

November News

Hello everyone! Happy November!

November. Wow. How quickly did that happen!

There have been lots of things going on at school. Our Me To We group has been active; from going to We Day to organizing a food drive for needy families, to planning spirit day events and increasing the involvement of student voice in our building. We are very proud of our students!

One message we have been working on from the beginning of the year is this: ***Nothing good comes from anger, revenge or frustration. Approach every problem from a place of kindness, empathy and compassion and the world will be a better place. Every day, we meet people who are fighting battles we know nothing about. Be kind.***

Pizza Hot Lunch is happening every Monday, THANK YOU, Parent Council.

Lion King and the band are practicing, and we have students learning the ins and outs of cooking, and volleyball tryouts are just around the corner.

Below, are some things you will want to jot down on your calendar:

- ❖ On Tuesday, November the 8th, our school Greening Team will be attending an orientation meeting at Guelph Lake. We will come away with some great ideas and inspiration! One of the steps in the process is to have a survey of parents, students and teachers for ideas of what they would like to see in our school yard and for what purpose. Please watch for a survey coming your way soon.
- ❖ Speaking of greening, our Kindergarten team is on its way to doing just that. We are also looking at adding some outdoor activity ideas to promote outdoor education. We would like to thank Mrs. Rowe for donating a log and tree stumps to jump start our kindie yard beautification! We are also looking for some donations:
 - old pots and pans with lids (no glass please), egg beaters, muffin tins, cake pans
 - wooden spoons (do you hear banging?)
 - some PVC piping and elbows
 - large zip ties
 - two plastic 4x8 trellis sheets and some lumber to build a mud kitchen (some volunteers to build it too!)
 - big tractor tires; small tires
 - sand
 - old CDs
 - fabric/ribbon

If you have any of these items, or know anyone who does and wants to get rid of them, please let us know. We all thank you in advance for helping us make the Kindie yard a more engaging place to play!
- ❖ Parent Council is running an extra HOT DOG Hot Lunch on November 18th. Order forms were sent home on pink paper and are due November 14th.

- ❖ November 24 is the day many of our students are awaiting. Especially those who put in a lot of effort into the QSP fundraising campaign. QSP rewards are coming!
- ❖ December 14 is the date for our Winter Concert; 6:30-7:30. There will also be a book fair set up in the library as well as a silent auction.
- ❖ On Thursday, December 22, Parent Council is sponsoring Christmas Bazaar for our K-6 students. Please bring Arts and Crafts donations to the school Library (thank you Mrs. Rowe!). We can also use wrapping paper, tags and ribbon. The last day we can accept donations is Wednesday, December 21st. If you can volunteer a bit of your time to help set up and run the bazaar during the day, your energy would be greatly appreciated! Our Intermediate students will also be on hand to help wrap and tag. The items will be from \$.25-1.00 and this should be a fun event for the students where they can do some real Holiday shopping and buy some gifts for their loved ones. Teachers will be on hand to help with budget decisions! 😊
- ❖ Parent /Teacher Interview times can be booked online. You will need your child(ren)'s OEN, a 6 digit format, (e.g. XXX-XXX-XXX), located on any past report card to log onto the website.
<https://webapps.ugdsb.on.ca/InterviewSchedule/Account/Login>. The website is open now until November 23rd.

Important Literacy Events

Nov. 15, 2016 (contest deadline) – Canada's Annual Young Writer's Poetry Contest – ages 5-18

January 2017- First week back, Runs until April: Forest of Reading

Jan. 27, 2017 - Family Literacy Day - ABC Life Literacy Canada

Feb. 23 & 24, 2017 - Reading for the Love of It Conference (Toronto)

March 2017- Canada Reads

Important changes to Junior Kindergarten French Immersion registration and selection process

The Junior Kindergarten registration process for the upcoming 2017-18 school year has changed, including changes to how students register and are selected for the UGDSB French Immersion program.

Every UGDSB school that offers FI at the JK level will have a cap on the number of students who can enroll in FI, starting Sept. 2017. JK is the only access point to FI as of Sept. 2017. Parents and guardians must register their children in FI between Jan. 9 and Jan. 26, 2016 for their application to be considered 'on-time.' Please note that registration will take place in person, and that registration is NOT prioritized on a first-come, first-serve basis.

For more information on JK registration and the FI registration and selection process, please visit www.ugdsb.on.ca/jkfi.

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:

1. Starting at birth, respond to baby’s smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. 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.”
5. Instead of making your child say “sorry”, talk about his or her feelings and the feelings of the other person involved in the event.
6. 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.
7. Point out your child’s strengths: “Hey you rode that bike by yourself!”
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. 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>

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.

Erin Parent Connection & The Ministry of Education PRO Grant presents:

Parent Education Night

BEYOND RESILIENCE:

Helping your child to become UnFragile

Tuesday, November 15

7 - 9pm

Brisbane Public School

Gymnasium

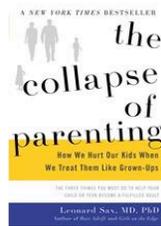
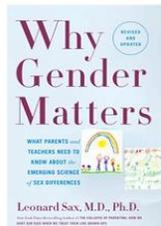
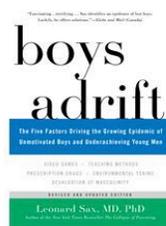
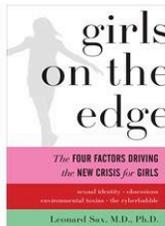
All Parents & Public

Welcome! It's FREE!!



Dr. Leonard Sax MD PhD physician, psychologist and author will present a parenting workshop answering the question, "Why are so many kids today so fragile?" Kids are indeed more fragile – about 4X more likely to be anxious or depressed, and much more likely to fall apart in response to stress – compared with kids from the same demographic 40 or 50 years ago. Parenting, gender differences, and the new norms of the 21 century will be addressed in this enlightening presentation.

Please visit www.leonardsax.com for workshop information and testimonials.



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.



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,

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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>

Board Wide Fundraising Initiative for Syrian Newcomers in our Community

We have been pleased to welcome almost 75 Syrian newcomer students into our Upper Grand schools since last January. We are hoping that you will consider helping us in a board wide fund raising initiative to raise funds to help Syrian newcomers settle into our schools and community. We have partnered with Orca Book Publishers to raise funds by selling their newly published book entitled, "Stepping Stones: A Refugee Family's Journey" by Margriet Ruurs through our school and board websites. For every book that is sold through our board or school websites, Orca will donate \$10 to our local settlement agencies to support Syrian refugees.

This unique picture book was inspired by the stone artwork of Syrian artist Mizar Ali Badr, who was discovered by chance by Canadian children's author Margriet Ruurs. She was immediately captivated by the strong narrative quality of Mr. Badr's art, and, using many of Mr. Badr's already-created pieces, she set out to tell a story about the Syrian refugee crisis. Stepping Stones tells the story of Rama and her family, who are forced to flee their once peaceful village to escape the ravages of the civil war raging in their homeland. With only what they can carry on their backs, Rama and her family set out to walk to freedom. Mr. Badr's stunning stone images illustrate the story. This book is a dual-language (English and Arabic) edition.

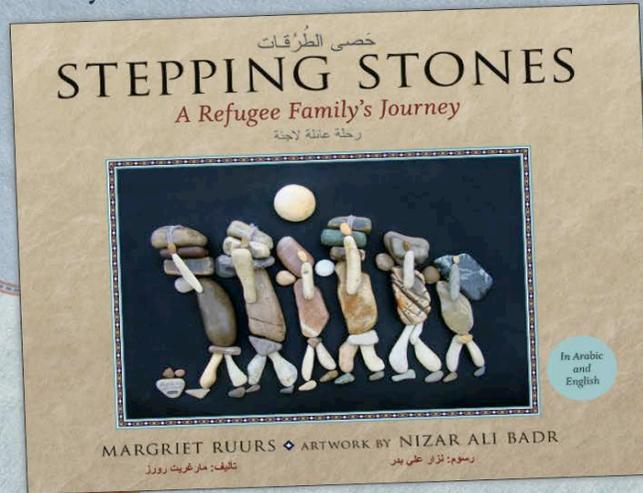
To order this book, please visit your school's website or the board website and click on the buy button to place your order. Payment is made directly to Orca and the books are shipped directly to your address from their warehouse. Payment for the order will go through at the time of purchase and it will include shipping. Orca will keep track of how many books are sold in our board and will send us \$10 for every book sold, which will then be donated to a local resettlement agency.

For more information, please see the attached flyer or contact Bonnie Talbot at



bonnie.talbot@ugdsb.on.ca or 519-824-4420.

*A refugee family's flight to
freedom, uniquely illustrated.*



**Help raise funds for Syrian
refugees in your community.**

For every book
sold \$10 will go to
toward your school's
fundraising efforts.

Please visit your school's website for more information and a
link to purchase. Your purchase will arrive in 8 to 10 days.

We hope you will talk about this book and your community's efforts to
raise funds and make new families feel welcome. Tag Orca (Twitter,
[@orcabook](#) or Instagram, [@orcabookpublishers](#)) or use [#SteppingStones](#)
in your social media posts so we can all spread the word.



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www.steppingstonethebook.com

2016

Mark Your Calendar!

Here's a printable for your fridge

7	Dental Screening, Kindergarten and grade 2, 9 am Picture retakes Pizza Lunch
8	\$2 Free to Achieve Fund Toonie Tuesday Cooking Club after school Greening Team orientation at Guelph Lake School
11	Remembrance Day Assembly 11:20
14	Last day for Hot Dog orders Pizza Lunch
15	Progress Reports go home Cooking Club after school Dr. Sax, author, speaks to our community at Brisbane PS
18	Hot Dog Lunch
21	Pizza Lunch
23	Gr. 7 & 8 mandatory vaccinations Cooking Club after school
21-24	Bullying Prevention Week
24	Parent/Teacher Interviews 3:30 - 8:00 Martha Rogers visits our school
25	PA Day No School Parent Teacher Interviews 8:30- 3:30 Buy NOTHING Day
28	Pizza Lunch Parent Council meets in the Library at 7 pm
29	Cooking Club after school
December	
5	Pizza Lunch
6	Cooking Club after school
12	Pizza Lunch
13	Cooking Club after school
14	Winter Concert 6:30-7:30 Book Fair in the Library Silent Auction
19	Pizza Lunch
22	Christmas Bazaar for kids All items under \$1.00
23	Last Day of School 2016!
HAPPY HOLIDAYS ONE AND ALL!!!	
January	
12	Jan Sherman visits grade 5 1:30-2:30
13	Annual Waste Audit