



CENTRAL PUBLIC SCHOOL

97 DUBLIN ST., N. GUELPH ON N1H 4N2

Phone: 821-7990 Fax: 821-8270



SEPTEMBER 2018 NEWSLETTER

Principal: R MurrayCako

Office Coordinator: K Epps

Principals Message

It is with great pleasure that I welcome you to another year at Central Public School. I look forward to the opportunity to interact with you and your family.

Please know my door is always open to concerns, questions and creative suggestions on how to enhance your child's school experience. Do not hesitate to contact me.

The Custodial team has worked very hard to ensure the building is clean and ready for both staff and students.

Central staff have been busy over the summer preparing lessons and classrooms to both excite and challenge the students at Central.

We have some new families who have moved into our community and we would like to extend a warm welcome from the Central School Team.

We are all looking forward to an excellent school year!

Rochelle MurrayCako
Principal



MARK YOUR CALENDARS

- ✓ September 4th – Back to School
- ✓ September 6th – Student Envelopes sent home
- ✓ September 12th – Student Envelopes returned
- ✓ September 19th – Meet the Teacher and New Family Welcome
- ✓ September 20th - Milk, Pizza, Sub Orders Due and 6:30 School Council Meeting
- ✓ September 27th – Terry Fox Run/Walk
- ✓ September 28th - PA Day



DROP OFF AND PICK UP

Drop off and pick up time is very busy. Between 8:35 – 8:50 and 3:10 – 3:25 there are many cars, bikes and students. Please support the safety of our students by respecting some important safety measures such as no parking in the staff parking lot or turning in and dropping off at the parking lot entrance. Patrollers will be posted there to ensure no vehicles are turning into the parking lot. Parking is available in the Kiss and Ride zone and along the side streets. Parents are also reminded to have their child(ren) cross at the cross-walk at the front of the school, if they should be picking up on the other side of the street. We also ask that you **not** block anyone's driveway when picking up your child(ren). Thank you!

CLASSROOM ORGANIZATION

As in recent years, classroom organizations and student placements during the first two weeks of school are tentative until enrollment numbers are confirmed. Please note the following message from the UGDSB's Human Resources Department:

Message from the Human Resources Department Re: School Organizations

Schools have built class lists based on their tentative organizations. Changes may be necessary at your child(ren)'s school in order that our Board remain compliant with Ministry parameters (see below). Any changes would be implemented by Monday, September 17th. Principals do not have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes affect your child(ren), you will be informed by the school.

Ministry of Education Parameters

*Full Day Kindergarten Class Size Average for the Board is 26 students

*90% of the Board's primary classes with 20 or fewer students

*10% of the Board's primary classes up to a maximum of 23 students

*Grade 3/4 classes have a cap of 23 students

*Junior/Intermediate Class Size Average for the Board is 24.5 students to 1 teacher

90% of Full Day Kindergarten classes with 29 or fewer students

10% of Full Day Kindergarten classes up to a maximum of 32 students

under certain circumstances

SAFE ARRIVAL PROGRAM

Your child's safety is one of our primary concerns. If your child is going to be absent or late for school, please contact the school prior to 8:30 a.m. We have an answering machine which allows you to call the school at any time, day or night. If your child is absent and you have not contacted the office by 9:00 a.m., we will attempt to contact you first at home, then at work and, if necessary, we will contact your emergency contact person. As a last resort, the police will be called. Contact number: 519 821-7990 ext. 100. In order to stay in contact, please help by making sure we have your most up to date home, work, cell and emergency contact telephone numbers.

COMMUNICATION BETWEEN SCHOOL AND HOME

Communication between school and home is important. We will continue to use email as a means to share important school information, newsletters and information from School Council. Please visit: <https://webapps.ugdsb.on.ca/casl> to sign up for electronic messages about things happening in our school. We will also use agenda stickers, the phone call out system and twitter as a means to share information.



Subscribe to

**EMAIL
NOTIFICATIONS**

BIKES AND SCOOTERS



Promoting the safety of student riding to and from school is a shared responsibility. Student's riding to school must wear a properly fitted cycling helmet while cycling. Bicycles and scooters left on school property during the school day must be equipped with a lock and secured properly. We are not responsible for loss or damage to your bicycle or a scooter. It is encouraged that primary students ride to and from school accompanied by an adult.

CENTRAL PS SCHOOL TIMES

8:50	First Bell and Entry - Entry is at the back of the school
8:50 - 9:40	Period 1
9:40 - 10:30	Period 2
10:30 - 10:50	Snack
10:50 - 11:10	Recess
11:10 - 12:00	Period 3
12:00 - 12:50	Period 4
12:50 - 1:10	Snack
1:10 - 1:30	Recess
1:30 - 2:20	Period 5
2:20 - 3:10	Period 6
3:10	Dismissal - Pickup is at the front of the school



STUDENT ENVELOPES

Your child will be bringing home a large envelope with forms to be completed. Once all forms have been read, signed and placed back in the envelope please return to your homeroom teacher. Please return completed forms by **Tuesday, September 12th**.



The following forms will need to be signed and returned:

Student Verification Form – this form contains the most recent data from our computer. Our request is that you **check, update and correct** the information, as well as **sign and date** the form. **Please return a signed form** even if there are no changes.

Walking Trip Form – teachers will plan excursions to visit a local park or perhaps to enjoy a nature walk. A **blanket trip form** is included in your startup package to cover this type of excursion for the school year. Teacher-Parent supervision will always be provided for any excursion, and our expectations for student behaviour are clearly outlined in our “Code of Positive Student Behaviour”.

Student Personal Information – Routine Uses and/or Disclosures – please read through and determine what you are comfortable giving consent to

Request for Consent – this is to ensure we have consent to receive newsletters, school and Board updates, announcements, event invitations, and other electronic messages which may contain advertising or promotions

Conditions for Use of Computer Networks – please read through with your child to ensure they have understanding of responsible use of computers

STUDENT ACCIDENT INSURANCE

Parents or guardians are responsible for expenses related to student injuries on school premises during school activities. Accidents can and do happen and the costs involved might 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 with respect to Student Accident Insurance. Participation is voluntary and the costs are paid by the parent/guardian.

Please send the acknowledgement form to your child's teacher to indicate whether your child will be participating in this program.

NOON HOUR SUPERVISOR

Central Public School is looking for a Noon Hour Supervisor for the 2018/2019 school year! This role is for you if you enjoy working with school aged children, are kind and compassionate, enjoy being part of a team, like the outdoors and are available during the following times: 10:40 - 11:10. The position pays \$14.00 an hour. The successful applicant will provide noon hour supervision for students, both in the lunchroom as well as outside on school grounds. The Noon Hour Supervisor reports directly to the School Principal.



SCHOOL COUNCIL

Throughout our school community, Central School Council encourages a strong family-school partnership in order to maximize student success. We invite all parents and caregivers to become involved in the education of our children. Being a school council volunteer is a wonderful way of participating in your child's education. Many of our volunteer opportunities are one-time events, while others are spread out over the school year in small manageable time increments - there is something for everyone who wants to participate. To learn more about our work and vision, [visit our website](#).

Please join us for our first meeting on **Thursday September 20th** - come meet other new parents, exchange ideas, all are invited and welcome. **We will meet in the school library from 6:30-8pm and childcare is provided.**

To kick off the fall harvest season, Central School Council is excited to be once again supporting local Ontario farmers - our first fundraiser of the year is [Fresh from the Farm](#). We will be selling carrots, potatoes, apples and onions, to raise funds to support our students in a healthy way.

Order forms will come home soon, with orders due October 11th. The time frame for delivery depends on the fall weather, but will take place sometime between November 5th and December 6th (we will let you know 10 days in advance).

We look forward to supporting you this year!

LIFE THREATENING MANAGEMENT PLANS

Each year we compile a list of students who have potentially life threatening medical conditions. If this is the case, please indicate on the verification form, and we will send home paper work to be completed.

MEDICATION POLICY

If your child needs to take medication at school, the Upper Grand District School Board requires that a form 509-3 be completed prior to administration of any and all medication by staff. The requirement is for the parent to sign the form that also requests information about the medication itself. This ensures that instructions are clear to everyone involved and that the safety of your child is protected. All medication must be in the original container that is provided by the pharmacy with the appropriate instructions.

Lunches (Peanut/Nut Alert)

If your child is to stay for lunch, we require your assistance in supporting the following:

- ✓ Children must not share food with other children.
- ✓ Please be sensitive to the presence of food allergies by not sending identified problem foods, if any, for your child's class.

If you wish to remove your child from school during lunchtime, please notify the office

VIDEO SURVEILLANCE CAMERAS

As an added security measure, please note that video surveillance cameras have been installed in several areas in our school. These areas will be clearly marked with signage and video cameras will **not** be used in areas where students, staff and authorized visitors have a high expectation of privacy including change rooms, washrooms and staff rooms. Information obtained through video surveillance provides us with an additional way to enhance the protection of students, staff, the public and property. Should you have any questions please refer to the Upper Grand School Board's Video Surveillance Policy #203



FROM THE LIBRARY

Stop by to check out our always changing library! The Library needs volunteers. Even 30 minutes a week is very helpful! Please place a note in your child's agenda if you are available and Ms. Brennagh will get in touch with you. Grandparents are very welcome to volunteer too.



The library is on the 5 day cycle. Please make sure that you are aware of your child's library day if they are in Kindergarten-Grade 3. Students in grades 4, 5 and 6 have a book exchange on days one through four at the beginning of the school day.

Combined Grade (Split Grade) Classrooms

Combined classes group children from two or more consecutive grades into one classroom. Schools combine classes for a variety of reasons to meet the learning needs of students and to balance class sizes. All classrooms are created with students who have a range of skills and abilities. As in same-grade classrooms, teachers, in combined grades, use a variety of strategies to ensure that the grade appropriate curriculum expectations are covered.

Combined classrooms are very common in schools today and they are neither better nor worse than single-grade classes. Studies have proven that students in combined grades do just as well academically as students in single-grade classrooms. The academic research on combined classrooms has outlined the benefits that students gain while in combined classes. These benefits include learning to work individually and as part of a team, development of leadership skills, development of decision-making skills, self-motivation, and responsibility.

Student placement is carefully considered by school staff every year. Individual student needs, as well as class dynamics, are balanced to create school classrooms. When placing students in classrooms, the principal and all teachers take into consideration many different factors which include: the number of students, the number of boys and girls, student learning styles, academic strengths and needs, learning skills, work habits, and social and emotional strengths and needs. Whether the students are in an older or younger grade in a combined classroom, they will be challenged at their own academic level.

For further information about combined classrooms, please consult the following information that has been developed by the Ministry of Education:

- An Introduction to Combined Grades <http://www.edu.gov.on.ca/eng/parents/combinedClassrooms/combinedClassrooms.pdf>
- Combine Grades <http://www.edu.gov.on.ca/eng/literacynumeracy/combined.pdf>

Talking About Mental Health Sept 2018 – 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!

Jenny Marino, UGDSB Mental Health and Addictions Lead

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health September 2018

WDG Public Health is pleased to provide elementary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below an insert you can include in your school newsletter and/or announcements if you wish. If you have any questions please contact us at 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca

Information from Public Health - Lunchbox Essentials!

Are you getting back into the habit of packing school lunches? A balanced lunch includes a variety of foods to keep your child full and able to learn best. Try to include at least one food item from each of these 4 categories in your child's lunch every day.



Vegetables

Fruit

Protein-rich Foods (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)

Whole Grains & Starchy Vegetables (whole grain pasta or bread, potatoes, corn)

Top 5 Tips:

1. Keep peeled and cut veggies and fruit on hand in the fridge, ready to grab and go! Try to include a fruit or veggie at every meal and snack.
2. Involve your kids in planning and making school lunches. They're more likely to eat food they helped make and they build valuable life skills in the kitchen!
3. Save time and use your leftovers for school lunches.
4. Include a reusable water bottle every day.
5. Check out UnlockFood.ca for school lunch tips and recipes.

The Upper Grand District School Board's French as a Second Language Advisory Committee (FSLAC) is seeking parent representatives for the following position: Core French – City. If you are interested in representing parents and learning and advising the board regarding French

Second Language Programs at the Upper Grand District School Board, please contact Tracey Lindsay, Superintendent of Program
Tracey.lindsay@ugdsb.on.ca



Monthly Environmental Activities to help celebrate our planet

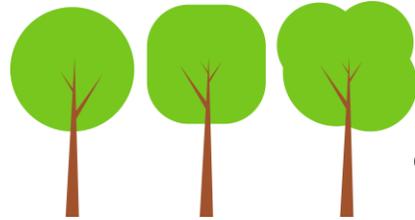
SEPTEMBER 26TH IS NATIONAL TREE DAY!

“Let nature be your teacher.” William Wordsworth

Celebrate National Tree Day on September 26th 2018!

“National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees us - clean air, wildlife habitat, reducing energy demand and with nature.”

<http://www.nationaltreeday.ca/>



provide
connecting

“Children today spend less time outdoors than any generation in human history.” <http://getbackoutside.ca/>

“For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination and reduces symptoms associated with attention deficit disorder. It can even reduce the likelihood of needing glasses for near-sightedness.”

<https://davidsuzuki.org/take-action/act-locally/one-nature-challenge/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: “adopt” a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Download a bird app and start to help your child learn to identify the colours and songs of birds in your neighbourhood
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

For more ideas:

- ✓ Join the **Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Spend 30 minutes a day in nature for 30 days to kick-start a nature habit that lasts all year-round. Find out more at <https://davidsuzuki.org/take-action/act-locally/one-nature-challenge/>
- ✓ Do a Google search: “What to do on a nature walk” or “Arbour Day activities”



For safety and efficiency reasons, the Upper Grand District School Board would like to reduce the amount of Cash and Cheques coming into our school. We can now join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

Step 1: Register

- a) To register, please go to the School Cash Online home page ugdsb.schoolcashonline.com and select "Get Started Today".
- b) Complete each of the three Registration Steps
*For Security Reasons, your password requires **8 characters**, **one uppercase** letter, **one lowercase** letter and a **number**.



Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account. The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created.

Step 3: Find Student

Note: "Student Number" is not the student's OEN. Users should leave this field blank unless instructed otherwise.

This step will connect your children to your account.

- a) Enter the School Board Name
- b) Enter the School Name
- c) Enter Your Child's Name & Birth Date
- d) Select **Continue**
- e) On the next page confirm that you are related to the child, check in the Agree box and select **Continue**
- f) Your child has been added to your account

Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select "View Items For Students". A listing of available items for purchase will be displayed.

NOTE: If you require assistance, click the [SUPPORT](#) link in the top right hand corner of the screen.

Find Student

School Information

School Board Name: School Board 1575
 Looking for a student in a different school board?

School Name:

Student Information

Do you have the student number? **This is not OEN# Leave it blank!**

Student Number:

First Name: *

Last Name: *

Birth Date: *
Date format: mm/dd/yyyy

(No students? [Click here](#))



September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 LABOUR DAY	4 First Day of School	5	6 Student Envelopes Sent Home	7	8
9	10	11	12 All forms completed and returned to homeroom teacher	13	14	15
16	17	18	19 6:15pm – 7:00pm Meet the Teacher and New Family Welcome	20 Pizza, Milk, Sub Orders Due 6:30 School Council Meeting	21	22
23/20	24 Milk Program Begins	25	26 Sub Program Begins	27 Pizza Program Begins Terry Fox Walk 	28 PA Day No School	29