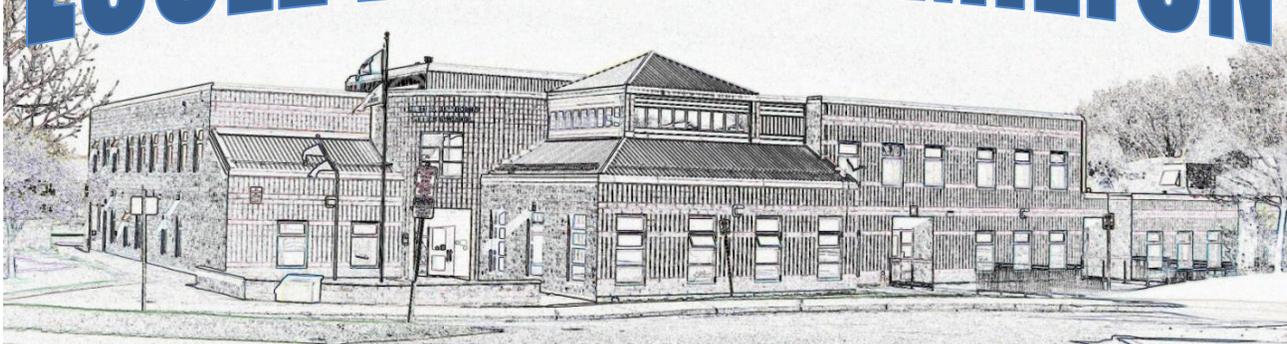


ÉCOLE FRED A. HAMILTON



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December 2015 Newsletter

Principal's Message

December promises to be a busy but fun month here at school. Our Winter Fun Night and Art Show will take place on the 3rd along with the winter book fair. IEPs will go home on the 4th and reports on the 11th; junior students will play in a volleyball tournament and a couple of school trips will take place. Chess Club and Leadership Club will continue to meet, and students will be encouraged to bring non-perishable food items or warm winter clothing to donate to the Food Bank to support those who could use a boost.

Thank you's are due to our whole school community. The support for our Dance-a-thon and the Acorn card and gift fundraisers has been amazing (about \$5000 raised!). Money raised by School Council will support Music programs and our playground renewal project. Merci!

Classes will be celebrating seasonal holidays over the next month. If your family celebrates at this time of year, then please consider sharing your traditions with your child's teacher. We are all richer when we learn about the customs and beliefs of others. It helps us to be more tolerant and more inclusive.

I hope that you and your family and loved ones enjoy a lovely holiday in whatever way is right for you.

Wishing you peace and love and joy,

Jane Bibby
Principal

Important Dates for December

3rd – Winter Fun Night and Art Show
4th – IEPs go home
8th – Volleyball tournament
11th – Progress Reports go home
15th – Celebration Assembly #1 (8:45 AM)
17th – Celebration Assembly #2 (11:05 AM)
19th – Last day before Winter Break

Weekly Events

Tuesdays – Booster Juice
Wednesdays – Mad Science
Thursdays – Pita lunches; Leadership Group
Fridays – Pizza lunches



Kindergarten Registration



Parents who have children coming to kindergarten next year will need to have birth certificates and

immunization documentation ready for the first week of February in order to register their child. If you don't have this documentation now, then you have time to get things in order before February.

Children eligible to attend Junior Kindergarten starting in September 2016 have to have been born by December 31, 2012.

Snack Program

We have a snack program that is funded by Food and Friends, Children's Foundation and various donations. This program is not only for those who can't afford food from time to time, but also for children who are sometimes still hungry after eating all their own food. Lately, we have noticed that there are quite a few students who are needing a little extra for their lunch. If possible, talk to your child to see if s/he needs a little more. We have growing children!



Inclement Weather Information



As the weather conditions become more wintery, please make sure to listen to the radio (106.1 FM) for up-to-date information about

delays or cancellation of buses. If your child takes a bus, then you can register with the Transportation Consortium to receive notifications of any changes in bussing. Anyone can check the [Transportation website](#) for information about bussing and school closures.

If your child takes the bus and they are cancelled, then you do not need to call the school. Only call if your child is ill or going to be late.

Dress For the Weather!

Colder weather is here! At FAH, we go out for recess in all but the most extreme weather.



Fresh air and a chance to run around are not only fun, but healthy. It allows kids to burn off some energy and then they can focus and learn much more effectively after the recess break.

This means that children should come to school with warm coats, hats, mitts, snow pants and boots. A change of socks and an extra pair of mitts are a great idea because things can get wet at first break and then second recess is a little less comfortable if there is nothing dry to put on. In very cold, windy weather, then a scarf will keep delicate faces covered and safe from frostbite.

If you are having trouble providing your child with warm winter clothing, then please call the Principal (ext. 223) so the school can help.

Let it snow!

Online payments

You can go online now to order lunches starting in January.

A reminder that payments for field trips can be done online too, but a parent or guardian must still sign the blue form and send it back to the teacher.

Technology



The Upper Grand District School Board now has Chromebooks for student use in all 25 public libraries across the district.

The program first launched in April at three pilot sites within the Wellington County library system and has grown to include all 25 public library branches that serve our region.

Each branch has been outfitted with five Chromebooks that are available exclusively for Upper Grand students to access and complete their homework and assignments.

For more information, visit the board website at ugdsb.ca.

Violence Threat Risk Assessment Protocol (VTRA)

The Upper Grand District School Board is committed to providing safe learning environments for all students, staff, school visitors, and community members. When a student behaves inappropriately, Principals use progressive discipline to help a student take responsibility for their actions, change their behaviour, and learn from their mistakes.

When safety is threatened by the potentially violent or dangerous behaviour of a student, which places either the student or others at risk, school staff follow specific protocols for the protection of all. It is important that you and your children are aware of these protocols.

For more information, please visit the board's website:
<http://www.ugdsb.on.ca/parents/article.aspx?id=51057>

December's Environmental Theme: WATER POLLUTION

Water might seem like an endless resource. It covers more than 75% of our planet, but only 1% of the water on planet Earth is fresh, usable, and drinkable. The rest is either saltwater or frozen. And now the 1% that is drinkable is being threatened by pollution because of humans.



We need to conserve the water that exists on planet Earth. Did you know that almost 1 billion people do not have access to clean water? That is really hard for us to understand because Canada's most valuable natural resource by far is freshwater. While we have only 0.5% of the world's population we have approximately 20% of the world's fresh water resources. But unfortunately Canada is also one of the highest fresh water users in the world. Of 29 nations studied, only the United States uses more water than Canada on a per capita basis. Canada's consumption is an alarming 65 per cent above the average!

What are some of the ways we can reduce water pollution? At home, purchase environmentally friendly, non-toxic cleaning products. Or clean with baking soda, lemon or vinegar. Conserve fresh water by collecting rainwater in barrels. Use it to water

your lawn and garden or even indoor plants. Don't pour chemicals or paint or oil down the drain, and especially not into the storm drains on the street, as it goes directly back to our rivers and lakes. Using natural products that are biodegradable, for example, is a great way to go. Most importantly, don't waste the clean water that we have. Turn off the taps when you brush your teeth, take shorter showers, and know that lawn watering is now no longer cool!

Slogan of the month: Conserve our water - it's all we have!

Supporting Students who are Gifted

In order to be successful at school, all students need support from teachers, classmates, family, and friends. Some students require supports that go above and beyond what are ordinarily received at school. In Ontario, children who have behavioural, communicational, intellectual, physical or multiple exceptionalities, may receive special education supports when their needs are not met through regular classroom instruction and assessment. Students who are gifted are one of the groups who receive additional supports in Ontario schools due to their special intellectual learning needs.

The Ontario Ministry of Education sets out the definitions school boards must use to identify an exceptional student. Giftedness is defined by "an unusually advanced degree of general intellectual ability that requires differentiated learning experiences of a depth and breadth beyond those normally provided in the regular school program to satisfy the level of educational potential indicated." At the Upper Grand District School Board, a group ability test is done in grade 3 under the supervision of a school psychologist. Students who score at, or above, the 98th percentile are considered to be gifted. An individually administered intellectual test done by a registered psychologist can also be used to determine if a student has a full scale I.Q. at, or above, the 98th percentile.

The Upper Grand District School Board supports students who are gifted in a variety of ways. Many students are successful in their regular classes when an individual education plan is put in place to support learning in terms of depth and breadth of the curriculum. Through this type of programming, students are challenged to reach the high level of thinking and reasoning that is associated with their intellectual potential. However, some students struggle to

thrive in a regular classroom. They may be recommended by their school to attend a special education class for students who are gifted. In these special classes, students work on grade level curriculum, but are provided extensions in breadth and depth of the curriculum. The criteria for these classes include an assessment that indicates a cognitive ability at, or above, the 98th percentile. The student must also demonstrate academic achievement at or beyond grade level in writing and math, and a reading ability at or above two grade levels beyond the current grade. If parents agree that this is a good option for supporting their child, the student may attend this program for one or more years in Grades 4 through 8.

More information about giftedness can be found through The Association of Bright Children of Ontario (www.abcontario.ca). For more information about the supports offered to students who are gifted at the UGDSB, talk to your child's classroom teacher, the special education resource teacher at the school, or the principal or vice-principal. The Board's Special Education Plan and Reports are also available online on the UGDSB website (www.ugdsb.on.ca) and provide details and in-depth explanations of special education at the UGDSB. The Ontario Ministry of Education also provides information for parents about special education supports on its website (www.edu.gov.on.ca/eng/parents/speced).

Talking About Mental Health

31 Days of Taking Care of Ourselves



In December, as the days get shorter and colder, we all need to take some time to do something good for ourselves. Taking a little time each day to take care of ourselves makes so much difference to keeping in

good mental health. You may choose to do some activities on your own or with your family or with a friend. Try one or a few or try them all. Enjoy!

December 1 : One Minute – Take deep breaths, in and out, for one minute.

December 2 : Two Minutes – Smile at yourself in the mirror.

December 3 : Three Minutes – Listen to a favourite song.

December 4 : Four Minutes – Eat some fresh fruit.

December 5 : Five Minutes – Light a candle and quietly watch the flame.

December 6 : Six Minutes – Sit quietly for six minutes.

December 7 : Seven Minutes – Enjoy the taste of a holiday snack.

December 8 : Eight Minutes – Spend fun time with someone who is a person or pet.

December 9 : Nine Minutes – Think of the best things that happened this week.

December 10 : Ten Minutes – Take some time out with a cup of tea. Sip slowly and enjoy.

December 11 : Eleven Minutes – Sing along with your favourite songs.

December 12 : Twelve Minutes – Send an email to a friend setting up a time to meet up during the holidays.

December 13 : Thirteen Minutes – Draw, paint or doodle.

December 14 : Fourteen Minutes – Go outside and breathe in the cool, crisp air.

December 15 : Fifteen Minutes – Read a favourite story.

December 16 : Sixteen Minutes – Call or skype with someone.

December 17 : Seventeen Minutes – Do something active: dance, walk, run, skip, play.

December 18 : Eighteen Minutes – Make a cup of hot chocolate and pay attention to the flavor and warmth as you sip– add marshmallows if desired.

December 19 : Nineteen Minutes – Help someone else out who needs some extra help in the holidays.

December 20 : Twenty Minutes – Watch the sunset on the shortest day of the year.

December 21 : Twenty One Minutes – Enjoy the holiday decorations in your neighbourhood.

December 22 : Twenty Two Minutes – Reflect on traditions you have enjoyed or currently enjoy.

December 23 : Twenty Three Minutes – Make your favourite meal and enjoy every bite.

December 24 : Twenty Four Minutes – Enjoy a bubble bath or extra long shower.

December 25: Twenty Five Minutes – Take a walk to appreciate nature and being outside.

December 26: Twenty Six Minutes – Take a nap, lie down and take a rest.

December 27: Twenty Seven Minutes - Watch your favourite TV show that makes you laugh.

December 28: Twenty Eight Minutes – Spend time with friends or family.

December 29: Twenty Nine Minutes – Go to the library and take out a new book, CD or DVD.

December 30: Thirty Minutes – Take some time to do a hobby or something you enjoy that you have not done for a while.

December 31: Thirty One Minutes – Make a list of all the things you were grateful for this year.

*Dr. Lynn Woodford, Psychologist, is the Mental
Health and Addiction Lead for Upper Grand District
School Board
Follow me on twitter: @drlynnwoodford*



LES CHEVEUX FARFELUS!



