



March Newsletter



Help Your Child Be More Resilient

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Life can be stressful for both children and their parents. When children learn how to handle challenging situations in positive ways and to bounce back after a negative experience they become more resilient. Resilient people are happier, healthier and more successful in life. Children learn resiliency skills from the adults in their lives. Here are some ideas to help you to build resilience in your child:

1. Build a caring and trusting relationship: listen to your child and talk about their day, share cuddles or hugs, play or do activities together.
2. Think positive: each evening ask your child to share a positive thing that happened during their day. You could share something positive that happened in your day too!
3. Gently challenge your child's negative thinking: If your child has had a stressful experience, acknowledge their feelings and help your child see that

experience as only one of many things that happened that day: "It sounds as if Max really hurt your feelings by not inviting you to play hockey. Did you play with him at another time? Did you play with some of your other friends?"

4. Build confidence: allow your child to do things independently as often as possible; such as getting dressed, helping to make dinner, wrapping a birthday gift, and helping with a chore. Only give guidance if absolutely necessary.

5. Allow your child to feel that he or she has control over his or her life: allow your child to make age-appropriate decisions, such as what to wear, a choice of what to have in their lunch ("would you like a banana or yogurt?"), what book to read before bedtime, what movie to watch on the weekend.

6. Model and practice calming: When you are dealing with a difficult situation show your

child how you calm yourself down. Practice calming with your child (deep breathing, counting to 10, going to a quiet place).

7. Model coping: when you have a problem, talk to your child about how you solved the problem calmly. What did you think about as you were solving your problem?

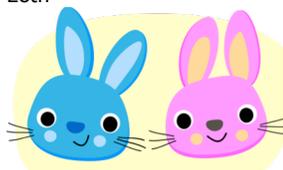
8. Build your child's coping strategies: Help your child think through a challenge. Help your child to know that the issue is just temporary and that he or she can solve the problem. Support your child in coming up with a solution.

In supporting your child in building resiliency skills you are developing a positive outlook that will last a lifetime. For more information on resiliency please go to the website below.

Source: Reaching In, Reaching out Website:
<http://www.reachinginreachingout.com/resources-parents.htm>

Special points of interest:

- March Break – 14th -18th
- Good Friday – March 25th
- Easter Monday – March 28th



VISITORS

Visitors are always welcome at Paisley Road. We do ask, however that all visitors, parents or guardians coming into our school report to the main office upon entering the building. Office staff will provide all those visiting with appropriate tags which will identify you to staff and students. We do ask parents that are picking up their children to please wait outside the school at the appropriate pick up locations, this helps elevate interruption to classrooms, teachers and ensures your child is dismissed in a safe manner.

Digital Saturday



UGDSB invites parents to learn about classroom technology at 'Digital Saturday'

The Upper Grand District School Board is hosting an open house featuring displays and workshops on how students are using technology to learn. "Digital Saturday" takes place on March 5, 2016, from 9 a.m. to 12:30 p.m. at Westminster Woods Public School in Guelph.

"In the last few years there has been exponential growth in the use of technological tools and resources in Upper Grand schools," said Brent McDonald, Superintendent of Education responsible for Information Technology. "Students don't stop using what they're learning as soon as the bell rings at the end of the day. A good number of these resources are available 24/7, so they're used at home and school."

A presentation on technology in the classroom to the board's Parent Involvement Committee was the inspiration for the idea

of hosting a technology open house for all parents.

"We thought a Saturday morning would be the best time for both parents to come out and see what we're doing," said McDonald. "Students can come too."

Digital Saturday will be an opportunity to explore and learn about:

- New technologies in the classroom like Chromebooks, UGCloud
- Assistive technologies to support all learners including Kurzweil and Read & Write for Google
- Robotics and coding and virtual reality in the classroom demonstrations
- Online digital resources for assisting student learning such as UG2GO, UGCloud and Homework Help

There will be lots of opportunities for interaction and co-learning. Older children (8 and up) may find the display tables and workshops informative and engaging.

We hope to see you there as partners in education!

Event details:

- DATE: Saturday March 5, 2016
- TIME: 9 a.m. to 12:30 p.m. Open house closes at 12 p.m.
- LOCATION: Westminster Woods Public School, 140 Goodwin Drive, Guelph

For more information:

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It sounds like a great chance to learn more about Technology and might be a great opportunity for anyone who missed our school Tech Night! For every 10 families that attend we will receive a Chromebook for our school!

That would be fantastic for Paisley.

Engaging Your Child in Mathematics At Home!



As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics.

Like reading, mathematics is a subject that is indeed necessary for functioning adequately in society. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parents' attitudes towards mathematics have an impact on their children's attitudes. Children

whose parents show an interest in and enthusiasm for mathematics around the home will be more likely to develop that enthusiasm themselves.

Activities in the Home

If you have dice, playing cards, and a bit of time...oh the "number sense" fun you can have.

1. Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.

2. Work on Number Sense

-use 2 dice to add numbers together...to make it harder;

you can use the 2 dice to subtract, and multiply.

3. War-Use a deck of cards to compare numbers. Each person flips their cards at the same time; the person with the higher number gets both cards.

4. What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together.

Environmental News

The environmental theme for this month is not a new one. We are talking about Reduce, Reuse, Recycle. These are the 3 R's of environmental stewardship and by practicing them we will help planet Earth. Did you know all of them are not created equal? The best one of the three is: Reduce.

Reduce means to use less of something. This is the best of the 3 R's because we don't even use our natural resources to begin with! What could we use less of? There are many things you can think of. Use less water, or use less paper, or – very important - buy less 'stuff'.

Recycle is critical if we want to keep things out of the

landfill. More and more items are starting to be recycled, so be responsible and put them in the proper containers provided. If you don't, they end up in the regular garbage and harm nature by forcing us to create more garbage dumps that pollute our planet. We also need to make sure toxic items like paint and batteries don't end up in the garbage, but are brought to the hazardous waste depot. And never throw out your old smart phone. Take it back to your cell phone company for recycling. It contains minerals that are being mined in areas that are destroying precious habitats.

The Möbius loop is the

universally recognized recycling symbol. It consists of those 3 circular arrows. We can put compostable items into our organic bins, like food scraps including fruit & vegetables, dairy, meat, breads, as well as paper tissues and paper towels. We can recycle containers including plastics, glass, metals and tetra paks and milk cartons. And we can also recycle paper, boxboard like Kleenex boxes, and cardboard. So DO NOT throw these items into the garbage at home or the garbage containers here at school. Find the right recycling bin. Let these items be turned into something new again!

Slogan of the month: Don't trash our future! Recycle!



Transition Plans

While it may feel like it is early in the year to think about moving on to the next school year, plans are underway to ensure that students have a successful transition in September. For students that are changing schools, visits may have already begun. Specific transition plans are often particularly important for students with an Individual Education Plan and therefore are a required component of any IEP. For many students, the support provided to the whole class is all they need to have a successful transition; however other students may need more specific goals and support to help them deal with a variety of

changes throughout the day.

Common transitions that can be addressed on a transition plan include:

- Entry to school
- Move to a new school or new grade/teacher
- Transition to post-secondary: workplace, apprenticeship, college, university, community etc.
- in school transitions could include: starting/stopping activities, leaving the classroom, going to recess/gym, going on field trips

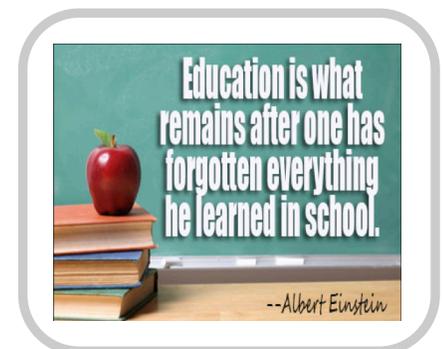
As a parent, you can play an important role in transition planning for your child by:

- working together with school staff to discuss the transition goals
- providing visits to the new school
- talking about the transition in a positive way
- looking at pictures of the new teachers and school building
- reading social stories to give your child the reassurance they need

Preparation is crucial for transitions to be successful, and a team approach between home and school is key.

Paisley Cares! Spread the Net Chore-a-thon!

Students are encouraged to join the Chore-a-thon to help save lives in Africa. Pledge forms and instructions went home February 29th.



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LUNCH BOX ORDERS Knitting Club	2	3 Pizza Knitting Club	4 Popcorn	5
6	7 Pizza money due 9am Family Math Night 6-7:30pm	8 LUNCH BOX ORDERS Knitting Club	9	10 Pizza Knitting Club	11	12 SPRING FORWARD! 
13	14	15	16	17	18	19
MARCH BREAK						
20 	21	22 LUNCH BOX ORDERS	23 Time to read SK to Grade 1 6-7:30pm	24 Pizza Popcorn Sale	25 NO SCHOOL 	26
27	28 NO SCHOOL 	29 LUNCH BOX ORDERS	30 Time to read SK to Grade 1 6-7:30pm	31 Pizza		

Talking Mental Health

Kids Do Well If They Can - Collaborative Proactive Solutions

In our schools we use a positive supportive approach with all our students. One such approach that we follow in our schools is Collaborative Proactive Solutions (CPS). This is a very effective way to help children and youth who are struggling by working with them to building skills and resources.

Dr. Ross Greene, who developed Collaborative Proactive Solutions, believes that Kids Do Well If They Can. If they are not doing well it is because they're lacking the skills not to be challenging. If they had the skills, they wouldn't be challenging. Dr. Greene also stresses that doing well is always preferable to not doing well (if a kid has the skills to do well in the first place).

When children and youth are faced with challenges that are too much for their skills and resources, they often engage in challenging behavior because they do not have the skills to engage in positive behavior.

Challenging behavior in children and youth is best understood as the result of lagging skills (in the terms of flexibility/adaptability, frustration tolerance, and problem solving) rather than as the result of lack of motivation on the child/youth's part. And second, the best way to reduce challenging behavior is by working together with the child/youth – collaborating – to solve the problems setting them in motion in the first place.

Dr. Greene's Collaborative Proactive Solutions is a very successful approach for children and youth presenting with a variety of challenging behaviors, which is why we use this approach in our schools.

Dr. Greene also has many tips for parents, so they can use Collaborative Proactive Solutions at home. If you are interested in learning more, please see his website:

<http://www.livesinthebalance.org/parents-families>

Information for this article has been taken from Dr. Ross Greene's website.

Follow me on twitter: @drlynnwoodford

From the Library

The library has been a very busy place this February! Our Kindergarten and Primary classes have begun reading Blue Spruce and Le Prix Peuplier. They are preparing their passports to vote for their favourite book at the end of April and join in on a celebration in May. Students in our Junior Forest of Reading clubs (Le Prix Tamarack, Silver Birch Fiction, Non-Fiction or Express) are off to the races reading books in the various clubs.

Students can come down and pick up a recommend a book pattern leaf for our library contest. I will be extending the February contest until March Break and we can add the leaves to our tree that will be popping up in the Library.

The Forest of Reading also has many contests for students this year:

Please explore the link to learn more about these OLA contests.

<https://www.accessola.org/web/Documents/OLA/Forest/Contests/2015/ForestContests2016.pdf>



Thanks to the Parent Council for their long term support of the Forest of Reading Programme!

CLIMATE SURVEY

During the week of February 29th – March 4th, students in grade 4-12 will be completing a School Climate Survey. The purpose of this survey is to determine whether or not our students feel that their school provides a safe and inclusive learning environment. The survey asks general questions about how the student is feeling at school, as well as specific questions about bullying. Staff and parents are also being asked to complete a climate survey about their school. Parents can use the link found on our school website or enter the link below.

https://uoguelph.eu.qualtrics.com/SE/?SID=SV_87VAOCZ4TdwN5ZZ