
Brisbane Public School

October Newsletter



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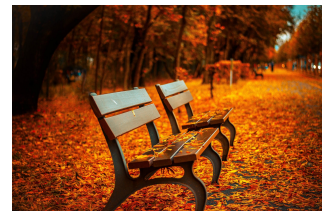
Principal: Reena Anand

Office Coordinator: Dawn Dolson

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Message from the Office

We have had a very successful return back to school reviewing the procedures of distancing, masking and washing hands regularly. A reminder that sending a few masks will be helpful for students in the cooler weather. We are encouraging all students to take a mask break at recess and neckties are not approved by Public Health as a face covering.



Bienvenue Automne! It is lovely to see the milder Fall temperatures and we have some rainy weather this week. Please remember to dress your children according to the weather forecast.

Thank you for your efforts to keep our parking lot safe. Quick drop offs and pick-ups will help to ensure we can accommodate everyone and stagger pick up. Please call in your child's absence each time they are absent as it helps the office and we are required to do safe arrival for all children. If you are dropping off your child late please ring the bell at the front doors and we will admit your child to class.

Staff have been working hard to develop and share Virtual Open House information on their google classrooms since we are unable to have them in person due to Covid. Teachers will share when their virtual open house will be posted. Staff look forward to connecting with families and sharing the great things happening in their classrooms. If you have specific questions about your child, contact your child's teacher. Brisbane staff have done an outstanding job helping our students feel welcome, comfortable and safe returning to school. Parents are encouraged to continue to be involved in their child's learning by asking them about what they learned, highlights from the day and supporting daily reading and homework.

Upcoming Events - October

Oct 11	No School - Happy Thanksgiving!	Oct 21	Individual Photo Day
Oct 12-16	CCAT Testing-Grades 3&4	Oct 21	School Council Virtual meeting
Oct 19	IEP's go home	Oct 28	Halloween celebrations
		Oct 29	PA Day-no school for students

Reminders:

- Return Consent to Share Personal Information Form
- Pay for student agendas
- Sign up via the school website to be on our mailing list at Follow us on Twitter @Brisbane_PS
- Sign up for UG Connect to stay informed and connected
<https://launch.customschoolapp.net/uppergrand/>



School Buses

For current information on bussing (routes, lates, inclement weather) please visit the website at: www.stwdsts.ca

Playground Update - Thank You ...

Our playground has been very well used this Fall and students are enjoying all of the incredible features of our school yard at recess as well as the outdoor learning classrooms. A special thank you to all of the amazing parents who helped to make this playground possible for our students with their donations. Our playground committee is very pleased to see the active play and excitement of our students at recess. We have staggered recess so there is more space outdoors with primary and junior students out at different times.

Terry Fox Run



In celebration of the 40th Anniversary of Terry's Marathon of Hope, Brisbane staff and students participated in the Terry Fox School Run. We started the day with an assembly about Terry Fox. This year our classes signed up for time slots in divisions to maintain distance. We raised \$1060 to support cancer



research and we thank all parents for their support! Thank you to the staff who helped to plan the Terry Fox event including Mme Stansfield, Mme McDonald and Mme Sharma. Please go to the following link to donate: [Terry Fox School Run](#)

End of Day Procedures:

Please ensure your child knows their end of day plan (i.e bus, pick-up, Appleseed) and it is communicated to the teacher a day in advance. We have parents calling late in the day and it is disruptive to learning to have students called down. We ask that only for emergencies and appointments that you pick up during the day.

We can't have students picked up from the bus area. We take attendance and the bus area is not accessible given the entry of buses and flow. Please note that the pick up location is the staff doors at the following times due to current covid procedures.

- 3:05 pm: Kindergarten
- 3:10 pm: Grade 1/2
- 3:15: Grade 3/4
- 3:20: Grade 5/6



Orange Shirt Day-Sept 30th

Orange Shirt Day is an annual event, held every year on Sept. 30. Orange shirt day educates and raises awareness about the residential school system and the impact it had on Indigenous communities for more than a century—an impact that continues today. We encourage staff, students and parents to learn the history and discuss the importance of reconciliation year round as part of these ongoing discussions. We have a responsibility to educate and eradicate racial discrimination as a community.

In acknowledgement of National Day for Truth & Reconciliation we participated in a whole school activity to honour and remember the Indigenous students who attended residential schools in Canada. With permission from UGDSB's First Nation, Metis, Inuit Education & Curriculum Lead, Brisbane students painted a stone to represent Indigenous students who attended residential schools. With their classes, they placed the stones around a pine tree at the front of the school. Check out our twitter feed for photos. Thank you to Mme Hawken and the equity committee for leading this activity.

As students learn and discuss at school what Truth & Reconciliation means at a developmentally appropriate age, we encourage Brisbane families to continue these valuable conversations at home. Staff have done an incredible job facilitating discussions, reading stories, creating art to acknowledge the importance of this week.

Kindest Regards and Miigwetch

Eco-School Committee-Litterless Lunches

Green Initiatives on the Go...

We continue to encourage environmentally friendly lunches with less packaging. Brisbane students and staff plan eco initiatives to make Brisbane more green and eco friendly and to bring eco awareness to our school community. We have received Eco Gold standing the past few years. Please try to pack a litterless lunch where possible to minimize the waste. Thank you for your continued support as we work together to protect our environment.

Fire Drills, Lockdowns & Tornado Drills



We will be practicing fire drills and lockdown drill procedures throughout the fall and spring months as these are required annual drills. Please take some time to talk to your child/children about these drills so they understand that we do them so we know what to do in case of an emergency to ensure everyone stays safe. We had our first fire drill and our lockdown drill will be coming up in November.

School Council

School Council is a great way to be involved in the school community and make a positive contribution to your child's education. The main purpose of the school council is to improve student achievement and well being. Given the challenge this year with no parents being able to access the school building, Council meetings will be held virtually on google meet. Our first meeting was well attended and the following parents were elected:

Lori Wright-Chair

Lee Cross- Co-Chair

Diana Araj-Secretary

Pamela Geiger-Treasurer

Claire Upton-Regent

Valerie Bush/Kirsten Tugman-Fundraising Chairs

Our next meeting is Thursday Oct 21th at 6:30 pm virtually. All parents are welcome!

There will be four meetings and the dates will be announced to allow parents to attend. If you are interested in attending our next meeting, please email our Secretary Diana Arajs at diana@poisecomunications.com.

Managing Covid Protocols [screening link: COVID-19 school screening](#)

We appreciate everyone's diligence in screening their child(ren) daily as required by Public Health and picking up quickly when you receive a call that your child is ill. If a child displays symptoms of covid, they are required to go home and siblings are also required to go home. Household members who are not fully vaccinated must stay home if anyone has COVID-19 symptoms or is waiting for test results after experiencing symptoms. Stay home until the person with symptoms gets a negative COVID-19 test result, or is cleared by public health, or is diagnosed with another illness. A child with symptoms may return to school if all the following are met:

- Test results are negative for COVID-19; AND
- Symptoms have been improving for 24 hours (and no fever); AND
- Must be able to pass screening tool

We continue to ensure students are following protocols for everyone's health and safety. Public Health has made visits to schools and they were very pleased with Brisbane's procedures including cohorting at recess during mask breaks. One area that there is a higher likelihood of transmission is during eating when students are facing each other and talking when they are unmasked. To help manage this challenge and reinforce facing forward to avoid transmission, we have educational videos during the eating time when students are unmasked. When students have finished eating, masks go on and students go outside for recess and put their masks on their lanyards for a mask break. Each class has a lanyard colour to help see that they are in their cohort groups at recess. As a staff, we have looked at planning to ensure procedures are reflective of best practice for student health and safety during this challenging time. If you have any questions, please contact the school.

Talking About Mental Health October

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 on instagram @ugdsb_mental_health