



École FA Hamilton

September 2017

Newsletter

Important Dates

September 6 - First day of school

September 21 - Open House 5:30-7:00 PM
- School Council 7:00-8:30 PM

September 26 - Picture Day

September 27 & 28 - Juniors to Green Legacy Nursery

September 28 - Terry Fox Walk 1:15 PM

September 29 - PA Day - NO SCHOOL

Fridays - Pokémon Club

Special Wednesday lunches, Pizza and Milk will start in a couple of weeks!

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



Open House

Please join us on **Thursday, September 21st between 5:30 and 7:00 PM** to walk through the school, visit your child's classroom, and meet your child's teachers. This is an excellent opportunity to share your child's excitement about school and what s/he does there every day. It is not a good time to have a deep discussion about your child's progress (not private and teachers just don't have enough time when everyone is dropping in). If you want to have a longer talk, then please contact your child's teacher and arrange to meet privately and in person. Families will have the chance to order a pizza to have for supper in the gym. Watch backpacks and the online order system for more details! We hope to see you there!

School Council - First Meeting

School Council meets the third Thursday of most months. Everyone is welcome to attend meetings and once you come to one, there is no requirement to come to all the rest of the meetings for the year, although we think you'll want to!

The first meeting for the 2016/2017 school year is **Thursday, September 22nd at 7:00 PM** right after the Open House. The more people who are involved, the more vibrant and dynamic our school



community becomes and the more our children benefit. Please consider joining!

Receiving Bus Notifications

In order to receive email notifications of bus delays or cancellations, you have to re-register. Go to <http://stwdsts.ca/home/> and click on "Subscribe". Your registration from last year will not carry over to this year.



Life-Threatening Allergies



We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students.

Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board has a policy to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year.



New Staff!

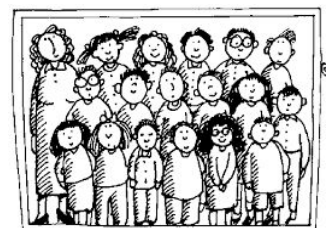
In addition to new families and students, we have three new staff members and a new student teacher: Mme Townsend will be the ECE with Mme Tipler; Mme Muzzy will be an EA here; M. Rocha will be our afternoon caretaker; and Linda Berkel will be joining us from Wilfrid Laurier University throughout the year. I feel confident that the new members of our staff will be made to feel welcome by this amazing school community.



We also have some new Lunch Supervisors. Mme Plant, Mme Harvey and Mme Krutsch are back, joined by Mme Buurma and Mme Baliraj. We appreciate the dedication and hard work of our Lunch Supervisors who play a vital role in keeping our students safe during recess and nutrition breaks.

Yearbooks

We worked with a new company this year to create a beautiful yearbook. The yearbooks will be delivered at the end of August and will be sent home with students who ordered them during the first week of school. For grade 6 students



who will have moved on to Arbour Vista, the yearbooks will be delivered there. Thanks to Mme Zakaib for her leadership with the yearbook!

Terry Fox Run



Once again, the students of École Fred A. Hamilton will walk to raise money for the Terry Fox Foundation. On Thursday, September 29, feel free to join us at 1:15 PM. We will start with an assembly and then the whole school goes outside to walk around the school yard for a while. Students are encouraged to try to run if they are able to get a small sense of what Terry Fox accomplished.

You may send a donation to school to support this very worthy cause, or you may click on the link below to donate online. Online donations are still counted towards FA Hamilton's total contribution.

<http://www.terryfox.ca/EcoleFredAHamiltonPSGuelphON>

Lunchbox Lunches - every Wednesday!

You will be able to order lunches from Swiss Chalet, Montana's, Quesada, and Subway this year, and there will also be special days for ordering yogurt treats as well. The proceeds from the sale of the lunches and snacks will go towards academic resources here at the school. Information will be coming home this week with instructions for registering and ordering. Please consider giving yourself a little break, your kids a little treat, and the school a little money to use to enrich your child's education!



Bullying Prevention Plan



We work very hard at FAH to eliminate bullying. Before reading about what steps we're taking at school, please consider the difference between conflict and bullying. The following has been taken from the Safe@School website:

Is it Conflict or is it Bullying? What's the Difference?

Conflict is a disagreement or a difference of opinion or interests between equals. The people involved in a conflict may disagree vehemently and emotions may run high. When conflict is badly managed, it may result in aggression. In a conflict, both parties have power to influence the situation. That is their goal.

Conflict may be an inevitable part of group dynamics, but bullying is not. In each, a different response is required.

When schools consider implementing a peer conflict resolution model, it is important to ensure that the selected model is not applied in bullying situations, and that it does not replace adult support. Knowing how to resolve conflicts without resorting to aggression is an important skill for students and adults. Various models for conflict resolution in school environments exist. Peer mediation, and other methods are aimed at cultivating dialogue between the students involved in the conflict. Unfortunately, these methods for conflict resolution are sometimes mistaken for bullying intervention strategies. This can lead to damaging and even dangerous situations. Imagine, as a student who has been bullied, being required to face your tormentor to explain the impact of the bullying, then having to listen to the perspective of the tormentor. We would never expect this of an adult.

When the elements that characterize bullying are present in a situation where there is aggression, conflict resolution is *not* a recommended response. Instead, adults need to ensure the safety of the student who is targeted and ensure that the student (or students) who has bullied, or encouraged the bullying, takes responsibility for his or her actions. Characteristics of a bullying situation include:

- an imbalance of power;
- the intent to harm;
- worsens with repetition over time;
- the distress of the child or teen being bullied, often including fear or terror;
- enjoyment of the effects on the child or teen being bullied by the person (people) doing the bullying;
- the threat – implicit or explicit – of further aggression.

(<http://www.safeatschool.ca/plm/bullying-prevention/interrupting-bullying/simple-strategies/is-it-conflict-or-is-it-bullying-whats-the-difference>)

At FAH, we are helping our students to develop conflict resolution skills that we hope will prevent bullying. We are doing that through our focus on bucket-filling and on using IDÉE, as well as our friendship bench that is outside for recess times. This year, we are going to try out some explicit social skills instruction using some new kits that we ordered in the late spring. Classes will focus on developing strategies for peacefully and respectfully solving problems.

A detailed Anti-bullying Plan will be updated and posted to our website by the end of September. This plan is created by our Safe Schools Committee which consists of school staff, a community member, and parents. The committee uses data from the Climate Survey that all students and some families took in the spring. I will let you know when it has been prepared for the year and you will be invited to access it from our website so you will know how we plan to continue to reduce the amount of bullying at school.

Family Handbook & Code of Conduct

Our Family Handbook has tons of information from the steps to follow when going away for an extended absence, the rules relating to custody arrangements, bell times and more! The Code of Conduct outlines our school rules and is a great document to review with your children. Have a look by clicking [here!](#)

Pokémon Card Plan

FAH is committed to promoting a healthy lifestyle among our students. I have noticed that when children trade Pokémon cards outside at recess, they sit in one place for the entire outdoor break. This concerns me, because physical activity is so very important for everyone, especially children. They need a chance to move around and get their hearts pumping in order to focus on all the things they have to learn after recess.



As a result, Pokémon cards will not be permitted at school from Monday to Thursday. On Fridays, I will supervise a Pokémon Club in the Library at second recess. This will give students who are interested a chance to trade cards and play Pokémon, but not every day. I thank you in advance for your support in not allowing Pokémon cards to come to school, except on Fridays.

Parent Access to Student Information



Every year, we get questions about what information we are permitted to share with parents, especially in the case of separation or divorce. I hope the facts below help clear things up a little.

Information about how your child is doing in school is considered to be your child's personal information. The collection, use, and disclosure of personal information by

a school board is governed by the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA). The Education Act also addresses the issues of collection, retention, and disclosure of a student's information. If you and your spouse are separated, the Child and Family Services Act, the Children's Law Reform Act, and the Divorce Act may be relevant.

Education Act

The Education Act expressly gives the parent/guardian the right to examine student personal information compiled in the Ontario Student Record (OSR), where the student is less than 18 years of age. Because this right is not limited to "custodial" parents, a non-custodial parent will have the same right to access the student's OSR as the parent who has custody of the child.

MFIPPA

Most parents request information directly from the school using the Education Act. However, if your child is under 16 years of age, MFIPPA permits a person who has "lawful custody" of the child, whether a parent or a guardian, to obtain access to all of his or her child's personal information, including both the OSR and non-OSR records. Lawful custody may mean that there is an agreement or a court order granting one parent custody. Alternatively, you and your spouse may have joint custody, in which case you both can exercise these rights.

If you and your spouse are living separately but do not have an agreement or court order which addresses custody, then both parents have custody of the child.

If one spouse has custody and the other has only access to the child, this section would not apply to the parent without custody.

From a joint publication of the TDSB and the Office of the Information and Privacy Commissioner of Ontario "FAQ" Access in the School System - revised November 2012

First Nation, Métis, Inuit Self-identification

If your child is a member of a First Nation, the Métis or the Inuit, then please consider having him or her self-identify. Self-identification helps in several ways:

1. Students will have access to more culturally relevant programming and opportunities for unique cultural and academic experiences



2. The school system will have an opportunity to focus efforts and resources, as well as an increased awareness of the diverse needs of indigenous families.
3. The school community will have an opportunity for building relationships to increase student success and well being.

Share your pride in your heritage!

Please have come to the office (or have your child do so) to get a card that can be filled in and submitted if you wish to self-identify.

Data will be protected and governed by the Freedom of Information and Protection of Privacy Act.

Student Accident Insurance



Reminder for parents/guardians: Accidents happen – be prepared with Student Accident Insurance

Parents/guardians are responsible for expenses related to student injuries on school premises during school activities. Accidents can and do happen and the costs involved might not be fully covered by Provincial Health Care or employer group insurance plans.

The Upper Grand District School Board is empowered under The Education Act to offer Accident and Life Insurance for students.

Information will be sent home with respect to Student Accident Insurance offered by Old Republic Insurance Company of Canada. You should receive:

1. The Director's letter and an Acknowledgment to be signed by parents/guardians and returned to school. Attached to the Director's letter is a translation sheet for your reference.
2. An InsureMyKids application form

Old Republic offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents/guardians.

Subscription is directly through Old Republic by mail or online. Questions should be directed to Old Republic at 1-800-463-5437 or www.insuremykids.com.

For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable.

The information package will come home during the second week of September. Please sign the blue acknowledgement section on the back of the Director's letter and return it to your child's teacher as soon as possible.

Smoke-Free Environment



The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication if and when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

School Organizations

Schools have built class lists based on their tentative organizations. Changes may be necessary at your child(ren)'s school in order that our Board remain compliant with Ministry parameters (see below). Any changes would be implemented by Monday, September 18th. Principals do not have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes affect your child(ren), you will be informed by the school.

Ministry of Education Parameters

- *Full Day Kindergarten Class Size Average for the Board is 26 students
- *90% of the Board's primary classes with 20 or fewer students
- *10% of the Board's primary classes up to a maximum of 23 students
- *Grade 3/4 classes have a cap of 23 students
- *Junior/Intermediate Class Size Average for the Board is 24.85 students to 1 teacher

Transitions to School in the Fall

Returning to school is both an exciting time as well as one that can be challenging for some of our students. As our students get ready for new September routines, here are some tips to support parents on things to consider when the new school year is beginning again:

- If you are new to the school community, make an appointment to meet your child's school team so that you can develop a relationships with the school and learn the school based routines alongside your child.
- Connect your child with neighbourhood friends that are in their class to help them get to and from school with a peer to make the transitions more fun.
- Consider adapting your child's bedtime routine by returning to an earlier 'school day' schedule before school starts, aiming for 10hours of sleep a night.
- Sit and plan what your child would enjoy eating as part of a healthy lunch while at school. Including kids in these routines helps them build their independence in packing a well-balanced lunch and snacks.
- Sometimes when kids are older and have more things to remember like locker combinations and schedules for classes, they can get worried about remembering it all. Talk through their concerns and make some plans for how they can remember these items during a busy day.
- Walk with your child to school to remind them of the safety rules and routines. The summer is a long time and this needs to be refreshed from time to time.

- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

Adapted from KidsHealth.org

The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, “making mistakes is part of life—and a really big part of growing up. It’s how you learn who you want to be” (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children’s lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book *Mathematical Mindsets* (p. 12) when the brain is challenged and mistakes are made, that is the time when “the brain grows the most.”

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn’t it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, “[everyone] will make mistakes. But if you learn from them, you’ll be a better person. It’s how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit. “

UGDSB Program Department

Monthly Environmental Activities to celebrate our planet

September 27th is National Tree Day!

“Let nature be your teacher.” William Wordsworth

“National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature.”

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

“Children today spend less time outdoors than any generation in human history.”

<http://getbackoutside.ca/>

“For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination.” <http://30x30.davidsuzuki.org/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Download a bird app and start to help your child learn to identify the colours and songs of birds in your neighbourhood
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

For more ideas:

- Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- Do a Google search: “What to do on a nature walk” or “Arbour Day activities”

Staff for 2017-2018

Kindergarten

Mme Tipler
Mme Townsend/Mme McMillan
Mme Brown
Mme Junemann
Mme Zadro
Mme England

Grade 1, 1/2

Mme Nibaruta
Mme Holmes
Mme Zakaib

Grade 2, 2/3

Mme Young
Mme Woodward

Grade 3/4, 4

Mme Hartmans
Mme McLeish
Mme Hemsley

Grade 5/6

Mme Mui
M. Devenny

Primary Planning

Mme Richardson

Junior Planning

Mme Burkhart

Teacher Librarian

M. Adams

Special Education Resource Teacher

Mme Cantin

Educational Assitants

Mme Bopara
Mme Whitehawk
Mme Muzzy

Child and Youth Counsellor

Mme Fairfield

Office Coordinator

Mme Manni

Custodial Staff

M. Williams
M. Rocha

Principal

Mme Bibby

Superintendent of Education

Mme VanOoteghem