

# École Arbour Vista

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## Newsletter for January 2018

### From the Principal's Desk

Happy New Year! I hope everyone had an opportunity to enjoy the company of family and friends during the holiday season. The school staff would like to take this opportunity to express a sincere thank you for the tremendous support that the school has received over the past year. The staff greatly appreciates everything that has been done to assist the students and staff at our school. A special thank you to our School Council members for all of the work they continue to do for our students and school community, including raising funds to purchase valuable resources, organizing guest speakers and coordinating fun filled activities.

As soon as school resumes following the holiday season, auditions will begin for our spring musical, *The Return of the Glass Slipper*. Performance dates for the musical will be during Education Week, May 7<sup>th</sup> – May 11<sup>th</sup>. Come and be part of the magic and wonder of Cinderella as she meets her Prince Charming! Audition and rehearsal dates will be available at <https://sites.google.com/a/ugcloud.ca/eavmusic/school-musical>

Best wishes for a healthy and prosperous new year! We look forward to seeing everyone on Monday, January 8<sup>th</sup>.

### School Council Updates

Our Spaghetti Dinner fundraiser is fast approaching. Please mark February 8<sup>th</sup> on your calendars. If you are interested in helping with the Spaghetti Dinner, please contact Amy [amyfarrier@hotmail.com](mailto:amyfarrier@hotmail.com) or Shanna [shannastevens@gmail.com](mailto:shannastevens@gmail.com).

School Council will be providing apples for the school starting the first week back to school.

School Council has reviewed its fundraising efforts and the money available for the school. We are happy to announce that we have funds to spend! Please let Erica [erica\\_mitchell245@hotmail.com](mailto:erica_mitchell245@hotmail.com) know of any ideas or suggestions you have with respect to where you would like to see the funds go.

### Upcoming Dates:

January 18<sup>th</sup> School Council meeting, Guest speaker topic - Financial Literacy for Kids  
February 8<sup>th</sup> Spaghetti Dinner fundraiser  
February 15<sup>th</sup> School Council meeting, Guest speaker topic - The Lunch Lady (tentatively scheduled)  
March 22<sup>nd</sup> School Council meeting  
March 29<sup>th</sup> Family Movie Night

### School Yard Update

Plans continue to improve the school yard. Spring will bring more work and projects to look forward to. Future projects include the creation of an outdoor classroom space, veggie gardens and shade for the Kindergarten play area. To find the minutes from our School Council meetings, please visit the following link:

<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>
	and 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 Co-Leaders:	Amy Ross:	<a href="mailto:amysharpross@gmail.com">amysharpross@gmail.com</a>
Special Education Advisory Committee:	Michelle Watterson	<a href="mailto:michelle@catnapcottages.ca">michelle@catnapcottages.ca</a>

## **Interested in making a difference?**

We encourage parents to come out to a School Council meeting to learn more about what goes on “behind the scenes”. School Council typically meets on the third Thursday of every month at 6:30 at the school library. We even have some volunteer intermediate students to provide babysitting during the meeting. If you can't make the meetings but are still interested in helping out, please contact any of our school council representatives.

## **UPCOMING MEETINGS: 6:30 pm @ EAV in the Library**

January 18<sup>th</sup> - Guest speaker topic – Financial Literacy for kids!

February 15<sup>th</sup> - Guest speaker topic – The Lunch Lady (tentatively scheduled)

\*March 22<sup>nd</sup>

April 19<sup>th</sup>

May 17<sup>th</sup>

June 21<sup>st</sup>

*\*4th Thursday due to the March Break*

## **Scholastic Book Fair**

A very special thank you to our school community for your outstanding support of our Scholastic Book Fair in December. Sales from this event totalled \$4,488.00, sixty percent of which will come back to the school in the form of new books for our library. A special thank you to Madame Ward for organizing this very successful event.

## **Family Literacy Day is January 27<sup>th</sup>**

ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Practicing literacy together every day has tremendous benefits for both children and parents. Here are some great ways to get started:

- Read a “wake up” story in the morning (after reading your bedtime story the night before).
- Search online for fun places to go in your community. Pick out a spot for your next family day trip.
- Make up a new recipe together and post it online.
- Tell knock-knock jokes together while doing the dishes.
- Create a story with your family: take turns writing one sentence at a time, then read the whole story aloud when you're done.
- Write a review of a book you read together as a family. Send it to the author through email or snail mail.
- Organize a book swap at your school or with your friends.
- Track your trip to school, the park, and the grocery store on a map. Find a different route to take to each place.
- Learn to play a musical instrument. What about the ukulele? • Write a note to include in a grown-up's lunch – ask them to write back!
- Make a popsicle stick model with your family.
- Write your names graffiti-style using chalk on your sidewalk – you may need to shovel first!

- Play a board game together.
- Look up the words to your favourite song online. Have a sing-off with your friends!
- Count how many steps it takes to get from your bedroom to your kitchen. Find out who in your family has the most steps to a snack!

From: <http://abclifeliteracy.ca/fld/15-minutes-of-fun>

### **No Bus Days!**

On days when school buses are cancelled in the morning, ***they will not be running*** at the end of the school day. If you wish to drive your child(ren) to school on days when buses are cancelled, you must pick them up at the end of the day. Parents can access bussing information through the Student Transportation Services website at <http://www.stwdsts.ca/>. If you use the Student Transportation Services website, please focus on the Division 1 yellow card to access transportation information specific to schools in Guelph.

### **Communication of Bus Cancellations and/or School Closures**

School bus cancellations and/or school closures will be noted on one our local radio stations; MAGIC 106.1 FM, CJOY 1460 AM, CKKW 1090 FM, CFCA 105.3 FM and CHYM 570 AM early in the morning.

### **Let it Snow, Let it Snow, Do Not Throw!**

As the season changes to winter, we are faced with an issue that over time has remained the same...the inherent danger in throwing snowballs. For everyone's safety, École Arbour Vista Public School does not allow the throwing of snowballs. We encourage students to let 'gravity do its thing' and keep the snow on the ground. Students will be reacquainted with the phrase, "If you pick up snow, you pick up trouble." Please reinforce this message at home, helping to remind our students about the dangers of throwing snow.

### **Cold Weather and Warm Clothing!**

Now that winter is firmly upon us, students should be wearing hats, mitts, boots and a winter coat during recess. Proper attire during the winter months will help ensure our students enjoy their time outside while being comfortable in the process.

### **JK Kindergarten Registration**

Kindergarten Registration is from January 9<sup>th</sup> to 19<sup>th</sup> at all elementary schools in the UGDSB.

Important information regarding JK French Immersion;

- \* Parents need to indicate on the registration form whether their child is registering for 'Regular English Track' or 'French Immersion'
- \* Junior Kindergarten is the only access point to French Immersion. For the 2018-19 school year, those are children born in 2014
- \* Junior Kindergarten FI registration at one school is not transferable to another school within the UGDSB
- \* A Junior Kindergarten FI enrolment cap is in place for each of our French Immersion sites. At École Arbour Vista the cap is 40.
- \* If the number of on-time Junior Kindergarten FI registrations exceeds the school's enrolment cap, a random selection process will be initiated to determine entry into the program
- \* Parents can only register their child for one school in the UGDSB. *Registration in more than one school will void all registrations.*
- \* On-time registrations for French Immersion Junior Kindergarten are NOT prioritized on a first-come, first-served basis
- \* If the number of registrants exceeds a school's enrolment cap, students will be placed into Junior Kindergarten FI or onto a waitlist in the following prioritized order:
  - \* Registrants with siblings in FI home school in UGDSB (in-area)
  - \* Registrants without siblings in FI home school in UGDSB (in-area)
  - \* Out of area registrants (if space remains)
  - \* Out of district registrants (if space remains)

## **Avoid School Suspension By Keeping Immunization Records Up-To-Date!**

Student's immunization records must be provided to Public Health in order to attend school. In the next few weeks, Public Health will be sending notices to students with incomplete immunization records. Anyone who gets a notice should contact their family doctor so they can update their vaccines, and then report their new vaccines to Public Health.

Report every vaccine to Public Health using one of the following methods:

- Online: Fill in the form at [www.immunizewdg.ca](http://www.immunizewdg.ca)
- Email: Send a photo of the immunization record to [vaccine.records@wdgpublichealth.ca](mailto:vaccine.records@wdgpublichealth.ca)
- Call: 1-800-265-7293 ext. 4396

If a student is not getting vaccinated for medical reasons, reasons of conscience or religious beliefs, an exemption form must be submitted to Public Health. The forms are available at [www.wdgpublichealth.ca](http://www.wdgpublichealth.ca). Public Health is committed to helping students update their vaccination records so they can avoid suspension from school.

## **Use the Six E's to Teach About Responsibility**

You can help your child develop the trait of responsibility by using the six E's:

1. Explain it. Talk about what responsibility means. Give some examples
2. Examine it. Look for examples of responsibility. Did a character on a TV show take responsibility for his actions? Point it out. Talk about it with your child.
3. Exhibit it. Your personal example is still the strongest way you teach.
4. Encourage it. Help your child think about ways he/she can be responsible. He might start to clean up his/her room every day. When he/she does, be sure you notice what he/she's done and give praise.
5. Expect it. Set rules and consequences. Now that your child knows what you expect, make sure he/she follows through. It's not enough to pick up after your child two days a week. Expect your child to do it every day and invoke appropriate consequences if he/she does not.
6. Evaluate it. How is your child doing? After a few weeks, talk again. Communication is imperative!

## **Is It Bullying Or Conflict?**

Is conflict the same as bullying? People may sometimes confuse conflict with bullying, but they are different. Conflict occurs between two or more people who have a disagreement, a difference of opinion or different views. Conflict between students does not always mean it's bullying. Children learn at a young age to understand that others can have a different perspective than their own, but developing the ability to gain perspective takes time and the process continues into early adulthood. In conflict, each person feels comfortable expressing his or her views, and there is no power imbalance. Each person feels able to state his or her point of view. How people deal with conflict can make it positive or negative. Conflict becomes negative when an individual behaves aggressively by saying or doing hurtful things. Then the conflict is an aggressive interaction. Conflict only becomes bullying when it is repeated over and over again and there is a power imbalance. Over time, a pattern will develop and the situation will worsen through repetition.

## **What is the Special Education Advisory Committee?**

Every school district is required to have a Special Education Advisory Committee (SEAC).

SEAC is a broad-based, educationally focused committee that meets monthly to engage in a variety of discussions all related to the educational programs for students with special needs. These meetings are open to the public and are held on the second Wednesday of each month throughout the school year. Meetings begin at 7:00 p.m. at the Upper Grand District School Board office in Guelph.

At SEAC meetings, the representative members from different organizations (ABC - Association for Bright Children, Autism Ontario Wellington Chapter, FASD-Fetal Alcohol Spectrum Disorders, Integration Action for Inclusion in Education and Community (Ontario), Learning Disabilities Association of Wellington County,

Parents for Children's Mental Health, VOICE for Hearing Impaired Children) share knowledge about their agency programs with the committee. These community members then take back points of information about the Board's educational programs to the agencies that they represent.

In addition, SEAC makes recommendations to the board with respect to any matters affecting the establishment, development, and delivery of Special Education programs and services for exceptional students within the board. The SEAC committee also participates in the board's annual review of the Special Education Plan and participates in the board's annual budget process as it relates to Special Education.

For further information about SEAC or Special Education Programs in the Upper Grand District School Board please call the Program Department at 519-941-6191 ext. 254.

### **Transitions and Transition Planning**

While it may feel like it is early in the year to think about transitioning to the next school year, many plans are well underway to ensure that students have a successful transition. For students that are changing schools, such as Grade 8s moving to secondary school, visits may have already begun. Such transitions can be very stressful for students, just as it can be stressful for adults to move houses or change jobs. With careful planning and a collaborative approach toward supporting the transition, this stress can be minimized. New requirements from the Ministry of Education came into effect in September, 2014 requiring all students with an Individual Education Plan (IEP) to have a transition plan. This plan includes goals and actions to meet each goal, and considers the strengths and needs of the student. Some goals may address smaller transitions throughout the day, such as moving from recess to the classroom or from one activity to another, or larger transitions, such as moving from one school year to the next, or from one school to another. For many students, the supports provided to the whole class are all they need to have a successful transition, which means they may not need a specific transition plan goal and actions on their IEP at this time. However, for students that have challenges with transitions -- large or small -- a plan should be in place.

When planning for any transition, the student's physical, emotional, and learning needs are considered. As a parent, your collaboration with the school team is crucial to make sure that the needs of your child are fully understood, and that actions taken at home and at school will ensure a successful transition. Physical needs, such as changes made to a washroom for a student in a wheelchair, may be part of a plan, just as visits and pictures of a new school may be helpful meeting the emotional needs of a child. A student's current teacher will also share successful strategies and accommodations with next year's teacher, this will help the new teacher prepare for the learning needs of the student. As a parent, you can play an important role in transition planning for your child, you know your child best. Whether planning for next year's new classroom, or for a new school, working together with school staff to provide visits to the new school, talking about the transition in a positive way, and looking at pictures of the new teachers and building may give the reassurance that your child needs. Preparation is crucial for transitions to be successful, and a team approach between home and school is key. More information about transition planning from the Ministry of Education is available. The new rules for transition planning for students with special education needs can be found at:

<http://www.edu.gov.on.ca/extra/eng/ppm/ppm156.pdf>. The Ministry also has a resource guide for transition plans with a focus for secondary students available at the following link:

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/transiti/transition.pdf>

### **Help Stop The Spread Of Germs and Stay Well Wash Your Hands**

There are no vaccines to protect us from the common cold or a stomach virus that is easily spread to others. Teaching children to wash their hands properly can reduce the chances of getting sick. Everyone should wash their hands before eating, after using the bathroom, coughing and after blowing their nose. Wash your hands before preparing food. Use hand sanitizer when soap and water are not available. Cover your cough and sneezes: Teach children to cover their cough and sneezes to stop the spread of different illnesses such as colds and the flu. Use a tissue or arm to cover the mouth and nose. Stay home when you are sick: When many people are close together as in schools and classrooms it's easy for illnesses to spread. Children should not be in school with a fever, undiagnosed rashes, vomiting or diarrhea. Children should recover completely before returning to

school. When children have vomiting and diarrhea they should stay home at least 24 hours following the end of symptoms.

### **Talking About Mental Health January 2018 – Nature and Mental Health**

Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. It is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then GO OUTSIDE! Take your kids outside! Enjoy and be part of nature.

One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

Go for a walk or a ski or a skate or a run. Head for the woods. Go birdwatching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

Have a mentally healthy 2018!

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

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