

# GATOR NEWS

Chris Popofski, Principal | Linda Ellis, Office Coordinator

## Important Dates:

**November 15 - Parent Council - 6:30pm**

**November 16 - Progress Reports Go Home**

**November 16 - GCVI IB Program Info Night -7pm**

**November 23 - Parent Teacher Interview Night**

**November 24 - PD Day & Parent Interviews Continue**

**December 1st - Family Movie Night**

## Safe Arrival

During the school day your child's safety is of the utmost importance to us. Please remember to contact the school before 8:30 a.m. If your child is going to be late or absent in the morning and before 1:30 p.m. in the afternoon. If your child is arriving late to school, he/she must sign in at the office. For your convenience we have an answering machine which allows you to contact the school at any time during the night, over the weekend and early in the morning. The number is **519-824-4300**. When you leave a message please be sure to note your child's full name, homeroom teacher and the reason for absence.



## Principal's Message:

The fall seems to be flying by...does this mean snow is around the corner? Although we have enjoyed a nice fall, please remember that students are outside twice every day for twenty-five minutes. Unless it is bitterly cold or pouring rain, students will be expected to dress appropriately for the weather and go outside at each break. This includes a warm jacket, hat, mitts and waterproof footwear. Being outdoors allows them to get rid of excess energy, enjoy some fresh air and have some time away from the classroom.

A reminder that November 24th is a PA day set aside to come in for interviews with your child's teacher(s). The school-home connection is very important to us as we work together to make your child's year a successful one. Teachers feel that meeting with you shortly after the progress reports go home will give you the opportunity to implement strategies to increase your child's success while it is still early in the year. We always appreciate your insight, so please do not hesitate to call if you have a concern or positive feedback to share.

Sincerely,  
Chris Popofski



## School Council News:

- **Thank You Jones' No Frills and Imperial Zehrs** for helping to support the healthy snack program.
- Save the Date: **December 1st Family Movie Night!**
- Join us **November 15 @6:30 pm** to find out more about upcoming events

## Dance A Thon:

Congratulations Gateway Gators - our fourth annual Halloween Dance-A-Thon was an enormous success! Together we raised **\$6194.96!!!** This money will support school initiatives such as the purchase of Chrome Books and iPads, funding for science programming, the breakfast club & healthy snack programs, and funding for class field trips. Thank you so much to all students and their sponsors for their tremendous support. Also, we would like to send a big thank you to: DJ Charlie Clean, Champion's Choice Trophies, Simply Wonderful Toys, Holly Hughes Dance Academy, Mastermind Toys, RBC, Deadmau5, Andy Szlavik, The Faber Family, and Johnson & Johnson Inc. Canada for their contributions to the event.



## Feedback welcome on draft policies:

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is **Policy 310 - Display of Flags**. You are invited to review the draft documents and submit online feedback at [www.ugdsb.ca/board/policy](http://www.ugdsb.ca/board/policy). **The deadline for public input is November 30, 2017** at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

## Follow us on Twitter:

@GatewayDrivePS

## School November 24th is BUY NOTHING Day:

Don't buy, give. "No one has ever become poor by giving", Anne Frank  
**Celebrate Buy Nothing Day on November 24th!**

**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>

## Talking About Mental Health November 2017 – Talking to Your Child/ Youth about Tragic Events:

When a tragic event occurs, children and youth will hear about these events through media, peers or other sources. These are difficult topics to talk about and your response will shape your child/youth's core beliefs.

### Tips for talking to children/youth about tragedies

You know your child/youth best, and you'll have a good idea of how much information your child/youth is ready to hear. Consider these tips as a guideline:



**Don't allow young children to watch the news.** Watching news footage can be very disturbing to young children so it's important to keep it off when they're around.

**Keep your message simple.** Say something like, "That person decided to hurt other people." For young children, this may be all the information they need. Older children are likely to ask more questions. Stick to the simple facts. It's OK to say you don't know all the answers.

**Focus on the steps that are being taken to keep people safe.** Talk about how police officers, government officials, and other first responders are helping. Spend more time talking about the good work people are doing, rather than the horrific event. This can help reduce your child/youth's anxiety about safety.

**Empower your kids to become helpers.** Discuss how they can take positive action in the wake of a tragic event. Volunteering in the community and donating allowance money can go a long way toward helping children/youth see that they can always take steps to make the world a

little better. Children/youth who feel like they have a little bit of control are less likely to feel helpless in the wake of a tragic event.

### **Send a healthy message to your child**

No matter how many conversations you hold or how much you decide to share, keep the message the same, bad things happen but there are good people out there helping and we're strong enough to get through it.



Sharing with your child/youth messages that fosters resilience and teaches your children/youth they're able to cope with whatever bad things come their way in life and there are caring adults in their lives to talk to and who will support them.

(This information is taken from Psychology Today: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201710/how-talk-kids-about-the-las-vegas-shooting>).

Have a mentally healthy day!

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

**\*Newsletters from now on will be online. If you require a hard copy they will be found in the office. You can also register on our website to get it emailed to you. A school calendar has also been added to our website to keep you up to date.**

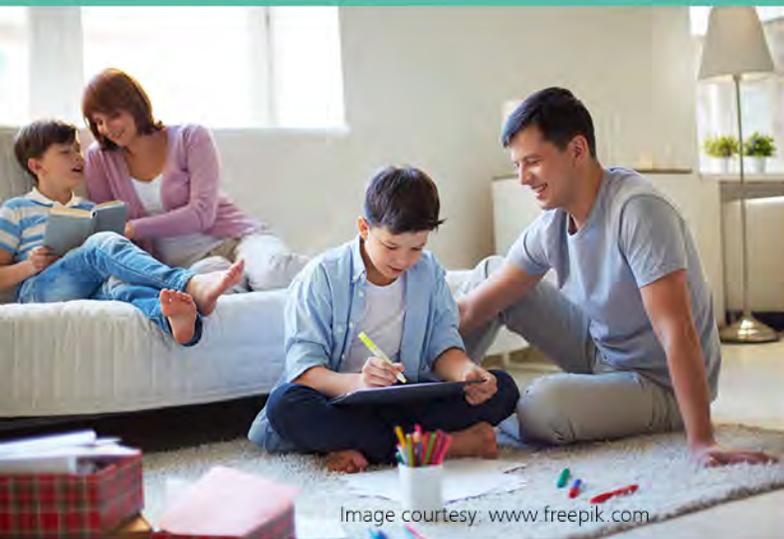


Image courtesy: www.freepik.com

# How to get your Child Cooperating without Yelling, Threats or Punishment

Tired of battling with your child? Wish you knew how to get your child cooperating without yelling and threats? Wondering how to help your child become more self-disciplined?

Dr. Laura Markham, founding editor of [AhaParenting.com](http://AhaParenting.com) to the rescue, with practical everyday strategies to help you raise a self-disciplined child who WANTS to cooperate!



Dr. Laura says that earning her PhD in clinical psychology at Columbia University was just the beginning of her education as a psychologist. The mother of a teenager and a young adult, says it was becoming a mother that convinced her that parents need more support. Her aspiration is to change the world, one child at a time, by supporting parents.

She assists parents in transforming their relationships with their children. Dr. Markham includes a long question & answer session with every presentation, so her sessions are customized to fit each audience's unique needs. She guarantees that you'll leave energized and inspired, with a plan to create lasting change in your home.

## JOIN US FOR THE OPPORTUNITY TO LEARN:

- Your secret weapon to get your child cooperating.
- Why Yelling, Threats and Punishment actually create more misbehaviour.
- How children develop self-discipline.
- The most important parenting habit to create good behavior.
- Strategies to handle your own strong emotions so you can help your child.

## LOCATION & EVENT DETAILS

Wednesday November 8, 2017

at Centennial Collegiate Vocational Institute  
289 College Ave W, Guelph, ON N1G 1S9

Thursday November 9, 2017

at Westside Secondary school  
300 Alder St, Orangeville, ON L9W 5A2

6:15pm: Information booths & light refreshments  
6:45pm - 8:45pm: Presentation followed by an opportunity to ask Questions

This is a FREE Event - but registration is required.  
Access your tickets by going to [www.ugdsb.ca/pic/](http://www.ugdsb.ca/pic/)  
or contact your UGDSB Principal.

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and ONTARIO MINISTRY OF EDUCATION**

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**Fuel for Active Kids!**

Amy Skeoch MHSc, RD

If your kids are anything like mine, the minute they come through the door they are looking for SNACKS! And more often than not, they're only home for a short time before they're off to extracurricular sports activities. No matter what the sport it's important that their snack provides the right amount of fuel to get them through their game or practise, until their next meal.

**What to eat?**

Snacks don't have to be Pinterest-worthy. Think simple, easily digestible items that provide *carbohydrates for energy* (whole grain breads, bagels, vegetables, fruit) paired with something that provides some *protein that will keep them feeling full* (veggies and hummus, bagel with almond or peanut butter, cheese and crackers, apples and yogurt dip). If you have time to make some items, there are great recipes online to make homemade *energy balls* and *granola bars* that can be tailored to your children's preferences and eaten throughout the week.

**How much to eat?**

Depending on their age, most school-aged kids can eat ½ to a full food guide serving. Example, ¼ to ½ bagel, tortilla and pita. 1-2tbsp of nut butter, or hummus, ½-1 piece of fruit, and 1/4 -1/2 cup vegetables. Let your child's hunger be your guide until they feel *satisfied rather than full*.

**When to eat?**

Snacks should be eaten 1-2 hours before the activity if possible to reduce stomach upset.

**What about fluids?**

Keeping hydrated before, during and after activity is important. Unless your child is participating in elite sports that involve vigorous consistent activity for over an hour, water is all they need to stay hydrated. There's no need for sports drinks and any type of "Energy" drink is not recommended.

**Time Tip:** Take an extra 10 minutes after shopping and cut up fruits and vegetables for the week – even better, if your kids are old enough have them do this task and they'll know exactly where to head for a snack when they get home.

Sources:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf>

<https://www.dietitians.ca/Downloads/Public/noap-position-paper.aspx>

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/energy-drinks-frequently-asked-questions.html>



# International Baccalaureate Program

**Want to find out more?**

Join us at Guelph CVI  
**Thursday, November 16, 2017**  
**7pm**  
Auditorium

Applications due December 1, 2017

