

EPS November 2019 Newsletter



Important Dates

Nov. 1	PA Day No School
Nov. 4	Brent and Sarah Nichols Anti-Bullying presentation
Nov. 5	McMillan order pick-up 3:15-6:30pm
Nov. 6	Fresh From The Farm order pick-up 3:15-6:00pm Computer Challenge for Jr. students
Nov. 7	Computer Challenge Int. students
Nov. 8	Grad Wear order deadline
Nov. 11	Remembrance Day Assembly 11:25
Nov. 12	Picture re-take
Nov. 13	Super Hero Spirit Day
Nov. 14	Director's Cut [Ms. Root's & Ms. McDonald's classes]
Nov. 18	Bullying Prevention Week
Nov. 19	Parent Council Meeting, 7pm
Nov. 20	FTP Presentations, Progress Reports go Home, Indigenous Knowledge Keeper presentations, gr. 7, Online PTI bookings open
Nov. 21	Jr. Volleyball Tourn.; Snack Shack Open
Nov. 22	Gr. 5 to Earthkeepers Island Lake Conservation Area
Nov. 26	Gr. 5 to Earthkeepers Island Lake Conservation Area; Popcorn Day
Nov. 27	Gr. 5 to Earthkeepers Island Lake Conservation Area Online PTI bookings close Character Assembly/Colour House Activities
Nov. 28	Parent/Teacher Interviews 3:50-8:00 Little Women; Theatre Orangeville, Intermediate students
Nov. 29	NO SCHOOL for students; Parent Teacher Interviews 8:40-3:15

Bullying Awareness and Prevention Week November 18-22

We have many activities planned to raise awareness and educate our students about bullying for the week of November 18-22. Below is what we have planned for this year.

1. Students will be provided with opportunities to get to know staff other than their immediate teachers. (e.g., Teachers will “swap” classes two or three times over the course of the year in order to create more positive adult connections at school for students.)
2. Students will participate in monthly character assemblies highlighting a trait and given recognition for demonstrating it.
3. Students will participate in monthly Colour House activities, promoting student collaboration and team building across grades and divisions.
4. Students will be given numerous opportunities to participate in team building events and school spirit events.
5. Students will be exposed to a number of guest speakers and programs that teach about the consequences of bullying and the tools to deal with conflict in appropriate ways.
6. Zones of Regulation will be taught and used in all classrooms on a regular basis, as well as by the CYC and Principal when problem-solving after difficult situations.
7. Classes will be encouraged to pair up with a class from a different division to build connections between students and to foster a sense of community.

8. We will ensure all students know how to report bullying using the online reporting tool.
9. A centrally located bulletin board will highlight various topics relating to equity and inclusion (e.g., Orange Shirt Day, Learning Disabilities Month, etc.).
10. We will participate in anti-bullying and equity activities during Bullying Prevention and Awareness Week and on days like Pink Shirt Day and Orange Shirt Day, plus others.
11. We will fly the Pride flag in June and explore possibilities for other flags to be flown throughout the year by consulting with Student Council, Staff and School Council.
12. Announcements highlighting special days and months of significance for students and families in our school community will be made during morning announcements.
13. Students and parents will be educated on the difference between conflict and bullying.
14. Our Equity Rep will have time at staff meetings to share board initiatives and suggestions for building an even safer, more inclusive and more equitable school community.
15. For more information, please refer to our School [Bullying Prevention Plan](#)

WHY Survey

Wellington-Dufferin-Guelph Public Health has partnered with Upper Grand District School Board to conduct a survey in your child's school. All students in Grades 4 through 12 will be asked to complete this survey. Completion of the survey is not required for your child's schooling and it won't affect their grades. We have created one survey to replace our school climate, mental health and youth health surveys. The new survey will provide the information we need to inform programs and supports for students. The results will also help identify opportunities to improve the well-being of children and youth in our community.

The Research Committee of the Upper Grand District School Board has given permission for this study to be carried out at your child's school. All information collected will be strictly confidential and the students will not be identified individually.

Your child's name and any other information that could identify your child will not be collected in the survey. Your child's participation is completely voluntary. The information is collected under the authority of Board Policy #204 and the Municipal Freedom of Information and Protection of Privacy Act.

Should you have any questions or concerns regarding this research project, please contact: Blair Hodgson, Wellington-Dufferin-Guelph Public Health, 519-822-2715 ext. 4312, blair.hodgson@wdgpublichealth.ca.

If you would like to speak with a school board representative, please contact Cheryl Van Ooteghem, Superintendent of Education, 519-822-4420 ext.747, cheryl.vanooteghem@ugdsb.on.ca.

If you do not agree to allow your child to participate in the survey, please fill out the refusal form that was sent home on October 31st and return it by November 8th, 2019. There will be a parent version of the survey coming during November as well. The link will be shared shortly and there will be a computer available during parent-teacher interview times for anyone to use to complete the survey.



Remembrance Day assembly will be on Monday, November 11th at 11:30 in the small gym. Parents are welcome to attend.

Bus Behaviour

If your child is a bus student, please reinforce the importance of appropriate bus behaviour. Cold weather is just around the corner and bus drivers need to be particularly vigilant while driving. Students cannot be taking away the drivers' attention by being noisy, changing seats and not following bus rules. This seriously compromises everyone's safety. Students who break bus rules will have immediate consequences and may have their bus privileges suspended for a period of time. We thank you in advance for taking the time to remind our students about appropriate bus behaviour.



Council Corner

- ❖ Parent Council is once again sponsoring a Christmas Bazaar. Please donate gently used items that would be suitable as gifts for our students to purchase for their loved ones. We are in need of items which would be suitable for male recipients. Donations of gifts bags are also needed, but no wrapping paper please as we have lots left from last year.
- ❖ McMillan food order pick up is Tuesday, November 5th between 3:15 and 6:30 pm. Please pick up in the front foyer of the school.
- ❖ Next council meeting will be **Tuesday November 19th at 7 pm in the school Library.**

School Security

It is our Board Policy to have all visitors to the school sign in at the Office. Standard signage is posted on the doors of every school in our board. We are sincerely happy to see all our parents visit the school and our doors are always open, but signing in is an important safety precaution that we ask everyone to please adhere to. Even though we know most our parents, it is still important to sign in in the event there is a fire drill or an evacuation or any kind of emergency where we need to account for everyone in the building. Thank you kindly for taking the time to do this.

Cell Phones Policy



Please be reminded that cell phones are not permitted to be used at school unless explicitly permitted by the teacher. All cell phones are to be kept in lockers or backpacks during school hours. If you need to get a hold of your child during school hours, please do so via the Office.

If students use their cell phones without permission, the phones will be deposited at the office to be picked up by parents at a later date. Students are not given warnings, as they are well aware of this rule.

Lates and Absences

We are beginning to experience an increase in lates and absences. This is particularly worrisome because research shows that *chronic* lates and absences are a very accurate predictor of academic concerns and high school drop-out rates. On a more practical level, students who are late disrupt the classes that have already begun and miss out on some of the most important instruction of the day. Students who are *chronically* late will have consequences of making up lost class time at the end of the day or at recess. We respectfully ask everyone to reinforce the message that it is important to be prompt.

Early Pick-Ups

If you are picking up your child before dismissal at 3:15 we ask that you please come to the office at least 15 minutes early so there is time to call your child down. We have an average of 10 or more early pick-ups each day, and it is not possible for the Office Staff to keep all the students and times straight when we are also busy with other tasks. Teachers are very involved in teaching and working with students in their classrooms, and they focus on watching their students rather than the clock. It is difficult for them to notice when it is time for each child to leave. Coming 15 minutes ahead of your desired departure time will ensure you are able to be on time for your appointment or commitment.

Student drop off and pick-up



Please be reminded that students in grades 1-8 may not be dropped off in the parking lots. For reasons of safety, we need to limit the amount of traffic in and out of the parking lots due to the volume of buses entering. The only students that can be dropped off at the parking lot are Kindergarten students. All other drop offs and pickups should be done on Daniel street south of the Crossing Guard or on England Street. The number of vehicles in and out of the parking lots has increased dramatically. With the cars zooming in and out and the 17 buses, the current volume of traffic is concerning for the safety of the students who are walking or crossing the parking lot or street to get to their parents' car for pick up. Please help us keep everyone safe.

Lunch reminders for grades 7 and 8

Students in grade 7 and 8 are permitted to go to town for lunch on Tuesday and Thursday afternoons. Students are reminded that a written permission must be given to the classroom teacher. The permission note must be written in the agenda on the appropriate date and signed by a parent. The office is not able to make phone calls due to sheer volume of calls.

Warm Clothing

Baby It's Cold Outside, as the song goes! Please send extra warm clothing for Primary students as they get wet and sometimes need to change their socks and/or mittens. Our Intermediate students, in particular, are often not dressed for the weather. Outdoor recess is 20 minutes long. That is a substantial amount of time to be outside without a hat, scarf or mitts when it's cold, humid and windy. On that note, if you happen to have some extra winter clothing such as hats, mitts, winter boots, jackets and snow pants that are gently used and you no longer need, please consider sending them to school. We can use some extras.

Mentors Program

Our Child and Youth Councillor, Tamara Zappia and our Special Education teacher, Lori Turk, have started a Mentors Program. This is an opportunity for some of our older students to mentor, support or just be a buddy to younger students, which benefits everyone! We are looking for donations of LEGO and, especially, board games and imaginative play toys for use in this program. If you have any of these items that you would be willing to pass on, we would sincerely appreciate your help!

From the Art Room

Mr. McLean would like to thank all the families for sending the items he requested in the October Newsletter! Please keep them coming! It's a great way to practice the 4 Rs, you get

rid of your unwanted stuff, we keep garbage to a minimum and have materials for art projects!
Win/Win.... Win!

A reminder of what we can use:

- 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

After School Hockey

The grade 7 and 8 after school hockey team would love to get started soon, however, we are looking for a certified coach who can commit to practices on Wednesdays from 3:30-4:30 at Centre 2000 in Erin. From November to January ice time is usually practices/scrimmage games and from January to March are exhibition games against other schools, leading up to a final tournament in mid-March. If any parents are interested, please contact Ms. Waddell at 519-833-9685 ext. 248 or carolynne.waddell@ugdsb.on.ca.

Spirit Wear

Did you miss the deadline to order spirit wear? Online ordering is still available! If you choose the pickup option, your order will be delivered to the school at no charge. Orders received by Dec. 2 will be delivered before Christmas. Send an email to lori.turk@ugdsb.on.ca if you would like your order held for you to pick up. The website for placing your order is: <http://bit.ly/erinspirit>

Fresh From The Farm

Thank you to all those who supported *Fresh from the Farm* fundraiser and thank you to Ms. Lebon for organizing it. We have raised close to \$900 and will be spending the money towards purchasing chromebooks.

Fresh from the Farm pick up is **Thursday, November 6th from 3:15-6:00**. Please park by the back door and pick up inside by the Kindergarten rooms.



Thank You! to all our families who have sent items for our community Food Bank! We have collected a huge amount of goods to help those who are in need in our community. Furthermore, what an excellent example for our students!

Progress Reports are coming home on Wednesday, **November 20th**. These reports will let you know if your child is progressing as expected in Language and Mathematics and if there are difficulties in any other subject. The focus of the Progress Reports is Learning Skills. As educators, we believe that if the learning skills are well developed and reinforced with good habits, academic achievement is likely to follow. This is why the first reporting is focussed on these very important skills.

Parent teacher interviews

Parent Teacher Interviews will take place on **Thursday, November 28th from 3:50-8:00 pm** as well as on **Friday, November 29th during school hours**. Parents will be able to book an interview time online, starting November 20th until November 27th at noon. Please go to www.ugdsb.ca/pti/ for bookings. You will need your child's OEN, which you can find on any report card from any year, located at the top of the front page.

Lost and found

We have already collected a sizeable amount of lost items. These will be displayed on tables in the Main Foyer during PTIs. Please take a look and claim any items that belong to you. After November 30th, the contents of the Lost and Found bin will be donated to goodwill.

Feedback welcome on draft board policies

The Upper Grand District School Board is welcoming public input on draft policies.

Currently under review is:

213 – Code of Conduct

This policy is important to students, staff, school councils, parents, and community members because everyone plays a role in maintaining a healthy and safe learning and working environment in our schools.

You are invited to review the draft documents and submit online feedback at

www.ugdsb.ca/board/policy. The deadline for public input is November 21, 2019 at 4 p.m.

EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

Monthly environmental activities to help celebrate our planet



Friday November 29th is BUY NOTHING Day!

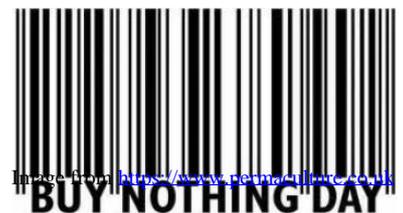
Don't buy, give. "No one has ever become poor by giving"

Anne Frank

Observe Buy Nothing Day on November 29th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States and Canada.

<https://en.wikipedia.org>



"We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption."

Dr Kirsten Brodde of Greenpeace Germany- <https://www.telegraph.co.uk>

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, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new 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>

Talking About Mental Health November 2019 – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much-needed down time from screens. Adding some time in nature is having some much-deserved peace and quiet in our busy lives. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

GO OUTSIDE! Take your kids outside! Enjoy and be part of nature.

Try this:

Go for a walk

Head for the woods – make a scavenger hunt

Go birdwatching – make it a game to find the names of all birds you see

Go on a bug hunt

Watch the clouds float by

Make a game of identifying all the sounds you hear outside

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

*Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board
Follow me on Instagram #upper_grand_mental_health*

Information from Public Health:

Free dental care for children and youth (17 and younger)

Oral health is an important part of a child's overall health and wellbeing. If you cannot afford dental care for your child, Public Health has programs that can help.

Public Health offers free preventive dental care at locations across Wellington-Dufferin-Guelph for eligible children and youth. Our dental hygienists will check your child's mouth for oral health concerns, clean their teeth, apply fluoride and sealants and teach them how to brush and floss.

Dr. Baseer Mohammed ("Dr. B") provides free dental care including check-ups, x-rays and treatment to children and youth enrolled in the Healthy Smiles Ontario program. He is located in Guelph (160 Chancellors Way).

If you have this card and do not have a family dentist, call the Public Health Dental Line at 1-800-265-7293 ext. 2661 to book an appointment. If your child has a dental emergency and you cannot afford their dental care, call Public Health for help.

Get your Flu Shot!

As a parent, you are at risk of exposure to communicable diseases because of your close contact with children. Children under two years of age are the most susceptible for hospitalization related to flu and flu related complications, while 5-9-year-olds are the most likely to spread the infection. Flu immunization is available at your local pharmacy, physician's office, or Public Health office and is suggested annually for everyone 6 months of age and over.

NOTE: Pharmacies will not provide immunization for children less than 5 years old. Public Health and your family physician offer flu vaccines to all ages.

*FluMist is not available for this flu season. *

If you have any questions related to the benefit of immunization, please call 1-800-265-7293 ext. 4746

PARENT TIP - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832-CMAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf>