



Arthur Public School

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Principal: Marni Barrow Vice Principal: Alan Gouk

Principal's Message

The excitement of a new school year and many learning activities sure makes the time fly by. Where did September go? It is exciting to see our Patriots adjusting to a new school year and observe them actively participating in their learning. The staff have been focusing on getting to know their students using diagnostic assessments, observations, conversations and learning style inventory activities. This information will assist teachers as they plan to differentiate instruction to meet individual student needs. Arthur students have displayed a warm welcome to students new to our school and have quickly included them into class activities, lunch discussions and playground games.

Morning announcements consistently review and remind students about our school rules and routines including an abundance of modeling to ensure a clear understanding of how to maintain a respectful, safe and inclusive school. Our hope is that students will use this information to help them make good decisions and to select activities that will allow them to socially distance themselves from others. Staff and students alike have been wearing a face covering while in the school, maintaining physical distance and engaging in frequent hand washing/sanitizing. The character attributes that are being displayed by so many students at Arthur Public School is a true reflection of their good citizenship and respect for others.

A - Acceptance
R - Respect
T - Teamwork
H - Honesty
U - Uniqueness
R - Responsibility

We would like to thank all of our parents and guardians for your continued support in keeping Arthur Public School safe and welcoming. Please know that we continue to recognize that many of our COVID routines are challenging for parents and guardians and we want you to know how much we appreciate your support and involvement from a distance.

The Arthur Public School staff would like to wish you and your family a fun-filled Thanksgiving!

Ms. Barrow

Mr. Gouk

Principal

Vice Principal

Meet the Arthur Staff Week:

Given that our “meet the Arthur Staff” will be done virtually, teachers will reach out to each family during the week of October 4 to 8 if they haven’t already done so. During this time, your child’s teacher will introduce themselves and provide you with some information about classroom routines, as well as how your child is adjusting to a new school year. We hope that all our families will take time to connect with their child(ren) teacher(s).

APS Coming Together for the Cause.....Even While Distanced!

“Anything is possible if you try” - All week-toonies for Terry! On-line Donations to Terry Fox-follow the link: <https://ugdsb.schoolcashionline.com/> or at the Terry Fox foundation link: <http://www.terryfox.ca/ArthurPSArthur>

Terry Fox Schedule of Activities:

Monday October 4 - “What’s your Goal?”	In honour of the “Try Like Terry Challenge”, each class has been challenged to set a goal to collectively donate at least \$50.
Tuesday October 5 - “Hats off to Terry!” 	Wear a hat all day in school to support “We are proud” of Terry, his perseverance and his accomplishments.
 Wednesday October 6 - “Jersey Day!”	Show your team support and wear a jersey in support of “I am an athlete” just like Terry.
Thursday October 7 - “ Red and White Day”	Wear red and white in supporting “I am Canadian” just like Terry.
Friday October 8 - “APS Spirit Day”	Wear school colours of blue and white in support of “I am part of a community”.

**Way to go APS for coming together for the cause...even while we are apart.
Let’s all work to make this event our best “try” ever!**

Picture Day:

This year's picture day has been scheduled for October 15, 2021. Remember to bring your SMILE! Please see the email notice sent out to families in late September, for instructions to pre-ordering online, prior to picture day.



Reminders:

Technology at School:

A reminder for all students your personal devices and technology are not to be used at school, not during learning time or nutritional breaks. Personal technology devices are only permitted to be used in class for learning purposes under the direct supervision of the teacher, with their permission.



Safe Arrival:

Remember to notify the school office if your child will be absent from school. You can press 100 for our attendance line and leave a message anytime 24/7. If your child is not at school and we have not heard from you we will be calling you, followed by the emergency contacts listed on our records, to ensure the student is safe.

Water Bottles:

We ask that students make sure to pack their water bottle each day to ensure that they have enough water to drink throughout the day. The water fountains are closed; however, the water filling station is available to refill water bottles if needed.



Extra Masks:

Please remember to pack an extra mask or two in case your child's mask is spoiled throughout the day.

Toys and Sports Equipment:

Remember that toys, sporting equipment from home are not allowed at school. We ask parents to please help to ensure that these items are not coming to school. At school we do have classroom supplies, toys and equipment for our students to use throughout the day while at school.



Lost and Found:

Due to COVID we do not have an official Lost and Found therefore please ensure you put your child's name on their clothing items so we can return their items to them.

Early Pickup from School:

Please remember to call the school office by 2:30 if you are picking up early. Also when you arrive to pick up your child early from school, please call the office to let us know you are here, this allows us to bring them to the front door to meet you. Also if your child is not riding the bus home please call the school office by 2:30, giving their bus number and their homeroom teacher's name. Remember to make a meeting place with your child so they know where to meet you at the end of the day if they are not taking the bus home.



School Bus Code of Conduct:

Our school bus drivers are trained professionals who are committed to providing a safe environment for your child while they are traveling to and from school. Please share the following information with your child(ren) and encourage them to respect safety first when traveling on the bus. The Upper Grand District School Board endorses the following bus protocol:

- follow the direction of the bus driver
- be at your stop at least 5-10 min. before your pick up time
- stay seated when the bus is in motion
- no eating, drinking or using inappropriate language
- keep books, lunch bag and school bag on your lap



Arthur Public School Apparel:

We are excited to announce that there will be the opportunity to place an order for Arthur Public School Apparel, including T-Shirts and Hoodies. Please watch for an email notification, in early October, with details for this online ordering opportunity.

Environmental Activities to help celebrate our planet

OCT 6th 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 6th 2021!

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!

October Wellness Works: Umbrella Project and growing!

Welcome back! We are happy to welcome all of our students, families, and caregivers back to the UGDSB. We are continuing to provide monthly wellness themes to our students and families to support mentally healthy and safe classrooms and environments. We know that students need to be seen and heard to be well and they need to be well to do well. Your child/ren will continue to explore important wellness skills every month. As a parent/guardian/caregiver you are an important player in your child/youth's mental health and wellbeing and we will continue to provide monthly newsletters to share each month's themes with you!

This month we are exploring cognitive flexibility. Cognitive flexibility can be defined as:

- Being open minded to new experiences
- Switching easily from one thing to the next
- Not getting stuck on one idea
- Thinking of new ways to solve problems
- Being creative

Cognitive flexibility is important for innovating, coming up with new ideas and solving problems, and is essential to creativity. It will also help them understand people and situations that are different from theirs and improve their relationships.

However you choose to bring this skill building and exploration into your home, make sure you do so with empathy and compassion for yourself and your child/ren and/or youth. So what can you do?

→ Practice modelling flexible thinking yourself when interacting with your child/ren. Invite your child/ren into your thinking processes by 'thinking out loud'.

→ Talk about scenarios that have multiple ways to solve a problem. For example, perhaps your child is struggling with a situation and you can talk about the many different ways that this could be approached and/or solved. The process of looking at many different options is "flexing" this skill in a great way! Try a

template like this one to explore decision making.

→ Chat with your child/ren about the things they like done a 'certain way' and invite them to consider how those patterns can be helpful for them and when they might be harmful or limiting. Check out the online article, "What is Cognitive Flexibility and How do I Help My Child With It?") by Foothills Academy to learn more.

→ For younger children, try to make a new rule for a favourite board game. This can be difficult for adults and children alike! By working together to come up with a small change you are teaching your child/ren to bend a bit. You are flexing the cognitive flexibility part of their brain!

→ Make this work into a fun game by taking household items and coming up with interesting and new uses. This is a great way to practice creative problem solving.

→ Support your child/ren with developing reflection skills and strategies by prompting them to extend their thinking about things. For example, when you ask your child/ren how school was, prompt them to extend their answer by asking them to consider 1-2 things that made them suggest it was a certain way. Try prompts like "tell me more...", "what makes you feel that way", and/or "how is this like/unlike other things you've experienced?". If helpful, try Reflection Stems to support them in communicating their thoughts.

UGDSB thanks EDGE MUTUAL for their donation in support of this important work.

Jenny Marino

UGDSB Mental Health