

# École Arbour Vista

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Kirk Runciman, Principal  
Kate Languedoc, Vice Principal

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School Website: [www.ugdsb.on.ca/arbournvista](http://www.ugdsb.on.ca/arbournvista)

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## Newsletter for September 2020

### From the Principal's Desk

Though the start of this school year will be different than any we have previously experienced, a sense of excitement is evident! School staff understand that students have been away from school for a lengthy period of time and as a result, supporting their mental health and social emotional needs will be of paramount importance throughout the school year, particularly at the beginning. Coinciding with the aforementioned support will be the critical nature of teaching and emphasizing the protocols of hand washing and sanitizing, the use of masks, and social distancing measures. During your child's staggered entry process to school, these protocols will be introduced and consistently reinforced. Please consider a dinner time discussion with your child, providing an opportunity for him/her to share the protocols he/she is following while in the school. A discussion at home will stress the importance of these measures!

Please note, as a means of supporting the safety and well-being of the staff and students in the school, parents will not be permitted on the school yard during drop off or pickup time. For parents who walk their children home at the end of the day, please see the [linked map](#), highlighting where you can wait. At the end of the day, a staff member will be on duty at the back of the school, supervising the safe transition of students to their parents. As a final note, if you are driving your child to school, please consider parking on a neighbouring street and walking him/her to school. Parents will not be permitted to get out of their cars in the Kiss and Ride area of the parking lot.

Thank you for helping to make this transition back to school as safe and seamless as possible.

K. Runciman  
Principal

**Bell Times** – *(To support social distancing measures, please time the arrival of your child as close to the 8:20 bell as possible).*

Period	1	8:20 a.m. – 9:20 a.m.
	2	9:20 a.m. – 10:00 a.m.

Recess	10:00 a.m. – 10:20 a.m.
Nutrition Break	10:20 a.m. – 10:45 a.m.

Period	3	10:45 a.m. – 11:45 p.m.
	4	11:45 p.m. – 12:25 p.m.

Recess	12:25 p.m. – 12:50 p.m.
Lunch	12:50 p.m. – 1:10 p.m.

Period	5	1:10 p.m. – 2:10 p.m.
	6	2:10 p.m. – 2:50 p.m.

End of the day bell	2:50 p.m.
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Please note that our Grade 5 - 8 students will have their morning recess from 10:00 a.m. – 10:20 a.m. During this time our Kindergarten to Grade 4 students have their Nutrition Break. From 10:20 a.m. – 10:45 a.m., students in Kindergarten to Grade 4 will go out for recess while the Grade 5 – 8 have their Nutrition Break. Students in Grade 5 - 8 will have their second recess from 12:25 p.m. to 12:50 p.m. At this time, the Kindergarten to Grade 4 students will eat their lunch. The final twenty minutes, from 12:50 – 1:10 p.m., will have the Grade 5 - 8 students eat lunch while the Kindergarten to Grade 4 students are outside for recess.

## Yard Duty Times

The following are the times when our playground is supervised by school staff. *As noted above, if your child walks to school, please ensure he/she arrives as close to the 8:20 a.m. bell as possible to support social distancing measures.*

8:00 a.m. - 8:20 a.m.  
 10:00 a.m. - 10:45 a.m.  
 12:25 p.m. - 1:10 p.m.  
 2:50 p.m. - 3:05 p.m.

## School Organization

As a result of the school losing a number of teachers to the online learning platform, the organization noted below will be in effect until further notice. Please note that changes to students' placements this year will not be considered.

Principal	Monsieur Runciman
Vice-Principal	Mme Languedoc
Office Co-ordinator	Mme Schletz
Administrative Office Assistant	Mme DeBoer
Kindergarten	Mme Laurin Mme Carter Mme Diaz
Grade 1	Mme Kasulke
Grade 1 / 2	Mme Burke
Grade 2	Mme Post
Grade 3	Mme Shea
Grade 3	Mme Hunse
Grade 3/4	Mme DeNardis
Grade 4	Mme Savage
Grade 5	Mme Dodds
Grade 5 / 6	Mme Baetz
Grade 6	Monsieur Uger
Grade 7	Monsieur Gerges
Grade 7	Mme McDonald
Grade 7/8	Mme Dupuis
Grade 8	Mme Hart McKittrick
Planning	Mme Sylvestre Monsieur Haddad Mme Pigeon Mme Ward Mme Languedoc
Resource	Mme Anderson
Library	Mme Ward
ECE	Mme Euteneier Mme Watson Mme Grist
Educational Assistant	Mme Teasdale Mme Waldeck

Child Youth Counsellor	Mme Beedie
Custodian	Monsieur Boyd Mme Collins Monsieur Robson

## **Food Programs For 2020/2021 – New Information!**

Please note that until further notice, food will not be available for families to order for their child(ren) through Lunchbox Orders. To this end, please ensure you send a lunch and snacks with your child each day this year. **Also, please note that parents will not be permitted to drop off lunch, water bottles etc. this year.**

## **School Driveway For Buses**

Arbour Vista has several buses running to and from the school each day. To ensure everyone's safety, we ask that you respect the "Buses Only" signs erected in the laneway at the front of the school and not park in this location. If you are driving your children to school, it is strongly suggested that you park a distance away from the school and walk them to the school. If you plan on driving your child(ren) to school, **do not** get out of your car in *The Kiss and Ride* area. Your child can walk independently to meet his/her class on the tarmac. Once again, as noted earlier in this newsletter, parents will not be permitted on the school yard (grass and tarmac area). Please work with the school to help ensure the safe arrival and pickup of your child(ren).

## **Student Verification Forms**

Forms went home on the first day of school. Please make any necessary changes to the information provided. **Please sign and return the verification form to school by Friday, September 18<sup>th</sup>.**

## **Peanut Butter and Imitation Peanut Butter**

Please note that peanut butter and imitation peanut butter lunch spreads are not permitted at school. Included in the list of imitation peanut butter is WOW butter, sun butter and cookie butter. Each of these lunch spreads look, smell and taste similar to real peanut butter and as a result, make it difficult to tell the difference between each of them and real peanut butter. As we do have a number of students in the school with life threatening allergies, including but not limited to peanuts, we are asking parents to refrain from sending imitation spreads to school, instead opting for a healthy alternative. Thank you for your understanding as we work together to keep our students safe.

## **Allergies**

Many students suffer daily from allergies. Reactions to allergic substances vary from relatively mild irritations such as: itchy eyes, sneezing, scratchy throat, etc. to potentially fatal conditions where the sufferer experiences breathing problems and/or anaphylactic shock. A student who is allergic to peanuts often falls in this second category. Please be aware that there may be restrictions in your child's class to protect a student with such an allergy. We ask you to abide by any restriction(s) that may be imposed in these cases and in the case of nuts or nut products we ask that you avoid sending any to school. Parents of students with potentially life threatening allergies are asked to inform the school and complete the required paper work. Thank you for your cooperation.

## **Notifying the School of a Student Absence - Safe Arrival**

The rules of the Safe Arrival Program state that the school must know why a student is not present on any particular day. This means that school office staff will continue to try to contact parents until one is reached; we sometimes make four or five calls for one child. This takes an inordinate amount of time and often stretches the office staff's ability to carry out other duties. Please assist us in speeding this process up and calling the school when you know if your child(ren) is/are going to be late or absent.

## **Taking Students from School To Ensure Student Safety – New Information!**

If you are picking up your child early from school, please call in-advance so the office can arrange for him/her to be ready upon your arrival. Please call the school when you arrive so a member of the office staff can meet you outside, for you to sign out your child. After being dismissed from class, either at lunch or at the end of the day, students are requested to go directly home or to a caregiver before proceeding to other activities. Please reinforce the importance of this safety message with your child.

## **Visitors to the School – New Information!**

Visitors will not be permitted in the school. The only individuals permitted to be in the school are school staff, Board Senior Administration, Itinerant Program staff, IT staff, Occasional staff: including teachers, EAs, Office Coordinators, etc., Public Health personnel, Board maintenance staff, the Board Courier, the Health & Safety Inspection team and Emergency personnel for emergency situations. **Parents/guardians will only be permitted in the school for medical reasons and those noted in a their child's Plan of Care.**

## **Guelph Police Reminder**

Parents/guardians are reminded that the Guelph Police Service will be patrolling all school zones in the City of Guelph on a consistent basis and will levy fines to motorists not obeying traffic rules. Please choose safety over convenience!

## **Student Accident Insurance**

As a parent or guardian, you are responsible for the expenses related to student injuries on school premises or during school activities. Accidents can and do happen, and the costs involved may not be fully covered by provincial health care or employer group insurance plans. The Upper Grand District School Board is empowered under the Education Act to offer Accident and Life Insurance for students. Information will be sent home to families beginning on Monday, September 14<sup>th</sup> with respect to Student Accident Insurance offered by the Reliable Life Insurance Company. You should receive the Director's letter, an acknowledgment to be signed by parents (and returned to school) and a Student Accident Insurance Application Form. The accident form is to be mailed directly to the Reliable Life Insurance Company. The Reliable Life Insurance Company offers a variety of options, including family rates and multiyear plans, at affordable prices. The cost must be paid by parents. Subscription is directly through Reliable Life by mail or online. Questions should be directed to Reliable Life at 1-800-463-KIDS (5347) or [www.insuremykids.com](http://www.insuremykids.com). For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable. You can find additional information on the Board's website at [www.ugdsb.on.ca](http://www.ugdsb.on.ca)

## **Students with Life-Threatening Medical Conditions**

UGDSB Policy 518: Students with Life-Threatening Medical Conditions, outlines the roles and responsibilities for all in the educational community to support students with possible life-threatening medical conditions. The prevalent medical conditions covered under this policy are Asthma, Anaphylaxis, Diabetes and Epilepsy/Seizure Disorders. If your child has one of these, or any other life-threatening medical condition, please visit: [www.ugdsb.ca/board/policy](http://www.ugdsb.ca/board/policy) (and look for Policy 518) or contact the school as soon as possible. We will work with you to develop a Plan of Care to support your child.

## **Life-Threatening Allergies**

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials. Anaphylaxis is a medical condition that 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 are aware that 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 informed by the classroom teacher. Our school has procedures in place for the prevention and management of 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.

## **Follow Us On Twitter!**

Be sure to follow Arbour Vista on Twitter @ArbourVista. Twitter is a great way to stay in-touch with the school.

## **Talking About Mental Health – Heading Back to School**

Hope that you had a wonderful summer! Transitioning back into school as summer ends can be exciting but also can be stressful for some children and families. As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year for all.

1. Take care of your body

Mental and physical health are linked. Make sure to get enough sleep, drink water, and eat well.

2. Talk to your child/ren

What did they like and enjoy about last year? What are they looking forward to this year? Have children name one thing they are looking forward to and one thing they are not looking forward to as much.

3. Identify strengths and challenges

Have them name 2 things they are good at in school and two things that they think might be more difficult. Strategize some ways to deal with challenges. At the end of the day reflect any strategies used and encourage them to try new strategies to build their coping tool kit.

4. Problem solve with your child/ren

Provide your child opportunities to make their own decisions and to come up with solutions for their concerns. Remember to keep your expectations realistic and age appropriate.

5. Remain calm, and show your child trust, support and love when they are feeling stressed, anxious and worried.

Have a wonderful and mentally healthy school year!

## The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, “making mistakes is part of life—and a really big part of growing up. It’s how you learn who you want to be” (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children’s lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book *Mathematical Mindsets* (p. 12) when the brain is challenged and mistakes are made, that is the time when “the brain grows the most.”

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn’t it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, “[everyone] will make mistakes. But if you learn from them, you’ll be a better person. It’s how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit.”

- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

Adapted from KidsHealth.org

## Smoke and Vape-Free School Environment

The Upper Grand DSB provides a smoke and vape-free environment for its students, staff and others while on Board property, in accordance with the Smoke-Free Ontario Act and Board Policy 208. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed, through the school’s usual forms of communication, when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony. If you have any questions or concerns, please contact the principal.