



# Aberfoyle Public School

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**NOVEMBER 2015 \*\*\* FOLLOW US ON TWITTER!!! @AberfoylePS \*\*\***

## Have you checked out the Ontario curriculum lately?

Dear A.C.E. Families,  
I was talking with a friend of mine the other day about our children and the grades they are in this year. My friend (who is not in education) asked me if parents and guardians could ever take a look at the official Ontario curriculum to help them better understand what their child needed to be learning and why. My answer was 'Of course!' and I encouraged them to take a look at this website:

<https://www.edu.gov.on.ca/eng/curriculum/elementary/subjects.html>. The documents held at this site cover all of the curriculum taught in Ontario elementary classrooms. Anyone who is interested has access to these documents and they can be a valuable reference as they are the same documents teachers use to guide and shape their lesson planning for the school year.

Each subject (i.e. Math, Language Arts, Science) is covered in detail and outlines the main knowledge categories which are commonly referred to as 'strands'. These strands consist of overall and specific expectations which create the backbone of instruction for that specific grade and idea. Teachers rely on these expectations as a tool and starting point for lesson planning.

As a student progresses through their years of education a lot of the specific expectations act as scaffolding for new ideas, i.e. students in grade 2 learn how to be able to add and subtract two digit numbers whereas students in grade 3 need to apply the skills learned in grade 2 to do the same with three digit numbers.

I encourage you to take a look at this website if you have not done so lately or ever as many subjects have been updated in the recent past. It is a great starting point for understanding the big ideas that your child will be exposed to over the coming year in his/her classroom. It is shared with parents and guardians to inform and encourage collaboration with the school. Happy reading! - **C. Guyitt**

## UP-COMING EVENTS

NOVEMBER	EVENT
10th	Fresh from Farm Orders to be picked up 2 to 6pm in gym School Council 6:30pm
11th	Remembrance Day Ceremony Wear Red Day
24th	Picture Retake Day COLOUR DAY
27th	PA DAY - NO SCHOOL

## **\*\*IMPORTANT INFORMATION REGARDING THE PROGRESS REPORTS\*\***

The Upper Grand District School Board would like to inform parents and guardians that due to the impact of province wide job action, Elementary Progress Report Cards will not be going out as scheduled. Like most public school boards in Ontario, Upper Grand is postponing Elementary Progress Reports, which were scheduled to go out in November. We will inform all families as information becomes available regarding the possibility of progress reports being distributed. For updates please visit the UGDSB board website at [www.ugdsb.on.ca](http://www.ugdsb.on.ca).

## 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.**

## NEXT PA DAY: November 27th

There will be four 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: **November 27th, January 22nd, June 3rd and June 30th.**

## Message from School Council

School Council is excited to announce success to date and upcoming programs.

- Thank you for placing your orders for Fresh from the Farm. We raised \$1,678. Special thanks to Cindy Bullough for managing the program. Delivery will be November 10th.

- Milk orders have been placed.
- QSP Magazine orders closed October 16th.
- Maple Syrup is back in time for Christmas.

Watch for Newsletter with program details.

- Santa Claus is coming to School for Christmas pictures. Stay tuned for details.
- Follow us on Twitter (@AberfoylePS) for school and council updates.

November's meeting is Tues. Nov 10th and the next council meeting is Tuesday Jan.12th at 6:30pm in the library.

New members and ideas are always welcome!!!

▣ **Minu Basi, School Council Chair**

## SCHOOL STAFF LABOUR

### RELATIONS

**Please stay up to date on all that is happening with school staff labour events by checking the school board's website [www.ugdsb.on.ca](http://www.ugdsb.on.ca) Look for this symbol:**



**as it will contain the most up to date information about the current situation.**

**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.

## B.Y.O.D. (Bring Your Own Device)

The Upper Grand DSB welcomes and supports the responsible use of personal technology in all classrooms. We recognize the increasingly important role technology plays in the daily lives of our staff and students. By providing access to reliable Wifi in all classrooms, we support teachers and students to realize the potential of digital devices to transform instructional practice and engage in learning.

The use of technology in classrooms is always at the discretion of the teacher and school administration.

## CONGRATULATIONS TO OUR JUNIOR AND INTERMEDIATE CROSS-COUNTRY TEAMS FOR ANOTHER GREAT SEASON!

On October 9, seven of our intermediate cross-country runners participated in the season meet, at Rockwood Conservation Area. They ran a 3.2 km course of which the last 700 meters was a steep hill. The boys placed 5th, 7th, 9th, 16th and 21st. The girls placed 19th and 21st. Both races had 62 runners from eight schools in the C Division for intermediate-grade events.

On October 20, our school hosted the B Division Schools Finals on the grounds of the Puslinch Community Centre. The length of the course was 1.520 km. In three out of six races, our runners achieved a first place team score. In the nine-year-old girls' race our top four runners came in 1st, 2nd, 5th and 6th places. This led to a first place score for this branch of the team. In the nine-year-old boys' race, our top four runners placed 3rd, 5th, 10th and 11th to achieve another first-place rank. In the ten-year-old boys' race, our top four runners placed 1st, 7th, 9th and 10th and first place as a team score. In the ten-year-old girls' race, we had two runners who placed 1st and 10th respectively.

We congratulate all of our runners for their fine efforts in races as well as in morning and phys. ed. class practices. We are proud of all of our athletes no matter what place they crossed the finish line. This year, Aberfoyle had a total of 49 runners from grades 3 to 8.

To provide valuable help and guidance for the runners at the junior meet on October 20, we had the help of 23 marshals from grades 4, 5, 7 and 8 along with 7 adult marshals from among our parent volunteers. All races and all race finishes ran smoothly thanks to your efforts. We are grateful for your time and support.

## Medical Concerns

If your child has a serious medical condition, please contact the child's teacher and the office. We need to be provided with up-to-date information and medication. A Life Threatening Management Form must be completed by the parent and the doctor. This information will be kept on file and shared so that all staff will be knowledgeable of emergency procedures. Parents should administer medication at home whenever possible. When medication must be administered by school personnel, it will be kept in the office. Non-prescription oral medication as well as prescription medication requires the completion of an authorization form before medication can be administered. This form is available at the school office.

### 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!



## IB INFORMATION NIGHT All Grade 7 and 8 parents invited!

Guelph CVI is proud to be an International Baccalaureate Candidate School. Parents interested in learning more about the International Baccalaureate Diploma Program, the Grade 9 Preparatory Program and the application process are invited to attend our Information Night.

**Thurs Nov 19<sup>th</sup> 7pm**

GCVI Auditorium 155 Paisley St

# Volunteers are awesome!

Aberfoyle considers its parent and community volunteers a special resource. Parents and community members are encouraged to help in the classroom, on school trips, assist in the library or with extra-curricular activities and to participate on School Council. Being a volunteer is a wonderful way of participating in your child's education! Contact your child's teacher to find out how you can help.

**Congratulations** to our junior pumpkin decorators who participated in the 23rd annual UNICEF Pumpkin contest at Stone Road Mall, during Halloween weekend. Our pumpkins were decorated as characters from the novel and film, "Where The Wild Things Are." Our silver painted monster pumpkin placed 2nd and our other painted pumpkin placed 4th. The total amount of money raised through donations to all pumpkins was \$1295.45. This money will be used to help many children caught in the middle of the civil conflict in Syria.

## Math Anxiety

M-A-T-H... A four-letter word that can bring on headaches, sweaty palms, stomach aches and/or tears. A four-letter word that can begin a verbal battle and end with wounds. A four-letter word that can be dreaded, leaving one confused and hoping for non-existence. What is it about math that can cause a child to be afraid? Attitudes.

As a parent/caregiver, you are an invaluable partner in your child's mathematical education; you are the first educator in your child's life. Recent research has shown that an adult's feelings about math and what they say can have an impact on how a child thinks about math and themselves as mathematicians.

Here are some verbal tips to help support you in curbing math anxiety in your child:

Instead of...	Try...
"You are so smart!"	"You have worked so hard to learn all those math facts."
"I hated math as a child," or "I was never good at math."	"I am not sure of the math you are working on. Can you explain it to me?"
"Oh, looks like you made a mistake here."	"You made a mistake. That is wonderful! Your brain just grew from the learning that just happened!"
"This problem is way too hard for me to help you with."	"I think you should try this problem without my help. This would be a great opportunity for your brain to struggle so it can grow!"
"Let's see... Joe started with 15, and now he has 5, so what is 15 take away 5?"	"What do you think this problem is asking you? Can you restate it in your own words?"
"That is the right answer. Good for you!"	"How do you know you are right?" "Does that answer make sense to you? Why or why not?" "Is there another way to solve this problem?" "Explain how you got your answer."
"That is the wrong answer."	
"You are not good at math either, just like me."	"With hard work, you will get better at math. Don't give up."
"You have to learn to know these answers quickly."	"Take the time you need to figure out the answer. It is more important you understand how to get the answer then knowing it quickly."

Words have the power to inspire a child to become the mathematician he/she is capable of being.

Adapted from:

*What's Math Got To Do With It?* by Jo Boaler

<http://yano.co.uk/2012/05/dont-let-maths-muddle-you-2/>

<https://www.youcubed.org/fluency-without-fear/>

### Updates of Support for Students Who are Deaf and Hard of Hearing

#### ***"I Feel Good!" A Guide to Support the Mental Health and Well-Being of Children and Youth Who Are deaf and Hard of Hearing***

*Although advances in hearing technology and early intervention programs have made it possible for greater numbers of children with hearing loss to access sound in order to develop spoken language, some parents continue to express concern that their children are experiencing challenges in their social relationships. To assist families and professionals in supporting the mental health and developing the social skills of children and youth with hearing loss, VOICE for Hearing Impaired Children has produced "I Feel Good!" A Guide to Support the Mental Health and Well-Being of Children and Youth Who Are deaf and*

Hearing Society and with input from researchers at Universities of Toronto and Western Ontario as well as clinical psychologists. This resource highlights typical social developmental milestones, the impact hearing loss may have on social interactions and provides suggestions to support developing social skills. The goal of the guide and these proactive strategies is to assist children and youth with hearing loss to develop the skills they need to successfully integrate with peers at school and in the community at large. Be sure to access both the French & English versions on our website ([www.voicefordeafkids.com](http://www.voicefordeafkids.com)).

### **"Sounds for Success" e-learning course**

VOICE for Hearing Impaired Children has also launched a new series of videos and resources that support the unique needs of deaf and hard of hearing students. Our new resources were created to assist educators in Kindergarten to grade 2 in providing an inclusive environment for their students with hearing loss. Visit the VOICE website to view courses and resources, in both English and French, on a variety of topics including Laying the Foundation for Literacy, Developing Social Skills and Effective use of Classroom Amplification Systems. We encourage parents to share this information with their child's school and classroom teachers and invite them to take advantage of these free and informative resources, as they plan for a successful year for students with hearing loss. See the Resources for Professionals section on the new VOICE website ([www.voicefordeafkids.com](http://www.voicefordeafkids.com)).

## **November's Environmental Theme: AIR POLLUTION**

Air pollution is a big problem. But we can solve it. Know that all over the world, steps are being taken to stop the damage to our environment from air pollution. Scientists study the damaging effects and make

Hard of Hearing in Ontario's schools. This publication was developed in collaboration with the Canadian

recommendations. Governments write laws to control emissions. Canada has a Clean Air Act. And the good news is that recently Ontario became the first province in Canada to no longer make electricity using coal-fired power plants! Perhaps most importantly, teachers in schools and universities are educating our youth to understand the problem and make a difference.

What are some of the ways we can reduce air pollution? Planting trees is a great way to help filter our air and make it clean. If cars are producing too much carbon dioxide then trees will help convert it back into essential pure oxygen. Also, use a push mower instead of a gas-powered mower, or use a snow shovel instead of a power snow remover. Bike and walk more, and look into purchasing a more fuel-efficient car. If you buy locally produced food, trucks won't need to make as many far away deliveries and use as much fuel. You can even help indoor air quality by growing plants indoors, especially spider plants, the peace lily, or bamboo palms to help take toxins out of the air inside.

Scientists are also working on how to use energy in a cleaner way. For one example, an alternate fuel source that emits fewer greenhouse gases than conventional fossil fuels comes from an unexpected source - vegetable oil! Type "Run Your Car on Vegetable Oil " into Google and find out the pros and cons of this alternative fuel source.

# Wellington County Library – Puslinch Branch, November Programmes

## Page Turners (Grades K- 6)

Parent-child book club for children in Gr 1 to 4. Share a monthly book at home and come together for fun activities. This month's book "Rescue Pup" by Jean Little. Please register.

**Saturday, November 21, 12:30 - 1:30 pm**

## EMS Home Alone and People Savers Course (Ages 8 - 12)

Learn aspects of being home alone and handling emergencies including: staying safe, injury prevention, danger identification, calling EMS, caring for an ill or injured person, and airway emergencies. Bring a lunch, doll or teddy bear, water bottle, and a pen. Cost \$40. Please register.

**Friday, November 27, 10:00 am - 2:00 pm**

**Tech Teen Saturday** (9 years and up ) Hey Teens and Tweens, come see what Robotics the Library has to offer. Learn how to use the new robots, Cubelets, Ozobots and Dash in fun and exciting ways. Please register.

**Saturday, November 28, 1:00 pm**

**Puslinch Branch Library**  
29 Brock Road South, R.R. 3 Guelph, ON

519.763.8026 •

[www.wellington.ca/Library](http://www.wellington.ca/Library)



*Slogan of the month: Keep our air healthy - plant a tree!*

## Talking About Mental Health - Access to Mental Health Services

### Dufferin-Guelph-Wellington

*Here is a quick guide to accessing mental health services in our communities. Hope it is helpful for you and your family.*

### Mental Health Agencies:

#### **Child and Youth Services in Dufferin**

- Dufferin Child and Family Services (DCAFS)
  - To access Addictions, Mental Health and Crisis Services
    - § Call 519-941-1530
    - Talk in Clinic on Tuesdays 1:00- 7:00, just drop in to access services
      - § 655 Riddell Road, Orangeville
      - <http://dcafs.on.ca/>

#### **Child and Youth Services in Guelph/Wellington and Adult Services in Guelph/Wellington/Dufferin**

- Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHAWWD)
  - To access Addictions, Mental Health and Crisis Services
    - § Call HERE247 at 1 844 437 3247 (1 844 HERE247)
    - § [www.here247.ca](http://www.here247.ca)
    - Walk in Clinic for Children/Youth on Tuesdays, 1:30- 7:00, just drop in to access services
      - § 485 Silvercreek Pkwy, Guelph
      - <http://www.cmhawwd.ca>

### Family Health Teams

*have counselling supports as well as medical services paid for through OHIP*

- Dufferin Area Family Health Teams
  - <http://dafht.ca/>
  - 519-938-8802 ext. 314
- Guelph Family Health Teams

- [www.mmfht.ca](http://www.mmfht.ca)  
(Minto-Mapleton); Telephone:  
519-638-2110
- [www.mountforestfht.com](http://www.mountforestfht.com) (Mount  
Forest); Telephone: 519-323-0255
- Centre Wellington Family Health Teams
  - <http://uppergrandfht.org/>
  - Phone: 519-843-3947
- East Wellington Family Health Team
  - <http://www.ewfht.ca/>
  - Erin: 519-833-9396; Rockwood:  
519-856-4611

### **Community Support Lines**

- Guelph Wellington Child and Youth Sexual  
Assault Abuse Team (CYSTAT) 519 400  
1263
  - For access to supports, referrals and  
crisis response for: children who  
have been sexually abused, children  
who exhibit sexualized behavior and  
youth who have sexually offended
- KIDS LINE
  - 1-800-265-7293 ext. 3616
  - For referrals, prenatal, parenting and  
child development questions
  - Speak with a WDG Public Health  
nurse
  - Monday to Friday, 8:45 a.m. - 4:15  
pm

### **Agencies using Variable Fees**

- Family Counselling and Support Services  
(Guelph-Wellington)
  - No one is turned away due to income  
or inability to make payment
  - Walk in Clinic Wednesday, 1-7pm,  
just drop in to access services
  - [http://www.familyserviceguelph.on  
.ca/](http://www.familyserviceguelph.on.ca/)
  - 519-824-2431

- <http://www.guelphfht.com/>  
519-837-4444
- North Wellington Family Health Teams
- University of Guelph Couple and Family  
Therapy Centre
  - [http://www.cftcentre.uoguelph.ca/ind  
ex.shtml](http://www.cftcentre.uoguelph.ca/index.shtml)
  - Fees range from \$5 to \$75 per hour
  - 519-824-4120 ext. 56335
- Dufferin-Peel Catholic Family Services
  - No client is refused services because  
of an inability to pay
  - <http://www.cfspd.com/contact.html>
  - 1-888-940-0584

### **Private Services (for information purposes)**

- College of Psychologists
  - To find a registered psychologist by  
city or postal code see:
  - [https://members.cpo.on.ca/public\\_r  
egister/new](https://members.cpo.on.ca/public_register/new)
- Therapists in Guelph
  - [http://www.theravive.com/cities/on  
/counselling-guelph.aspx](http://www.theravive.com/cities/on/counselling-guelph.aspx)
- Therapists in Orangeville:
  - [http://www.theravive.com/cities/on  
/counselling-orangeville.aspx](http://www.theravive.com/cities/on/counselling-orangeville.aspx)

**Note: Costs for some services may be provided through Employee Assistance Programs or benefit packages at parents'/guardians' workplaces.**

Dr. Lynn Woodford, Psychologist is the Mental Health and Addiction Lead for Upper Grand District School Board  
Follow me on twitter: @drlynnwoodford

