

École Arbour Vista

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Newsletter for November 2016

From the Principal's Desk

With the changing of the leaves comes a change in the weather. Fortunately we had a warm September and October, but cooler temperatures are now upon us and winter is just around the corner! This winter season, École Arbour Vista Public School is pleased to present December 'Round the World, a musical presentation that celebrates the holiday season around the world. The students involved in the musical have been working hard, learning the songs, dance routines and the script associated with the production. It will no doubt be an outstanding performance during the afternoon of December 18th and the evenings of December 19th and December 20th. Be sure to mark these dates on your calendar. Plan to begin your family's holiday season with the staff and students at École Arbour Vista.

From the Vice-Principal's Desk

Our activities at École Arbour Vista Public School during the month of October have been as varied as the weather! We are extremely proud of our Boys and Girls soccer and volleyball teams, who represented our school proudly this month while demonstrating excellent sportsmanship.

Our Senior Leadership Teams are eagerly developing programs to involve students at every grade level in community building and the promotion of positive, respectful interactions. The Character Education Leadership Group presented an assembly focused on Respect, complete with student interviews and an inspirational dance! Lego Leaders, Peacekeepers and games coaches are just about to begin, while Peer Tutors and Craft and Colouring Clubs will begin this week. We are so appreciative of the dedication and hard work of our school council members in bringing us this year's Dance-A-Thon extravaganza. This year's event was particularly "spooktacular", as all students from K-8 were encouraged to wear costumes throughout the day. Great fun!

A huge thank you to Mme. Merilees for creating the awesome pumpkins to decorate the gym as part of her Maker Spaces activity, and to the members of our Social Justice Club, who had created handmade bracelets and necklaces to be sold at the event in support of our Adopt-A-Family social justice initiatives.

Fresh From The Farm Orders will arrive shortly. Thank you so much to all who placed an order! You will receive a phone call soon, with directions for pick up. The Healthy Schools Team has raised approximately \$1200! This money will go toward healthy eating events, outdoor equipment, and some special benches as part of our yard development project.

We have also enjoyed some informative presentations from Guelph Hydro this month, for Primary, Junior, and Intermediate students, with many practical demonstrations about electrical safety. Thanks to Blair Maye for his excellent seminars. We hope to have him back again!

Get those hats and mitts ready, everyone! Here comes November, enjoy all that it has in store!

Catherine McNinch
Vice-Principal

We Remember

On Tuesday, November 11th, students and staff will gather in the gym at 10:45 a.m. to mark Remembrance Day. Please join us as we remember all those who sacrificed their lives in the service of our country. Poppies from the Royal Canadian Legion will be distributed to students and donations are most welcome. Students involved in Beavers, Scouts, Cubs, Brownies, Guides, Cadets, etc. are invited to wear their uniforms on this special day. Parents and families are welcome to join us.

Visitors to the School

All visitors to our school, including parents, are asked to begin their visit at the office. If you are picking up your child during school hours or wish to drop something off for him/her, please check-in at the office first. We will be happy to have your child come to meet you there. If you wish to speak to a teacher, please ask at the office first, rather than going directly to the classroom. It is not permitted to walk through the hallways. If you are in the school volunteering or meeting your child's teacher, you will need to have a visitor's badge. This will be given to you once you have signed in. Further, to ensure everyone's safety, we ask that you do not walk your child to their classroom in the event you are dropping him/her off.

Upper Grand Learning Foundation

Lately the school has had a number of requests from parents and community members who would like to donate money to the school. As a means to assist the school with financial donations, parents are encouraged to utilize the Upper Grand Learning Foundation. Charitable tax receipts are provided for donations of \$20 or more and only when the donor's name and address are provided in full. For more information regarding the Upper Grand Learning Foundation and the process through which to donate, please visit

www.uppergrandlearningfoundation.com



Attention Grade 8 Parents

Along with its annual Grade 8 parent night, John F. Ross will be hosting an evening where parents will learn about special programming at Ross. ***This event will be for parents of French Immersion students only.*** The John F. Ross staff will be highlighting the French Immersion program, accelerated classes/AP programming, and RECAP, the Arts program at Ross. Please note that the French Immersion presentation will not be repeated at the Grade 8 Parent Night in January.

The Dates for this event and the annual Grade 8 parent information night are as follows:

Special Programming Night: Thursday December 8, 7:00 p.m. to 8:30 p.m.

Grade 8 Parent Night: Thursday, January 12, 7:00 p.m. to 8:30 p.m.

GCVI's IB Information Night

GCVI's International Baccalaureate Parent Information Night is scheduled for Thursday, November 17, from 7:00 a.m. to 9:00 p.m. in the GCVI Auditorium.

It will be an informative night where you will learn about:

- The International Baccalaureate Organization
- The IB Diploma Programme (Grade 11 and Grade 12)
- GCVI's Preparatory Program (Grade 9 and Grade 10) leading to the IB Diploma Programme
- The Application Process for Grade 8 students
- The amazing things GCVI has to offer

All are welcome, but particularly those interested in joining the Grade 9 Preparatory Program. Applications for the program will be available starting on November 17th and are due December 2nd. Please download the application from the GCVI website or pick up from GCVI.

Is it Conflict or Bullying? What's the Difference?

Conflict is a disagreement or a difference of opinion or interests between equals. The people involved in a conflict may disagree vehemently and emotions may run high. When conflict is badly managed, it may result in aggression. In a conflict, both parties have power to influence the situation. That is their goal. Conflict may be an inevitable part of group dynamics, but bullying is not. In each, a different response is required.

Characteristics of a bullying situation include:

- an imbalance of power;
- the intent to harm worsens with repetition over time;
- the distress of the child or teen being bullied,
- enjoyment of the effects on the child or teen being bullied by the person (people) doing the bullying;
- the threat – implicit or explicit – of further aggression

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 fundraising 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. For more information, please contact Bonnie Talbot at bonnie.talbot@ugdsb.on.ca or 519-824-4420.

Attention drivers and pedestrians! Do you know the rules of the road?

We all play an important role in keeping our community safe and this includes safety around school crosswalks. When there is an adult school crossing guard in the crosswalk with their stop sign, drivers must stop before reaching the crosswalk and remain stopped until all pedestrians, including the crossing guard, have cleared the roadway. The fine for failing to stop for a crossing guard ranges from \$150 to \$500 and three demerit points. Pedestrians play an important part in keeping our communities safe as well, by obeying crossing guards and at signalized crossings, only crossing when the pedestrian walk signal is displayed.

Thank you for your assistance in keeping our school communities safe!

School Council – November 2016

The School Council team is preparing for the upcoming year and we want to hear from you! If you have any ideas or suggestions please let us know!

A Special thanks for Qurbani family! The Qurbani family has decided to support the apple program at their cost for the rest of the school year to encourage healthy eating habits for kids.

November 17, 2016 Brought to you by the School Council - Parent Outreach Committee

Do you ever hear your children say “I can’t do that” or “I suck at ...”

In today’s environment, children need to develop strengths, learn skills to cope and recover from hardships, and be prepared to handle challenges through life.

There is so much pressure on children to be the best at school, to be overscheduled with extracurricular activities. There is also ever present peer pressure too. This stress and pressure continues into the teen years and beyond, relating to getting into the best college, having the best job and/or making the most money.

If we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment and frustration, we need to help our children develop resilience.

Teaching Kids To Deal With Failure and Flaws

École Arbour Vista Public School presents *It's Okay Not To Be Perfect - Teaching Kids to Deal With Failure and Flaws*. This event will be presented by School Council, on Thursday, November 24th, from 7:00 p.m. - 8:00 p.m.

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>

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.