

November 2022 ÉAVPS

Dates To Remember



November is Hindu Heritage Month and Financial Literacy Month

Tuesday, November 1st	Grade 7&8 to River Run 8A & 7/8 D to Guelph Grotto All Saints Day
Wednesday, November 2nd	Gr. 8 to Tech Day @ J.F. Ross All Souls Day
Thursday, Nov 3rd	Take Our Kids to Work Day
Thursday, November 3rd November 7-11	Gr. 3/4 to Guelph Outdoor School Treaties Recognition Week
Monday, November 7th	7A & 7B to Guelph Grotto
Tuesday, November 8th	Free to Achieve Toonie Tuesday Indigenous Veterans' Day

Birth of Guru Nanak Dav Nahib Sikhism- *Guru Nanak was one of the greatest religious innovators of all time and the founder of Sikh religion. His date of birth is celebrated usually in November, but changes with the lunar calendar.*

Wednesday, November 9th	8B & 7C Guelph Grotto
Thursday, November 10th	Picture Retake Day
Thursday, November 11	Remembrance Day Assembly
Monday, November 14th	Gr. 8 Immunizations World Diabetes Day
Nov. 15-Dec. 1	DanceEd Residency
Tuesday, November 15th	Intermediates to CCVI Dance Production
Wednesday, November 16th	Luis Riel Day
November 21-25	Bullying Awareness and Prevention Week
Thursday, November 17th	Progress Reports are accessible to parents online
Sunday, Nov 20th	Transgender Day of Remembrance
Tuesday, November 22nd	Gr. 8s to College Heights Tech Day
Thursday Nov, 24th	After School Parent/Teacher Interviews
Friday, November 25th	PA Day, Parent Teacher Interviews all day, NO School for students
Tuesday, November 29th	Gr. 3/4 to River Run Giving Tuesday

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!

A note to remind parents to **please send indoor shoes**, particularly for Intermediate students. When students wear their shoes both indoors and out, they track a lot of mud into the building, which makes it an untidy place to learn and work. The school can help any families who need financial support for this. Please email Mme Harrison at marina.harrison@ugdsb.on.ca

Labour Update

As you are likely aware, negotiations between education unions and the province are ongoing. We are monitoring the situation closely. In the UGDSB, the Canadian Union of Public Employees (CUPE) represents custodial and maintenance staff, as well as adult ESL instructors. The board highly respects and values our CUPE staff and honours the collective bargaining process.

Should there be a withdrawal of services by CUPE staff on Friday, we will do our best to keep UGDSB schools and programs open. Despite the efforts of UGDSB management and non-unionized employees, this will become very difficult without our valued CUPE staff.

We will do our best to keep schools open and provide students with safe and welcoming places to learn. While we are going to do our best, there is no way we'll be able to do everything without our valued CUPE staff.

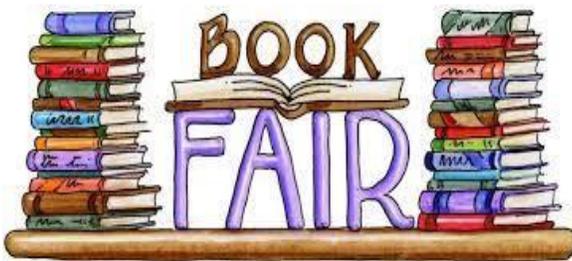
The Before And After School Program at Arbour Vista will remain operational

We are focused on the learning and well-being of our students.

We will keep our community informed through the board's website and social media

For latest up-to-date information please visit www.ugdsb.ca/labour.

Scholastic Book Fair



This year's Book Fair will be in-person! The Fair will commence November 21 and end November 25, just in time for your Parent/Teacher Interview visit! All of the proceeds will go towards our school library. Online shopping is also available. A link will be posted on every Google Classroom close to that date. So please mark your calendars and consider supporting

our library. With many Winter Celebrations coming up, books make great gifts! Books make great gifts any time!

Progress Reports this November

Beginning Thursday, Nov. 17th, parents and guardians can download their child's Progress Report from our school's website. We will provide access to the Parent Portal on Friday Nov. 4, to allow parents to ensure they have a working account. Progress Reports will only be available starting November 17. If you previously accessed our Electronic Report Card system in June of 2022, no action is required at this time. If you do not remember your password, instructions on how to reset your password can be found on our website beginning November 4.



If your child is new to the Upper Grand DSB, beginning November 4 you will be able to authorize your account from our school's webpage.

[Parent Portal Support for Parents](#)

[A Parent's Guide To Report Cards](#)

Parent Teacher Interviews

This year's Parent/Teacher Interviews will be taking place in person.

Parents will be able to book Interviews online. Instructions on how to do so are [here](#).

You will need your child's OEN to log into the system. The OEN can be found at the top right corner of any previous report card from any year, as an OEN stays with each student for the duration of their schooling in Ontario. You will be able to book your interview times beginning Thursday, November 10th. Interviews are scheduled for Friday, November 25th, although teachers may open other dates to accommodate parents.

Remembrance Day

On November 11th we will conduct our Remembrance Day service. This year, we will have an in-person Assembly, which will start at 11am in our Gym. We cordially invite parents to join us for the assembly. Remembrance Day is a day for all Canadians to remember the men and women who served and sacrificed for our country. It is a day we encourage every individual, young and old, to pause, to give thanks and to remember.



Attention drivers and pedestrians!

This seems to be a necessary monthly reminder.

Our Parking Lot is awfully busy in the mornings. Please be reminded of the safety rules that must be followed in order to ensure everyone's safety.

- **The Kiss'n Ride area is for stopping only!** Drivers are not to get out of the car or leave the car. If you wish to get out of the car, please park in the parking lot or on the street and walk in.
 - If stopping in the Kiss'n Ride, please have your child exit your car on the passenger side of the vehicle so that they are not in the line of moving traffic.
 - Please drive slowly in the Parking Lot. There are lots of small children crossing the parking lot.
 - **Please do not drop off students in the Bus Lane at any time**
 - If the situation does not improve we may have to close entrance into the parking lot to ensure student safety. Please help us keep everyone safe. We sincerely thank you for your anticipated support.
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Lates

We continue to have an inordinate number of students arriving past the morning bell on a daily basis. Many days it is as many as 20-30 children late. This creates a very stressful situation for all. Research says that academic achievement is closely linked to chronic lateness and we want to ensure all our students reach their fullest potential. Office staff spend time signing students in when they need to focus on safe arrival protocols. The students who enter the classroom 10-20 minutes late lose instructional time and a chance to settle into the morning routines. Although we understand that life happens, we respectfully ask that students arrive on time to limit the disruptions to learning and teaching that have already begun.

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.

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 we 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

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
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Dance Ed

We have once again booked the dynamic team of Dance Ed who will be teaching our students a dance. This was one of the highlights of the year for many of our students and staff last year, so Dance Ed is back! This is a fun opportunity for the students to learn dance, exercise and have some fun. We are hoping to open our doors to parents while we showcase everyone's efforts in an evening concert. More information will be coming. Dance Ed starts on November 15th and ends on December 1st.