

# École FA Hamilton - November 2018 Newsletter



## Important Dates

Nov. 2 - PD/PA Day - no school

Nov. 5-9 - Treaties Recognition Week

Nov. 7 - Knowledge Keeper visit for grade 5s

Nov. 8 - Drama Workshops for grades 3-6 begin

Nov. 9 - Photo retakes at 9 AM; Remembrance Day assembly at 11:30 AM

Nov. 13 - Police visits: classroom visits for JK/SK, traffic safety for gr. 1, anti-bullying for gr. 5, pizza lunch for safety patrols

Nov. 14 - Mansfield Parent Info meeting at 6:30PM in the Library

Nov. 15 - School Council at 6:30PM in the Library

Nov. 16 - VIP for grade 6s; payment due for Drama Workshops

Nov. 19-23 - Bullying Prevention Week

Nov. 19 - Lost & Found laid out - parent helpers welcome at 1:30 PM

Nov. 20 - Progress Reports go home for JK-gr. 6

Nov. 21 - Outdoor Education/Play with Clay evening at 6:30 PM

Nov. 26 - Hydro safety presentations for all classes

Nov. 29 - Progress Interviews from 4-8 PM

Nov. 30 - PA Day; Progress Interviews from 8:45AM-3:05 PM

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

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

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

## Outdoor Education/Play with Clay Evening

School Council polled families at the Open House using a "dotmocracy." They learned that the topic most parents are curious about is outdoor education. As a result, Karen Acton, the UGDSB Environmental Lead, will be speaking to parents about the research relating to outdoor education and the board's initiatives and action steps. Jane Bibby, Principal of FAH,



will be sharing what is happening at school in the area of outdoor education at the end of the talk. Children who are in JK through grade 6 may register for a Play with Clay session that will be happening at the same time here at the school. There will be no cost for either the adult or the child sessions! Please mark your calendars and plan to join us!

Location: École FA Hamilton

Date: Wednesday, November 21, 2018

Time: 6:30 - 7:30 PM for the talk and then time until 8 PM for socializing

Although there is no cost, **you need to register!** Please use the following link to sign-up for an informative evening and bring your tickets along that night!

<https://www.eventbrite.ca/e/outdoor-education-a-night-for-parents-tickets-51649908266>

## Lost and Found



The Lost and found will be on display for the week of November 19th. When you come in to meet with your child's teachers, please have a look through the items. For anyone who has a few minutes to help me lay things out, I will be doing that on Monday the 19th starting around 1:30 PM. I would appreciate any help you can offer!

## Progress Reports & Interviews

Parent-teacher interviews to discuss progress so far this year will take place on the evening of Thursday, November 29 and through the day on Friday, November 30. You can sign up by [going to the interview sign-up site](#). The booking system will open on Sunday, November 11, 2018 at 7:00 a.m. and will close on Wednesday, November 28, 2018 at 11:55 p.m. Some teachers are arranging interviews at other times that week as well and those times will have to be set-up by contacting the teachers directly.



## Fresh From the Farm Delivery



Many thanks to School Council for running the Fresh from the Farm fundraiser. The school makes some money and families get fresh, local produce. It's a win-win! The fruit and vegetables will be available for pick-up on later in November or early December. You will be invited to the back door next to the parking lot. You must come to get your order since the packages are too large for children to take home on the bus. We'll let you know when we have a date.

## Drama Workshops for Grades 3 through 6

The Great Big Theatre Company will be sending actors to FAH for a day and a half each week starting on November 8th until December 20th. They will visit each grade 3-6 class to run 5 drama workshops. The school is paying for most of the cost for this program, but we are asking families to contribute \$5 per child towards the cost. The workshops are based on the drama curriculum for



each grade and promise to be fun and engaging! Please go to School Cash Online to submit payment by Friday, November 16th.

## Remembrance Day



This year, as in the past, we will be accepting donations for the Canadian Legion. We will be marking Remembrance Day on Friday, November 9th at 11:25 AM with a short assembly. Students will receive a poppy to wear for the day. If you would like to make a donation, then please send the cash to school with your child on the 9th.

## Bully Prevention Week

We have lots of activities planned to raise awareness and educate our students about bullying for the week of November 19-23. Here is what we have planned so far:



- Daily announcements to educate and raise awareness about bullying and ways to stop it
- Second Steps social skills lessons in each class
- Daily read-alouds focused on kindness and tolerance - teachers will go to a class other than their own for this so students can connect with more adults here at school
- Buddy Bench - reminder to students of its purpose and how to use it
- Report a Bully - reminder to students of the website they can go to to report incidents of bullying at school using this link (<https://webapps.ugdsb.on.ca/reportbullying>)

## Social Media Fitness



The UGDSB Parent Involvement Committee presents Chris Vollum and Alyson Schafer! Come out and learn about how to help your family navigate the world of Instagram, Snapchat, Twitter, Facebook and more! Talks will take place at Centennial CVI in Guelph on November 7 and Westside SS in Orangeville on November 8 from 6:45-8:45 PM both evenings. [Click here to register for the Guelph evening.](#) [Click here to register for the Orangeville evening.](#)

## Information from Public Health

### We're talking about weed – new cannabis information campaign launched!

Wellington-Dufferin-Guelph Public Health has launched a cannabis information campaign to provide youth and adults with information about the health effects of cannabis use, ways to reduce health risks, and links to local resources and support. This campaign features a series of short videos, including one for parents, which



encourages parents to talk to their kids about cannabis. More information for parents can be found on our website: [www.talkingaboutweed.ca](http://www.talkingaboutweed.ca).

Looking for more information? Check out these other parent resources:

- Cannabis: What Parents/Guardians and Caregivers Need to Know (by School Mental Health Assist and Centre for Addiction and Mental Health):  
<https://smh-assist.ca/wp-content/uploads/PRINT-Cannabis-Information-Document-SMHA-CAMH-ENGLISH.pdf>
- Cannabis Talk Kit (by Drug Free Kids Canada):  
<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

## Talking About Mental Health November 2018 – Nature and Mental Health



Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors 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. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if you have it) to go outside and enjoy nature.

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 a part of nature.

Try this:

- Go for a walk
- Head for the woods – make a scavenger hunt
- Go on a bug hunt
- Watch the clouds float by
- Make a game of identifying all the sounds you hear outside.

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/>

Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board

Follow me on Instagram #upper\_grand\_mental\_health

# Celebrate Buy Nothing Day on November 23rd!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>.

"We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption."

Dr Kirsten Brodde of Greenpeace Germany, <https://www.telegraph.co.uk>

Repair, reduce, re-use, recycle – 4 R's are best!

It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new model. <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about!

<https://www.daysoftheyear.com/days/buy-nothing-day>