

GATOR NEWS

Chris Popofski, Principal | Linda Ellis, Office Coordinator

Balanced School Day

Start of Day - 8:35
8:35-10:15 Instructional Time
10:15-10:35 Nutrition Break
10:35-11:00 Outdoor Recess
11:00-12:40 Instructional Time
12:40-1:00 Nutrition Break
1:00-1:25 Outdoor Recess
1:25-3:05 Instructional Time
End of Day - 3:05

Important Dates:

- Oct 3 - Walk to School Day**
- Oct 4 - Picture Day**
- Oct 5 - Milk & Pizza Starts**
- Oct 8 - Thanksgiving Monday - No School**
- Oct 10 - Grade 8 Guidance Visit**
- Oct 10 - Run & Read Starts**
- Oct 18 - Grade 8 Career Pathways Trip**
- Oct 25 - Grade 6 VIP**
- Oct 29 - Dental Screening JK/SK**
- Oct 31 - Dance A Thon**
- Nov 2 - PD Day**



Principal's Message:

The first month of school is over and it's beginning to feel like fall. Our students are all settled into their classroom routines, and clubs and teams have started.

It was great to see so many families out at Fall Fest on September 27th. Thanks to teachers and students for preparing their classes and to Mrs. Jones and Mrs. Hall-Sayer for all their work making the school shine. Also thanks to our amazing Parent Council and all of their volunteers, the night would not of happened if it were not for all your efforts.

We encourage you to continue to actively participate in your child's education as follows:

- Show support and participate in school events.
- Volunteer in the classroom, join school council, or go on a field trip.
- Read to, or read with your child for 20 minutes every day.



Fall Fest - Pie In The Face

Sincerely,
 Chris Popofski

Terry Fox:

A great big thank you goes out to the students, teachers and families of Gateway Drive for another great campaign to raise \$680 dollars for cancer research through the Terry Fox Foundation. Our school participated in our Terry Fox Walk/Run on Thursday, September 27th. The sun was shining and many smiles were seen all round. A great event for a great cause.



Intermediate Football

On September 26th, the Intermediate girls and boys participated in the touch football tournament at College Heights and Centennial. The team members demonstrated great teamwork and sportsmanship throughout the day! Mr. Kenney would like to thank the team for a great day!



Gateway Drive School Council:

Being a member of School Council is an excellent way of having input into our school's activities and becoming involved in your child's school life. Our next **meeting will be on Wednesday, October 17th at 6:30 pm.**

Follow us on Twitter:

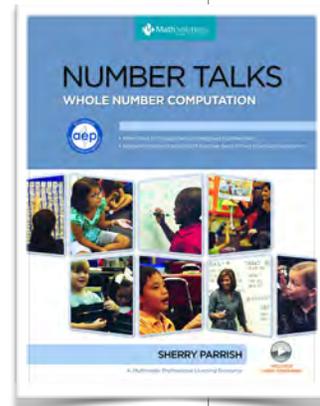
@GatewayDrivePS



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.

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.

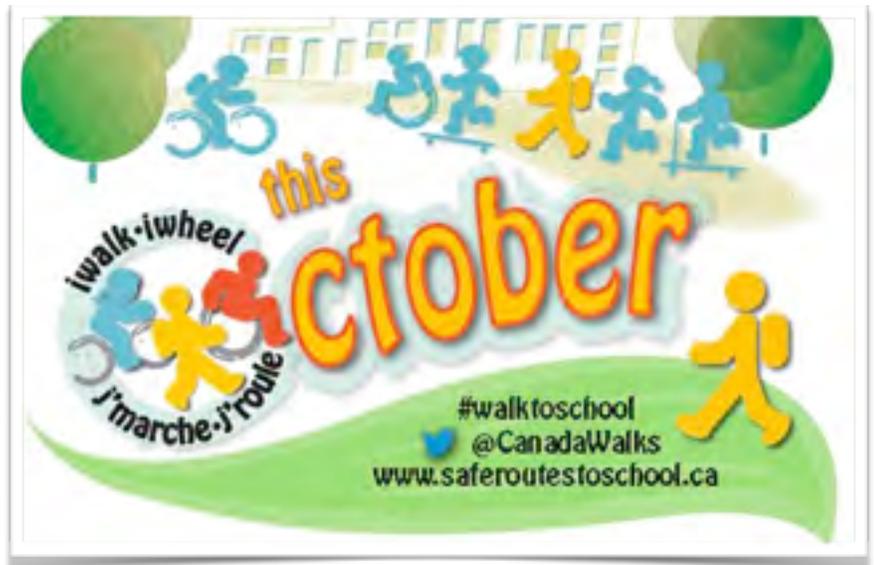


Participate in International Walk to School Day on October 3th 2018!

In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school.

Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <http://www.saferoutestoschool.ca/>



4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It's an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren't spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child's daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!

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](#)



***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.**

Upcoming Events

 Parkwood Gardens
Neighbourhood Group

pgng96@gmail.com
519-824-6340

Programs

ALL CANDIDATES MEETING!

10.11.18

7-8:30 pm @ Taylor Evans PS

Wheelchair accessible

Childminding & Refreshments!



 Parkwood Gardens
Neighbourhood Group

BRAIN FIT



After-school homework
program

Thursdays, 3:30-5:00

Hastings Room, WECC

Grades 2-8

Starting October 4

Free-- Registration
Required

 Parkwood Gardens
Neighbourhood Group
519-824-6340
pgng96@gmail.com



In partnership with

 Parkwood Gardens
Neighbourhood Group

PARENTS NIGHT OUT!

NOVEMBER 23

6:30-9:30PM

GATEWAY DRIVE PS

\$5 PER CHILD OR \$15 PER FAMILY

REGISTRATION
IS REQUIRED!

519-824-6340
PGNG96@GMAIL.COM



Indigo Girls is a program centered on educating and discussing issues surrounding girl's in society today both locally and globally. We offer a safe, non-judgmental, and supportive space to learn and engage together.

- Tuesdays, 3:15-5:15 pm
- Gateway Drive PS
- Girls grades 5-8!
- FREE!
- Starting October 2, 2018

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 Indigo Girls Case|pb
<https://www.indigogirlsgroup.com/>



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