



Aberfoyle Public School

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JANUARY 2016 *** FOLLOW US ON TWITTER!!! @AberfoylePS ***

Dear A.C.E. Families, HAPPY NEW YEAR!

There is lots of talk about setting goals around this time of year and rightfully so. This is the start of a new year and working on a new goal is the perfect fit. Here are a few ideas from Marie Faust Evitt at Parents Magazine that really connect with helping your child set goals at school and home.

Get the Idea Across

Start the process by looking for ways that your child already uses goal-setting techniques. If you notice that your son has managed to save up his money to buy a video game, for example, discuss the steps he needed to take to get what he wanted. Talk to him about how good it feels to accomplish something that you've worked toward. Then, discuss how these same techniques can be used to meet other challenges.

Start Small

Help your child think of a fun goal she could achieve within a short time. Maybe she could finish a book she started or complete a craft project. "Little goals are the best way to get kids moving toward big goals," says Jim Wilkens, a leadership-training instructor in the San Francisco-area schools. "Meeting a goal gives kids an incredible surge of energy."

Let Them Choose

As much as you might want your child to make the honor roll, it's best to let your kid decide what she wants to achieve. Then you can help her make a plan. Obviously, some goals require more input from you. If learning to figure skate is your kid's dream, you're going to have to help her set and achieve her targets. "If parents find they're nagging or getting angry that their child isn't working hard enough to meet a goal, that's a signal they need to back off," warns Edward L. Coyle, PhD, a clinical psychologist in Oklahoma City, Oklahoma.

Be Alert to Possibilities

If your child says, "I wish I could win a prize in the science fair this year," use it as an opportunity to assist him in creating a plan. "Help him write down specific action steps and a timetable for accomplishing each of them," says John Bishop, author of *Goal Setting for Students*. Then check in with him from time to time to help keep him focused on his targets.

Provide a Reality Check

Children often underestimate how hard it can be to meet a goal, and then they get frustrated and discouraged when they fall short. If your child decides he wants to play the guitar, for instance, be encouraging but realistic. Point out the challenges and the dedication it will require. The idea isn't to make the goal seem too daunting, but rather to share in the

seriousness of the undertaking by helping plan it out.

Applaud Effort

As your child begins to set goals and work toward them, don't forget the compliments. Say something like, "I'm really impressed. When you care about something you really go after it!" advises Dr. Shiller. That's what Candy Shugart did when, in fourth grade, Zach set a goal of learning to play the clarinet and worked hard to master the instrument.

"I never said, 'Go practice,'" Shugart says. "Zach did it himself. I just gave him lots of acknowledgment." After that success he set increasingly more ambitious goals. And his discipline carried over to schoolwork too. "Zach, who's 12 now, says things like, 'I can't cram for this test. I have to start earlier,'" his mom notes. "The change is phenomenal."

I am really excited about the coming year and working with every student to help them achieve their goals. I wish everyone a healthy and prosperous New Year!

- C. Guyitt

UP-COMING EVENTS

JANUARY	EVENT
4th	Welcome Back!
11th	Greening Committee Meeting @ 3:30pm ALL WELCOME
12th	School Council Meeting @ 6:30pm in the Library
21st	Intermediate Ski Trip
22nd	PD DAY - No School
27th	Colour Day
Feb 1st to 5th	Kindergarten Registration Week



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.

Violence Threat Risk Assessment Protocol (VTRA)

The Upper Grand District School Board is committed to providing safe learning environments for all students, staff, school visitors, and community members. When a student behaves inappropriately, Principals use progressive discipline to help a student take responsibility for their actions, change their behaviour, and learn from their mistakes.

When safety is threatened by the potentially violent or dangerous behaviour of a student, which places either the student or others at risk, school staff follow specific protocols for the protection of all. It is important that you and your children are aware of these protocols.

For more information, please visit the board's website:
<http://www.ugdsb.on.ca/parents/article.aspx?id=51057>

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.

NEXT PA DAY: January 22nd

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: **January 22nd, June 3rd and June 30th.**

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 to sign up and get more information. Thanks!*

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.**

LOCKERS FOR INTERMEDIATE STUDENTS

All intermediate students at Aberfoyle now have access to small lockers for storage. If a student must bring electronic technology or other valuable items they are encouraged to lock these items up in their lockers to keep them safe. The school can not take responsibility for these items if they are to go missing.

Thanks!

Chromebooks in your public library!



Upper Grand students can now get a Chromebook to do assignments after school, evenings and Saturdays



College Heights Secondary School

Grade 8 Parent Information
Night

Wednesday, January 13th
6:30 – 8:00 pm

Tour the school, see the classes,
and meet the teachers

Come and see *Education that Works*

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.ugdbs.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!



Wellington County Library –
Puslinch Branch,
January Programmes

PA Day: Snow Science (Grades K- 6)
We're exploring all kinds of fun snow properties at the library! Dress for the weather and we will investigate.

Friday, January 22, 11:00 am to 12:00 pm

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, January 12, 11:00 am
Saturday, January 16, 11:00 am
Thursday, January 28, 3:30 pm
Saturday, January 30, 11:00 am

Puslinch Branch Library
29 Brock Road South, R.R. 3 Guelph, ON
519.763.8026 • www.wellington.ca/Library



January's Environmental Theme: WASTE MINIMIZATION

In Canada, we create a lot of garbage. We throw away too much paper, plastic bags, food, old toys, electronics and much, much more! The good news is that at our school we have made a really good start to reducing some of our waste. We recycle paper, cardboard and containers made of metal, glass and plastic. We try to photocopy double-sided and use GOOS bins (bins that hold paper that is Good On One Side and can still be used). We do waste audits to see what we are throwing away and it seems we need to try to reduce our food waste as well as our packaging. Start thinking about bringing uneaten food from lunch back home to eat as a snack after school because we find perfectly good apples and other fruit, or even uneaten sandwiches, in the school garbage cans.

The best way to solve the problem of too much waste is to not create it in the first place. We have been talking about reducing the number of things we buy and buying items that can be reused instead of immediately being thrown away and taking up more landfill space. For example: use cloth towels instead of paper towels, borrow most books from the library instead of buying them new, use cloth bags instead of plastic bags, use litterless lunch containers and a metal water bottle that you can refill, and use reusable gift bags instead of wrapping paper. The list goes on and on - there are so many ways you can help to reduce waste!

We also need to let our government know that we don't want all that extra packaging when we buy things. Other countries have already banned all that unnecessary plastic, cardboard and Styrofoam that toys and cosmetics and games and food come covered with. So make a difference - write a persuasive letter to both the Ontario and Canadian Governments to ask them to be tougher on packaging laws. Our garbage dumps are filling up. They need to hear from you to stop all this waste!

Slogan of the month: Let's reduce our waste - our planet is worth it!

INQUIRY

HOW TO SUPPORT INQUIRY AT HOME

Now-a-days "knowing stuff" is no longer enough. Any resourceful student with an iPad could sit in front of the TV and Google all the questions to Alex Trebek's responses on Jeopardy, and get them correct. We are moving away from simply "knowing content," to being able to apply knowledge in interesting, creative, and critical ways. To accomplish this, students and teachers need to ask the right questions. Asking the right questions is what inquiry is all about.

Children are great at asking questions. They are naturally curious, and are constantly asking questions to make sense of their world.



Instead of just telling your child the answer, try one of these strategies. First, you can get them to look up the answer. This will help them develop the ability to solve their own problems. Or, you can ask them "What do you think?" This will give you insight into what they already know, and then you can ask them more questions to guide them to an answer.

An inquiry-based approach is seen throughout the Ontario Curriculum. Students learn best when they are formulating their own questions and working towards solutions through discussion with their peers.

A closed-question:

These are questions with a specific answer. Here are two examples:

Why do some stars twinkle?

What colours mix to make purple?

Closed-questions are great questions for your child to look-up in a book, or google.

An open-question:

These are questions that could be answered in many ways. Here is an example:

How can we best support the Syrian refugees?

Open-questions are great questions for you to explore with your child. Discuss with them what they already know, and help them form their own answer.

TIPS FOR INQUIRY AT HOME



- Resist providing the answer
- Resist giving a procedure (math)
- Ask questions to clarify their thinking
- Ask your child to explain the reasons behind their answer

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Noisy Toys

Parents may think that noise is a problem they need not worry about until their child reaches the teenage years. Not so. Some toys are so loud that they can cause hearing damage in children. Some toy sirens and squeaky rubber toys can emit sounds of 90 dB, as loud as a lawn mower. Workers would have to wear ear protection for similarly noisy sounds on the job.

The danger with noisy toys is greater than the 90-dB level implies. When held directly to the ear, as children often do, a noisy toy actually exposes the ear to as much as 120 dB of sound, the equivalent of a jet plane taking off. Noise at this level is painful and can result in permanent hearing loss.

Toys that pose a noise danger include cap guns, talking dolls, vehicles with horns and sirens, walkie-talkies, musical instruments, and toys with cranks. Parents who have normal hearing need to inspect toys for noise danger.

Before purchasing a new toy, listen to it. If the toy sounds loud, don't buy it.

Examine toys you already have at home. Remove the batteries or discard the toys if they are too noisy and pose a potential danger to hearing. Some parents place heavy duct tape over the speakers on noisy toys.

The Sight and Hearing Association publishes a list of the noisiest toys each November for your information.

Talking About Mental Health January 2016- Apps for Mental Health

Today it seems like there's an app for almost everything! Apps can be useful for helping us to learn and practice new skills. Interactive apps can help children and youth learn about how to identify feelings, how to relax, and even about navigating social situations. Check out some of the apps below and learn together with your child.

Apps are not a substitute for talking with a professional, so be sure to contact your local mental health agency if you or your child needs support.

Touch and Learn – Emotions (Free)

Encourages children to look at body language and facial expressions to help them identify feelings

<https://itunes.apple.com/ca/app/touch-and-learn-emotions/id451685022?mt=8>

Mind Shift (Free)

An app designed to help youth cope with anxiety

<http://www.anxietybc.com/resources/mindshift-app>

Smiling Mind (Free)

An app that guides children and youth through simple, calming meditations

<http://smilingmind.com.au/>

Relaxing Sounds of Nature (Free)

Listen to the calming sounds of nature

<https://itunes.apple.com/ca/app/free-relaxing-sounds-nature/id345747251?mt=8>

Zen Space (Free)

Relax by raking sand and creating a tranquil space

<https://itunes.apple.com/ca/app/zen-space/id371463710?mt=8>

Zen View(Free)

Relax by listening to rain and watching water swirl

<https://itunes.apple.com/ca/app/zenview/id499881701?mt=8>

3 Minute Mindfulness (One strategy is free. Full app is \$4.59)

Learn simple deep breathing strategies

<https://itunes.apple.com/ca/app/3-minute-mindfulness-breathing/id982502810?mt=8>

I Know How You Feel (“Lite” version is free. Full version is \$11.99)

Children learn how to identify feelings in specific situations

Children learn about appropriate empathic responses

<https://itunes.apple.com/us/app/i-know-how-you-feel/id960352272?mt=8>

Kailey Thompson, MSW, Specialized Mental Health Interventionist, compiled and tested out the Apps.

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

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