



# École FA Hamilton

## January 2017

### Newsletter

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## Important Dates

**Jan. 9** - Back to school; JK 2017 registration window opens

**Jan. 19** - Grades 2, 3, 4, 5 - safety visit from Police; School Council at 6:30 PM in the library

**Jan. 20** - Milk orders for February due; Talent Show (1:30 - 3:00 PM)

**Jan. 26** - JK registration window closes at 4 PM; Grs 1 & 2 to River Run (12:30 PM); RETRO NIGHT (4:30-7 PM)

**Jan. 27** - PA Day (no school for students); Pizza orders for February due

Wednesdays - Lunch Lady lunch

Fridays - Pokémon Club & Pizza lunch

[Click here to see our whole calendar!](#)



## Bus Cancellation Procedures



There are several ways you can find out if the buses are cancelled. You can check the transportation website; you can follow the Transportation Consortium on Twitter; and you can listen to the radio.

Transportation website - <http://www.stwdsts.ca/>

Follow on Twitter - [@stwdsts](#)

Listen to the radio - FM 106.1 or AM 1460

If you choose to drive your children to school, then you must also pick them up by 3:10 PM. If there are no busses in the morning, then there will be no busses in the afternoon, even if the weather has improved. You are responsible for picking up children by the end of the school day - grs. 1-6 at the back, K's at the side. If you are not able to pick up your children by 3:10 PM, then you will have to keep them home for the day. Unfortunately, we do not have staff available to supervise children after the bell.

In the morning, if you are driving children to school, then the procedure will be different on a no-bus day. You will be allowed to enter the parking lot to drop-off your children. You may not park in the lot, but you may pull up to the sidewalk and let your children hop out. There will be staff there to make sure students go safely to the appropriate area. If you want to walk your child to the back of the school, then you will still have to park on the road like normal.

# Change of Pick-up Plans

Please read this carefully so you are aware of the procedure for changing pick-up plans at the end of the day.

If your child normally walks and you will be picking up, then please write a note to the teacher in the agenda indicating that you will meet the child at the back of the school at 3:10 PM. Likewise, if your child normally takes the bus and you will be picking up, then please write a note to the teacher in the agenda indicating that you will meet the child at the back of the school at 3:10 PM.

If someone other than you is picking up, then your child will be sent to the office and will be released to the designated adult after showing Mme Manni some ID to prove they are who they say they are.

If there is no note in the agenda, nor a call to the main office outlining the new plans, then your child will be sent home following the normal routine. We cannot rely on children to tell us if there are special dismissal plans for them because they are often a bit mixed up when it comes to scheduling, and we don't want to risk an unsafe or inconvenient situation for children and their families.



## Tobogganing Safety

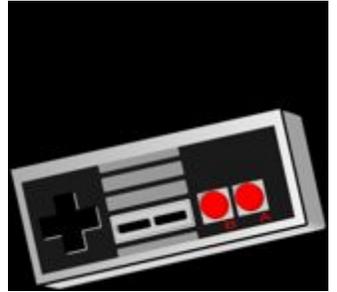


In order to comply with safety guidelines outlined by OPHEA, students at FAH will not be permitted to sled or toboggan at recess. Teachers may choose to take their classes out to slide during DPA, and students may bring sleds or toboggans from home for those times. GT snow-racers, inner tubes and plastic discs will not be allowed because they are either very heavy or difficult to control.

**It is strongly recommended that students wear a CSA approved hockey or snow sport helmet while tobogganing.**

## Retro Night

We are hosting our second annual Retro Night from 4:30 p.m. - 7:00 p.m. on Thursday, January the 26th! M. Adams will drag all his ancient video-game systems out of mothballs and set them up ALL over the school (NES, Genesis, ATARI, gamecube, wii, etc.). We will also have some board games set up in one classroom for our less screen-interested friends! Pizza will be for sale ahead of time, as well as a collection of retro-themed treats. This event will raise money to buy our new Leadership Team T-shirts for 2016/17, and if we are lucky, some cool new leadership resources.



## Reading Tutors Wanted!



Make a real difference in a child's education by working as a Reading Tutor. We ask for at least an hour two or three times weekly. The schedule is very flexible. Please contact Mme Cantin at the school if you are interested.

**Many thanks to Nikki Cotie, Alexis Arbuthnott and Jillian Crocker who worked with students this fall!**

## Dance Program at FAH

Later in January, DancEd will be back at Fred A Hamilton to teach our students dance. Last year, every class participated in the program and presented hip hop dances to families at the end of the two weeks. This year, our students will be learning brand new dance routines that go with movie music! Soon after we come back from the break, Mme Manni will set things up so that you can pay for the program online. The cost per student for two weeks of daily instruction will be \$15.00. There will be a performance for families to attend on Friday, February 10th at 1:30 PM.



# Social Skills Program Update



Our grade 1-6 students continue to participate in lessons that explicitly teach important social skills. I hope you'll ask your child about these lessons and continue the rich conversations that will begin in the classroom at home around the dinner table.

## Grades 1, 1/2 & 2

These students will be working on empathy in a number of different ways. They will:

- Learn about situational cues that help us identify others' feelings.
- Work on becoming more aware of their own feelings. Being able to identify our own and others' feeling builds a solid foundation for the development of empathy and compassion.
- Learn that it is okay for people to have different feelings about the same thing so they don't assume everyone feels as they do. This is a first step in social perspective taking and also builds empathy.
- Learn that being inviting and welcoming can change people's feelings and turn a difficult situation around.
- Learn about the importance of accepting responsibility for an accident to prevent others from assuming it was intentional.

## Grades 2/3, 3, & 3/4

These students will be working on empathy in a number of different ways as well. They will:

- Discuss how practice and determination helps us be successful at school - the harder we work, the better we do. Practising helps build student confidence which in turn helps them do their best and feel proud.
- Learn that having empathy helps us notice when others have different preferences than we do. Respecting different preferences helps us get along better with others.
- Work on building their ability to understand others' perspectives. Perspective taking is a critical skill for working in groups, making friends, and successfully resolving interpersonal conflicts.
- Learn that having empathy means showing care and concern for others, which is called showing compassion.
- Work on understanding that if we do something by accident, we need to think about how the other person feels, apologize and offer to help.

## Grades 4/5 & 5/6

The goal of this month's unit is to develop students' ability to manage their own strong feelings before those feelings escalate and result in negative consequences. Students will learn how to

- Disagree respectfully
- Show compassion towards others
- Describe what happens in their brains and bodies when they experience strong emotions
- Identify a personal signal
- Identify and name strong feelings

- Identify situations in which they might need to calm down
- Learn a technique for deep, centred breathing
- Identify and demonstrate other ways to calm down (positive self-talk, counting, break, etc.)

## **Avoid School Suspension by Keeping Immunization Records Up-to-date!**

Student's immunization records must be provided to Public Health in order to attend school. In the next few weeks, Public Health will be sending notices to students with incomplete immunization records. Anyone who gets a notice should contact their family doctor so they can update their vaccines, and then report their new vaccines to Public Health.



Report every vaccine to Public Health using one of the following methods:

- Online: Fill in the form at [www.immunizewdg.ca](http://www.immunizewdg.ca)
- Email: Send a photo of the immunization record to [vaccine.records@wdgpublichealth.ca](mailto:vaccine.records@wdgpublichealth.ca)
- Call: 1-800-265-7293 ext. 4396

If a student is not getting vaccinated for medical reasons, reasons of conscience or religious beliefs, an exemption form must be submitted to Public Health. The forms are available at [www.wdgpublichealth.ca](http://www.wdgpublichealth.ca).

Public Health is committed to helping students to update their vaccination records so they can avoid suspension from school.

## **School Snack Program**



The holiday season is upon us! This time of year allows us to reflect on the past year and think about the new year to come. It is also a time to remember those less fortunate. We must remember all the students who may not have food during the school holiday break. In order to feed all those hungry students when they return to school in January, all of our program coordinators will be turning to supporters to help

fund their program.

Instead of giving a teacher a gift this holiday, you may wish to consider making a donation in honour of them by clicking here. A monthly donation of \$25 will provide 17 meals for hungry students and will also commemorate the Children's Foundation 25th anniversary.

Have a happy holiday season, and thank you for your support!

## Cold Weather

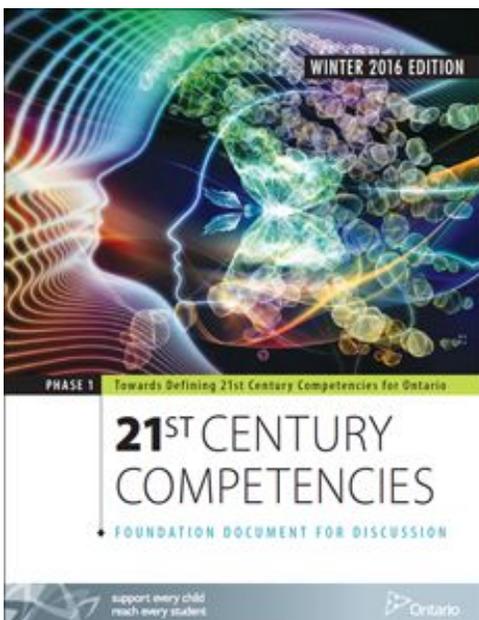
I would like to remind parents and guardians to send their children to school dressed warmly enough to be outside during recess breaks, even on very cold days. It is healthy for children to get fresh air and exercise during the day. It helps them to concentrate and learn better.

Please send a scarf to cover the face, snow pants, a warm coat, a hat, mittens and insulated, waterproof boots. Extra mitts and socks are nice in case things get a little damp at first break and don't completely dry by second break.

If your family is going through a difficult time financially and you need some support to ensure that your children are warmly dressed, then please call me at the school (519-836-0080 ext. 223). There is funding that we can access through the Board to help out.



## Creative Thinking



The Ministry of Education recently released a document entitled *21st Century Competencies* that outlines four key competencies. They include critical thinking, communication, collaboration, and creativity and innovation. The document outlines how these key competencies impact learning in the classroom, in the world, and later in life in careers.

Looking for some ideas to inspire creativity at home? Consider these invitations to create and innovate:

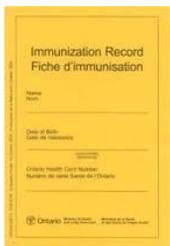
1. Read picture books that promote creative thinking with everyday materials such as *Not a Box* or *Not a Stick* by Antoinette Portis. Then collect some sticks or a few boxes and let your child's imagination run wild!

2. Explore the idea of provocations at home. A provocation is simply putting materials or items together that provoke thinking and curiosity. It could be as simple as a basket of unusual household items (old vinyl records, a variety of nuts and bolts, open-ended building materials, some paper and writing materials, etc.) and asking your child what they might be able to do with these items. Offering similar materials over a period of time allows children to challenge themselves to come up with even more creative ideas using the same things.
  
3. Offer your child a variety of open-ended art materials (markers, watercolours, plasticine, buttons and loose parts, etc.) to allow them to do the creative thinking and planning instead of pre-planned crafts.
  
4. Together create a dance routine to a current song, or even better, use an oldie but a goodie. Inspire your child to create dance moves for the verses, and then change up the moves in the chorus. Engaged in the fun of being innovative; your child will be creating *dance phrases* and exploring *musical form* by doing this!
  
5. Re-purpose containers, or small boxes and create a scavenger hunt outside in the snow. Place found objects in the containers/boxes as clues that your child needs to piece together. By placing the containers/boxes ahead of time as a scavenger hunt, you will have created a large scale “provocation” that can lead to imaginative play afterwards. Use the idea of discovering artifacts in the outside environment as an invitation to create a map of your backyard, or a forested area near your house. Build on this idea...and make new scavenger hunts and maps as an inquisitive way to learn about your home and local environment together.

*“Awareness of one’s inner feelings and thoughts is a prerequisite to making art. Inspiration and innovative thinking spring from this awareness and provide us with new answers and solutions, and new questions to pursue” (The Ontario Curriculum, Grades 1-8: The Arts, p.19).*

## **Get ready!**

## **Kindergarten Registration is from January 9-26**



Kindergarten Registration is from January 9 to 26, 2017, at all elementary schools in the UGDSB.

Parents and guardians may register their child at their local school from Monday to Friday during regular school hours (stat holidays excluded).

If you are unable to attend registration during the day, evening sessions will be held from 4:30 to 6:30 p.m. at the following locations:

- January 11, Parkinson Centennial PS (Orangeville)
- January 16, Harris Mill PS (Rockwood)

- January 19, Westwood PS (Guelph)
- January 19, Centennial Hyland ES (Shelburne)
- January 24, Arthur PS (Arthur)
- January 25, William C. Winegard PS (Guelph)

Please bring the following documents to registration:

1. Birth certificate or Immigration papers
2. Immunization Record card
3. Proof of address (e.g. driver's license)

Anyone wishing to enrol their child in French Immersion (FI) should be aware that the Junior Kindergarten FI registration and selection process has changed. For more information, please visit [www.ugdsb.on.ca/jkfi](http://www.ugdsb.on.ca/jkfi). For more information on Kindergarten Registration in general, please go to [www.ugdsb.on.ca/jkregistration](http://www.ugdsb.on.ca/jkregistration).

## **What is the Special Education Advisory Committee?**



Every school district is required to have a **Special Education Advisory Committee (SEAC)**.

SEAC is a broad-based, educationally focused committee that meets monthly to engage in a variety of discussions all related to the educational programs for students with special needs. These meetings are open to the public and are held on the second Wednesday of each month throughout the school year. Meetings begin at 7:00 p.m. at the Upper Grand District School Board office in Guelph.

At SEAC meetings, the representative members from different organizations (ABC - Association for Bright Children, Autism Ontario Wellington Chapter, FASD-Fetal Alcohol Spectrum Disorders, Integration Action for Inclusion in Education and Community (Ontario), Learning Disabilities Association of Wellington County, Parents for Children's Mental Health, VOICE for Hearing Impaired Children) share knowledge about their agency programs with the committee. These community members then take back points of information about the Board's educational programs to the agencies that they represent. In addition, SEAC makes recommendations to the board with respect to any matters affecting the establishment, development, and delivery of Special Education programs and services for exceptional students within the board. The SEAC committee also participates in the board's annual review of the Special Education Plan and participates in the board's annual budget process as it relates to Special Education.

For further information about SEAC or Special Education Programs in the Upper Grand District School Board please call the Program Department at 519-941-6191 ext. 254.

# Talking About Mental Health January 2017

## – Nature and Mental Health

Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. It 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.



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

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

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.

Go for a walk or a ski or a skate or a run. Head for the woods. Go birdwatching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

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/>

Have a mentally healthy 2017!

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.*

## **Celebrate the 15<sup>th</sup> Annual National Bird Day on Jan. 5th!**



*“Nearly 12 percent of the world's 9,800 bird species may face extinction within the next century, including nearly one-third of the world's 330 parrot species. The survival and well-being of the world's birds depends upon public education and support for conservation”.*

*“National Bird Day is on January 5 each year, as it's scheduled to coincide with the end of the annual Christmas Bird Count. This count lasts three weeks and is the longest running citizen science survey in the world that helps to monitor the health of our nation's birds.”*

<http://www.nationalbirdday.com/index.php>

### **Activities to get your kids involved on National Bird Day!**

- Sharpen your senses and take a bird call quiz! “Fun for fledgling birders and experts alike.”  
[http://www.nationalbirdday.com/g\\_birdquiz.php](http://www.nationalbirdday.com/g_birdquiz.php)
- Design a poster for National Bird day that you can put up on the fridge at home.
- Spend the day learning about endangered bird species and find out what you can do to help to keep all birds safe, like Audubon's “10 Things You Can Do For Birds”.  
<http://www.audubon.org/magazine/march-april-2013/10-things-you-can-do-birds>
- Go out and count how many birds you can spot and learn to identify the common birds in your neighbourhood. You can use a bird identification guide such as the National Geographic online backyard bird identifier tool. <http://animals.nationalgeographic.com/animals/birding/backyard-bird-identifier/>
- Design and make bird feeders that you can put up to help feed the birds in your area.  
<http://frogsandsnailsandpuppydogtail.com/10-bird-feeders-kids-love-to-make/>