

October



Hello everyone!

I'd like to thank everyone who came to the Open House BBQ in September! It was wonderful to see students with their families during the Open House and to chat with so many of you! Many thanks to our hard-working Parent Council for organizing. Our teachers, support staff and custodians worked hard to make the school look welcoming, despite the fact that we are still under a bit of construction. We also had a very successful Book Fair and received \$900 worth of books for the library and \$450 in cash towards the purchase of books of our choice! Thank you very much for your support and thank you for encouraging the love of books!

Reorganization

As many of you are aware, we had a fairly sizeable reorganization of classes. We went back to having two French Immersion classes as in the past years and have decreased class numbers in a majority of the classes. We now have eight Intermediate classes and had increased to two Kindergarten classes. It is very fortunate that the school has an already equipped Kindergarten classroom. As a result, we also gained 1.2 staff and on that note, I would like to formally welcome Ms. Danielle Bauer as our new Kindergarten teacher and Ms. Anita Lakhani as our new Primary Planning teacher. If you would like to see the new school organization in more detail, the Staff page of the school website has been updated.

School Communication

In the first week of school, a letter went home about all the different ways in which the school communicates with the parents. If you have not received it, please let your child's teacher know and we will be happy to supply you with an extra copy.

Fresh From The Farm

You have also recently received an order form and some information about the Fresh From The Farm fundraiser. Most of the fundraising for the school is done by our tireless and dedicated Parent Council. Fresh From The Farm is one of a very few fundraisers we do as a school. It has been successfully used by many schools in Upper Grand, it supports local farmers and it offers schools a 40% profit margin. The money earned from this fundraiser will go towards our goal to buy 20 new Chromebooks for student use. If you are purchasing items, please return the form with cash or cheque made out to Erin Public School. Orders are due **October 11, 2018**. For more information please contact Ms. Lebon at Michelle.lebon@ugdsb.on.ca.

We hope you can support us in buying your produce this month from Fresh From The Farm instead of the grocery store!

QSP

In time for Thanksgiving is the QSP fundraiser as well. Besides the Pizza Lunches, it is our most successful fundraiser with lots of gift ideas and food items such as frozen cookies and other goodies! Of course, there are the supersavings on magazine subscriptions too, not to mention fun prizes for the kids!

If you have not yet received a package and would like one, please jot a quick note to your child's teacher. QSP orders are due back to the school by **October 10th please**. Thank you in advance for your anticipated support!

School Cash Online

We are now set up with School Cash Online. This is a very easy, quick and efficient feature to order items from the comfort of your home. If you are not yet subscribed, the process will take you less than 5 minutes to complete. You can use this [link](#) or go to our website, scroll to the bottom of the Home page and find School Cash Online.

Hot Pizza Lunch

Order forms have been dispatched and are also available on SchoolCash Online. Orders are due October 10th. This Pizza Cycle starts on Monday, October 15th and the last Pizza Lunch of this cycle will be on January 28th, 2019.



Terry Fox Run

On Thursday, October 27th, we held our annual Terry Fox Run/Walk. The weather was beautiful, our students participated in their Colour House organization and the school raised \$340 in donation to a worthwhile cause. Thank you to our parents for slicing apples for after-run snack and many thanks to our school staff for organizing and supporting this event!

Family Movie Night



Last year, we had very good reviews of our first Family Movie Night! This year's event will take place on Friday, October 26th. The children are welcome to wear their Halloween costumes, if they wish.

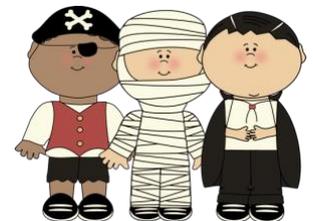
There will be hot dogs, popcorn and drinks available for purchase. The movie feature will be **Monsters vs Aliens**, rated "G" for all to enjoy.

October 31st

Primary students will have their annual Costume Parade at 11:30-12:30 and may go uptown, weather permitting.

There will also be a School Dance. Grades K-5 will jive at 1:35 and grades 6-8 at

2:25. **The price of admission is a non-perishable food item or a toonie (to be donated to the Erin Food Bank).**



Dress-Up

On this day options are:

- Wear orange and black
- Dress in a costume
- Wear your everyday clothes

If students wish to wear a costume, here is a list of Do's and Don'ts

Do:

- Follow the EPS Dress Code
- Follow our school code of conduct found on our website
- Wear black and orange
- You don't have to dress up at all
- Dress up as a character from your favourite book or movie
- Use makeup or face paint
- Make sure you can get your costume on independently
- Check that your costume is safe (i.e. not too long)
- Be creative!
- Have fun!

Don't

- No weapons
- No masks
- No violent references
- No costumes that are representative of another culture or religious beliefs
- Must be appropriate for school
- No props

Talking About Mental Health October 2018- Building Resilience

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

Make connections

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

Help your child/youth by having them help others

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

Take a break

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

Teach your child/youth self-care

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

Move toward goals

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

Nurture a positive self-view

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

Keep things in perspective and maintain a hopeful outlook

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

Look for opportunities for self-discovery

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

Accept that change is part of living

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

Jenny Marino is the Mental Health Lead for Upper Grand District School Board

Follow me on instagram: [ugdsb_mental_health](#)

Number Talks

Split Strategy

$$220 + 310$$

Split the two numbers into tens and ones.

$$200 + 20 + 300 + 10$$

Add the hundreds together first.

$$200 + 300 + 20 + 10$$

$$500 + 30 = 530$$

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that one doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy**, **flexibility**, and **efficiency** in math and Number Talks can support the development of all three.

The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking. It has been stressed in face-to-face PD sessions that we have to provide students with opportunities to independently practice the documentation of their own thinking. Once a week, instead of conducting a number talk, have your students answer a similar question on GOOS paper or a whiteboard.