



# Aberfoyle Public School

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**FEBRUARY 2016** \*\*\* FOLLOW US ON TWITTER!!! @AberfoylePS \*\*\*

## Dear A.C.E. Families,

Happy Family Day! Last month I included ideas from the beginning of an article from Marie Faust Evitt at Parents Magazine in helping your child set goals at school and home. I've included the second part to that article here because often when we set goals we don't always reach them on the first try. Term 1 report cards will be coming home soon and if your child didn't reach all their goals this term, that's ok! Here are a few strategies to help them refocus for the next term.

### When Kids Fall Short

So your child wanted to improve in math, but he got another C on the latest test. Now what? Try these steps.

- Review the goal with your child. Maybe it was too vague or too ambitious.
- Ask your child for suggestions. Children are more likely to follow through on their own ideas about what else they can do.
- Help envision the benefits. Ask: "What do you think it will feel like to do better on the next test?"
- Share your childhood frustrations. Your child might feel better when you tell him about your difficulties learning fractions.
- Compliment him. Even if your child doesn't get the A he hoped for, make sure to praise him for trying ("I'm so proud of how hard you studied!").
- Don't use threats or bribes. Offering a video game in exchange for an A, or a punishment for a D, won't help your child's follow-through in the long run.

### Just Do It! A Five-Step Plan

Jim Wilkens, author of *Goal Express*, outlines steps to set -- and meet -- any target.

1. Write it down. Become a better baseball player, for example.
2. Make it specific. "I want to be able to get a base hit once each game."
3. Consider Pros and Cons.

**Pros:** It will be much more fun and much less embarrassing to be on the team.

**Cons:** I already have practice twice a week. Extra practice will cut into my free time.

4. Define small steps by asking the Three W's.

"Who can help?" A coach, parent, or friend, for example.

"What do I need to do?" Practice more, go to batting cage.

"When?" 30 minutes twice a week.

5. Monitor Progress. Have my parents videotape my swing. Get feedback from my coach.

- C. Guyitt

## UP-COMING EVENTS

FEBRUARY	EVENT
Feb 1st to 5th	Kindergarten Registration Week
9th	*Greening Committee Meeting @ 6:00pm ALL WELCOME *School Council Meeting @ 6:30pm in the Library
10th	Term 1 Reports Go Home
11th	INT Girls & Boys Basketball Tournament
12th	Red, White & Pink Day
15th	FAMILY DAY - No School!
24th	Pink Day
25th	Colour Day

## NEW PA DAY:

We would like to make all parents and guardians aware of an additional PA Day that has been added to the school calendar. Following central collective agreements reached in the fall, an additional Professional Activity Day has been added to this school year. In the Upper Grand District School Board, this PA Day will be on **April 25, 2016**. You can read more about this at [http://www.ugdsb.on.ca/news\\_article.aspx?id=63168&blogid=32405](http://www.ugdsb.on.ca/news_article.aspx?id=63168&blogid=32405)

There will be three more Professional Activity days this year. There are NO half days this year. Please note for babysitting purposes that there is no school for students on the following days: **April 25th, June 3rd and June 30th.**



## DO YOU KNOW A CHILD WHO NEEDS TO REGISTER FOR KINDERGARTEN NEXT YEAR?

If you have a child or know of someone in our community who has a child that will be starting kindergarten in the fall please have them come to the school during the week of February 1st to the 5th for registration. Please bring birth certificate, immunization record and proof of living in our school's area (ie. Driver's Licence). If you have any questions please contact us at the school 519-763-7040.

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## THANK YOU, THANK YOU Puslinch Township!

Township council informed us that there would be no fee for our skating this year at the Optimist Recreation Centre. Grades 1 to 8 have been participating in skating when the weather permits and we are very lucky to have this opportunity. Thank you again Puslinch!

It has been an eventful year to date for parent council. As we plan for next couple of events, we would like as much engagement possible from our community.

- **Your opinion matters! All parents will receive a survey to provide input on upcoming events and share new ideas.**
  - **Santa pictures were a hit for grades K-4 and raised \$500 in total. Council donated \$250 to "Me to We" club organized by Ms. Mullin during the week of giving.**
  - **Reading Tutor program organized by Tracey Robbins is coming along well.**
  - **Do you have a passion for sports and some time to spare? Parent Volunteers are needed to help coach school sports.**
- Find us on social media.  
Facebook: Aberfoyle Public School – Parents Community  
Twitter: @puslinchparents  
Next meeting is on February 9<sup>th</sup> at 6:30pm in the school library. New members are welcome!  
Kind Regards,  
Minu Basi, Chair Parent Council



## Public input sought for draft policies

The Upper Grand District School Board has adopted a new approach to the development of policies and procedures, important documents that guide the board, staff and activities of our school system. Our goal is to improve policies and procedures at the draft stage, with your help. By providing an opportunity for input from parents, the community and stakeholders we are aiming for greater openness and transparency in our governance.

The first policy, procedures and guidelines to be posted for public consultation are related to "Equity and Inclusive Education". You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy). The deadline for public input is April 13, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.

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## We are on the lookout for some very important books and we need your help!

Our teachers use a very important series of books called **PM** or **PM Plus** to help students learn and practice various reading skills. Over time some of these books go missing and we need your help. Please take a look on your book shelves to see if any of these books have made it into your collection. If you find any of these books please just tuck them in your child's agenda and the teachers will add them back into the school's collection. Thanks for helping us out with this. The books are usually smaller in size and this is an example of the symbol commonly found on the books.



**Bus Safety** is everyone's job at Aberfoyle and we take it very seriously. Students who have difficulty remaining in their seats and/or following the rules outlined by the bus driver especially while the bus is on the road could face time off the bus to ensure everyone's safety.

## ATTENTION GRADE 8 PARENTS

A reminder to Gr. 8 parents about course selection to be done with their son/daughter AT HOME for Gr. 9 by/before Feb. 15th. Please return the course selection forms by/before Feb. 15th. Thanks!

### ALSO...

the CCVI parent info night is on Feb. 11th



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### Volunteers: WE NEED YOU!

*Do you have a half hour or even a full hour once a week to listen to and encourage students while they read? If yes then we need you! We are looking for volunteers who can dedicate some time once a week to help students practice their reading skills. Please email Margaret Hauwert at [margaret.hauwert@ugdsb.on.ca](mailto:margaret.hauwert@ugdsb.on.ca) to sign up and get more information. Thanks!*

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### Safe Departure

**Please send authorization in writing** if someone other than the legal guardian is going to pick your child up from school. The authorized adult may also be asked for photo identification. If it is necessary for a child to leave early, or to leave for a period during the day for an appointment, a note must be sent to the teacher. For the safety of your child, we request that you come into the school to **sign him/her out at the office**. We cannot send students out to waiting cars. **\*\*\*Please also remember to sign your child off the bus using the bus lists located in the foyer if they are not taking the bus home. We appreciate your efforts to keep all students safe.**

#### ATTENTION ALL EMAIL USERS!!!!!!!

Get up-to-date important information about everything that is going on at Aberfoyle sent straight to your email. Go to the homepage of our website <http://www.ugdsb.on.ca/Aberfoyle/> and click on the button that looks like the one below to sign up for great email updates. It only takes a minute to sign up and you will never again miss out on important reminders and our monthly newsletters.



**Strong scents** such as perfumes and certain deodorants can cause an allergic reaction in some of our students and staff who experience a sensitivity to these products. Please be considerate of others in the building and try to use scent free products, our noses thank you!



# Healthy Eating Resolutions!

Amy Skeoch MHSc, RD

A new year brings with it the infinite possibility of the unknown. A blank slate. New beginnings. Another 365 days to break old habits and make positive new ones!

So now that we're a few weeks into 2016, how are you doing with your "resolution to eat better this year?". Well, if you're like most people, you started off with great gusto and have slowly started to resort back to your old ways. Making dietary changes is challenging!

There are a few things to keep in mind when you're making any resolutions for change. They are:

**Time** – Research shows that it takes on AVERAGE 66 days to form a new habit, so don't be discouraged if change isn't happening as fast as you'd like.

**Keep things real** – Is the change you are striving for realistic? If not, try to break it down into smaller realistic goals, and choose one behaviour to change at a time.

**Be kind to yourself** – Talk to yourself like you would your child. If they tried to do something and didn't succeed you would encourage them to try, try again!

**Document it** – People who keep track of how they're doing have better outcomes with dietary changes. Write down your progress, or use one of the free apps available today (<http://www.eatracker.ca/>).

Change is never easy, but keeping things in perspective, and taking small steps towards change can help you keep your resolution and meet those healthy eating goals!

All the best for 2016!

Sources:

<http://www.spring.org.uk/2009/09/how-long-t-o-form-a-habit.php>

Canadian Journal of Dietetic Practise and Research

<http://dcjournal.ca/doi/abs/10.3148/73.3.2012.e253>

American Psychology Association.

<http://www.apa.org/helpcenter/resolution.aspx>

## Brought to you by Lunchbox Orders

Healthy school meals are just one click away.

Place your lunch order at [www.lunchboxorders.com](http://www.lunchboxorders.com)

## Wellington County Library – Puslinch Branch, February Programmes

### Let's Talk Science: Junior Crime Lab (Grades K- 6)

*Can you solve the mystery? Learn what it takes to be a forensic scientist in this interactive programme with "Let's Talk Science". Please register.*

**Saturday, February 6, 10:30 am**

### 3D Printer Certification Course (All Ages)

*Interested in using our 3D printer? Register for this one hour course and get your certification. You will then be able to reserve the printer and create!*

**Tuesday, February 16, 10:30 am**

**Wednesday, February 17, 2:00 pm**

**Saturday, February 27, 11:00 am**

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### February's Environmental Theme:

#### ENERGY CONSERVATION

*Because many of our energy sources cause pollution and damage our Earth, energy conservation is about finding ways to reduce or eliminate unnecessary energy usage. We all know to turn off the lights when not in the room, turn down the heating or cooling and buy energy efficient appliances. But do you know about Energy Vampires? Energy Vampires are electronics that use energy even when you think they are turned off. Many "Vampires" have LED lights, clocks or digital displays that are powered continually. Cell phone chargers, TVs, DVD players and gaming devices all draw current even when not in use. We can unplug these or plug them into smart power strips that stop idle energy currents.*

*But what about the future? What types of energy can we use that are renewable energy sources that don't damage the planet? Let's put solar energy to work! When it is sunny outside, let your laundry dry on a clothesline. Or open the curtains in the winter and let the sun heat your home naturally.*

*Or, let's be Eco-Smart in our choices. Design new houses that are angled to use the maximum warmth and light from the sun's rays in the winter and have a roof overhang designed to decrease sun penetration in the summer. Install lights that only turn on by using a sensor that monitors brightness. Plant trees to strategically provide shade. In your community, ask local governments to support more solar panels and more wind turbines in Ontario. We can use these great ideas ourselves to slow down Global Warming and keep our planet healthy.*

**Slogan of the month:** *Conserve our energy - we are using more of it than you think!*



## **Partnering for Bright Futures Scholarship Program**

*A new scholarship is hoping to help families save for their child's education through a shared savings program.*

*Family Counselling and Support Services for GuelphWellington has launched a scholarship pilot program for low to modest income families in Guelph and Wellington County.*

*If accepted to the program, families are asked to save a minimum of \$56 per month for 6 months for a total of \$336 per year to a Registered Education Savings Plan (RESP). The scholarship donor will double the contribution by providing up to \$667 per year for up to three years. The family will also receive government contributions to the RESP as defined by the Canada Learning Bond and/or Canada Education Savings Grant.*

*To be eligible for the scholarship program children must be born in 2004 or later and be a resident of GuelphWellington. The family's gross income must be less than \$50,000 per year, and families must make the required contributions to a RESP.*

*For more information on the scholarship, and to learn more about eligibility criteria, please email Diane Vert at Family Counselling and Support Services, at [DianeVert@familyserviceguelph.on.ca](mailto:DianeVert@familyserviceguelph.on.ca).*

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## **Talking About Mental Health – It's February, Let's be Grateful.**

*Being grateful is a simple thing that we can do every day, but it has a powerful effect on our positive mental health. Being grateful increases positive feelings, makes us more stress resistant and increases our sense of self-worth.*

Here are some simple grateful exercises that you can do with your family:

1. Every night at dinner each person in the family says three things they are grateful for that day.
2. Make a February gratitude jar, every day each family member writes down one thing they are grateful for and at the end of the month, open the jar and read all the things you are grateful for.
3. Leave sticky notes for each family member to thank them for something you appreciate about them. Each family member has a different day of the week that they are in charge of making the thank you notes.
4. Think about volunteering and include your children and youth. There are lots of opportunities at your school or in your neighbourhood to help others.
5. Have fun together as a family. Play a game, watch a movie, eat a meal, go for a walk, read a book together. Be grateful for time together and creating new, happy memories.

Wishing everyone a great and grateful February.

Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford



## Physical Activity Can Make You Smarter?

Yep! It's true!

We have heard a lot about how exercise is important for children to remain healthy but research from Harvard Medical School (and many other studies) has shown that children do better in school if they get plenty of exercise. As it turns out, exercise has a positive influence on concentration, memory, behaviour, sequencing, and making priorities.

According to one study in the *Journal of Pediatrics*, "school-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities". But other studies have found that even 20 minutes of activity such as walking can increase brain functioning.

There are so many fun physical activities to do in the winter, tobogganing, skating, snowshoeing, hockey. Why not build a snowman, a snow fort or make snow angels? Whatever you and your family decide it is important for children to exercise every day, the more, the better.

It's good for the brain and the body!

(Information adapted from *Journal of Pediatrics*, *Edutopia*, *Everydayhealth.com* and *Globe and Mail online*)

## Transitioning to High School and ASD

Kerry's Place Autism Services is pleased to announce a new pilot program funded by RBC Royal Bank intended for Grade 8 students transitioning into high school! This group will help students who have a diagnosis of ASD prepare themselves for Grade 9. The program will run weekly starting in January 2016 and will run until the end of the school year. Some of the topics that will be addressed (but are not limited to) include bullying, hygiene, healthy relationships, friendship, and cyber safety. Snack and drinks will be provided. The hope is to make the program informative yet really fun!

### Group #1

Mondays until June 6th

3:30-5:00PM

Jean Little Public School Library

56 Youngman Drive, Guelph

Cost: **FREE!**

### Group #2

Wednesdays until June 8th

3:30-5:00PM

Waverly Drive Public School Library

140 Waverly Drive, Guelph

Cost: **FREE!**

### **To Register:**

Call Jaime Edge at 519 763-5812  
ext. 33

Email

[jaime.edge@kerrysplace.org](mailto:jaime.edge@kerrysplace.org)