

Salem Public School

“A Rich Learning Environment”

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PRINCIPAL'S NOVEMBER MESSAGE

We have certainly enjoyed a busy start to the school year and the weather has been quite cooperative. The fall colours have been beautiful and our students have spent lots of quality time outdoors learning and exploring. We have many exciting events and activities coming up this month. I personally want to thank all of our staff and parents who have been working hard to plan and prepare for them. In this newsletter you will find information on our new online cash system. We have a Boomerang lunch coming up in a few weeks, organized by our Green Team, a t-shirt decorating day for Bullying Awareness planned by our Safe Schools Committee and a special evening event for families on Raising Emotionally Healthy Children organized by our School Council Committee. We also have a student led Dance Club, Writers' Club happening and a "Me to We" Club starting in the coming weeks. We are very fortunate to have such an active school community.

Progress reports for our Grade 1-6 students will be coming home on November 17th. This will give you an opportunity to read the report and go over it with your child(ren) in order to look at strengths and next steps. Parents can now book interviews online starting today. The online system will be open from October 31st to November 22nd at 1pm to book interviews. Interview days are Wednesday, November 23 from 3:30-7pm and Friday November 25 from 9-2. We hope you will be able to find a time that suits you and your family. This system will hopefully help coordinate interviews if you have more than one child. To book a time (s) go to:

<https://webapps.ugdsb.on.ca/InterviewSchedule/Account/Login>

You will need your child's OEN# and date of birth to log in. OENs can be found on previous report cards. For our JK families, you can contact the office for your child's OEN#.

The School Council hosted their annual Halloween Social on Oct 28th. Thank you to all the parents who help provide such a fun experience for the school community by decorating the school, making cupcakes, organizing games and activities and providing refreshments. See our FB page for photos!

As we move towards winter and colder weather please remember that students are outside twice every day for thirty minutes- even if it is cold. They need to be dressed appropriately. Please feel free to send extra labelled clothing, socks and mittens to be kept at school in case clothing gets wet.

As always, please feel free to call the school if you have any questions or concerns .

Kathy Gossling-Spears,

Principal



Lest We Forget.

REMEMBRANCE DAY CEREMONY

Salem School students will be participating in the Ceremony at the Salem Cenotaph on Remembrance Day. Children who are members of the Girl Guide or Scout organizations are encouraged to wear their uniforms that day. Please ensure that your children are dressed for the weather. We welcome volunteers to assist in walking the children to the Cenotaph. Please let your child's teacher know if you are able to assist. We will leave the school at 9AM and walk to the Cenotaph for a 9:30 start to the commemoration. We will be having a ceremony for our Kindergarten students in the school library at the same time as the ceremony at the cenotaph. If parents would like to take their Kindergarten child to the cenotaph instead please make arrangements beforehand with your child's teacher.

FIRE SAFETY AND LOCKDOWN DRILLS

During the next months we will be practicing our fire safety and lock down procedures. During these drills everyone in the school building is responsible for following the same procedures as the students and staff.



INCLEMENT WEATHER

Announcements will be made on the following radio stations in the event of bus cancellation:

1460 AM CJOY - Guelph106.1 FM Magic FM – Guelph

Oldies 1090 AM

105.3 Kool FM

96.7 CHYM

Parents can also check the UGDSB Website posted below for bus cancellations by clicking on the link in the yellow box on the home page. Information will be posted daily on the website by 6:30 a.m.

Board website: www.ugdsb.on.ca

**Please remember if buses are cancelled in the morning they will not run after school.



PICTURE RE-TAKE DAY

Picture re-take day will be on November 17th. For more information about see the photographer's website at <http://lifetouch.com/>



Boomerang/Litterless Lunch Week November 14-18

The Salem School Community is working hard to reduce our garbage output by composting, and recycling. To further promote awareness, the Green Team is promoting a BOOMERANG/Litterless lunch week **November 14-18**. Please mark your calendars!

(A boomerang lunch means that all packaging goes home in our lunch pails.)

SCHOOL COUNCIL NEWS

FREE TO ACHIEVE SALAD BAR

The snack program will be offering a salad lunch to all students on Wed. Nov 9th during the second nutrition break. We will be collecting toonie donations in support of the Upper Grand Learning Foundation's Free to Achieve Fund. You may make your donation online using our new School CashOnline program or send a toonie with your child on the 9th.

The Free to Achieve Fund is focused on providing underprivileged students with learning experiences outside the classroom. A gift to this fund will give students opportunities which they would not ordinarily have. These experiences will allow students to make connections to their in-school learning, enhance their desire to learn and help them reach their potential.

FAMILY INFORMATION NIGHT – RAISING EMOTIONALLY HEALTHY CHILDREN

Salem School Council is hosting an informative evening geared towards understanding the Mental Health challenges that face our kids today. The event will take place on Thurs. Nov 24th 6:30 – 8:30pm and have a variety of sessions to choose from. Please watch for the flyer and Facebook event to learn more about this evening. This event is open to everyone in the community. Admission is free thanks to funding from the Ministry of Education Parents Reaching Out grant.

ELORA SANTA CLAUS PARADE

Let's show the community our school spirit! School Council is entering a school float into the Elora Lions Santa Claus parade on Saturday, November 26th. Permission forms will be coming home during the week of November 7th. Due to the limited size of the float, it is necessary to limit the number of participants. So don't delay in returning permission forms.

DATES OF INTEREST

Wed. Nov 9th – Salad bar lunch for all students, send bowl, fork and toonie donation

Tues. Nov 15th – School Council meeting at 6:30pm

Thur. Nov 24th – PRO Grant event – Raising Emotionally Healthy Children 6:30 -8:30pm

Sat. Nov 26th – Elora Lions Santa Claus Parade at 6:15pm



Healthy



Monthly Environmental Activities to help celebrate our planet

NOVEMBER 25TH IS BUY NOTHING DAY!

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

Celebrate Buy Nothing Day on November 25th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things.

Founded by Vancouver artist Ted Dave, *"The first Buy Nothing Day was organized in Canada in September 1992 as a day for society to examine the issue of over-consumption. In 1997, it was moved to 'Black Friday', which is one of the busiest shopping days in the United States."* <https://en.wikipedia.org>



Image from <https://www.permaculture.co.uk/articles/buy-nothing-day-2012-approaching-could-you-stop-spending-one-day>

Repair, reduce, re-use, recycle – 4 R's are best!

"It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, allowing us to share better the surplus of stuff we already have, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle', could be the basis of a new economic model." <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

"Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about."

<https://www.daysoftheyear.com/days/buy-nothing-day>

Helping your child with difficult situations

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. “Resiliency” is what helps adults and children to “bounce back” from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby’s smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: “I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away.”
5. Instead of making your child say “sorry”, talk about his or her feelings and the feelings of the other person involved in the event.
6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child’s strengths: “Hey you rode that bike by yourself!”
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to:

<http://www.reachinginreachingout.com/resources-parents.htm>



Reach IN to face life's challenges ...

Reach OUT to others and opportunities that encourage healthy development.

Parents - please register for School Cash Online!

ONLINE PAYMENTS NOW AVAILABLE!

For safety and efficiency reasons, we want to reduce the amount of cash and cheques coming into our school. School related expenses such as pizza days, field trips, spirit wear, yearbooks, etc. will be available for online purchase. Please take a few minutes to register so you can enjoy the convenience of online shopping.

Here's how to register:

- Step 1:** Go to this website: ugdsb.schoolcashonline.com
- Step 2:** Register by selecting "Get Started Now" and following the steps.
- Step 3:** Respond to the confirmation email, select the 'click here' option, sign in and add each of your children to your household account.



School Cash Online

Benefits:

Convenient: Make payments 24/7

Easy to Use: Fill a shopping cart and checkout

Safe: No need to send Cash or Cheques

Secure: Website is protected and encrypted

Save Time: It takes less than 5 minutes to register



Talking About Mental Health November 2016 – Technology and Video Games

Between checking text messages and playing the latest video game, how much time do you and your children/youth spend on technology?

“Technology is not really the problem, the lack of balance is,” says Doriann Shapiro, Social Worker, Problem Gambling Institute of Ontario (PGIO). “Because we are in a technological age, youth are often also using tech for writing and research. But when they are totaling over seven hours a day, finding balance between that is the challenge.”

“Problem video gaming has harmful effects on an individual’s social, occupational, family, school, and psychological functioning,” says Lisa Pont, Social Worker, PGIO. “It can result in a loss of control, withdrawal, and escape from difficult feelings.”

Here are some tips from Centre for Addiction and Mental Health (www.camh.ca) and Problem Gaming Institute of Ontario (www.problemgambling.ca) that can help:

1. Consider how you use technology. You are modelling behaviours for your children/youth.
2. Before giving your children/youth access to technology, talk to them about safe use. Communicate openly and honestly. Discuss possible effects and the dangers of using the Internet and social media.
3. Talk to your children/youth about how to integrate technology into their lives in ways that respect others. For example, some families have “no texting” rules during mealtimes and family events.
4. Be aware of your children’s/youth’s Internet activities and what they access. Create rules that both you and your child agree to, based on their age and past Internet use. You can also consider V-chip technology for the TV, which can block access to programs and channels, and parental controls for smartphones and computers.
5. Spend time learning about the Internet and video games popular with youth. Participate with your children/youth in these activities. They are more likely to listen to you if they think you know what you’re talking about.
6. Have your children/youth use a shared computer in an open area of your home where you can monitor what they’re doing.
7. Help your children/youth lead balanced lives. Set limits around your children’s/youth’s use of technology. Encourage them to take part in “offline” activities such as sports, music, drama and in-person get-togethers with friends and family.
8. Help your children/youth set priorities. For example, doing homework comes before spending time texting or playing video games.
9. Remember that you own the equipment (e.g., computer, cell phone) your children/youth are using—or you’ve likely given them the money to buy it. If your children/youth are not using the

technology in ways that you approve, you have the authority to cut off access or control their use in other ways (such as using a secret password to set the administrative rights on your home computer).

10. If you have seen signs that indicate your child/youth may be developing a problem from their technology use, (such as: increased time playing/online, avoiding other activities including other interests and school, sleep problems, poor hygiene, less time with friends/family, lying about their gaming/internet use) talk with your child/youth about your concerns. You could also contact your family physician to get guidance and support for the whole family.

Homewood Community Addiction Services provides support for youth and families with gaming addictions: 519 836 5733.

Here are some useful resources.

Books:

My Parents Aren't Noobs by Michelle Nogueira and Anthea Helps

Sofa Boy by Scott Langteau

Doug Unplugged (book and DVD) by Dan Yaccarino and Chris Patton

Websites:

www.problemgambling.ca

www.camh.ca

Have a mentally healthy November!

Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.

Follow me on Twitter @drlynnwoodford.

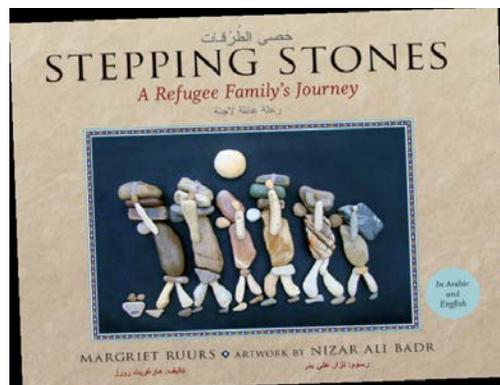


Board Wide Fundraising Initiative for Syrian Newcomers in our Community

We have been pleased to welcome almost 75 Syrian newcomer students into our Upper Grand schools since last January. We are hoping that you will consider helping us in a board wide fund raising initiative to raise funds to help Syrian newcomers settle into our schools and community. We have partnered with Orca Book Publishers to raise funds by selling their newly published book entitled, “Stepping Stones: A Refugee Family’s Journey” by Margriet Ruurs through our school and board websites. For every book that is sold through our board or school websites, Orca will donate \$10 to our local settlement agencies to support Syrian refugees.

This unique picture book was inspired by the stone artwork of Syrian artist Mizar Ali Badr, who was discovered by chance by Canadian children’s author Margriet Ruurs. She was immediately captivated by the strong narrative quality of Mr. Badr’s art, and, using many of Mr. Badr’s already-created pieces, she set out to tell a story about the Syrian refugee crisis. Stepping Stones tells the story of Rama and her family, who are forced to flee their once peaceful village to escape the ravages of the civil war raging in their homeland. With only what they can carry on their backs, Rama and her family set out to walk to freedom. Mr. Badr’s stunning stone images illustrate the story. This book is a dual-language (English and Arabic) edition.

To order this book, please visit your school’s website or the board website and click on the buy button to place your order. Payment is made directly to Orca and the books are shipped directly to your address from their warehouse. Payment for the order will go through at the time of purchase and it will include shipping. Orca will keep track of how many books are sold in our board and will send us \$10 for every book sold, which will then be donated to a local resettlement agency.



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