



École FA Hamilton October 2018 Newsletter

Important Dates

- Oct. 1 - Orange Shirt Day ([Click here for more information](#))
- Oct. 3 - Swiss Chalet lunch
- Oct. 4 - Bus Patrol Training at Westminster Woods PS
- Oct. 5 - Junior soccer tournament; World Teacher's Day
- Oct. 8 - Thanksgiving (school is closed)
- Oct. 9-11 - CCAT testing for grade 3's
- Oct. 10 - Gr. 4 to Green Legacy Nursery; Burger's Priest lunch
- Oct. 11 - Gr. 5 & 6 to Green Legacy Nursery
- Oct. 12 - Gr. 6 VIP
- Oct. 15 - IEPs sent home
- Oct. 16 - ECE Appreciation Day
- Oct. 17 - Subway lunch
- Oct. 18 - School Council at 6:30 PM in the Library
- Oct. 19 - Junior cross country meet
- Oct. 22 - Municipal Election - there will be a polling station in our gym
- Oct. 24 - East Side Mario's lunch
- Oct. 26 - Kindergarten trip to Chudleigh's
- Oct. 29-30 - Gr. 5's to EcoStars
- Oct. 30 - Fire Safety Presentations for primary classes
- Oct. 31 - Hallowe'en Costume Dance; Swiss Chalet lunch

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

Fridays - pizza lunches - [sign up here!](#)

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

Your School Council!

There was a good 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

These are the members of your Executive!

Chair: Mike Poulin

Co-chair: Laura Kelly

Treasurer: Nicole Millard

Secretary: Caroline Folkman

Communications: Jill Mills

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

Terry Fox Run

Once again, the students of École Fred A. Hamilton walked to raise money for the Terry Fox Foundation. On Thursday, September 27th, some parents joined us at 1:35 PM. We started with an assembly and then the whole school went outside to walk around the school yard for a while. Students were encouraged to try to run if they were 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>



Orange Shirt Day



September 30th has been declared Orange Shirt Day annually, in recognition of the harm the residential school system did to children's sense of self-esteem and well being, and as an affirmation of our commitment to ensure that **everyone around us matters**.

Phyllis Webstad's story in her own words...

I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color

orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13.8 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don't matter. Even with all the work I've done!

I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.

From The Orange Shirt website (<http://www.orangeshirtday.org/phyllis-story.html>) 2018-09-26

At FAH, we will be participating in Orange Shirt Day for the first time this year. Mme Woodward, our Equity Lead Teacher, will be visiting every class in the school to read Phyllis's book, *The Orange Shirt Story*. Children are invited to wear an orange shirt if they have one, or some other article of orange clothing, or to pin on an orange ribbon we will have available in the office, to show they believe every person matters.

Hallowe'en at FAH

Hallowe'en takes place on Wednesday, October 31st this year. Traditionally, we have a dance run by parents on Hallowe'en. Students are invited to go to the gym with their class to dance and celebrate for a little while during the day. Students may wear costumes to school if they wish, but they are not required in order to attend the dance. Whether or not to wear a costume is each family's and each child's choice. For those who do decide to wear a costume to school, there are a few restrictions:

- No gory or bloody costumes
- No weapons - real or pretend
- No masks that interfere with a child's sight

Classes sometimes have a class party and parents are invited to send in a treat. Please be mindful of any allergies in your child's class and our peanut and nut free school policy if you do decide to send in snacks. For parents of children with food allergies, it is a good idea to send in some treats that your child can enjoy so he or she may participate in the celebration without worry of an allergic reaction.

I wish everyone a Happy Hallowe'en!



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 we have done for the last few years, 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.

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health - September/October 2018

Information from Public Health - Lunchbox Essentials!

Are you getting back into the habit of packing school lunches? A balanced lunch includes a variety of foods to keep your child full and able to learn best. Try to include at least one food item from each of these 4 categories in your child's lunch every day.

- ✓ **Vegetables**
- ✓ **Fruit**
- ✓ **Protein-rich Foods** (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)
- ✓ **Whole Grains & Starchy Vegetables** (whole grain pasta or bread, potatoes, corn)



Top 5 Tips:

1. Keep peeled and cut veggies and fruit on hand in the fridge, ready to grab and go! Try to include a fruit or veggie at every meal and snack.
2. Involve your kids in planning and making school lunches. They're more likely to eat food they helped make and they build valuable life skills in the kitchen!
3. Save time and use your leftovers for school lunches.
4. Include a reusable water bottle every day.
5. Check out UnlockFood.ca for school lunch tips and recipes.

Crossing Guard Shift Change



The morning shift for the adult crossing guard at Scottsdale Drive and Ironwood Road has been changed from 8:15-8:45 to 8:05-8:40. The new shift times started on Monday, September 17th.

Number Talks

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that one doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy**, **flexibility**, and **efficiency** in math and Number Talks can support the development of all three.

$$\begin{array}{l} 34 + 16 = 50 \\ \swarrow \quad \searrow \quad \swarrow \quad \searrow \\ 30 \quad 4 \quad 10 \quad 6 \\ \\ 4 + 6 = 10 \\ \\ 30 + 10 + 10 = 50 \end{array}$$

The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking. It has been stressed in face-to-face PD sessions that we have to provide students with opportunities to independently practice the documentation of their own thinking. Once a week, instead of conducting a number talk, have your students answer a similar question on GOOS paper or a whiteboard.

Talking About Mental Health October 2018 - 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:

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.

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.

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.

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.

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.

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.

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.

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.

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.

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!

Jenny Marino is the Mental Health Lead for Upper Grand District School Board

Follow me on instagram: ugdsb_mental_health