



CENTRAL PUBLIC SCHOOL

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October 2017 Newsletter



Principal: R. MurrayCako

Office Coordinator: Karen Epps

Principal's Message

Here we are in the month of October and enjoying all the sings of Fall and looking forward to time together on the holiday weekend.

As a school community we would like to highlight what a wonderful evening the New Parent Welcome was and Meet the Teacher Night. It was wonderful to meet new members of our community and to visit with all of our Central Families.

Our school community is very much a community: “A community made up of intimate relationships among diversified types of individuals-a kinship group, a local group, a neighborhood, a village, a large family.” Stated by Historian Carroll Quigley

R. Murray Cako
Principal



SCHOOL COUNCIL NEWS

With the fall term now well underway, so too are the activities of your School Council for the 2017-2018 school year. We enjoyed meeting many of you at the recent New Parent Welcome/Open House event and welcomed both new and familiar faces to our first School Council meeting held on September 28th. In addition to building our general membership, the following elected positions were filled during our first meeting: Co-Chairs - Jessica Barrie & Angela McHolm, Treasurer – Rob Milani, and Secretary – Noelle O’Brien. We are energized by our new membership and look forward to serving our school community in the coming school year.

Important Dates To Remember in October:

- Fresh From the Farm orders due: *Friday, October 6th*
- Next School Council Meeting: *Thursday, October 26th @ 6:30 – 8:00 pm*
(Childcare provided)

MARK YOUR CALENDARS

- ✓ October 4th - International Walk to School Day
- ✓ October 5th – School Wide Arboretum Trips - World Teachers’ Day
- ✓ October 9th – Thanksgiving – No School
- ✓ October 13th – Picture Day School
- ✓ October 17th – Junior Cross Country
- ✓ October 25th – ECE Appreciation Day
- ✓ October 26th - School Council Meeting
- ✓ October 27th – PA Day No School
- ✓ October 31st – Dress Up Day



ARBORETUM SCHOOL WIDE TRIP

Thursday, October 5th will be our school wide trip to the Arboretum. We look forward to class and school wide learning activities. The students need to come prepared for the weather as the trip will be outside.



What’s Next?

Stay tuned for further details about our Family Games Night planned for November!



For more information about Central Public School Council, visit our website at: www.centralpublicschoolguelph.weebly.com

COMMUNICATION BETWEEN SCHOOL AND HOME

Communication between school and home is important. We will continue to send home the first pages of the newsletter. The newsletter will be posted online at the beginning of every month. We will also use agenda stickers, the phone call out system and twitter as a means to share information.

UGDSB MOBILE APP

We are pleased to announce that the Upper Grand DSB is introducing a new parent communication tool for your smart phone. Designed to streamline communication between schools and the communities they serve, the Upper Grand Mobile app provides parents with a simple interface with up to date information including news, calendars and social media feeds.



The Upper Grand Mobile App is available today for free at either the Google Play Store or at iTunes. Use the search term "Upper Grand" to find the app.

ORANGE SHIRT DAY

This time of year we recognize the children who were taken from their home to residential school. Orange shirt day was started in 2013 from the story of a survivor of St. Joseph Mission School. It is an opportunity to have discussion with staff, students and community members as a role we play in reconciliation. Please consider sending your child to school on Friday, October 6th in something orange.



PARKING LOT

Just as a reminder the school parking lot is not a pickup or drop off zone. In the morning from 8:30 – 8:45 this area is a student entry point to the school yard. Please help us to keep this space safe!

PICTURE DAY

The photographers from Lifetouch Canada will be visiting our school for student pictures on **Friday, October 13th**. Watch for order forms to be distributed prior to this date.



FROM THE LIBRARY

September was a busy month in the library. All students now have a library card and should be bringing home library books. Below is a chart indicating the number of books each student is allowed to have out at a time.



JK- Grade 1: 1 book

Grade 2-4: 2 books

Grade 5-6: 3 books

Primary students will be bringing home bookmarks to help remind them of their library day in the five day cycle. Please mark your child's library day on your home calendar so that your child can take a new book each week. We are running the **Library Knights** program in grade 1 and 2 classes again this year. Students enjoy getting a stamp each time they return books and home support is essential to make it work! Ms. Brenagh is still looking for parent volunteers to assist students with checking out books and to help with shelving. Please drop by the library or send a note in the agenda if you are interested in helping out in the Library.

Dress Up Day

We will be having a Dress Up Day during the afternoon of Tuesday, October 31st!



There are options for your child on this day such as wear orange and black - dress in a costume - wear everyday clothes

If students wish to wear a costume please note the Costume Do's and Don'ts:

Costume Do's	Costume Don'ts
<ul style="list-style-type: none"> - follow the school Dress Code - wear black and orange - dress up as a character from your favourite book or movie - use makeup or face paint - this is to be put on at home before school - make sure you can get your costume on independently - check that your costume is safe 	<ul style="list-style-type: none"> - no masks - no weapons - no violent references



October 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Soccer Tournament	4 International Walk to School Day SUB Day	5 School Wide Arboretum Trip World Teachers'	6 Pizza Day  Fresh from the Farm Orders Due Orange Shirt Day	7
8	9 Thanksgiving Holiday No School 	10	11 Arboretum Trip – Rain Date SUB Day	12 Pizza Day 	13 Picture Day	14
15	16	17 Junior Cross Country SUB Day	18 SUB Day	19 Pizza Day 	20	21
22	23	24	25 ECE Appreciation Day SUB Day	26 Pizza Day  School Council Meeting 8:30-8:00	27 PA Day No School	28
29	30	31 Dress Up Day  After second break				

Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board has a policy to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year.

Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. 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 using 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.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students.

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.

Attention drivers!



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 is \$150 to \$500
and three demerit points (Highway Traffic Act).

Keeping our community safe





ON OCTOBER 4TH, UGDSB IS CELEBRATING WALK TO SCHOOL DAY AND WALK AT SCHOOL DAY!

Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bused students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and [pedestrian safety](#).

Visit www.saferoutestoschool.ca for more information and resources on active school travel.



Toonie Tuesday - November 7

On Tuesday, November 7 please donate \$2 to the **Upper Grand Learning Foundation's Free to Achieve Fund!** With your donation we can help students in our community with basic needs. **(Bring your donation to your school.....)**

The Upper Grand Learning Foundation (UGLF) is a registered charity that raises money to help students in the Upper Grand District School Board access needs and activities both in school and outside, regardless of income.

For more information, ask your principal or visit the [UGLF website](http://www.uppergrandlearningfoundation.com) at www.uppergrandlearningfoundation.com



October is Child Abuse Prevention month in Canada. On October 24, 2017 many boards of education and schools across Ontario will participate in **Dress Purple Day** as a way of collectively speaking up and sharing the message that child abuse and neglect can be prevented and that help is available. This year for **Dress Purple Day** the Upper Grand District School Board is partnering with Family & Children's Services of Guelph and Wellington County, and Dufferin Child and Family Services, who are key partners in keeping children and youth safe.

Dress Purple Day Classroom Resources have been designed by the Ontario Association of Children's Aid Societies (OACAS) to support teachers from Junior Kindergarten to Grade Five to engage in important conversations with their students about safety and well-being, and how to identify helping adults in the community. The theme of Dress Purple Classroom Resources is "It takes a village to keep kids safe." These classroom resources can be found on the OACAS website at www.oacas.org.

Your child's class will participate in **Dress Purple Day** and learn how the village they live in helps to keep them safe. We hope that you will encourage your child to wear something purple on October 24 to help recognize the day. If this is not possible, your child's teacher may also have other purple options available to students in the classroom.

If you would like to learn more about **Dress Purple Day** and the Child Abuse Prevention Month campaign, please visit the OACAS website at www.oacas.org. You can also visit www.fcsgw.org (Family & Children's Services of Guelph and Wellington County) and <https://dcafs.on.ca> (Dufferin Child and Family Services) for more information on your local children's aid society.

Thank you for your support.



Monthly Environmental Activities to help celebrate our planet



OCT 4th 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 4th 2017!

In October we celebrate active travel by encouraging students to walk or bike between home and school. Walking or cycling to school gets kids outside every day actively enjoying their natural environment. They arrive at school better able to concentrate and learn.



“In the 2015 ParticipACTION Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, the overall grade for Canadian children and youth 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, the grade for Active Transportation remains a D, with only 24% of 5-17 year olds walking/wheeling to school and 62% being driven by parents or caregivers. 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

- **Walking 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 too!

- ***Walking 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.

Talking About Mental Health October 2017 - Building Resilience

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

Make connections

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

Help your child/youth by having them help others

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

Take a break

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

Teach your child/youth self-care

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

Move toward goals

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

Nurture a positive self-view

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

Keep things in perspective and maintain a hopeful outlook

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

Look for opportunities for self-discovery

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

Accept that change is part of living

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board

Changing Our Beliefs and Attitudes About Math

Myth of the Math Person

Most people believe that math is one of those subjects that you either “get” or you “don’t get.” This way of thinking cannot be further from the truth; there is no such thing as a math person. Everyone can achieve in any subject with hard work, perseverance, and someone to guide them. The key to shattering this myth is developing a growth mindset in our teachers and students, and a math classroom where students are challenged by engaging problems and supported in their learning.

The Evolving Classroom



“The reason so many people think math is the most difficult is the inaccessible way it is often taught.”¹ When we were math students our math teachers often taught us tips, tricks, and recipes for solving math problems. In the math classes of old there was only one correct solution. We could get the answer if we memorized and followed the teacher’s procedure, but if someone asked us the “why” behind our formula, most of us wouldn’t be able to answer.

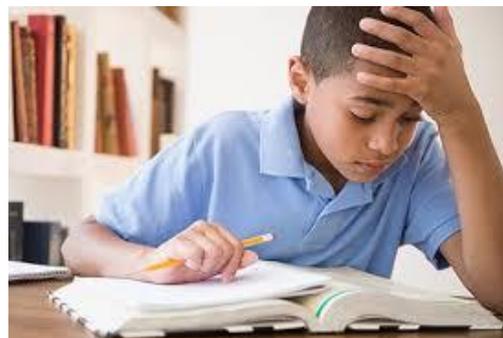
Today, teachers are striving for students to have a solid grasp of the “why” behind each solution. This often means that students are encouraged to share a variety of methods and strategies to solve a single problem. By sharing different strategies, teachers can help students see the common thread that connects each solution, thus deepening their understanding of the concept being taught. The teacher’s role is no longer to teach procedures, but to help students make connections and understand the mathematical concepts behind the solutions.



Growth Mindset Homework Help Tips

Let your child struggle with math problems.

- See if they have the perseverance to work through their struggles. We need to break the math myth that we need fast answers to be good at math.



¹ Boaler, Jo. [Mathematical Mindsets](#). Jossey-Bass: 2016, pg 96.

Never let your child hear you say: “I was never good at math.”

- Research studies have shown when parents tell their children they were not good at math, their child’s achievement is immediately affected.²

Ask your child if they can solve a math problem in another way.

- This shows that your child has multiple strategies at their fingertips and they are flexible with their math thinking.

Ask your child to explain the reasoning behind their response.

- “Why did you (add/ subtract/ multiply/ divide)?”
- “What does your drawing represent?”

Online Resources

Parents’ Beliefs about Math Change Their Children’s Achievement - <https://goo.gl/psL33d>

“We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them.”

TL Talk: The Gift of Failure – Interview with Jessica Lahey - <https://goo.gl/oo7xFc>

“Jessica is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed.*”

How to Learn Math: for Students - <https://goo.gl/OCywaf>

“How to Learn Math is a free self-paced class for learners of all levels of mathematics. It combines really important information on the brain and learning with new evidence on the best ways to approach and learn math effectively.”

² Boaler, J. (n.d.). Parents' Beliefs about Math Change Their Children's Achievement. Retrieved September 22, 2016, from <https://www.youcubed.org/think-it-up/parents-beliefs-math-change-childrens-achievement/>