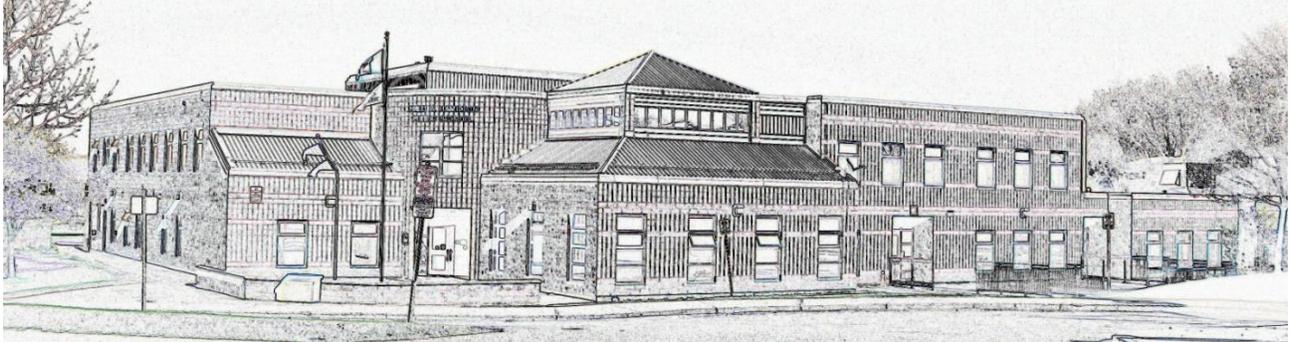


ÉCOLE FRED A. HAMILTON



Jane Bibby, Principal
160 Ironwood Road, Guelph ON, N1G 3R4

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October 2015 Newsletter

Principal's Message

September has flown by here at École Fred A. Hamilton. In September, we had a fire drill and a tornado drill just to be certain that all students are aware of these important routines in case of emergency. The Police have been in to do training with our street and bus patrols. Classroom and recess helpers for Kindergarten have been trained and are in place. Everything is in place for a fun and a safe school year.

On Thursday, October 1 we had our Family Carnival and our first School Council meeting happened earlier in September. It was wonderful to see so many families here getting involved in their child's school life. Research shows that higher parent involvement results in higher student achievement at school. Coming to events like this one and taking part in School Council are good ways to do this, but reading the agenda daily and asking questions about the learning that is going on in the classroom are also very, very important. I wish to thank our families for their excellent involvement and support as we all work to help our kids be all that they can be.

I hope everyone has a wonderful month.

Sincerely,

Jane Bibby
Principal

Bus Information

<http://www.stwdsts.ca/>

This is the website for the Wellington-Dufferin Student Transportation System. This is where you can see if buses are running late or cancelled. You can also find contact information if you have any bus-related concerns.

We would ask that you contact the Transportation System anytime there is a change in your child's bus routines. We get our information about who is on and not on the bus from Transportation. It is very important that you contact them whenever there are changes. Thank you.

Outdoor Clothing

Now that days are getting cooler and wetter, please remember to send one or two extra pairs of socks to school for students to change into if their feet get wet outside. Rubber boots and warm layers are also a good idea. We will be playing outside even in light rain, so a raincoat is definitely a necessity. Any students who forget their raincoat at home may borrow a plastic rain poncho from the office for recess.

Allergies

We have students here at École Fred A. Hamilton who have life threatening allergies to a number of different foods: peanuts, tree nuts, eggs, dairy products, bananas, and others. We ask that you follow the guidelines sent home by your child's classroom teacher that explains the restrictions in your child's classroom (if any). While it may be inconvenient to have to avoid certain favourite foods at school, it would be devastating for one of

our students to experience an anaphylactic reaction to something brought to school by a classmate.

Lunch Routines

These are the expectations we have of our students during nutrition breaks.

Pendant la collation et le dîner...

Reste à ta place
Parle doucement
Ne partage pas ta nourriture
Respecte des adultes en charge
Demande la permission avant d'aller
aux toilettes
Attends la permission avant de
sortir pour la récréation
Mets tes déchets dans la poubelle
avant de sortir de la salle de classe
Laisse ton pupitre propre



School Council

We had a fantastic turn-out at our September School Council meeting. I hope that those people and any other members of our school community who are interested will be able to join us on Thursday, October 15th in the school library for our next meeting.

Student Punctuality

Being on time is an important life skill that we encourage our students to develop. When students arrive on time, they have a chance to transition into the school day, they hear the announcements and all of the

instructions for the day, and they are able to be fully prepared for learning. As well as benefiting their own learning, arriving on time eliminates the disruption that a late arrival to class causes, which means that everyone can have the greatest chance of success at school.

Reading Tutor

The Ministry of Education provides funding for us to offer extra support for some students in reading. We have hired Kris Sturgeon to work with our children again this year. Mme Sturgeon is one of our regular lunch supervisors and she was our Reading Tutor last year, so she knows our students well. Mme Sturgeon has participated in training for this position and is excited about supporting our students in reading.

School Handbook

Our School Handbook is on our website and it includes school routines and guidelines as well as our Code of Conduct. Please read and review this Handbook. It is a great source of information about our school.

Morning Drop-off

The safety of our students is our primary concern. Please help us to keep everyone safe by trying to park on the south side (school side) of Ironwood Road when you bring your child to school by car. Getting out on this side of the street means that your child will not have to cross Ironwood Road. If, however, there is no parking on the school side of the street, then you may certainly use the little parking lot in the park at the bottom of the hill just down from the school. Your child can walk along the sidewalk on the north side of Ironwood and

cross with the school safety patrol just in front of the school.

Thank you for supporting our efforts to keep all of our children safe.

The Apples are Back Again!

The Fred A. Hamilton School Council is running the apple program again this year.

Students who are hungry are welcome to go to the office during the school day to pick up an apple from the basket there to tide them over until their next meal.

Our apples are purchased at the Guelph Farmers Market directly from the family that grows them.

Blue Jay Fever

Have you caught Blue Jay Fever yet, or are you already thinking about the NHL pre-season? Maybe you're not a sports enthusiast, and instead are busy taking your children to dance, swimming or music lessons. Whatever the case, why not incorporate math into these afterschool activities? Here are some quick and easy connections to share with your children on those early mornings, after school or late night drives that connect math to our everyday lives.

1. Batting average

This number tells fans how many times a player gets a hit compared to the amount of times he gets up to bat. Simple division is used to figure out a batting average. For each game divide the number of hits the player gets by the number of times he is at bat. The answer should result in a decimal answer. (For

example: Bautista gets up to bat 8 times, but he only hits 5 times. The equation would be 5 divided by 8 giving a batting average of 0.625.)

2. **Staying out of the penalty box**

Which fraction is largest: $5/4$, $4/3$, $3/2$ or $2/1$? If the Leafs have a 5 on 4 advantage, and Phaneuf has to decide whether to draw an opponent away from the play, it's important for him to know that $4/3$ is a larger fraction than $5/4$. Math tells us that 4 skaters have a better advantage over 3 than 5 skaters have over 4.

3. **Patterns in Music**

Musical pieces often have repeating choruses or bars, similar to patterns. In mathematics, we look for patterns to explain and predict the unknown. Music uses similar strategies. When looking at a musical piece, musicians look for notes they recognize to find notes that are less familiar. In this way, notes relate to each other. Relationships are fundamental to mathematics and create an interesting link between music and math. Listen carefully to the music next time. You'll definitely hear the patterns!

4. **Swimmingly Mathematical**

Speed of swim (measurement of distance and time), surface area of palm (area measurement of odd shape), kicking angle of the legs (trigonometry, angle), rhythm of the stroke (sequence, counting, pattern sector), and breathing (volume of air required, space measurement) are all about the math!

5 **The Science of Dance**

There's the symmetry (between arms and legs, but also between bodies and within a single body), counting, rhythm, momentum, mass, connection, sequence, and shape. Every area of math can be expressed with the human body.

Source: <https://www.google.ca>

**Go Math Go! Go Math Go! Go Math
Go! Go Math Go! Go Math Go! Go
Math Go! Go Math Go!**

**October's Environmental Theme:
PROTECT OUR EARTH**

This year we will challenge ourselves to LIVE green every day, because one small change one day at a time adds up to a world of difference. The environmental theme for September is sustainability. 'Sustainability' means protecting our Earth and using Earth's natural resources carefully, like forests, water, minerals, and fossil fuels.

Part of living in a sustainable way is using, buying and eating only what you really need. This saves resources and cuts down on waste too. For example, do you really need a new pencil case or pencil crayons or a brand new eraser every year, or do your old ones still work? Do you throw your leftover lunch items in the garbage at school, or do you take them home and eat them for a snack after school? Do you buy vintage clothing or wear hand-me downs? Do you eat meat every day, or do you eat vegetarian at least once a week, like those who have accepted the 'Meatless Monday Canada' challenge.

To find out how carefully you use the Earth's resources, Google the

following words: “zero footprint calculator” and take the footprint calculator quiz. It will tell you how many Earths we would need to survive if everyone lived like you!

Slogan of the month: Sustainability – choosing to live better with less!

Talking About Mental Health!

Welcome to the new school year! My name is Dr. Lynn Woodford and I am the Mental Health and Addiction Lead for the school board. Every month I write a column for school newsletters about mental health and provide strategies and resources for families.

Hope that the transition back to school has been a positive one for you and your family. If your child or youth is experiencing any challenges with the transition back to school, please talk to your child or youth’s teacher or administrator.

The UGDSB has many resources available on its website: <http://www.ugdsb.on.ca/> for parents and students to access. To access these resources: click on the Parent tab then click on the Mental Health Tab. There is also a Student tab with a Mental Health tab, which you can share with your children and youth.

Once you are on site, you will find information about local mental health and addiction resources:

- Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHA WWD)
 - To access Addictions, Mental Health (including eating disorders and first episode

psychosis) and Crisis Services (Guelph/Wellington for Children/Youth and Guelph/Wellington/Dufferin for Adults) contact:

- HERE247 at 1 844 437 3247 (1 844 HERE247)
- www.here247.ca
- Walk in Services on Tuesdays for Children/Youth 1:30- 7:00
 - 485 Silvercreek Pkwy, Guelph
- wwd.cmha.ca
- Dufferin Child and Family Services (Services for Children/Youth in Dufferin County)
 - To access Addictions, Mental Health and Crisis Services
 - 519-941-1530
 - Talk in Services on Tuesdays 1:00- 7:00
 - 655 Riddell Road, Orangeville
 - <http://dcafs.on.ca/>

There is an Access to Mental Health Resources document that provides more details about counselling and supports in Guelph Wellington Dufferin.

There are also links to useful websites with information for parents about mental health and addictions such as:

- Kids Help Phone (1 800 668 6868) www.KidsHelpPhone.ca provides phone and web counselling for youth under the age of 20. Support is free, 24/7, anonymous and confidential.
- The ABCs of Mental Health <http://www.hincksdellcrest.org/ABC/Welcome>

provides information related to different mental health concerns, according to developmental ages.

Hope these resources are helpful for you and your families. Hope you have a wonderful fall!

My Healthy Mind

A MIXED-MEDIA CONTEST

FOR YOUTH AGED 10-25 YEARS
in Guelph and Wellington County

In celebration of Norfolk Psychological Services' 10th Year Anniversary

- Tell us what it means to YOU to have a "healthy mind" through essay, poem or art.
- Free medium pizza for all contestants.
- Celebration and Awards Ceremony on Nov 19, 2015. Door prizes available!

WIN
Cash and Gift Prizes!

ENTRIES DUE BY OCTOBER 23, 2015

For details go to:

f www.facebook.com/myhealthymindcontest
www.norfolkpsych.com


NORFOLK
Psychological Services
Psychological Services of Guelph


Domino's
Pizza

Important Dates for this Month

Oct. 1 – Terry Fox Walk

Oct. 1 – Family Carnival

Oct. 12 – Thanksgiving (no school for staff and students)

Oct. 30 – PA Day (no school for students)



THE GLOBE AND MAIL
SEPT.18/15

PARENTS AND EDUCATION

Are split grades something to worry about?

DEIRDRE KELLY

When Shari Smith found out in June that her son would enter a split-grade class at his Toronto elementary school come September, she was the one who felt divided.

The mother of three had prior experience with split classes, most of it positive, her two older children having previously passed through them with flying colours. But her youngest, she says, is different, which is why last week when school reconvened for the new academic year she felt anxious.

"He has troubling focusing," she says. "He's the kind of student who needs a teacher closely monitoring him, which I worry can't happen in a split-class situation."

But experts have a message for her: Relax. While parents often fret that multigrade classrooms will have a detrimental effect on their children's education, they have little to worry about, the experts say.

Split-grade elementary classrooms are becoming more common as declining enrolment in many cities across Canada results in fewer teachers being hired. Individual schools have to balance their annual enrolment figures with the number of teachers allocated to them by their respective school boards.

Although public teaching unions are against the practice, education authorities such as Ontario's Ministry of Education and the Vancouver School Board cite studies backing split grades; in particular, a 1999 research paper by Joel Gajadharsingh of the University of Saskatchewan, which concluded that students in combined classes do just as well as those in single grades, with some actually performing better in core subjects such as language and math. Other studies have shown that children in older grades are not held back and neither are children in lower grades forced to work beyond their level. Children who find it hard to focus can get the attention they need, both from their teacher and their older peers.

"Often when it comes to our children's education, parents have an instinctive feeling of what must be true, in this case that split classes are bad, but those instincts aren't always backed up by evidence," observes Annie Kidder, executive director of and co-founder of People for Education, an Ontario-based organization that supports public education in Ontario's English, French and Catholic school boards. "And the evidence is that there is no negative impact on academic success."

In Canada, more than 20 per cent of students are registered in split classes, and that number is growing. Around the world, split classes are also a growing phenomenon in countries as diverse as Australia, France, Switzerland and the Netherlands. New Zealand, which has the highest literacy rate in the world, routinely groups together children of different ages in the same classroom.

"The ability to relate to others, to communicate ideas and express feelings is better in multigrade classrooms," emphasizes Ms. Kidder. "Non-cognitive learning is enhanced."

Brigitte Foisy would second that. The Quebec-born mother of a 13-year-old son credits a combined classroom for giving her child the self-confidence he lacked when in a single-grade class. "He was a boy who didn't make friends easily, but when he was part of the older grade in a split classroom, he started helping the younger ones and this gave him a tremendous sense of responsibility that has stayed with him ever since," she says. "The experience developed in him leadership skills and really helped his self-esteem. It also made him a better student."

Montessori schools have long recognized the benefits of multiage classes, making them the foundation of their educational programs.

But while there are compelling philosophical reasons for combined classrooms, in Canada the increased presence of split grades is often an organizational issue.

"It's defined by the numbers," says John Smith, president of Elementary Teachers of Toronto, the union representing 11,000 elementary public school teachers in Canada's largest city, referring to the fact that enrolment variations are what usually lead to combined classes.

As to the effect on teachers, Mr. Smith says: "There's a heightened workload and really only experienced teachers should be teaching them."

The labour leader would like to see split classes abolished for grades 3 and 6, the years standardized tests are administered in Ontario (as well as some other provinces), for potentially being even more onerous for his members. "It's what our union is trying to do," he says.

Bessie Anastopoulos has been teaching split classes for most of the 20 years she has been an elementary school teacher with the Toronto District School Board and agrees that, for teachers, combined grades pose a challenge. But they are increasingly a fact of life, she says, because of funding issues, which also lead to increased class size.

"I think if you asked most teachers they'd probably say they would prefer a straight grade, but the fact of the matter is, whether a straight or a split, the teaching is the same," Ms. Anastopoulos says.

Differentiated instruction, or teaching adapted to the needs of individual students, is now the norm in most school boards across Canada, from British Columbia to Nova Scotia, making a discussion of split classes, in her opinion, more complicated. Even in a straight grade, Ms. Anastopoulos says, a teacher is split a hundred different ways while catering to the variety of learning styles in the classroom.

"Differentiated instruction is when a teacher varies his or her teaching in order to provide the best possible learning experience for all students because the reality is you have a wide variety of levels in the classroom and you need to meet the needs of all children," Ms. Anastopoulos explains.

"It's not a cookie-cutter style of teaching any more, where you just teach to the average child, so it doesn't matter if it's a split class," she concludes. "Even in a straight class the students will be at different levels. Your job as a teaching professional is to help all of them reach their personal potential."

The Special Education Advisory Committee (SEAC)



The Upper Grand District School Board has established a Special Education Advisory Committee (SEAC) in accordance with the Education Act. SEAC is made up of local parent representatives of Provincial Associations, two school trustees and interested local community representatives.

SEAC members receive orientation and training to become informed on important topics in Special Education:

- Sections of the Education Act relating to Special Education
- Regulations and Ministry memoranda
- Board policies regarding Special Education
- The Board Special Education Report
- Roles and responsibilities of SEAC
- The funding of Special Education

What does SEAC do?

- Makes recommendations for the establishment, development and delivery of Special Education programs and services for exceptional pupils in our Board.
- Participates in the Board's annual review of its Special Education Report.
- Participates in the Board's annual budget process and financial statement review as they relate to Special Education.
- Provides information to parents, as requested.
- Supports the Special Olympics Annual Track and Field day.

Procedures for Selecting Members

- nominations from local associations
- approaching local chapters of provincial associations for suggestions
- writing a presentation that can be shared with parent councils, families of schools, etc. to get the information about SEAC into the community

Meeting Times and Dates

The SEAC meets on a regular basis. Meetings occur on the second Wednesday of each month at 7:00 p.m. at the Upper Grand District School Board office at 500 Victoria Road North, in the Board room. Meetings are open to the public. Members of the public should contact Program Services (Krystyna Gazo at 519-941-6191 ext. 254) to confirm the time, date and location of the meetings.

Further information regarding SEAC, as well as Special Education in Upper Grand District School Board can be found on the [UGDSB Special Education Plan.](#), as well as the [Board website](#)

CHILDREN & YOUTH FALL PROGRAMS 2015
HELD AT
WELLINGTON CENTRE FOR CONTINUING EDUCATION
1428 Gordon St., Guelph

To Register Call: **519-836-7280** OR Online: **www.learningforyou.ca**

Programs		Age	Dates & Times	Description	Fee
A R T	Art & Beyond	11 +	Thurs Oct 15, 8-8:15 pm, 8 Wks	For the mature artist.	\$80
	Art Attack	4-8	Thurs Oct 15, 5-5:50 pm, 8 Wks	Designed for the creative young artist to produce amazing art work.	\$60
	Cartooning & Sculpting	7-12	Thurs Oct 15, 6-6:50 pm, 8 Wks	Animated cartooning characters on paper and 3D sculpting.	\$60
	Painting Extravaganza	8-14	Thurs Oct 15, 7-8 pm, 8 Wks	Variety of art mediums used.	\$60
Babysitting		11+	Fri Oct 30, 9-4:30 pm, 1 Day Fri Nov 27, 9-4:30 pm, 1 Day Mon Dec 21, 9-4:30 pm, 1 Day	Red Cross, certificate course. Learn basic skills in order to care for infants & children up to school age.	\$60
Badminton		9-14	Tue Oct 13, 5-5:50 pm, 8 Wks Thu Oct 15, 6-6:50 pm, 8 Wks	Learn skills and be prepared to rally.	\$55
Dynamic Dance		5-7	Tue Oct 13, 5-5:50 pm, 8 Wks	Dancing from ballet, contemporary and hip hop. No dance experience required.	\$60
Dynamic Dance		6-9	Tue Oct 13, 6-6:50 pm, 8 Wks	Dancing from ballet, contemporary and hip hop. No dance experience required.	\$60
Kiddie Kickers		3.5-5	Thu Oct 15, 5-5:45 pm, 8 Wks	Learn basic skills and team cooperation.	\$55
Kids Only Cooking		10-15	Thurs Oct 1, 6-8:15 pm, 3 Wks Location: College Heights S.S.	Chef Susan will teach the basics of cooking from scratch.	\$140
Soccer-Indoor		4-8	Tues Oct 13, 6-6:50 pm, 8 Wks	Learn basic rules and skills.	\$55

View Course Guide online
www.ugdsb.on.ca
www.ugdsb.on.ca/kids

Chromebooks in your public library!



Upper Grand students can now get a Chromebook to do assignments after school, evenings and Saturdays

