



ERAMOSA PUBLIC SCHOOL

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Principal: Chad Guyitt
Office Coordinator: Simone Kent

Welcome Back Eagles!

Dear Eramosa Families,

I would like to take this opportunity to welcome every family to Eramosa P.S. for the 2017-18 school year. Whether this is your first year at Eramosa or 8th we look forward to getting to know you and encourage you and your family to participate in the many wonderful opportunities available at this school throughout the year.

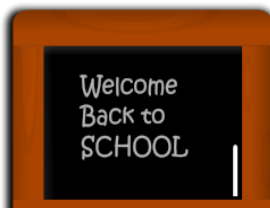
This year, instead of a monthly newsletter the school will be sending out a weekly email with important reminders and information. If you have not already signed up for emails from our school please go to the following link immediately and sign up:

<https://webapps.ugdsb.on.ca/cas/>

By registering your email through this link you will be sure to get the most up to date information on events and reminders. Also we will post the same information on our website: <https://www.ugdsb.ca/eramosa/> which I suggest you take a look at as the calendar on the main page has all of upcoming events listed.

At Eramosa, we encourage a strong parent–school partnership in order to maximize student success. We invite all parents to become involved in the education of their children, and encourage open communication. Please contact us with any questions, concerns or positive feedback. The first school event we would like to invite you to is the *School Open House, Welcome BBQ & Book Fair* on Thursday, September 20th. We look forward to seeing you then!

C. Guyitt



ERAMOSA P.S. FAMILY HANDBOOK

Attached to this newsletter is the Eramosa P.S. Family Handbook (it can also be found on our website). We encourage you to read the Handbook and discuss pertinent sections with your child. It contains important school information about procedures, routines, educational guidelines, code of conduct, etc. that you and your child must be familiar with.



PLEASE READ, SIGN & RETURN THE FORM PACKAGE

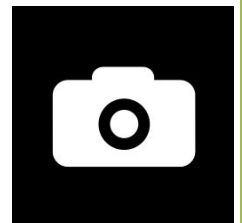
There is a package of important forms that will be coming home for parent signatures that need to be returned ASAP. Please be sure to read the **Freedom of Information and Protection of Privacy Act** which is included in the package. Contact the Principal in writing if you have any objections to the use or disclosure of your child’s personal information.

Student Verification Forms

We will be sending home a copy of your child’s student verification form for you to check, update, sign and return by the end of the 1st week. **Please be very accurate with your contact information and include an emergency contact we can call if you are not available.** Also include any important medical information. **Please call the office if any information changes during the school year.**

PICTURE DAY

School photos will be taken Tuesday, October 9th. Stay tuned for more information on how we will be capturing all those great smiles!!!



Student Agendas

Students will be bringing home agendas which have been purchased by the school council. This is a way of teaching good planning habits and encouraging open communication between home and school. The planners are also a great resource for information that may help a student complete homework or assignments. Students who lose or deface agendas are required to purchase a replacement.

PA DAYS 2018-19

There will be seven Professional Activity days this year. There are NO half days this year. Please note for babysitting purposes that there is no school for students on the following days: **September 28th, November 2nd, November 30th, February 1st, April 5th, June 7th and June 28th.**

STAY CONNECTED WITH ERAMOSA PS THROUGH YOUR SMARTPHONE

We are pleased to announce that the Upper Grand DSB has a new parent communication tool for your smartphone. 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. Look for more information to come home soon how to maximize this important tool and keep up to date on what is happening at Eramosa PS as it is getting some new helpful features in the fall!

Volunteers

Eramosa considers its parent and community volunteers a special resource. Parents and community members are encouraged to help in the classroom, on school trips, assist in the library or with extra-curricular activities and to participate on School Council. Being a volunteer is a wonderful way of participating in your child's education! Contact your child's teacher to find out how you can help.

****School Organization****

Schools have built class lists based on their tentative organizations. Changes may be necessary 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 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
- *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

FOOD ORDERS for this year will work differently than in past years. Please watch for more information to come home soon on how you can order lunch foods online throughout the year!

Taping/Pictures of school events and respect of privacy reminder

A reminder for our school community, parents and students about any and all forms of social media communication. If you plan to record or take pictures at a school event please remember to respect the privacy of others. Personally recording school events and then subsequent public posting of those recordings on social networks is not respectful of the privacy rights of all those parents, staff and particularly students whose images they share without their knowledge or permission. If you would like to connect with the principal about this topic in further detail please call the office 519-856-9529.

Thanks!

Reminder for parents/guardians: Accidents happen – be prepared with Student Accident Insurance

Parents/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 offered by Old Republic Insurance Company of Canada. You should receive:

1. The Director's letter and an Acknowledgment to be signed by parents/guardians and returned to school. Attached to the Director's letter is a translation sheet for your reference.
2. An InsureMyKids application form

Old Republic offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents/guardians.

Subscription is directly through Old Republic by mail or online. Questions should be directed to Old Republic at 1-800-463-5437 or www.insuremykids.com.

For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable.

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.

The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish that all students would consider when they enter their new classrooms, "making mistakes is part of life—and a really big part of growing up. It's how you learn who you want to be."

(<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children's lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book *Mathematical Mindsets* (p. 12) when the brain is challenged and mistakes are made, that is the time when "the brain grows the most."

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims,

identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn't it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, "[everyone] will make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit. "

- UGDSB Program Department

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



Transitions to School in the Fall

Returning to school is both an exciting time as well as one that can be challenging for some of our students. As our students get ready for new September routines, here are some tips to support parents on things to consider when the new school year is beginning again:

- If you are new to the school community, make an appointment to meet your child's school team so that you can develop a relationships with the school and learn the school based routines alongside your child.
- Connect your child with neighbourhood friends that are in their class to help them get to and from school with a peer to make the transitions more fun.
- Consider adapting your child's bedtime routine by returning to an earlier 'school day' schedule before school starts, aiming for 10 hours of sleep a night.
- Sit and plan what your child would enjoy eating as part of a healthy lunch while at school. Including kids in these routines helps them build their independence in packing a well-balanced lunch and snacks.
- Sometimes when kids are older and have more things to remember like locker combinations and schedules for classes, they can get worried about remembering it all. Talk through their concerns and make some plans for how they can remember these items during a busy day.
- Walk with your child to school to remind them of the safety rules and routines. The summer is a long time and this needs to be refreshed from time to time.
- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

Adapted from KidsHealth.org

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>

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 provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature.”

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

“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 <httphttps://davidsuzuki.org/take-action/act-locally/one-nature-challenge/>**
- **Do a Google search: “What to do on a nature walk” or “Arbour Day activities”**



