



CENTRAL PUBLIC SCHOOL

Phone: 519 821-7990 Fax: 519- 821-8270

October 2018 Newsletter



Principal: R. MurrayCako

Office Coordinator: Karen Epps

Principal's Message

Here we are in the month of October and enjoying all the signs of Fall and looking forward to time together on the Thanksgiving 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.

Looking forward to seeing everyone Tuesday, October 2nd at the School Council event. Author Ann Douglas will be here speaking to "Big Picture Parenting".

R. Murray Cako
Principal



MARK YOUR CALENDARS

- ✓ October 1st – Orange Shirt Day
- ✓ October 2nd – School Council Presents Ann Douglas
- ✓ October 3rd - International Walk to School Day or Walk at School
- ✓ October 5th - World Teachers' Day and Junior Soccer Tournament
- ✓ October 8th – Thanksgiving – No School
- ✓ October 1st - 11th – Fresh From the Farm Orders Due
- ✓ October 12th – Picture Day
- ✓ October 16th – ECE Appreciation Day
- ✓ October 24th – Screenagers Screening
- ✓ October 31st – Dress Up Day
- ✓ November 2nd – PA Day



With the fall term now well underway, so too are the activities of your School Council for the 2018-2019 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 27th. In addition to building our general membership, the following elected positions were filled during our first meeting: Co-Chairs - Angela McHolm & Kate Wagler, Treasurer – Jonathan Devries, and Secretary – Noelle O'Brien.

In an effort to accommodate busy family schedules, we will be holding our monthly meetings this year on **alternating Tuesdays and Thursdays** by month. We hope to see you at upcoming meetings as you can and look forward to serving our school community in the coming school year.

Important Dates To Remember in October:

- Ann Douglas, author, will be speaking about "Big Picture Parenting"
- *Tuesday, October 2nd @ 7pm*; Childcare provided for this free presentation
- Fresh From the Farm orders due *Thursday, October 11th*
- Next School Council Meeting: *Tuesday, November 6th @ 6:30 – 8:00 pm*
(Childcare provided)

What's Next?

Stay tuned for further details about an upcoming evening social event planned for later this fall!

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

COMMUNICATION BETWEEN SCHOOL AND HOME

Communication between school and home is important. We will continue to send home the first page of the newsletter. The newsletter will be posted online at the beginning of every month. We will also use the email, agenda stickers, the phone call out system and twitter as a means to share information. Please visit: <https://webapps.ugdsb.on.ca/casl> to sign up for electronic messages about things happening in our school.



Subscribe to
**EMAIL
NOTIFICATIONS**



UGDSB MOBILE APP

Stay connected with the mobile app. The app is 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.

PARKING LOT

Just as a reminder the school parking lot is not a pickup or drop off zone. In the morning from 8:35 – 8:50 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 12th**. Watch for order forms to be distributed prior to this date.



FROM THE LIBRARY

We have had such a wonderful start to the year! Our library is a busy spot where students can often be seen doing a wide variety of things: snuggled up on the couch enjoying a book, huddled together collaborating on a project, reading and researching in the computer lab, investigating something intriguing at the Wonder Table or making something unique in our Maker Space. All students now have a library card and should be bringing home library books. Here is 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: 2 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 1/2 classes again this year. Students enjoy getting a stamp each time they return books and home support is essential to make it work!

Ms. Brennagh 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.

ARBORETUM SCHOOL WIDE TRIP

We are hoping to move forward with a school wide field trip again this year. Thursday, October 5th has been 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.

Dress Up Day

We will be having a Dress Up Day during the afternoon of Wednesday, 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 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Dairy Educator In Orange Shirt Day 	2 Dairy Educator In School Council Presents Ann Douglas 7:00-8:30 	3 International Walk to School or walk at school day SUB Day 	4 Pizza Day  	5 World Teachers' Day Soccer Tournament 	6 
7 	8 Thanksgiving Holiday No School 	9 CCAT Testing Window 	10 CCAT Testing Window SUB Day 	11 CCAT Testing Window Pizza Day  Fresh From the Farm Orders Due 	12 CCAT Testing Window Picture Day 	13 
14	15	16 Grade 5's Eco Stars ECE Appreciation Day	17 Grade 5's Eco Stars SUB Day	18 Pizza Day  	19 School Wide Arboretum Trip	20
21	22 Arboretum Trip – Rain Date	23	24 ECE Appreciation Day SUB Day 6:00 Screenagers Screening	25 Pizza Day  	26	27
28	29	30	31 Dress Up Day  After second break SUB Day	1	2 PA Day No School	

Students with Life-Threatening Medical Conditions

UGDSB Policy 518: Students with Life-Threatening Medical Conditions, outlines the roles and responsibilities for all in the educational community to support students with possible life-threatening medical conditions. The prevalent medical conditions covered under this policy are Asthma, Anaphylaxis, Diabetes and Epilepsy/Seizure Disorders. If your child has one of these, or any other life-threatening medical condition, please visit: www.ugdsb.ca/board/policy (and look for Policy 518) or contact the school as soon as possible. We will work with you to develop a Plan of Care to support your child.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials. Anaphylaxis is a medical condition that can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Although this may not affect your child's class directly, we are letting you know so that you are aware that we aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be informed by the classroom teacher. 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.

Smoke and Vape-Free School Environment

The Upper Grand DSB provides a smoke and vape-free environment for its students, staff and others while on school Board property and at school events. Under our policy, all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed is included. Additionally, all forms of e-cigarettes are also covered under this policy.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Participation by staff and students is optional in a smudging ceremony.

Talking About Mental Health October 2018- 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!

Jenny Marino is the Mental Health Lead for Upper Grand District School Board

Follow me on instagram: ugdsb_mental_health

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that one doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy**, **flexibility**, and **efficiency** in math and Number Talks can support the development of all three.

The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking. It has been stressed in face-to-face PD sessions that we have to provide students with opportunities to independently practice the documentation of their own thinking. Once a week, instead of conducting a number talk, have your students answer a similar question on GOOS paper or a whiteboard.

Environmental Activities to help celebrate our planet



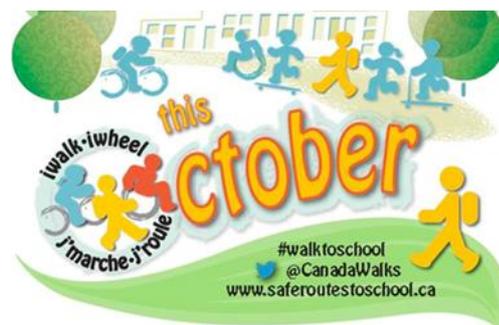
OCT 3th IS INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 3th 2018!

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!

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health September/October 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.
- Include a reusable water bottle every day.