# Principal’s Message

Welcome to December . . .

Welcome to one of the busiest and most exciting months of the Centre Peel school year! You can feel the anticipation already building as we all look forward to the many special events that take place throughout December. Rehearsals are well underway for our Christmas Concert. Our junior classes are busy preparing for their Christmas production, and our Primary/Junior and Intermediate Christmas Choirs’ rehearsals are well underway.

Thanks to our Bake Sale Committee for planning and organizing our Annual Bake Sale which takes place on our Christmas Concert evening; and to each of our families for supporting this event as the profits from this event help to cover the costs of skating.

Our Hot Lunch is organized for this year’s Christmas Lunch, an event that is always a highlight for each and every one of us at school. Our weekly lunches – chicken burgers, grilled cheese, chicken fingers and hot dogs – along with pizza and pitas; have been well received by our students. Thanks to our parent volunteers for your organization, preparation and commitment to these special lunch days. All of us at school very much appreciate the work that you do!

Our Grade 7 and 8 students will be participating in a Sledge Hockey experience on Monday, December 3 and Tuesday December 4 at the Drayton arena. They will have the opportunity to participate in the skills development and a sledge hockey game. Be sure to ask your Grade 7 and 8 students about this experience.

Wishing each of our Centre Peel families a very Merry Christmas! ….

Rhonda Gingrich

Principal

## Christmas Food Drive

In the spirit of giving our school is holding our annual Christmas Food Drive from December 3- 14th. Student donations will be supporting the Drayton Food Bank. Last year we collected over 100 pounds of food and we are hoping to beat that amount this year! Please bring in items that are non-perishable such as dry cereals, rice, noodles, flour, peanut butter or canned items like soups, fruits, vegetables or stews. All toiletries such as shampoos, toothbrushes, facial tissues, diapers and toilet paper will also be accepted. Items must not be opened, dented or past the expiry date!

## Kindergarten Registration

Kindergarten Registration for September of 2019 will take place from January 8th-11th, 2019. Please contact the school to make an appointment to register your son/daughter as soon as possible. If your child is born in 2013 or 2014 they are eligible to attend school. Parents are reminded that your child who was born in 2012 or 2013 are eligible for school now, January registrations will be accepted at this time also.

## Inclement Weather Days

A reminder to parents that on inclement weather days you will receive a phone call from our automated telephone system. This call will notify you if buses are cancelled and that our school is closed to students. Information can also be found on the school board’s website.

 Please make sure we have your most up to date contact information so we are able to contact you.

CHRISTMAS PROGRAM

DRESS REHEARSAL

Tuesday December 11, 2018 at 11:30 am

**Bake Sale to Follow**

PERFORMANCE

Tuesday December 11, 2018 at 7:00 pm

FEATURING

The Centre Peel Choir and

Mr. Moore’s Music Students for the Afternoon performance only

**Bake Sale to Follow**

Due to fire regulations and overcrowding, the evening performance is open to Centre Peel students and their immediate family only. The afternoon dress rehearsal is open to Grandparents, extended family and friends. Thank you for your understanding.

## Bake Sale

Each family should have received their form for the bake sale that will take place on December 11th during the Christmas concert. If you did not receive yours please contact the school a.s.a.p.

## Christmas Hot Lunch

Our annual Christmas Hot Lunch will be held on Wednesday December 12th, 2019.

### Our menu will include:

* Haystacks
* Tortillas
* Rice
* Cheese
* Tomatoes
* Lettuce
* Baby carrots
* Cucumbers
* Dinner rolls with butter
* Salad
* And an Oreo ice cream dessert

Our lunch will be served with help from our Hot Lunch Committee. The cost of this year’s lunch will be **$5.00 per person** with the balance owing being covered by funds from our Hot Lunch Program. Students are asked to bring in their $5.00, a plate, cutlery and water bottle or cup.

## Remember to Label Clothing

It is important to label your children’s clothing, back packs, shoes and lunch boxes. Lots of students have the same shoes or back packs and it makes it easier to identify ownership if items are labelled.

## School Cash-Online Banking and our New School App

Thanks to the many families who have signed up and are using online banking to pay for their children’s lunches. Using School Cash-Online banking considerably reduces the amount of time it takes to count and roll money for our bank deposits.  If you would like assistance with signing up for and using School Cash-Online Banking, please contact Amanda Moore in our office - she would be more than happy to assist with this!

In the September newsletter, we shared information with families about how to subscribe to our new UGDSB School App that is available now for download in your App store.  If you search Upper Grand District School Board you will find the new App. Once downloaded to your phone you just need to select Centre Peel PS. You will have immediate access to and be notified of updates, announcements, newsletters, calendars, and bus transportation notifications. The Links and instructions for this app can be found on our home page.

## Hot Lunch Program

Thank you all for your support of our new Hot Lunch Program. Each month an order form will be sent home with students with options for a hot lunch every Thursday of the month except for December. Our regular pizza order forms will still be sent out as well. Pizza Days for December will be December 5th and December 19th.

## Upcoming Events:

****Please check our website for up to date information and any changes that are taking place in the events for the month.

December 3- 14th- Centre Peel Food Drive

December 5- Pizza/Chocolate Milk Day

December 6- Pita Pit lunch- pre ordered

December 10- Grade 5 Elder Visit

December 11- Christmas Concert and Bake Sale

December 12- Christmas Luncheon

December 19- Pizza/Chocolate Milk

December 21st- Last Day before Christmas Break

## Winter Use of Playgrounds

As of November 1, 2018 our creative playground will be closed for the winter season. It is the position of the Upper Grand District School Board that all playground equipment cannot be safely operated during winter conditions.

## Weather Reminders

Winter weather has arrived at Centre Peel! With the weather being very unpredictable, it is important to remind the children that it is necessary to dress appropriately for all weather conditions that may occur during the day. Please remember our students are outside in all types of weather. Please remind your child to bring hats, mittens or gloves, snow pants and boots for the yard. It may be a good idea to have an extra pair of mittens, socks and pants in their backpacks. Thank you for ensuring that your child in dressed for winter weather.

## Talking About Mental Health December 2018 – GIVE THE GIFT OF RESILIENCY

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year.

### REMEMBER:

* eat well
* get good sleep
* don’t over schedule
* stay connected to family and friends
* keep daily routines going
* avoid over-use of technology
* get outside and enjoy the crisp, fresh air

## HOLIDAY “CONNECTING & REFLECTING” IDEAS:

### 23 Days of Giving

Every day in December have everyone put something that they don't use or need into a basket.  Later in the month you can go as a family and donate to a shelter or community center

### Reflection Wall

Have a wall in the house where everyone can add sticky notes of what they are grateful about from the year.  Focus on lessons learned, new skills and strategies used throughout the year

### Rose, Bud, Thorn

Have everyone identify one or two things that they feel were successes from the year (rose), something that was a struggle (thorn) and what they did to overcome the struggle, and something they are looking forward to in the New Year (bud).

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Signs to look for that someone is struggling*Sometimes it’s hard to tell that someone is suffering. Here are some signs that someone is struggling.*

* not coming to school or work
* not engaging with friends or family
* not participating in activities that they used to enjoy
* withdrawing
* feeling hopeless
* increase use of drugs or alcohol
* changes in behaviour
* anger/irritability

Getting help  
if you, your child/youth or someone you know is struggling, it is important to know where to reach out for help. Who would you talk to if you were distressed, overwhelmed or struggling?  Take a moment to make a list of at least 3 people or resources you would reach out to.

Who would your child/youth talk to if they were upset, overwhelmed or struggling?  Take a moment to sit down with your child/youth and ask them who they would talk to. Put the kidshelpphone and HERE247 or DCAFS number in their phones (see below).

All children and youth need caring adults in their lives to talk to about their feelings. Parents/guardians can be some of those caring adults, but it is important for the children/youth to have other caring adults in their lives such as: Family members, friends of the family, School staff (teachers, guidance counsellors, principals, child and youth counsellors, social workers, librarian, custodial staff), Coaches, instructors, Spiritual or religious community, Community members (police, family doctors, librarians, etc.)

Who you can call for mental health support:

* Here 24/7 (for crisis and support with mental health or addiction concerns in Guelph/Wellington)   <http://here247.ca/> 1.844.437.3247
* Dufferin Child and Family Services (DCAFS) (for crisis and mental health supports for children/youth in Dufferin)  <https://dcafs.on.ca/> 519 941 1530
* Kids Help Phone  <https://kidshelpphone.ca/> 1 800 668 6868
* Your family physician or family health team

Have a mentally healthy holiday season!

Monthly environmental activities to help celebrate our planet

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**December 10th is HUMAN RIGHTS Day!**

““You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” —*Jane Goodall*

**Celebrate Human Rights Day on December 10th!**



<http://calendarholidays.xyz/holiday/168/human-rights-day>.

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for everyone to have access to clean water, unpolluted air and healthy food. <http://www.un.org/en/events/humanrightsday/>

**Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!**

* **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.
* **Read the book: We Are All Born Free**: The Universal Declaration of Human Rights in Pictures by Amnesty International.
* **Read the Ontario Environmental Bill of Rights**. Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
* **Make a World Wishes Dove with your family.**Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
* **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.

“*For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience*” by Melissa Breyer

## School Council 2018-2019

Dennis Diefenbacher (Chair) Wayne Frey Dennis Frey

Brian Gingrich Darren Gingrich Gerald Martin

Ken Martin Melvin Martin Isaac Thiessen

Paul Weber Jacob Zacharias

  