

October



- Oct. 2** Jr. Cross-Country
Walk At School Day [weather-permitting]
- Oct. 2** FTP presentations start; Ms. Waddell's and Ms. Reilly's classes
- Oct. 1-11** Intermediate Soccer tryouts
- Oct. 3-11** Thanksgiving Food Drive
- Oct. 5** World Teachers' Day
- Oct. 7-10** CCAT Testing for grade 3s
- Oct. 7** Sub orders open on School Cash Online
- Oct. 14** Thanksgiving Day NO SCHOOL
- Oct. 15** Fresh From The Farm Orders due
Parent Council Meeting 7pm
Dental Screening; JK, SK, gr. 2, 4, and 7
- Oct. 16** Crazy Hair Spirit Day
- Oct. 18** Sub orders due
- Oct. 21** IB presentation for gr. 8s
- Oct. 22** Hep. B vaccinations gr. 7s
- Oct. 23** Take Me Outside Day
- Oct. 24** ECE Appreciation Day
- Oct. 25** Sub Lunches start [end date Feb. 28]
EPS Choir sings at Guelph Storm game
- Oct. 29** Popcorn Day, \$2
- Oct. 31** Halloween Dances and Primary Parade
Character Assembly

Hello everyone!

I'd like to thank everyone who came to the Open House 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 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!

EPS Football Teams

That the girls' and boys' football teams were 10-0 for their games (winning all of their games). The girls' team didn't allow any touchdowns against them. It was an awesome day at Centennial in Guelph. Also, soccer try-outs are coming up (we are hosting this year).

EQAO 2019 Results

Our EQAO results from last spring are now public and are summarised below. The numbers represent the **percentage** of students at level 3 or level 4.

Grade 3	Province	Board	EPS 2018	EPS 2019
Reading	74	71	68	79
Writing	69	65	47	79
Math	58	51	26	53

Grade 6	Province	Board	EPS 2018	EPS 2019
Reading	81	82	76	89
Writing	82	80	69	78
Math	48	47	17	52

We know that EQAO scores are not the whole picture when it comes to student achievement, but we also know that if students can be successful on the tests, then they have some solid skills in place. Thanks to the efforts of teachers at every grade level, our results have risen significantly this year!

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. We also posted a School Communication Plan on our website under the Resource tab. Please have a look to keep informed about the events in the school as well as what is happening in your child's classroom. The UGConnect app is a one-stop spot to see the school calendar, all posts to the website, transportation information, School Cash, etc. It is free and available at the App Store



Add the School Calendar to Your Personal Calendar and Stay Right Up to Date!



If you want the events from the online school calendar to go straight to your personal calendar, then you can do it! Here's how...

If you have an **iPhone**, then go to **SETTINGS > ACCOUNTS & PASSWORDS > ADD ACCOUNT > OTHER > ADD SUBSCRIBED CALENDAR** and then enter this URL:
calendar.google.com/calendar/ical/ugcloud.ca_5r7ritadm3ttmqh1hia55a1shg%40group.calendar.google.com/public/basic.ics

If you have an **Android phone**, then go to **SETTINGS > ACCOUNT > ADD ACCOUNT > GOOGLE > NEW** and enter this URL: calendar.google.com/calendar/ical/ugcloud.ca_5r7ritadm3ttmqh1hia55a1shg%40group.calendar.google.com/public/basic.ics. Then open your calendar app and go to **SETTINGS**. Tap your Google account and go to **MY CALENDARS**. Click the box for the school calendar which should appear in the list.

Thanksgiving Food Drive

With Thanksgiving fast approaching, we are organizing a food drive to raise student awareness of community needs and to help those who need some support. The campaign starts from now until **October 11th**.

Things we are collecting:

- Fresh fruit and vegetables [the Food Bank is always short on this]
- Non-perishable food items
- Hygiene products [soap, shampoo, toothpaste, toothbrushes, deodorant]

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 15, 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!

Math4Fun

Our Math4Fun Program has begun and there was great turnout! Thank you to Ms. Lebon and Mr. Nethery for running this program. Time2Read will soon follow. Please watch for details.

Council Corner

Thank you to all those who came to the first Parent Council Meeting! It was a great turnout! Many hands make light work! Plus you can participate in some decision-making for the school.

There are three messages from our Parent Council this month.

1. Sub Day orders will go live on School Cash Online on October 7th. With the deadline for orders on October 18th. First sub day will be October 25th till February 28th.
2. Tuesday October 29th is Popcorn Day. \$2 a bag, second recess!
3. Parent Council is organizing our annual Christmas Bazaar again this year. It's not too early to drop off donations. If you have some items that are new or gently used, and would be appropriate for gift-giving, please send them to the school at your earliest convenience. We are in need of items for men as well as some gift bags of various sizes. We do have plenty of wrapping paper. Thank you in advance for your 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.

Terry Fox Run

On Thursday, September 26th, we held our annual Terry Fox Run/Walk. The weather was beautiful, our students participated in their Colour House organization and the school raised over \$400 in donations to a worthwhile cause. Thank you to our teachers for slicing fresh fruit for after-run snack and many thanks to our school staff for organizing and supporting this event! This was a fun-filled day: students created a cheer, we had our first monthly Character assembly [the trait for October is Effort!] and students ended the day with fresh fruit snacks to replenish their energy after their walk/run. Awesome!

From the Art Room

In the Art room, we are always looking for your used items for Arts and Crafts! Please feel free to drop off any of the following items:

- clean styrofoam trays (styrofoam take-out containers work too)
- empty margarine containers or food containers with lids.
- egg cartons
- paper towel rolls
- yarn/string
- ink pads/ stamps
- buttons
- popsicle sticks
- scrapbooking supplies

October 31st

Primary students will have their annual Costume Parade during the first block and may go uptown, weather permitting. They will have their Halloween Dance during the middle block.

Juniors and Intermediate students will have their dance during the 3rd block. There will be a quiet room to play games and read for those who would rather not participate in the dance.

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 (for safety)
- No violent references
- No costumes that are representative of another culture or religious beliefs
- Must be appropriate for school
- No props please

IB At Guelph CVI

The International Baccalaureate (IB) Diploma Programme is a program of international education designed to help students develop the knowledge, understanding, attitudes and skills necessary to participate actively and responsibly in a changing world. This programme prepares motivated students for the rigours of post-secondary education. It encourages students to ask questions and to interact with the world around them in a meaningful way. For more information, please visit: <https://www.ugdsb.ca/ib-gcvi/> OR come to the IB Information Night on Wednesday, November 20th, 7pm at GCVI in the auditorium.

Talking About Mental Health - October 2019

I hope that you had a wonderful summer and start to the new school year! Even with the fun of summer and the excitement of the first day of school behind us, returning to school can be a stressful and exciting time for both students and their families. Add to that new teachers, new friends, new schools and for some even a new community: that adds up to a lot of change and potential stress!

While a little stress can be motivating and help us to focus, too much stress can tip the balance and trick our bodies into thinking that we are in danger. This leads to a release of adrenalin and keeps you and your body on full alert. So, what can you do? Here are some proven ways to manage stress and take care of yourself from the inside out:

VISUALIZATIONS: According to research, when you visualize something your brains respond to the images in the same way they would to real-life action. So, if you take 5 minutes to visualize yourself in a favourite place your brain will think you were really there! That's right! It's literally a 5-minute vacation with all the benefits!

JUST BREATH: Practice slow, deep breathing. Although we are all familiar with the "take a deep breath" suggestion when we are panicked or over stressed, you may not know that this has to do with the brain's "pacemaker" for breath. The research into the impact of breathing on our brains simply confirms what we already know: the simple act of breathing is connected to our emotional state. Slow breathing really can calm you down!

REACH OUT: Of course, sometimes we just need to reach out to someone, write in our journal or scream into the ocean. Getting your feelings out and identifying that you are stressed can actually alleviate some of your stress as well. Connecting with others and asking for help if you are overwhelmed is a great way to

manage stress. Also, if you see someone who looks a bit overwhelmed, reach “in” (check in) and see how they are doing. It can go a long way to know you are surrounded by people who care.

And of course, if your stress begins to impact your daily activities and you continue to struggle, reach out for help.

Here24/7: 1 844 437 32477 (HERE247) TTY: 1-877-688-5501 (Guelph and Wellington)

Dufferin Child and Family Services: 519.941.1530 (Dufferin)

KidsHelpPhone: Text CONNECT to 686868 or call 1-800-668-6868

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

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