



# École FA Hamilton

## October 2017

### Newsletter

#### **Important Dates**

- Oct 2-6: CCAT practice tests in grade 3 classes
- Oct 3 - Jr. soccer tournament - CCVI - PM
- Oct 4 - Terry Fox Walk at 1:30 PM - families welcome!
- Oct 5 - World Teacher Day
- Oct 9 - Happy Thanksgiving - No school today
- Oct 10-12 - CCAT testing in grade 3 classes
- Oct 16 - IEPs sent home
- Oct 17 - Jr. cross country meet
- Oct 19 - School Council at 6:30 PM in the Library
- Oct 25 - ECE Appreciation Day
- Oct 26 - Safety Presentations for grades 1 and 5; pizza lunch for Safety Patrols; Monthly assembly - 1:30 PM - Hartmans & McLeish classes leading
- Oct 27 - PA Day - No school today
- Oct 30-31 - Eco Stars for grade 5s
- Oct 31 - Costume Day (no weapons or extremely violent costumes please); Hallowe'en Dance-a-thon - classes come down for 30 minutes or so to enjoy some fun dancing in our decorated gym (thanks to School Council volunteers)



**Wednesday** - special lunches - [sign up here!](#)

**Fridays** - pizza lunches

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

## **Your School Council!**

There was a great turn-out for the first School Council meeting of the year. A new Executive was elected and some plans made for a new year. All parents are invited to attend one or all of the meetings throughout the year. They normally take place on the **third Thursday of the month** and are posted on the [school calendar](#). If you would like to connect with a member of School Council, or you would like to receive updates from them, then please email them using this address:

[fahamiltonschoolcouncil@gmail.com](mailto:fahamiltonschoolcouncil@gmail.com)

These are the members of your Executive!



**Chair: LaToya Hillson**



**Co-chair: Mike Poulin**

**Treasurer: Nicole Millard**

**Secretary: Tess DeNardis**

I want to thank these parents for their commitment to FAH and the achievement of our students.

## **Terry Fox Run**

Once again, the students of École Fred A. Hamilton will walk to raise money for the Terry Fox Foundation. On Wednesday, October 4th, feel free to join us at 1:30 PM. We will start with an assembly and then the whole school will go 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>

## **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.



## Morning Drop-off

The safety of our students is our primary concern. Please help us to keep everyone safe by parking 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.



Remember that the road directly in front of the school is a no-stopping zone!

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

## Boomerang Lunches

Just like last year, FAH is promoting boomerang lunches. You may be wondering What is a Boomerang Lunch? A boomerang lunch is a lunch that has every piece of it returned to its source. In other words, everything not eaten by your child will be sent home at the end of the day. Yes, even the garbage!



Why Boomerang Lunches?

- Parents get to see how much food their child ate and adjust lunches accordingly.
- Families become more aware of how much (or little) waste is created by school lunches.
- Families can transition from expensive pre-packaged items to healthier, less-expensive waste-free lunch options.
- Students become more aware of the recycling, composting and garbage streams used in diverting waste in our area.
- Students become aware of the value of reusable containers.
- Our school is able to reduce its high daily use of non-biodegradable garbage bags.
- Our school moves one step closer to becoming an EcoSchool.
- We create a cleaner, more sustainable future for our students.

Boomerang Fun Facts:

- A waste-free lunch can cost as little as \$2 per day. A lunch with pre-packaged items can cost \$4.50 or more per day.
- Without the Boomerang Lunch program, over **26** plastic garbage bags are collected in our school **each day**. Throughout a school year, that amounts to over **4900 bags**. With Boomerang Lunches, we could reduce it to **13 bags per day** (or less!).
- Most classes at F.A. Hamilton have already successfully implemented Boomerang Lunches this year!

Tips for Boomerang Success:

- Pack a reusable container or Ziplok bag to help transport waste back home with minimal mess. Empty waste into appropriate receptacles at home, wash containers and reuse!
- Avoid drinks that cannot be resealed. Remember that water is by far the best drink for growing bodies and brains - and it's free! Try sending a reusable water bottle to school rather than juice boxes. The

tetra-packs create a lot of waste, and we have a filtered water bottle filling station at school for students to use as needed throughout the day.

## **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.

Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher.

Our school has procedures in place to help manage 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.

## **How to Get Your Child Cooperating - Peacefully!**

The UGDSB Parent Involvement Committee is presenting Dr Laura Markham on Wednesday, November 8th at Centennial Vocational Institute in Guelph. The evening starts with light refreshments and booths at 6:15 PM and the talk will follow starting at 6:45 PM. Dr. Markham will speak for about an hour and will then take questions.



## **Walk to School and Walk at School Day**



Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bused students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and [pedestrian safety](#).

Visit [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) for more information and resources on active school travel.

WDG Public Health is pleased to provide elementary and secondary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below two inserts you can include in your school newsletter and/or announcements if you wish. Images can be included or excluded as they meet your needs. If you have any questions please contact us at 1-800-265-7293 ext. 4111 or email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)

## Information from Public Health

### Have a Happy, Healthy Halloween

Are your kids buzzing with excitement about trick or treating? The real trick is balancing treats with healthy foods and eating them in moderation. The article below gives parents and teachers tips to help kids have a happy and healthy Halloween. It includes creative ways to celebrate Halloween and recipes for healthy spooky treats. Read the article here: <http://bit.ly/2wcAUHe>



For more information visit [www.wdgpublichealth.ca](http://www.wdgpublichealth.ca)

### Are you frustrated by your child's eating? Would you like them to enjoy more vegetables?



Join us for **Getting to Yum: How to get kids to enjoy eating a variety of fruits and vegetables**. In this presentation, scientist and author Karen LeBillon will help you teach your kids to explore and enjoy eating. **Learn the 7 secrets of raising eager eaters and change dinnertime reactions from YUCK to YUM.**

Saturday October 21, 2017

2-4 pm Bishop Macdonell Catholic High School, 200 Clair Road W. Guelph

Cost is \$10 which includes the book “Getting to Yum”

Register by October 9<sup>th</sup> at <http://bit.ly/2wce1nh>

# **Talking About Mental Health - Building Resilience**

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>



Tips for building resilience:

1. **Make connections**

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

2. **Help your child/youth by having them help others**

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

3. **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

4. **Take a break**

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

5. **Teach your child/youth self-care**

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

6. **Move toward goals**

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

7. **Nurture a positive self-view**

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

9. **Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

## 10. **Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

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

## **Changing Our Beliefs and Attitudes About Math**

### **Myth of the Math Person**

Most people believe that math is one of those subjects that you either “get” or you “don’t get.” This way of thinking cannot be further from the truth; there is no such thing as a math person. Everyone can achieve in any subject with hard work, perseverance, and someone to guide them. The key to shattering this myth is developing a growth mindset in our teachers and students, and a math classroom where students are challenged by engaging problems and supported in their learning.

### **The Evolving Classroom**

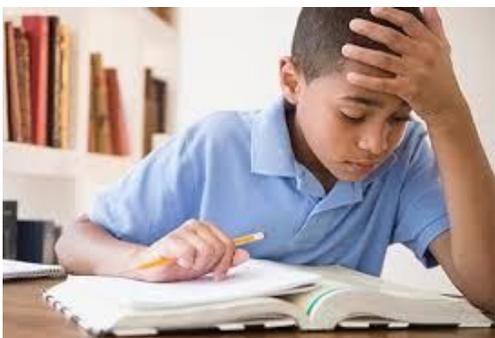


“The reason so many people think math is the most difficult is the inaccessible way it is often taught.”<sup>1</sup> When we were math students our math teachers often taught us tips, tricks, and recipes for solving math problems. In the math classes of old there was only one correct solution. We could get the answer if we memorized and followed the teacher’s procedure, but if someone asked us the “why” behind our formula, most of us wouldn’t be able to answer.

Today, teachers are striving for students to have a solid grasp of the “why” behind each solution. This often means that students are encouraged to share a variety of methods and strategies to solve a single problem. By sharing different strategies, teachers can help students see the common thread that connects each solution, thus deepening their understanding of the concept being taught. The teacher’s role is no longer to teach procedures, but to help students make connections and understand the mathematical concepts behind the solutions.



### **Growth Mindset Homework Help Tips**



Let your child struggle with math problems.

- See if they have the perseverance to work through their struggles. We need to break the math myth that we need fast answers to be good at math.

Never let your child hear you say: “I was never good at math.”

- Research studies have shown when parents tell their children they were not good at math, their child’s achievement is immediately affected.<sup>2</sup>

Ask your child if they can solve a math problem in another way.

- This shows that your child has multiple strategies at their fingertips and they are flexible with their math thinking.

Ask your child to explain the reasoning behind their response.

- “Why did you (add/ subtract/ multiply/ divide)?”
- “What does your drawing represent?”

## **Online Resources**

**Parents’ Beliefs about Math Change Their Children’s Achievement - <https://goo.gl/psL33d>**

“We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them.”

**TL Talk: The Gift of Failure – Interview with Jessica Lahey - <https://goo.gl/oo7xFc>**

“Jessica is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed.*”

**How to Learn Math: for Students - <https://goo.gl/OCywaf>**

“How to Learn Math is a free self-paced class for learners of all levels of mathematics. It combines really important information on the brain and learning with new evidence on the best ways to approach and learn math effectively.”

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<sup>2</sup> Boaler, J. (n.d.). Parents' Beliefs about Math Change Their Children's Achievement. Retrieved September 22, 2016, from <https://www.youcubed.org/think-it-up/parents-beliefs-math-change-childrens-achievement/>