



CMES NEWS

NOVEMBER 2016

FROM THE OFFICE...

Dear Parents & Guardians,

It is hard to believe that it is November! Where did October go? The beautiful fall leaves have fallen and we experienced our first snow fall. It seems that the wet and colder weather is now with us. Our students are reminded to bundle up for the weather.

Credit Meadows students and staff have been busy at school. This past month, some of our students participated in the cross country running meet. We did well at the meet with many top finishes by our athletes and an overall ranking of second in the county! Well done CMES Cobras! Thank you to all of the coaches who worked with our athletes. Volleyball for both our juniors and intermediate students has started. Various clubs such as the environmental club and Maker Spaces have started as well. CMES was excited to welcome author, Eric Walters to meet and inspire our students. Thank you to Mrs. Roberts for organizing this visit. Our band program at CMES is up and running smoothly. Thank you to Ms. Neal for your leadership. CMES also celebrated our students who demonstrated the character trait of Respect at our first character ed assembly. Thank you to Ms. Hoekstra and her team of student leaders for promoting the character trait and organizing our assembly. Our wonderful team of educators, had a productive PD Day on October 28th. The team looked at a variety of student data to determine urgent student learning needs through collaborative teacher inquiry to improve student achievement.

In November, we are recognizing the character trait of Honour. Our Remembrance day assembly will be held on November 11th, parents are welcomed

We completed our first lock down drill and three required fire drills for the first half of this year. Please note that during the lock down drill no one will be permitted to leave the building. Lock down drills are just one more way, along with regular fire and severe weather drills, that help us continue to ensure the safety of our students and staff.

School cash online is almost ready to go at CMES. More information will come home in the near future about school cash online.

A friendly reminder for Parents/Guardians, please check the UGDSB and our CMES website for the latest news in our Board. We are looking forward to a productive and busy month ahead.

Ms. Lagundzija-deFreitas (P) &
Mrs. Papavasiliou (VP)



CMES REMEMBERS...

CALENDAR OF EVENTS:

*** Fridays are cookie days. Cookies are \$1.00 each



- November 11 Remembrance Day assembly (details TBA)
- November 17 Progress Reports Go Home
- November 21-25 Bullying Prevention Week
- November 24 Parent/ Teacher Interviews (details TBA)
- November 25 PD day: Parent/ Teacher Interviews (details TBA)
- November 25 Buy Nothing Day!
- November 29 Grade 7/8 Immunizations
- November 30 Parent Council Poinsettia Delivery (details TBA)
- December 1 Intermediate Volleyball tournament
- December 15-16 Junior grade Orangeville Theatre Trip
- December 23 Last day of classes before winter break

STUDENT SAFETY

When you enter our CMES parking lots, please ensure that you are always watching closely for any pedestrians, especially our children who can be small and hard to see. Ensure that you are driving slowly and checking for children before entering or exiting the parking lot.

Student drop off and pick up should take place in our north parking lot. The front parking lot is for our Kiss & Ride, busses, deliveries, and staff parking. The Kiss & Ride is meant for parents/guardians to give a quick kiss and goodbye to your child(ren) and student/s exit the vehicle yellow curb side. **Parents/guardians are asked not to leave your vehicle .**

When parents/guardians are entering the north parking lot it is critical to remember to stay to the right as this is a one way lot . Do not park in non parking areas as you may be ticketed. Please always watch out for others—especially our children. Thank you!

REMINDER:

FRIDAY, NOVEMBER 25th is a PA Day. Interviews will be taking place. **THERE WILL BE NO CLASSES FOR STUDENTS.**



Stop a bully

ONLINE REPORTING TOOL

Stop a Bully!

Did you know that in the majority of cases, bullying stops within 10 seconds when peers intervene or don't support the bullying behaviour?

The Upper Grand District School Board takes all incidents of bullying seriously. That's why we developed an online bullying reporting tool. **Stop a Bully** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to your school principal for follow-up.

Helping your child with difficult situations

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. "Resiliency" is what helps adults and children to "bounce back" from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

- Starting at birth, respond to baby's smiles and cooing by smiling and cooing back often.
- Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
- Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
- Help your child to see another way of looking at things: "I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away."
- Instead of making your child say "sorry", talk about his or her feelings and the feelings of the other person involved in the event.
- At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too. Point out your child's strengths: "Hey you rode that bike by yourself!"
- Encourage your child to keep trying even if something is hard.
- Read positive, happy stories together.
- Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to <http://www.reachinginreachingout.com/resources-parents.htm>



Inclement Weather Days (no bus days and school closures)



Remember that should the buses be cancelled in Dufferin County, or the school closed, a notice will be placed on the Upper Grand District School Board Website.

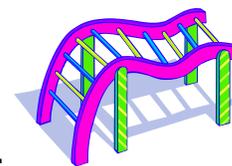
Decisions on cancellation of buses and school closures will usually be made by 6:30 a.m.. If you are unsure, you can check the Board website at www.ugdsb.on.ca.

We, as a town school, remain open on almost all occasions. Final decisions about your child's attendance rest with each individual family. **If your child is going to be absent, please notify the office through the attendance line ext. 100.** This will alleviate the need for many calls needing to go out regarding attendance.

*Also, please note, that if buses are not running then any school trips involving buses would also be cancelled.

PLAYGROUND CLIMBERS :

Please note that, for safety reasons, our playground climbers are now shut down for the winter season.



We look forward to using them once again sometime in April. If parents would take a moment to review this with their children, noting that children should not be using this equipment before or after school either, that would be appreciated.

Special Class Placement in UGDSB

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement, and parents and the school team should feel like the placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.



Monthly Environmental Activities to help celebrate our planet
NOVEMBER 25TH IS BUY NOTHING DAY!



It is vital to teach our children to respect and take care of the environment.

Celebrate Buy Nothing Day on November 25th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. Founded by Vancouver artist Ted Dave, "*The first Buy Nothing Day was organized in Canada in September 1992 as a day for society to examine the issue of over-consumption. In 1997, it was moved to 'Black Friday', which is one of the busiest shopping days in the United States.*" <https://en.wikipedia.org>

Repair, reduce, re-use, recycle – 4 R's are best!

"It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, allowing us to share better the surplus of stuff we already have, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle', could be the basis of a new economic model." <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

"Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about."

<https://www.daysoftheyear.com/days/buy-nothing-day>

Talking About Mental Health November 2016 – Technology and Video Games

Between checking text messages and playing the latest video game, how much time do you and your children/youth spend on technology?

“Technology is not really the problem, the lack of balance is,” says Doriann Shapiro, Social Worker, Problem Gambling Institute of Ontario (PGIO). “Because we are in a technological age, youth are often also using tech for writing and research. But when they are totaling over seven hours a day, finding balance between that is the challenge.”

“Problem video gaming has harmful effects on an individual’s social, occupational, family, school, and psychological functioning,” says Lisa Pont, Social Worker, PGIO. “It can result in a loss of control, withdrawal, and escape from difficult feelings.”

Here are some tips from Centre for Addiction and Mental Health (www.camh.ca) and Problem Gaming Institute of Ontario (www.problemgambling.ca) that can help:

1. Consider how you use technology. You are modelling behaviours for your children/youth.
2. Before giving your children/youth access to technology, talk to them about safe use. Communicate openly and honestly. Discuss possible effects and the dangers of using the Internet and social media.
3. Talk to your children/youth about how to integrate technology into their lives in ways that respect others. For example, some families have “no texting” rules during mealtimes and family events.
4. Be aware of your children’s/youth’s Internet activities and what they access. Create rules that both you and your child agree to, based on their age and past Internet use. You can also consider V-chip technology for the TV, which can block access to programs and channels, and parental controls for smartphones and computers.
5. Spend time learning about the Internet and video games popular with youth. Participate with your children/youth in these activities. They are more likely to listen to you if they think you know what you’re talking about.
6. Have your children/youth use a shared computer in an open area of your home where you can monitor what they’re doing.
7. Help your children/youth lead balanced lives. Set limits around your children’s/youth’s use of technology. Encourage them to take part in “offline” activities such as sports, music, drama and in-person get-togethers with friends and family.
8. Help your children/youth set priorities. For example, doing homework comes before spending time texting or playing video games.
9. Remember that you own the equipment (e.g., computer, cell phone) your children/youth are using—or you’ve likely given them the money to buy it. If your children/youth are not using the technology in ways that you approve, you have the authority to cut off access or control their use in other ways (such as using a secret password to set the administrative rights on your home computer).

10. If you have seen signs that indicate your child/youth may be developing a problem from their technology use, (such as: increased time playing/online, avoiding other activities including other interests and school, sleep problems, poor hygiene, less time with friends/family, lying about their gaming/internet use) talk with your child/youth about your concerns. You could also contact your family physician to get guidance and support for the whole family.

Homewood Community Addiction Services provides support for youth and families with gaming addictions: 519 836 5733.

Here are some useful resources.

Books:

My Parents Aren't Noobs by Michelle Nogueira and Anthea Helps

Sofa Boy by Scott Langteau

Doug Unplugged (book and DVD) by Dan Yaccarino and Chris Patton

Websites:

www.problemgambling.ca

www.camh.ca

Have a mentally healthy November!

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

Follow me on Twitter @drlynnwoodford.