



The Mustang Monitor

Maryborough Public School
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Principal: Mrs. S. Grose

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Principal's Message



Happy October!

We have had a great start to our school year! Many activities have already started here at Maryborough PS. Our annual Terry Fox Run was held Thursday September 28th. Our school demonstrated compassion and generosity as close to \$2000 was raised! Way to go Maryborough Mustangs!

Our Junior soccer team participated in the North soccer tournament and came in second place. Excellent play and coaching! Grab your running shoes because Cross-country is next.

Each year we have very devoted noon hour supervisors who help keep our students safe. We are looking for emergency noon hour supervision to fill in some holes in our schedule when our supervisors can't make it in. This is a paid position. If you are interested and/or know someone who may be interested, please contact the office.

A few reminders for the month of October:

-1st meat pick up will be Tuesday October 17

-Take Out, Pork Chop dinner Thursday October 26

-Picture Day Wednesday October 18

-Please watch the weather and dress students appropriately (the weather has been so unpredictable so far). Remember to label sweaters, coats, shoes, etc. This helps you get your child's clothes back home fast.



Happy Thanksgiving

I wish all our families a restful Thanksgiving weekend



Individual Education Plans (IEPs)

Individual Education Plans, or IEPs, are developed by teachers when assessments show that a student needs special education programming and/or services. The development of the IEP is 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. You know your child best. At the beginning of the year a questionnaire was sent home to ask for your input. Thank you to the parents who were able to complete this and returned it to the school. Your input is important in your child's education. If your child had an IEP last year, you will see a copy of this working document come home on Tuesday October 17th.



ABOUT PA DAYS

September 29, October 27, November 24, January 26, April 27 and June 8 are Ministry Mandated PA Days. This means students will not be at school on these dates.

SAY CHEESE!



School Photos

Please note that individual and class photos will be taken on Wednesday October 18th. Forms will soon be sent home.



Thanksgiving is coming soon...

Maryborough PS staff and students are encouraged to bring non-perishable food items the first week of October for the Drayton Food bank.

Random Act of Kindness / Pink Day

Each month on the first Wednesday we are encouraging everyone to wear pink and show a random act of kindness. This will be a focus this year to promote kindness, acceptance of all and anti-bullying.

School Council

Maryborough School Council members are devoted to helping all the students in the school. Through fundraising they support bussing cost of sporting events and year end trips, they support Scientist in the Classroom presentations, Updating Technology in the classrooms, Repair and creating outdoor environments and much more. This year they will be looking at completing the chrome book upgrades with 5 more chrome books, upgrading track and baseball diamond and a future project of creating an outdoor learning classroom.

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*

Monthly Environmental Activities to help celebrate our planet

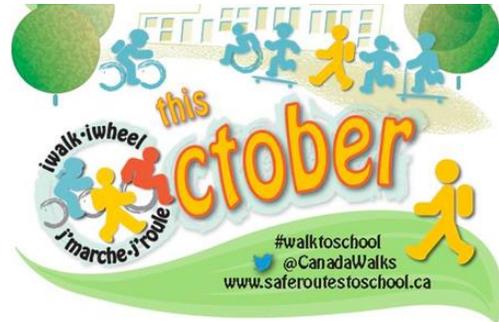
OCT 4th IS INTERNATIONAL WALK TO SCHOOL DAY!



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 cycling to school gets kids outside every day actively enjoying their natural environment. They arrive at school able to concentrate and learn.



or
better

“In the 2015 ParticipACTION Active Healthy Kids Canada 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/>

Report

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.

Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

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Events

Walk with us on October 4!



Join **International Walk to School Day** Wednesday, October 4 to celebrate healthy school travel. Encourage students to walk to school, or consider an at-school walk for bussed students.

[Register](#) your school and download free posters and announcements to support your event. This event is promoted by the [WDG Active and Safe Routes to School committee](#) to encourage active transportation and road safety.

The Great Big Crunch

On October 26, host a special assembly, class or 5 minutes to support local food and healthy snacking.

[Register](#) your school by October 8 with Food & Friends and celebrate with a synchronized apple "crunch"!

Find resources to promote your event [here](#).



Grant Opportunities*

EcoLeague Action Project

[Funding](#) (up to \$400) is available for schools to engage students in an action project that addresses a local sustainability issue. The deadline to apply is November 17.

Canadian Garden Grants

The [program](#) provides \$2,000 to support new or existing edible gardens at elementary and secondary schools. Apply by November 15.

Announcements

Wellington-Dufferin-Guelph Public Health is pleased to deliver its second edition of the School Health e-Bulletin for school staff in partnership with the Upper Grand District School Board. We hope you find the October edition informative. Please share the e-bulletins with your school colleagues.

Health Resources & Services

Indoor and Outdoor Safety

Health Canada has two activity books to help children learn about behaviours and environmental factors that can impact their safety during physical activities in the home and outdoors. Request an electronic copy [here](#). These are appropriate for Grades 1-4.

Have a Happy, Healthy Halloween

Are your students buzzing with excitement about trick or treating? The real trick is balancing treats with healthy foods and eating them in moderation. This [article](#) gives teachers tips to help students have a happy and healthy Halloween. It includes creative ways to celebrate Halloween and recipes for healthy spooky treats.

24 Hour Movement Guidelines for Children and Youth

Canada's Physical Activity Guidelines have changed! New research shows a need for activity recommendations that address the whole day. The new [24 Movement Guidelines](#) encourage children and youth to "Sweat, Step, Sleep and Sit" each day. A healthy 24 hours includes:

- 60 minutes per day of moderate to vigorous physical activity;
- Several hours of a variety of light physical activities;
- 9 to 11 hours of sleep for 5-13 year olds; 8 to 10 hours of sleep for 14-17 year olds; and
- No more than 2 hours per day of recreational screen time.

School Health Resource Collection

Looking for a creative way to teach your students about the 4 food groups and portion sizes? Borrow our **Portion Plate** kit for free from one of your local public libraries:

- [Guelph Public Library](#)
- [Wellington County Library](#)
- [Orangeville Public Library](#)
- [Shelburne Public Library](#)
- [Terry James Resource Centre](#)



October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Day 4	3 Day 5	4 Day 1 Pita Pit	5 Day 2 Grade 6 – Safe Schools in Marden	6 Day 3 Pizza 	7
8 	9 Thanksgiving	10 Day 4	11 Day 5 Grilled Cheese	12 Day 1	13 Day 2 Pizza 	14
15	16 Day 3	17 Day 4 Fundraiser PU – 5:00 – 6:00 BBQ Pork Chop orders due IEP's go home	18 Day 5 Chicken Burgers Picture Day  OPP Kids – Gr. 6	19 Day 1 Cross Country Team 	20 Day 2 Pizza 	21
22	23 Day 3	24 Day 4	25 Day 5 Take me outside learning Pita Pit	26 Day 1 Pork Chop BBQ pick up	27 PD day	28
29	30 Day 2	31 Day 3 Black & Orange Day  Halloween				

Our next S.C.A. meeting will be November 9th at 7:00 pm. everyone is welcome to come!