

# École Arbour Vista

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## Newsletter for November 2017

### From the Principal's Desk

With the changing of the colour 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! There are many students wearing summer/fall clothing on the yard during recess times. Please ensure your child(ren) is/are properly dressed for the weather so they are comfortable while playing and decrease the chance of becoming ill during the winter months. A special thank you is extended to our School Council that once again organized a very successful Hallowe'en Dance-A-Thon for our students. Your energy and commitment to the students of Arbour Vista is truly commendable! The school also wishes to thank the many families and friends for their generous donations to the Dance-A-Thon.

### We Remember

On Friday, November 10<sup>th</sup>, 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 have 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.

### Digital Saturday At Arbour Vista

Arbour Vista is hosting The Upper Grand District School Board's annual Digital Saturday on November 18<sup>th</sup> from 9:00 a.m. to 11:30 a.m. at Arbour Vista. This popular event is open to all parents/guardians and students in the UGDSB. Parents/guardians will learn about the technology students are using in the classroom to support their learning.

Through workshops and displays, [Digital Saturday](#) is a chance to explore and learn about:

- New technologies in UGDSB schools
- Coding in the classroom
- Makerspaces
- Virtual reality
- Homework Help
- Assistive technology to support all learners
- Online digital resources for assisting student learning
- Parent engagement strategies for home use
- Appropriate use of technology and digital citizenship
- And more!

***\*For every ten Arbour Vista families that attend Digital Saturday, the school will receive one free chromebook from the Upper Grand District School Board. Please plan on attending.***

### **Arbour Vista Has An Author On Staff!**

Along with educators Krista Ferrarro and Julie Stern, Arbour Vista's Nathalie Lauriault has co-authored the book, *Tools for Teaching Conceptual Understanding - Harnessing Natural Curiosity for Learning That Transfers*. Young children are naturally curious, asking deep questions about complex concepts. This tendency is a talent that can be nurtured so that children grow to be deep thinkers and innovators later in life. The book was written for educators who strive to cultivate conceptual understanding while honouring students' innate curiosity. To read more about Nathalie's book, please use the following link  
[https://www.dropbox.com/s/djasmdjvr61z4h0/Corwin\\_Concept\\_Based\\_Teaching.mp4?dl=1](https://www.dropbox.com/s/djasmdjvr61z4h0/Corwin_Concept_Based_Teaching.mp4?dl=1)

### **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.

### **Attention Grade 8 Parents!!**

On Thursday, November 30<sup>th</sup>, John F. Ross will be hosting a Grade 8 parent information session. This event will begin at 5:30 pm with the school showcasing, through interactive student demonstrations, the many sports, clubs and teams offered at the school. At 6:00 pm the parents of French Immersion students will gather in the school cafeteria for an information session. This presentation will be followed by a gathering of all Grade 8 parents, at 7:30 p.m., in the E.L. Fox Auditorium.

### **GCVI's IB Information Night**

GCVI's International Baccalaureate Parent Information Night is scheduled for Thursday, November 16<sup>th</sup>, from 7:00 p.m. to 8:30 p.m. in the GCVI Auditorium.

It will be an informative night where parents 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 16<sup>th</sup> and are due on December 1<sup>st</sup>. Please download the application from the GCVI website or pick up from GCVI.

### **Your Future...Your Choice 2017**

A one-stop career, education and community resource fair  
November 15<sup>th</sup>  
Centennial CVI, 6:00 p.m. – 8:00 p.m.  
289 College Ave. West, Guelph

*A one-stop opportunity ... businesses, educational institutions and community organizations connect with grade 8 – 12 students and parents*

*A career fair ... 80+ business and education exhibitors showcase a wide variety of occupations representing apprenticeship, college, university and the workplace*

*A community resource fair...* 30+ community organizations provide information and resources to support youth and their families with information to help with decisions about future education, training and career pathways!

### **How to Get Your Child Cooperating Without Threats, Punishment or Yelling**

Tired of battling with your child? Wish you knew how to get your child cooperating without yelling and threats?

Dr. Laura Markham, founding editor of AhaParenting.com to the rescue, with practical everyday strategies to help you raise a self-disciplined child who WANTS to cooperate!

#### **Location & Events Details:**

- Wednesday, November 8<sup>th</sup> at Centennial Collegiate Vocational Institute, 289 College Ave W. Guelph
- Thursday November 9<sup>th</sup> at Westside S.S., 300 Alder St. Orangeville

#### **Times:**

- 6:15 p.m.: Information booths and light refreshments
- 6:45 p.m. – 8:45p.m.: Presentation followed by an opportunity to ask questions

This is a FREE event, but registration is required. Access your tickets by contacting your UGDSB Principal or follow these links below to register!

- [Register this event at Centennial Collegiate Vocational Institute, Wednesday November 8](#)
- [Register this event at Westside Secondary School, Thursday November 9](#)

### **School Council**

The following information is from the Guelph Home Builders' Association Presentation to School Council

#### **Did You Know?**

High schools offer a [Specialist High Skills Major](#). This Program exposes high school students to different trades. There are many skilled trades in high demand.

Our high schools also offer an apprenticeship program where grade eleven and twelve students can become registered apprentices. [Ontario Youth Apprenticeship Program](#)

You can start having these conversations with your kids now, and let them know what is available.

#### **Upcoming Events:**

October 31, 2017: Halloween Dance-a-Thon

February 7, 2018: Family Dinner Night

March 29, 2018: Family Movie Night

If you would like to help at any of these events please let our Fundraising Leads know.

### **School Yard**

As some of you may have seen, or at least heard you children talking about, we have trees! The digging and planting of trees in the school yard is now complete. There is still a lot of work to be done, but it is nice to see the start of a new school yard.

To find the School Council meeting minutes please visit <http://www.ugdsb.ca/arbournvista/category/school-council>.

## **The 2017-2018 School Council Representatives are:**

Co-Chair:	Satinder Chane:	<a href="mailto:satinder.chane@gmail.com">satinder.chane@gmail.com</a>
Co-Chair:	Erica Eugenio:	<a href="mailto:erica_mitchell245@hotmail.com">erica_mitchell245@hotmail.com</a>
Past Chair:	Tina Mcleod:	<a href="mailto:paultina14@rogers.com">paultina14@rogers.com</a>
Treasurer:	Sandra Heller:	<a href="mailto:sandrallye@yahoo.com">sandrallye@yahoo.com</a>
Secretary:	Rena Stuart:	<a href="mailto:rkhawly@gmail.com">rkhawly@gmail.com</a>
Fundraising Leads:	Amy Skeoch:	<a href="mailto:amyfarrier@hotmail.com">amyfarrier@hotmail.com</a>
	Shanna Stevens:	<a href="mailto:shannastevens@gmail.com">shannastevens@gmail.com</a>
Parent Outreach Lead:	Debbie Bush:	<a href="mailto:deborahambush@gmail.com">deborahambush@gmail.com</a>
School Yard Greening:	Amy Ross:	<a href="mailto:amysharpross@gmail.com">amysharpross@gmail.com</a>

School Council typically meets on the *third Thursday of every month at 6:30 p.m.* at the school library. We even have some volunteer intermediate students to provide babysitting during our meetings. Everyone is welcome to attend! Please feel free to contact Satinder, Erica or Tina for more information.

## **Upcoming Meeting Dates: 6:30 p.m. @ Arbour Vista in the Library**

November 16<sup>th</sup> Guest Speaker – Bill Mackenzie – Hear about the technology our students are using and about the UGDSB's new communication app!

December 21<sup>st</sup>

## **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

## **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!

## **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 2017 – Talking to Your Child/Youth about Tragic Events**

When a tragic event occurs, children and youth will hear about these events through the media, peers or other sources. These are difficult topics to talk about and your response will shape your child/youth's core beliefs.

#### **Tips for talking to children/youth about tragedies**

You know your child/youth best, and you'll have a good idea of how much information your child/youth is ready to hear. Consider these tips as a guideline:

**Don't allow young children to watch the news.** Watching news footage can be very disturbing to young children so it's important to keep it off when they're around.

**Keep your message simple.** Say something like, "That person decided to hurt other people." For young children, this may be all the information they need. Older children are likely to ask more questions. Stick to the simple facts. It's OK to say you don't know all the answers.

**Focus on the steps that are being taken to keep people safe.** Talk about how police officers, government officials, and other first responders are helping. Spend more time talking about the good work people are doing, rather than the horrific event. This can help reduce your child/youth's anxiety about safety.

**Empower your kids to become helpers.** Discuss how they can take positive action in the wake of a tragic event. Volunteering in the community and donating allowance money can go a long way toward helping children/youth see that they can always take steps to make the world a little better. Children/youth who feel like they have a little bit of control are less likely to feel helpless in the wake of a tragic event.

#### **Send a healthy message to your child**

No matter how many conversations you hold or how much you decide to share, keep the message the same, bad things happen but there are good people out there helping and we're strong enough to get through it.

Sharing with your child/youth messages that fosters resilience and teaches your children/youth they're able to cope with whatever bad things come their way in life and there are caring adults in their lives to talk to and who will support them.

(This information is taken from Psychology Today: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201710/how-talk-kids-about-the-las-vegas-shooting>)

Have a mentally healthy day!

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

*Follow me on twitter: @drlynnwoodford*

**Monthly environmental activities to help celebrate our planet  
November 24<sup>th</sup> is BUY NOTHING Day!**

Don't buy, give. "No one has ever become poor by giving", Anne Frank

**Celebrate Buy Nothing Day on November 24th!**

**Buy Nothing Day** is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>

"We are also consuming and trashing clothing at a far higher rate than our planet can handle.

Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption." *Dr Kirsten Brodde of Greenpeace Germany-* <https://www.telegraph.co.uk>

**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, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new 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>

**Fuel for Active Kids!**

Amy Skeoch MHSc, RD

If your kids are anything like mine, the minute they come through the door they are looking for SNACKS! And more often than not, they're only home for a short time before they're off to extracurricular sports activities. No matter what the sport it's important that their snack provides the right amount of fuel to get them through their game or practise, until their next meal.

**What to eat?**

Snacks don't have to be Pinterest-worthy. Think simple, easily digestible items that provide *carbohydrates for energy* (whole grain breads, bagels, vegetables, fruit) paired with something that provides some *protein that will keep them feeling full* (veggies and hummus, bagel with almond or peanut butter, cheese and crackers, apples and yogurt dip). If you have time to make some items, there are great recipes online to make homemade *energy balls* and *granola bars* that can be tailored to your children's preferences and eaten throughout the week.

**How much to eat?**

Depending on their age, most school-aged kids can eat ½ to a full food guide serving. Example, ¼ to ½ bagel, tortilla and pita. 1-2tbsp of nut butter, or hummus, ½-1 piece of fruit, and 1/4 -1/2 cup vegetables. Let your child's hunger be your guide until they feel *satisfied rather than full*.

**When to eat?**

Snacks should be eaten 1-2 hours before the activity if possible to reduce stomach upset.

**What about fluids?**

Keeping hydrated before, during and after activity is important. Unless your child is participating in elite sports that involve vigorous consistent activity for over an hour, water is all they need to stay hydrated. There's no need for sports drinks and any type of "Energy" drink is not recommended.

**Time Tip:** Take an extra 10 minutes after shopping and cut up fruits and vegetables for the week – even better, if your kids are old enough have them do this task and they'll know exactly where to head for a snack when they get home.

**Sources:**

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf>

<https://www.dietitians.ca/Downloads/Public/noap-position-paper.aspx>

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/energy-drinks-frequently-asked-questions.html>