

École Arbour Vista

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Newsletter For November 2019

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. Cooler temperatures will soon be upon us and winter is just around the corner! This month, 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. The school also wishes to thank families and friends for their generous donations, which will help to improve student learning at Arbour Vista through the purchasing of resources. Please note that progress reports go home to parents on Tuesday, November 19th. Parent and teacher interviews follow during the evening of Thursday, November 28th and all day on Friday, November 29th. More information regarding interview times will be going home to parents in the coming weeks. While in the school speaking with your child's teacher, be sure to visit the Scholastic Book Fair in the library. What a great opportunity to complete some holiday shopping while supporting the school at the same time!

K. Runciman
Principal

We Remember

On Monday, 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 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.

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 Wednesday, November 27th, John F. Ross will be hosting a Grade 8 parent information session. 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 Wednesday, November 20th, from 7:00 p.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 on November 20th and are due on December 6th. Please download the application from the GCVI website or pick up from GCVI.



Days of Significance

November 1	All Saints Day Samhain Beltane	Christian Vicca/Pagan
November 2	All Souls Day	Catholic Christian
November 4-10	Treaties Recognition Week	
November 6	Diwali	Sikh, Jain, Hindu
November 7	Jain New Year Vikram New Year	Jain Hindu
November 11	Remembrance Day	
November 12	Birth of Guru Nanak Birth of Baha' u' llah	Sikh Bahai
November 14	World Diabetes Day	
November 15	Nativity Fast Begins	Christian
November 16	Louis Riel Day	Metis
November 17-23	Bullying Awareness and Prevention Week	
November 19	Lahbab Duchon	Tibetan Buddhism
November 20	Transgender Day of Remembrance	LGBTQ+
November 24	Martyrdom of Guru Tegh Bahadur	Sikh
November 25	International Day for the Elimination of Violence Against Women	UN

November 26	Day of the Covenant	Bahai
November 28	Ascension of Abdu'l-Baha	Bahai

Days may vary a few days before or after the indicated date due to the moon sightings and time zones for some Days of Significance. These Dates were taken from UGDSB Equity and Inclusion Calendar 2019-2020.

Your Future...Your Choice 2019

A one-stop career, education and community resource fair
 November 13th, 2019
 Centennial CVI, 6:00 p.m. – 8:00 p.m.
 289 College Ave. West, Guelph

This event is a one-stop career, education, and community resource fair. Over 80 exhibitors from colleges and universities, as well as business and community organizations will be there to provide students and their families with valuable information to help them make decisions about future education, training, volunteer opportunities, and employment. All pathways will be represented including apprenticeships, college, university and the workplace. Students, parents, and guardians are encouraged to save the date and plan to attend Your Future Your Choice on Wednesday, November 13th at Centennial CVI in Guelph.

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 2019 – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors 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. 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.

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.

Try this:

- Go for a walk
- Head for the woods – make a scavenger hunt
- Go birdwatching – make it a game to find the names of all birds you see
- Go on a bug hunt
- Watch the clouds float by
- Make a game of identifying all the sounds you hear outside

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/>

*Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board
Follow me on Instagram #upper_grand_mental_health*

Information from Public Health - Free Dental Care For Children and Youth

Oral health is an important part of a child’s overall health and wellbeing. If you cannot afford dental care for your child, Public Health has programs that can help. Public Health offers free preventive dental care at locations across Wellington-Dufferin-Guelph for eligible children and youth. Our dental hygienists will check

your child's mouth for oral health concerns, clean their teeth, apply fluoride and sealants and teach them how to brush and floss. Dr. Baseer Mohammed ("Dr. B") provides free dental care including check-ups, x-rays and treatment to children and youth enrolled in the Healthy Smiles Ontario program. He is located in Guelph (160 Chancellors Way). If you have this card and do not have a family dentist, call the Public Health Dental Line at 1-800-265-7293 ext. 2661 to book an appointment. If your child has a dental emergency and you cannot afford their dental care, call Public Health for help.

Get your Flu Shot!

As a parent, you are at risk of exposure to communicable diseases because of your close contact with children.

* Children under two years of age are the most susceptible for hospitalization related to flu and flu related complications, while 5-9-year-olds are the most likely to spread the infection.

* Flu immunization is available at your local pharmacy, physician's office, or Public Health office and is suggested annually for everyone 6 months of age and over. NOTE: Pharmacies will not provide immunization for children less than 5 years old. Public Health and your family physician offer flu vaccines to all ages.

* FluMist is not available for this flu season.

If you have any questions related to the benefit of immunization, please call 1-800-265-7293 ext. 4746

PARENT TIP - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832>

MAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf

Monthly environmental activities to help celebrate our planet Friday November 29th is BUY NOTHING Day!

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

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>

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>