

# September News

Newsletter September 2016



## Welcome Back!

Hello Erin Public School families! Most school Newsletters start with “I am so excited...”, but I really truly am excited for the beginning of a new school year and to be a part of the Erin school community. I have had the pleasure of meeting many of you in the last few weeks and sincerely look forward to meeting all of you in the near future. I would also like to thank you for extending such a warm welcome.

Our school is looking shiny and polished thanks to our custodial team: Ms. Stewart, Ms. VanSickle and Ms. Lafflin. One of the recent visitors had asked if we were a brand new school! The teachers have been working hard getting their classrooms ready, taking courses over the summer and planning activities for the students. Around the school, the grounds are also looking wonderful with brand new mulch and plants. And if you have not been following the pictures of the vegetable garden on Twitter you must come round back and have a look for yourself. Mrs. Edwards has been diligently watering and weeding all summer long. I can't wait to see the kids' faces when they see all the vegetables!

A huge THANK YOU to all those who help make our building and school community a welcoming place to learn and grow! In the next few weeks I will be updating the school website with events for the calendar, Family Handbook with lots of

information, as well as other tidbits you may want to keep track of. Please check it periodically. In the meantime, you will be receiving lots of paper, in the first week or so, that you will need to read, sign and possibly return.

I would encourage all those who can to get involved in Parent Council. Come share your talents, make a difference, pitch in, get involved! Check the website for meeting dates to be posted soon. Pizza Lunches will start in the next few weeks, but for now, please send lots of nutritious snacks and water.

I wish you all a wonderful School Year!

Marina Harrison, Principal

## Mark The Date:

- Sept. 20** Open House BBQ
- Sept. 23** Smile! Picture Day
- Sept. 29** Terry Fox Walk/Run
- Sept. 30** PA Day No School



## School Day at EPS

8:45	Entrance Bell	
8:45-9:45	Pd. 1	1 <sup>st</sup> Block
9:45-10:25	Pd. 2	
10:25-11:10	Nutrition Break 1	
11:10-11:50	Pd. 3	2 <sup>nd</sup> Block
11:50-12:50	Pd. 4	
12:50-1:35	Nutrition Break 2	
1:35-2:15	Pd. 5	3 <sup>rd</sup> Block
2:10-3:15	Pd. 6	
3:15	Dismissal	



## Bussing

Please check the transportation website at <http://stwdsts.ca> for updated information about bus routes for the school year. You will also be able to get updates on transportation services during inclement weather.

Because we have 17 buses using our driveway each morning, we ask that students be dropped off on English street or on Daniel street south of the crosswalk, instead of our parking lot. The Crossing Guard on Daniel street will ensure the students cross the street safely. If at all possible, please refrain from parking in those spots during drop-off times as it takes up space for those wishing to kiss'n ride. Also, there is a No Stopping sign on Daniel street in front of the school. Kindergarten students can be dropped at the North parking lot by the Kindergarten door.

While riding the bus students are expected to follow the rules of the bus, listen to the driver, remain in their seats, refrain from eating or drinking anything while on the bus, and follow the directions of the bus patrols when entering or exiting the bus.

We thank you for your ongoing support.

## Safe Arrival

As most of you are aware, we have a Safe Arrival Procedure at our school. If your child is going to be late or absent for whatever reason, please call the school and advise the office by leaving a message on our answering machine, which can be reached at all times, 24/7. 519-833-9685 ext. 100. Please note that you must call every day the child is not at school, unless, of course, you notify us that your child will be away for a specific amount of time. Thank you very much for helping us to ensure our students are safe while travelling to and from school.

## School Council

Please join our Parent Council for the first meeting of the year in our school library on Tuesday, September 26 at 7 pm. The annual elections will take place at this time. The Council meets every third Tuesday of the month. It's a great way to get involved and make a difference.

## School Security

When picking up children during school hours, please come to the office and we will call the students down to meet you. All parents and visitors entering the school must do so through the front doors and sign in. For safety reasons, it is important that we know who is in the school at all times. During regular dismissal hours please pick up children at their designated door at, not from inside the building.

## Late Arrivals

Students who are late must register at the office to get a late slip and proceed to class. Please note: our Opening Exercises and announcements are held at 10:20. Therefore, at 8:45 teachers launch the instructional day and students who are late miss the instruction and disrupt the class. We ask that everyone make a reasonable effort to be at school on time.

## Open House BBQ



The annual Open House/Meet the Teacher BBQ is on Tuesday, September 20<sup>th</sup> at 5:30-7 pm. We will start outside with the BBQ portion of the evening and shortly after 6 o'clock everyone will be able to move inside and visit their child(ren)'s classroom and meet the teacher. We look forward to meeting all of our school families!

## Terry Fox Run

The annual Terry Fox Run is on **Friday, September 29<sup>th</sup>**. Students are encouraged to run if they are able to, in order to get a small sense of what Terry accomplished. Donations can be sent to school the week of September 26<sup>th</sup>.

## FSLAC

The UGDSB is establishing a French Second Language Advisory Committee (FSLAC). The Committee will serve in an advisory role and make recommendations with respect to the FSL Action Plan and the French Immersion JK Registration Process for 2017 and beyond.



Eleven Committee members will be selected from all areas of the Board, and will be parents of current elementary or secondary FSL students in either French Immersion or Core French programs. Interested parents may forward an application to Superintendent Tracey Lindsay which includes the following:

1. A statement explaining why they are interested in serving on the FSLAC.
2. The current grade their children are in, in what FSL programs and attending which school.
3. A brief outline of your school and/or community volunteer experiences.

Applications may be emailed to Tracey Lindsay at [tracey.lindsay@ugdsb.on.ca](mailto:tracey.lindsay@ugdsb.on.ca).

**Book Fair** is coming to Erin Public School next week! It will run **Monday September 19<sup>th</sup> to Thursday September 22<sup>nd</sup>**. The Fair is open during school hours including First and Second Nutrition Breaks. It is also open during **Open House** (Tuesday September 20<sup>th</sup>), 5:30 – 7pm. Proceeds from the Fair go to purchasing more books for our library and classrooms. We hope to see you there!

## Back to School Blues

Although for many there is excitement and anticipation about going back to school, for some children transitioning back in September can be tough. Moving into a new classroom, having new teachers, new friends and classmates, and new schedules can all bring about a feeling of stress. The angst children feel, questions they ask, and worries they express about these changes are normal. Sometimes it can be the smallest detail that can be the most worrisome for children. As a parent, you may not know what to do about these butterflies, stomach aches or tears. For some of us, it may intensify our own stress. Here are a few things you might try the first few weeks into the new school year.

1. Listen carefully to your children and hear their concerns.
2. Remind them of previous times when they felt anxious, and discuss the strategies they used that helped make the situation better.
3. Review the daily routines they are experiencing at school, and what after school time and weekends look like.

4. Make a list of the things they like about school
5. Remind them of all the things they are good at.
6. Ask about their friends.
7. Be patient and positive. You may need to have these conversations daily.

As a parent in our school, please know that you can always contact us if your child's worries persist. We are here to support your child's wellbeing and achievement, and getting off to a great start in September will help us all achieve just that!

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## The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish that all students would consider 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. "

# Talking About Mental Health Sept 2016 – Keeping Your Cool as You Head Back to School

Hope that you had a good summer and enjoyed some fun, relaxation and down time. As the children and youth get ready to head back to school, it is important to plan a mentally healthy school year. Some simple steps will help to make this year more positive and less stressful.

## 1. Start Each Day With A Positive Thought

- a. “Today is going to be a good day”
- b. “I am going to have a good day”
- c. “I can do this”
- d. “I have what it takes”
- e. “I feel happy”
- f. “I am strong”

## 2. Practice Relaxation

- a. Start the day with some body stretches.
- b. Take three deep breaths each time you go through a doorway.
- c. Be present: Notice 3 things you can see, hear and touch.
- d. Tense and relax your muscles, releasing tension in your body.
- e. Imagine a place that makes you feel relaxed.

## 3. Take Breaks Before You Are Stressed

- a. Walk to school.
- b. Get outside at lunch or breaks.
- c. Listen to music to relax.
- d. Eat a good breakfast and lunch.
- e. Hang out with your friends
- f. Think of 3 things you are grateful for.

## 4. Seek Support

- a. Talk to your family or friends.
- b. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
- c. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
- d. Call KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>
- e. Talk to your family doctor.
- f. Contact community mental health services:

Canadian Mental Health Association WW (CMHAWW):  
**Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.**  
**To access services for Children, Youth and Adults in Guelph/Wellington:**  
**1 844 HERE 247 (1 844 437 3247)**  
<http://here247.ca/>

### **Dufferin Child and Family Services (DCAFS):**

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

### **Family Counselling and Support Services:**

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431 & 400 Tower Street, Fergus (opening Sept 1, 2016).

<http://familyserviceguelph.on.ca/>

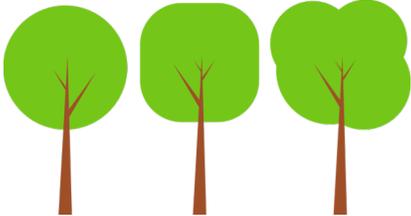
Have a wonderful and mentally healthy school year!

*Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board  
Follow me on twitter: @drlynnwoodford*



## Monthly Environmental Activities to help celebrate our planet SEPTEMBER 21<sup>ST</sup> IS NATIONAL TREE DAY!

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



### Celebrate National Tree Day on September 21<sup>st</sup> 2016!

*“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.”* <http://30x30.davidsuzuki.org/>

### 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.
- 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 **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: “What to do on a nature walk” or “Arbour Day activities”

