

École Arbour Vista

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Newsletter For October 2019

From the Principal's Desk

It was so great to see so many families attend our Open House and food truck event on September 26th. I would like to thank the group of parents who attended our first School Council meeting of the year on Thursday, September 19th. The school staff looks forward to working with School Council again this year! As a reminder to parents, maintaining ongoing communication with your child's teacher is imperative for success. Please ensure you know what form of communication is best for you to reach your child's teacher and on the contrary, for them to reach you. Whether it's through the student agenda, email, face-to-face contact or the telephone, communication is vital! *"The single biggest problem in communication is the illusion that it has taken place". George Bernard Shaw*

EQAO Results

The Education Quality and Accountability Office (EQAO) released its results from the June, 2019 Grade 3 and Grade 6 Reading, Writing and Mathematics assessments. Arbour Vista's results, as well as those from the Upper Grand District School Board and the Province of Ontario are noted below. The students who wrote the assessment in June will receive their individual results during the first week of October.

Grade 3

	Province	UGDSB	Arbour Vista
Reading	74	71	95
Writing	69	65	88
Math	58	51	45

Grade 6

Reading	81	82	100
Writing	82	80	100
Math	48	47	83

Creating a Culture of Privacy

IT IS THE RESPONSIBILITY OF EVERYONE TO PROTECT STUDENTS' PERSONAL AND CONFIDENTIAL INFORMATION

All parents, guardian, and visitors to the school are reminded that the privacy of all our students must be maintained at all times. We are ultimately responsible for the safety and security of our students and the security and confidentiality of our students' personal information, including first and last names, images and any other identifying information.

- Only take pictures or video of your **own child(ren)**.
- Only post pictures or video of your **own child(ren)** on social media.
- Only share pictures or video of your **own child(ren)** with other people.
- Only preview **your child(ren)**'s work.
- Only discuss **your child(ren)** with the appropriate staff.

Thank you for being respectful of the privacy rights of our students.

Video Surveillance

This is a reminder that École Arbour Vista, similar to all schools in the UGDSB, is outfitted with video surveillance cameras, both inside and outside the building. The purpose of the video surveillance cameras is to ensure student/staff safety, and to help reduce vandalism at UGDSB schools. School administration must follow the UGDSB's video surveillance policy, which can be viewed here: <https://www.ugdsb.ca/board/policy/policy-203-video-surveillance/>

Signage is posted on the outside of the school noting that video cameras are active.



Days of Significance

October 1-7	Navaratri	Hindu
October 4	St Francis Day	Catholic Christian
October 5	World Teachers Day	UN
October 6	World Cerebral Palsy Day	
October 6	Durga Ashtami	Hindu
October 8 - 9	Yom Kippur	Jewish
October 9	Dussehra	Hindu
October 10	World Mental Health	WHO
October 11	International Day of the Girl	
October 14	Thanksgiving Day	Canada
October 14	Interfaith	Christian
October 14 - 20	Sukkot	Jewish
October 17	International Day for the Eradication of Poverty	UN
October 17	Spirit Day	LGBTQ+
October 20	Birth of the Bab	Bahai
October 20	Installation of the Scriptures of Guru Granth	Sikh
October 21	Shemini Atzeret	Jewish
October 22	Simchat Torah	Jewish
October 24	Child Care Worker and ECE Appreciation	
October 27	Diwali-Sikh, Jain	Hindu
October 28	Jain New Year/Vikram	Hindue
October 29	Rett's Syndrome Awareness Day	(Wear Purple)
October 31	All Hallows Eve	Christian

*Days may vary a few days before or after the indicated date due to moon sightings and time zones for some Days of Significance.

*These dates were taken from UGDSB Equity and Inclusion Calendar 2019-2020

The International Baccalaureate (IB) Diploma Programme

IB at Guelph CVI The International Baccalaureate (IB) Diploma Programme is a program of international education designed to help students develop the knowledge, understanding, attitudes and skills necessary to participate actively and responsibly in a changing world. This programme prepares motivated students for the rigours of post-secondary education. It encourages students to ask questions and to interact with the world around them in a meaningful way. For more information, please visit: <https://www.ugdsb.ca/ib-gcvi/>

Important Dates

Wednesday, November 20th, 7 pm - IB Information Night at GCVI in the auditorium

Wednesday, November 27th - IB assessment option 1 - 6:30 pm -7:45 pm at GCVI in the cafeteria

Saturday, November 30th - IB assessment option 2 – 10:00 am -11:15 am at GCVI in the cafeteria

Friday, December 6th - IB preparatory applications due to the GCVI main office, before 4pm

Taking Children To Class In the Morning

To help reduce the number of people moving in the halls at the start of the day, parents are reminded to drop their children off outside of the school. The hallways are very busy at this time of day with students and staff moving throughout the school. Our expectation is that students walk to class independently. A sign reminding parents of this expectation has been added to the front foyer. Thank you for your cooperation with respect to helping us keep your children safe.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher. Our school has procedures in place to help manage anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

Kiss and Ride Area of the Staff Parking Lot

Parents are reminded not to park in the kiss and ride area of the staff parking lot. PLEASE RESPECT THE POSTED SIGNS ON THE SIDEWALK. This area is designed for parents to drop their child(ren) off and then vacate the area. As our school enrollment has increased to four hundred and ninety-three students this year, there is more traffic in this area. Please respect the expectations associated with the kiss and ride area and do not park there. This will help to ensure the safety of our students, your children, and allow for the free flow of traffic.

What Are Number Talks?

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy**, **flexibility**, and **efficiency** in math and Number Talks can support the development of all three. The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking.

Balls to Donate?

With the fall cleaning season upon us, do you have sports balls in your garage, basement or shed that you would like to donate to the school? We are looking for basketballs, soccer balls, footballs or other bouncy balls that can be used safely on the school yard during recess. We hope that the fence surrounding our yard will come down soon, allowing our students to have access to the soccer field to enjoy donated items. If you have items to donate, please send them to the school with your son/daughter or drop them off at the office for distribution to classrooms.

End of Day Pickup and Phone Calls To the Office

In the event parents wish to have their child(ren) not take the bus home, please call the school early in the day to make the necessary arrangements with Madame Bonnar. The main office is very busy at this time of day, and to help maximize the flow of student activity in the office area and ensure the requested change of plans is received by your child(ren), your compliance with this request is greatly appreciated.

Child Abuse and Prevention Month

The month of October is Child Abuse and Prevention Month. On Tuesday, October 24th staff and students are encouraged to dress in purple as a way of collectively speaking up and sharing the message that child abuse and neglect can be prevented and that help is available.

Parents Dropping of Items During the Day

If you are dropping off school work, lunch or perhaps a new set of clothes for your child, please leave your items with Mme Bonnar in the office. The office has slips of paper for you to complete, indicating your child's teacher and the item you are leaving for him/her. During the subsequent break, we will have your child come to the office to collect their belongings, therefore reducing the number of interruptions during the day.

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

First Nation, Métis, Inuit Self-identification

If your child is a member of a First Nation, the Métis or the Inuit, please consider having him or her self- identify. Self-identification helps in several ways:

1. Students will have access to more culturally relevant programming and opportunities for unique cultural and academic experiences.
2. The school system will have an opportunity to focus efforts and resources, as well as an increased awareness of the diverse needs of indigenous families.
3. The school community will have an opportunity for building relationships to increase student success and well-being. Share your pride in your heritage! Please come to the office (or have your child do so) to get a card that can be filled in and submitted if you wish to self-identify. Data will be protected and governed by the Freedom of Information and Protection of Privacy Act.

Lost & Found

If your child is missing any clothing items, please remind him/her to check the lost and found boxes in the front foyer of the school. Though we are only one month into the school year, the lost and found is filling up quickly!

Monthly Assemblies

Talking About Mental Health – October, 2019

I hope that you had a wonderful summer and start to the new school year! Even with the fun of summer and the excitement of the first day of school behind us, returning to school can be a stressful and exciting time for both students and their families. Add to that new teachers, new friends, new schools and for some even a new community: that adds up to a lot of change and potential stress!

While a little stress can be motivating and help us to focus, too much stress can tip the balance and trick our bodies into thinking that we are in danger. This leads to a release of adrenalin and keeps you and your body on full alert. So what can you do? Here are some proven ways to manage stress and take care of yourself from the inside out:

VISUALIZATIONS: According to research, when you visualize something your brains respond to the images in the same way they would to real-life action. So if you take 5 minutes to visualize yourself in a favourite place your brain will think you were really there! That's right! It's literally a 5 minute vacation with all the benefits!

JUST BREATH: Practice slow, deep breathing. Although we are all familiar with the “take a deep breath” suggestion when we are panicked or over stressed, you may not know that this has to do with the brain’s “pacemaker” for breath. The research into the impact of breathing on our brains simply confirms what we already know: the simple act of breathing is connected to our emotional state. Slow breathing really can calm you down!

REACH OUT: Of course sometimes we just need to reach out to someone, write in our journal or scream into the ocean. Getting your feelings out and identifying that you are stressed can actually alleviate some of your stress as well. Connecting with others and asking for help if you are overwhelmed is a great way to manage stress. Also, if you see someone who looks a bit overwhelmed, reach “in” (check in) and see how they are doing. It can go a long way to know you are surrounded by people who care.

And of course, if your stress begins to impact your daily activities and you continue to struggle, reach out for help.

Here24/7: 1 844 437 32477 (HERE247) TTY: 1-877-688-5501 (Guelph and Wellington)

Dufferin Child and Family Services: 519.941.1530 (Dufferin)

KidsHelpPhone: Text CONNECT to 686868 or call 1-800-668-6868

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board
Follow me on instagram @ugdsb_mental_health*

Environmental Activities to help celebrate our planet



Oct 2nd IS INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 2nd 2019!

In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <http://www.saferoutestoschool.ca/>

4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It’s an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren’t spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child’s daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!

Information from Public Health - Lunchbox Essentials!

Are you getting back into the habit of packing school lunches? A balanced lunch includes a variety of foods to keep your child full and able to learn best. Try to include at least one food item from each of these 4 categories in your child's lunch every day.

Vegetables

Fruit

Protein-rich Foods (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)

Whole Grains & Starchy Vegetables (whole grain pasta or bread, potatoes, corn)

Top 5 Tips:

1. Keep peeled and cut veggies and fruit on hand in the fridge, ready to grab and go! Try to include a fruit or veggie at every meal and snack.
2. Involve your kids in planning and making school lunches. They're more likely to eat food they helped make and they build valuable life skills in the kitchen!
3. Save time and use your leftovers for school lunches.
4. Include a reusable water bottle every day.
5. Check out UnlockFood.ca for school lunch tips and recipes.