



Ken Danby Public School

525 Grange Road, Guelph, Ontario N1E 7C4
Tel. 519.836.4545 Fax 519.836.9612

Principal: S. Marquis; VP: T. Drohan
Office Coordinator: L. Smith
Administrative Assistant: Valerie Talbot

MESSAGE FROM THE PRINCIPAL AND VICE-PRINCIPAL

The first month of school is over and it's beginning to feel like fall. As always the beginning of the school year has been full of excitement, making new friends and adjusting to routines.

We just completed our 2nd fire drill last week. At the beginning of each school year we ensure that all students are aware of important routines in case of emergency. We will have our 3 required fire drills before December along with a Bomb Threat drill. A Bomb Threat drill is much like a fire drill with the exception that direction is given over the PA to staff and students to remain in their current location and then direction to evacuate will be given if required. When students and staff evacuate they follow the same procedures for a fire alarm. The Police have been in to do training with our street patrols and our Kindergarten recess helpers have received training. Everything is in place for a fun and a safe school year.

Thank you to all the families who came out for Open House. It was a great success as students introduced their parents to their teacher, took their parents on classroom tours and/or went to the intermediate presentation. The teachers appreciated saying hello to parents that they already knew and meeting parents new to them or to the school. The parent and community support is greatly appreciated. We encourage you to continue to actively participate in your child's education.

We wish all our Diamondback Families and Community a Happy Thanksgiving Weekend.

Saskia Marquis and Trisha Drohan

COMMUNICATION FROM THE SCHOOL

We have several ways we are communicating information to Parents and School Community:

1. School Website: <http://www.ugdsb.on.ca/kendanby/>
2. Aizan Automated phone messages: Please note messages will be sent to the primary phone number that was provided to the office.
3. Twitter **@KDDiamondbacks**
4. Upper Grand and School Messenger Apps

Communication



GIFT CARD FUNDRAISER

We are excited to offer a gift card fundraiser for this school year. FundScrip is a fundraiser in which you get to choose to pay for your shopping (groceries, gas, home and garden, clothing, entertainment, restaurants, etc) with gift cards ordered from fundScrip instead of using your usual methods of payment. Each card purchase made through FundScrip makes money for Ken Danby Public School. A full listing of participating retailers can be found on the school's website.

Gift cards are mailed directly to you after each purchase. This fundraiser will be available to you online from October 2017 until June 1, 2018. Look for the yellow flyer sent home with your child for details and sign up instructions. Thanks for supporting Ken Danby PS. Funds raised through this program will used to support the school's technology needs.

PARENT INTERVIEWS

Our Parent-Teacher Interviews will be held on Thurs., Nov. 23rd (in the evening) and on Fri., Nov. 24th (during the daytime on the PD Day). We believe it is beneficial to discuss your child's progress as early as possible, in the first term right after the progress report card comes home. You will be able to sign up on line for your interview times. A letter will be coming home in November which will provide you with the directions on how to sign up for an interview with your child's classroom teachers.

SCHOOL COUNCIL

Thursday October 26 FREE MOVIE NIGHT

Ken Danby School Council would like to invite all students and parents to a Movie Night, Thursday October 26th in the gym. This movie showing is a **free** event, however donations are being accepted and School Council will be selling treats and drinks for the show! Doors open at **5:30pm** and the movie will start at **6:30pm**. The following day is a PA Day, so come on out and support your school. A flyer outlining more details concerning the event will be sent home closer to the date.



School Council News

School Council is always looking for volunteers or parent involvement to ensure the success of fundraising activities that benefit the school. If you'd like to see what your School Council is up to, please follow us on twitter: [@KenDanbySC](#). If you'd like to donate some time, but don't want to commit to attending council meetings, no problem. Please contact Jenn Goody-Brown at SC.Kendanby@uqdsb.on.ca and see what opportunities fit best with your schedule. You can also stay informed by reading the [School Council meeting minutes](#) that are posted on the school website.

If you're interested in attending an upcoming meeting, the following dates have been approved for the 2017-2018 school year:

October 19th • January 18th • February 15th • April 19th • May 24th

PA Day in October

October 27th is a PA Day. There is no school for students on this day.

SCHOOL SAFETY

We take the safety of your child very seriously. In the interest of student safety, the Upper Grand District School Board has directed all schools to conduct 6 fire drills, 1 Bomb Threat drill, 2 lock down drills and 1 tornado drill each school year. Students have become quite accustomed to our different drills, including the lock down drill. During our intruder drill we strive to minimize anxiety by reassuring students that the activity is a “pretend” situation and we are only practicing just like we do with fire drills and tornado drills. Detailed drill procedures have been developed in conjunction with our local police services and are provided to all schools as part of our emergency procedures manual. Every teacher has a copy of this manual in their classroom, and all emergency procedures are reviewed throughout the year.

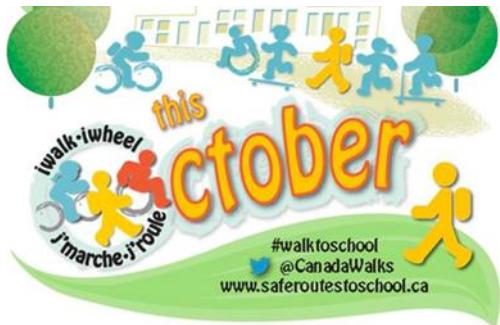
Please also read the Health and Safety section of the Family Handbook to review other safety topics. This handbook is found online on the Ken Danby P.S. website. Please also go to our website to find information on our Bullying Prevention Plan, Code of Conduct, Anaphylaxis Plan as well as a Risk Assessment Letter from the Director of Education.

MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

OCT 4TH 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.

“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, biking or rolling can benefit kids

by Katherine Martinko

- **Walking is known to improve academic performance.** Children that have had some outside time in the morning 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 about Nature Deficit Disorder, kids certainly aren't spending enough time outside these days. Find opportunities for your child to get outside and get moving too!

- **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.

LIFE-THREATENING ALLERGIES

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and 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 may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school.

Our school has procedures in place to help manage 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.

VISITORS TO THE SCHOOL

We warmly invite parents and guests to visit our school and encourage volunteers in our classrooms. For safety reasons, all visitors must report to the office, sign in, and obtain a visitor's badge before proceeding to classrooms or onto the yard.

STUDENT SAFETY PATROLS

Student safety patrols are on duty for fifteen minutes before classes begin and for fifteen minutes after classes end. They are there to help students who wish their assistance. Please discuss with your child the route you wish them to take to and from school in order to utilize the safe crossings provided to them. We expect all students to respect our safety patrols, who are providing our students with a valuable service. We will have safety patrols at the walking pedestrian light in front of the school on Grange Rd., as well as at the front of the school where the sidewalk crosses the parking lot driveway. It is the responsibility of the parent to ensure their child gets to school safely.

TERRY FOX RUN

On Sept 28th we had our Terry Fox Walk/Run. Terry Fox's remarkable determination and his wonderful achievement was highlighted as an inspiration for us all. We would like to thank everyone who came out or supported the Terry Fox Walk/Run. It was a special event, and the whole school participated. Way to go Diamondbacks!

INDIVIDUAL EDUCATION PLANS (IEP's)

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.

One more item that will accompany your child's IEP this year is a **Parent/Guardian IEP Questionnaire**. We want to know your ideas about your child's Individual Education Plan (IEP). Your ideas will be used to help us improve the IEP processes in our schools, and help us provide parents/guardians with the special education information they are looking for. Please take a few moments to share your ideas and return the questionnaire to the school. If you need any help with completing this questionnaire, your child's classroom or special education teacher can assist you.

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."¹ 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 procedures, but to help students make connections and understand the mathematical concepts behind the solutions.



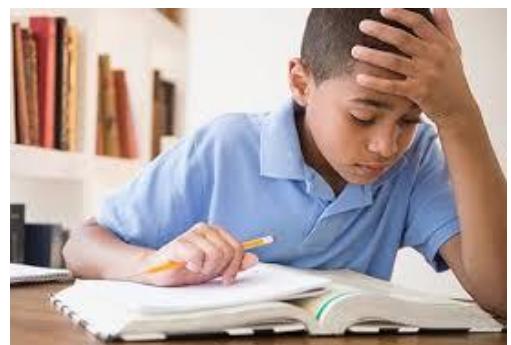
Growth Mindset Homework Help Tips

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.²



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."

TALKING ABOUT MENTAL HEALTH OCTOBER 2017 - Promoting Mental Health

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*

OCTOBER IS CHILD ABUSE PREBENTION MONTH



October is Child Abuse Prevention month in Canada. On October 24, 2017 many boards of education and schools across Ontario will participate in **Dress Purple Day** as a way of collectively speaking up and sharing the message that child abuse and neglect can be prevented and that help is available. This year for **Dress Purple Day** the Upper Grand District School Board is partnering with Family & Children's Services of Guelph and Wellington County, and Dufferin Child and Family Services, who are key partners in keeping children and youth safe.

Dress Purple Day Classroom Resources have been designed by the Ontario Association of Children's Aid Societies (OACAS) to support teachers from Junior Kindergarten to Grade Five to engage in important conversations with their students about safety and well-being, and how to identify helping adults in the community. The theme of Dress Purple Classroom Resources is "It takes a village to keep kids safe." These classroom resources can be found on the OACAS website at www.oacas.org.

Your child's class will participate in **Dress Purple Day** and learn how the village they live in helps to keep them safe. We hope that you will encourage your child to wear something purple on October 24 to help recognize the day. If this is not possible, your child's teacher may also have other purple options available to students in the classroom.

If you would like to learn more about **Dress Purple Day** and the Child Abuse Prevention Month campaign, please visit the OACAS website at www.oacas.org. You can also visit www.fcsbw.org (Family & Children's Services of Guelph and Wellington County) and <https://dcafs.on.ca> (Dufferin Child and Family Services) for more information on your local children's aid society.

Thank you for your support.



INFORMATION FROM PUBLIC HEALTH

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

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 9th at <http://bit.ly/2wce1nh>