We have lots of movement in our halls at the beginning and end of the day. Meeting your child at the designated area is very helpful and also helps to instill a sense independence. Thank you to everyone who is respecting our request for parents to come to the office and have their child paged, rather than going directly to the classroom. It really does help.



## Some upcoming important dates:

- Monday, October 2 from 6:30 - 7:30 School Council Meeting
- Wednesday, October 4, Junior Soccer Tournament
- Thursday, October 5, Terry Fox Run
- Thursday, October 5, World Teacher Day
- Monday, October 9, Thanksgiving (no school)
- Friday, October 13, IEPs go home
- Monday, October 23, Cross Country Meet
- Thursday, October 26, Crazy Socks Day
- Thurs., October 26, School Council Sponsored “Games Night” 6:00pm - 7:00pm
- Friday, October 27 Professional Development Day



## ON OCTOBER 4<sup>TH</sup>, UGDSB IS CELEBRATING WALK TO SCHOOL DAY AND WALK AT SCHOOL DAY!

Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bused students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and pedestrian safety.

Visit [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) for more information and resources on active school travel.

## Wellington-Dufferin-Guelph Public Health October 2017

WDG Public Health is pleased to provide elementary and secondary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below two inserts you can include in your school newsletter and/or announcements if you wish. Images can be included or excluded as they meet your needs. If you have any questions please contact us at 1-800-265-7293 ext. 4111 or email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)

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### Have a Happy, Healthy Halloween

Are your kids buzzing with excitement about trick or treating? The real trick is balancing treats with healthy foods and eating them in moderation. The article below gives parents and teachers tips to help kids have a happy and healthy Halloween. It includes creative ways to celebrate Halloween and recipes



for healthy spooky treats. Read the article here: <http://bit.ly/2wcAUHe>

For more information visit [www.wdgpublichealth.ca](http://www.wdgpublichealth.ca)

### Are you frustrated by your child's eating? Would you like them to enjoy more vegetables?

Join us for **Getting to Yum: How to get kids to enjoy eating a variety of fruits and vegetables**. In this presentation, scientist and author Karen LeBillon will help you teach your kids to explore and enjoy eating. **Learn the 7 secrets of raising eager eaters and change dinnertime reactions from YUCK to YUM.**

**Saturday October 21, 2017**

2-4 pm Bishop Macdonell Catholic High School, 200 Clair Road W. Guelph

Cost is \$10 which includes the book "Getting to Yum"

Register by October 9<sup>th</sup> at <http://bit.ly/2wce1nh>



## 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
2. 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.
3. Help your child/youth by having them help others
4. 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.
5. Maintain a daily routine
6. 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.
7. Take a break
8. While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.
9. Teach your child/youth self-care
10. 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.
11. Move toward goals
12. 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.
13. Nurture a positive self-view

14. 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.

**Monthly Environmental Activities to help celebrate our planet**

**OCT 4<sup>th</sup> IS INTERNATIONAL WALK TO SCHOOL DAY!**

**A walk outdoors is good for our hearts and minds!**



**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.

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



### 4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- Walking, biking, and rolling are great ways for kids to get moving. These activities help build strength, improve balance, and boost confidence. They also provide a fun way for kids to explore their surroundings and interact with friends.
- Walking, biking, and rolling are also great ways for kids to learn about the world around them. They can see different plants, animals, and landscapes. They can also learn about the history and culture of the places they visit.
- Walking, biking, and rolling are also great ways for kids to learn about themselves. They can learn about their own strengths and weaknesses. They can also learn about their own interests and passions.
- Walking, biking, and rolling are also great ways for kids to learn about the world. They can learn about different cultures, languages, and traditions. They can also learn about the environment and how to take care of it.



# 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.”<sup>[1]</sup>  
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.

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[1] Boaler, Jo. *Mathematical Mindsets*. Jossey-Bass: 2016, pg 96.

