



Gateway Drive Public School
Chad Reay - Principal
Alisha Chambers - Office Coordinator



Website: www.ugdsb.ca/gateway/

Twitter: @GatewayDrivePS

519-824-4300

PRINCIPAL'S MESSAGE

Every fall, I am reminded how lucky we are to be at Gateway Drive Public School. It was wonderful to meet new parents, talk to returning parents, and see students on the first day of school. I am always impressed by both the physical growth and the maturity that happens to our students over the summer.

We look forward to planning a virtual Open House for you and your family and as soon as we have a date and time, each teacher will notify you about the details.

As always, our first and most important commitment is to your children. We want them to love learning and enjoy their experience at Gateway Drive. If there are problems that we can help with, please let us know.

Thank you for using our crosswalks and supporting our Safety Patrollers as they learn their new positions and work to help keep you and your children safe as they cross the street.

Chad Reay

TERRY FOX WALK

Special thanks to all who helped in organizing our annual Terry Fox Run which took place on Monday, September 20. We had a wonderful time walking for Terry! As always, it was a great success. Donation totals will be available in next month's newsletter.

SCHOOL COUNCIL MEETINGS

Next School Council Meeting - Please join us for the next School Council meeting on Tuesday, **October 20th** from **6:30 p.m. to 7:45 p.m.** online. This meeting will be focused on discussing events / activities that School Council will be holding throughout the year.

IMMUNIZATION REPORTING

Don't forget that as a parent/caregiver, it is your responsibility to ensure that your child's immunization records are up to date with Public Health. Now you can report updates directly to Public Health in the following ways:

- Online at www.immunizewdg.ca
- Email vaccine.records@wdgpublichealth.ca
- Phone 1-800-265-7293, ext. 4396
- Mail Vaccine Records
160 Chancellors Way
Guelph, ON N1G 0E1

IB preparatory and Diploma Programme at GCVI

Are you interested in the IB preparatory and Diploma Programme at GCVI? For interested families, there will be a live virtual Information Night on Thursday, Nov. 18 at 6:30 pm. This will also be recorded and posted on the website for those that cannot attend. In the meantime, if you have questions please visit the IB@GCVI website. <https://www.ugdsb.ca/ib-gcvi/>

DRIVING AND PARKING

It's always busy at our school during the morning drop-off and afternoon pick-up times! We continue to be a growing community with a number of buses picking up our students. The parking lot is closed to parent vehicles for student drop-off and pick-up from 8:20-8:35am and 2:45-3:10pm. Please help keep our school community safe by following the instructions of our street/parking patrollers and not asking them to move pylons.

Please consider having your child walk home from school or part way home where a less busy pick-up point can be arranged. Parking along many of the arterial streets is currently permitted by the City of Guelph as long as you obey the no parking signs posted, remain one metre from a private driveway and are nine metre from a stop sign. We ask that you watch for our street patrols, follow their directives, and always keep our emergency routes open for the safety of all our students, staff and families.

Thank you so much to our street patrols for being on time and at their post every day. Thanks also, to the parents and students who are patient and follow the direction of our safety patrols as they do their job in keeping our students safe. We know that sometimes you have to wait quite a while to cross the street, but we appreciate your understanding and cooperation.

PETS

Please understand that due to safety reasons **no pets of any kind are allowed at school or on school property without permission**. Some children are highly allergic to certain animals, while others are sometimes fearful of them due to prior experiences. While walking your dog or playing in the playground with your children, please encourage all who use our school and city walks and grounds to be sure and scoop whatever is left behind! We appreciate your understanding in this matter.

KIDS HELP LINE

Students and parents should be aware of the toll-free helpline that is available 24/7 for students of all ages. This line provides anonymous, confidential, and non-judgmental support from professional counsellors. The phone number is 1-800-668-6868. Their web site is: www.kidshelpphone.ca. We will be displaying posters in the school throughout the year to remind our students of this service.

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.

INDIVIDUAL EDUCATION PLANS (IEPs)

Individual Education Plans, or IEPs, are developed by schools when assessments show that a student needs special education programming and/or services. The development of the IEP is a collaborative process that includes parents and the student (if possible). During the development phase, we are required to seek feedback through consultation with parents. This is your opportunity to discuss and share information with the classroom teacher and/or special education teacher regarding your child's education. If your child had an IEP last year, you will see a copy of this working document come **home by October 19th**.

When the IEP is sent home, you will also receive a booklet titled, *Parents' Guide to the Individual Education Plan*. This booklet is a resource to help parents understand how an IEP is developed, what is included in an IEP, and how an IEP supports your child. It also includes definitions and explanations to help parents understand some of the language that is part of an IEP, such as accommodations and modifications.

If your child has an IEP, you should have received a Parent/Guardian IEP Questionnaire. Your input helps provide us with

information to plan for your child.

UG2GO

Our board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more.

When students are at home they can go to this URL: <https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/password they will enter the site and they can then click on any of the resources and be taken directly to the individual resource without the need for any additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid them in their education, and may make your life easier when it comes to homework and projects. We are excited that students will be able to access information from anywhere and at anytime.

FIRE SAFETY AND LOCKDOWN DRILLS

We will be having our three Fall fire drills and we will continue to practice our fire safety and lockdown procedures. If you happen to be visiting during these drills we would ask that you follow the same procedures as the students and staff. (Move to a safe location on the grass immediately upon hearing the alarm.)

Participate in International Walk to School Day on October 6th 2021!

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/>

October Wellness Works: Umbrella Project and growing!

Welcome back! We are happy to welcome all of our students, families, and caregivers back to the UGDSB. We are continuing to provide monthly wellness themes to our students and families to support mentally healthy and safe classrooms and environments. We know that students need to be seen and heard to be well and they need to be well to do well. Your child/ren will continue to explore important wellness skills every month. As a parent/guardian/caregiver you are an important player in your child/youth's mental health and wellbeing and we will continue to provide monthly newsletters to share each month's themes with you!

This month we are exploring cognitive flexibility. Cognitive flexibility can be defined as:

- Being open minded to new experiences
- Switching easily from one thing to the next
- Not getting stuck on one idea

- Thinking of new ways to solve problems
- Being creative

Cognitive flexibility is important for innovating, coming up with new ideas and solving problems, and is essential to creativity. It will also help them understand people and situations that are different from theirs and improve their relationships. However you choose to bring this skill building and exploration into your home, make sure you do so with empathy and compassion for yourself and your child/ren and/or youth. So what can you do?

→ Practice modelling flexible thinking yourself when interacting with your child/ren. Invite your child/ren into your thinking processes by ‘thinking out loud’.

→ Talk about scenarios that have multiple ways to solve a problem. For example, perhaps your child is struggling with a situation and you can talk about the many different ways that this could be approached and/or solved. The process of looking at many different options is “flexing” this skill in a great way! Try a template like this one to explore decision making.

→ Chat with your child/ren about the things they like done a 'certain way' and invite them to consider how those patterns can be helpful for them and when they might be harmful or limiting.

→ For younger children, try to make a new rule for a favourite board game. This can be difficult for adults and children alike! By working together to come up with a small change you are teaching your child/ren to bend a bit. You are flexing the cognitive flexibility part of their brain!

→ Make this work into a fun game by taking household items and coming up with interesting and new uses. This is a great way to practice creative problem solving.

→ Support your child/ren with developing reflection skills and strategies by prompting them to extend their thinking about things. For example, when you ask your child/ren how school was, prompt them to extend their answer by asking them to consider 1-2 things that made them suggest it was a certain way. Try prompts like “tell me more...”, “what makes you feel that way”, and/or “how is this like/unlike other things you’ve experienced?”. If helpful, try Reflection Stems to support them in communicating their thoughts.

UGDSB thanks EDGE MUTUAL for their donation in support of this important work.

Jenny Marino

UGDSB Mental Health Lead

#MHUG on Twitter