

École Guelph Lake Public School



David Marquis, Principal

Susan Schaefer, Office Coordinator
595 Watson Parkway North, Guelph ON, N1E 6X2
Tel: (519) 822-9271 Fax: (519) 822-6617

Principal's Message

Welcome to the 2017 - 2018 School Year!

It is with great anticipation that I prepare for another great year together with students, staff, parents and community members. I hope that everyone had a chance to enjoy some family time over the course of this past summer. At this time, I would like to extend a warm welcome to all our students and families as we come together for the upcoming school year. A special "Bienvenue" to all new families joining us for a first time.

During the summer, many of our teachers have been busy continuing their professional development. Many have attended workshops, worked on curriculum, courses and of course, planned for the upcoming year by setting up inviting classrooms for our learners. A huge "Merci!" to all our staff for their professionalism and dedication to the school and students.

Several important pieces of paper will be coming home today. Please return any forms by indicated return dates.

I wish all of you plenty of success and enjoyment here at École Guelph Lake!

Here's to a FANTASTIC 2017-2018 school year!

David Marquis



Tentative Staff Organization for 2017-2018

Here is our staff organization for this year:

JK/K	M. Shoesmith / ECE M. Clarke
JK/K	S. Lavigne-Malone / ECE M. Vosper
JK/K	J. Bastedo / ECE L. Howarth
JK/K	K. Kleovoulos / K. Evans
JK/K	C. Ellerton / ECE S. Gamble
Gr. 1	R. Wright
Gr. 1	W. Ward
Gr. 1/2	S. Butler
Gr. 2	L. Dupré
Gr. 2	S. Rossier
Gr. 2/3	A. D'Alton
Gr. 3	M. Lehoux
Gr. 3/4	J. Eddington
Gr. 4/5	E. Hildebrand-Stretch
Grade 4/5	L. Brownlee
Planning	A. Ammon, E. Clement, M. Painchaud, A. Chaarani
Resource	N. Theodor
Library	E. Clement
Custodians	B. McLaren
Office Coordinator	S. Schaefer
Principal	D. Marquis

Open House

You are invited to join us on Thursday, September 14th, from 6:00-7:00pm for our Open House. Come and visit your child's classroom and see what we have been up to during the first few weeks of school. Open House is great opportunity to meet your child's teacher early in the year and visit in the classrooms. Hope you can join us for this first school event.



Transitions to School in the Fall

Returning to school is both an exciting time as well as one that can be challenging for some of our students. As our students get ready for new September routines, here are some tips to support parents on things to consider when the new school year is beginning again:

- If you are new to the school community, make an appointment to meet your child's school team so that you can develop a relationships with the school and learn the school based routines alongside your child.
- Connect your child with neighbourhood friends that are in their class to help them get to and from school with a peer to make the transitions more fun.
- Consider adapting your child's bedtime routine by returning to an earlier 'school day' schedule before school starts, aiming for 10hours of sleep a night.
- Sit and plan what your child would enjoy eating as part of a healthy lunch while at school. Including kids in these routines helps them build their independence in packing a well-balanced lunch and snacks.
- Sometimes when kids are older and have more things to remember like locker combinations and schedules for classes, they can get worried about remembering it all. Talk through their concerns and make some plans for how they can remember these items during a busy day.
- Walk with your child to school to remind them of the safety rules and routines. The summer is a long time and this needs to be refreshed from time to time.
- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

Adapted from KidsHealth.org

Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board adopted a new policy in June 2016 to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school office as soon as possible at the beginning of the school year.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials. Anaphylaxis is a medical condition that 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 are aware that 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 for the prevention and management of 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.

Student Information Sheets

It is important to let the school know if there is any change in your personal information (i.e. home/work numbers, emergency contact, etc.) so that in the event of an emergency, we can contact you immediately. The student information sheets coming home today are critical in keeping accurate student records. Please sign this sheet and return it to school by the end of this week.



Freedom of Information and Protection of Privacy

The Freedom of Information Act directs schools to be careful about the information they collect about students and it limits how schools can use this information. Please read the Freedom of Information letter carefully and respond if desired. It is understood that we have FOI consent unless we receive a written objection from you.



Safe Arrival Program

We appreciate your calls when your child(ren) are going to be absent or late. Please call the school at 519-822-9271 and leave a message. You do not need to speak to the school secretary to report an absence or late arrival. The school's answering machine is available to the community 24 hours a day. Calling in advance also alleviates early morning telephone congestion. Thank you for your support.

Student Lunchroom Behaviour Expectations and Responsibilities

The following lunchroom expectations have been discussed at school. Students understand that while eating lunch in the classroom, they are expected to respect the rights of others by:

- sitting in assigned seats
- speaking in soft, indoor voices
- not sharing or asking for others' food
- following the direction of the lunchroom supervisor and the student helpers
- leaving to go to the bathroom only with permission from the lunchroom supervisor
- waiting to be dismissed before going outside
- placing items in the garbage or recycling bins when dismissed to go outside
- ensuring that their area is clean before leaving



Volunteers

The importance of parent involvement in student achievement and success in school is well documented and recognized as an essential ingredient. At École Guelph Lake, we welcome parent volunteers to help by preparing learning materials for teachers, assisting in classes and on trips, supervising on special event days or in the library. If you are interested in becoming a regular volunteer at the school, please ask to see Mr. Marquis. Volunteers are asked to complete a form which is kept on file at the office.



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. School Council members take lead roles in numerous projects to enhance the learning environment at school. Join us for our first meeting on September 11th, 6:30 PM in the library on the second floor.



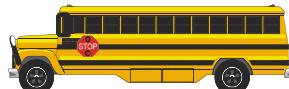
Our Board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid-friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Noodletools (gives children help making bibliographies), Knowledge Ontario (a variety of approved encyclopedias, magazine articles suitable for elementary students), and much more. When students are at home, they can go to the main address:

<https://www.ugdsb.on.ca/ug2go> which will prompt them 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 to login.

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 any time in this information age!

Twitter at Guelph Lake

Follow us at @GLVoyageurs for news about our school, as well as helpful links about learning, school events, and community resources. Of course, we will continue to provide our website updates (www.ugdsb.ca/guelphlake) and regular newsletters as well.



Bus Cancellations

Bussing information can be accessed at <http://www.stwdsts.ca/>. Information on all bussing status is posted here daily. The inclement weather card can also be found here. For Guelph Lake school, the card color is yellow. There is also an option to sign up for notifications regarding bus delays and cancellations.



Pizza Days

Please note that Pizza Days will run as a weekly event during the 2017-2018 school year. Be advised that in finding our supplier, we have ensured that we are in compliance with the PPM-150 regulation which guides the balance and quality of foods being sold in schools. Watch for information to come soon regarding ordering of pizza for your child.

Year At A Glance

September 5	First day of School	March 12 - 16	March Break
October 9	Thanksgiving	March 30	Good Friday
October 27	PD Day	April 2	Easter Monday
November 24	PD Day	May 21	Victoria Day
Dec. 25 – Jan. 5	Christmas Break	June 8	PD Day
January 26	PD Day	June 28	Last day of School
February 19	Family Day	June 29	PD Day

School Supplies

Many parents enquire about school supplies for September. While we provide for most of the essential supplies such as notebooks and writing utensils, here are some suggestions for items that you may purchase to assist your child at school.

Primary – pencils, pencil crayons, pencil case, school bag or back pack, markers, glue, stick, gym shoes.

Junior – pencils, pencil crayons, pencil case, pens, markers, small scissors, metric ruler, gym shoes.

The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, “making mistakes is part of life—and a really big part of growing up. It’s how you learn who you want to be” (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children’s lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book Mathematical Mindsets (p. 12) when the brain is challenged and mistakes are made, that is the time when “the brain grows the most.”

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn’t it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the

mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, “[everyone] will make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit. “

UGDSB Program Department

School Handbooks

Our Parent School Handbook has been uploaded to our school web site for your perusal. The handbook includes school routines and guidelines as well as our Code of Conduct. We ask that you please read and review this document with your child. Being informed about our school will help everyone know what is expected and what needs to be done.

Aizan Messaging System

École Guelph Lake will be using the Aizan messaging system for school-wide notifications. This system will be used when information needs to be communicated with our school population in a timely manner (bus cancellations, school closures, emergencies, etc.). When used, this system will place one call per household to communicate information. The system is currently registered to call the home number (if you do not have one, it is set up to call the provided cell number). If you do not answer, it will leave a voice message with the caller ID being the school number (519-822-9271). Please call Mme Schaefer or Mr. Marquis should you have any questions. (Note: In the event of power failure, we will not be able to access the system.)



Access to École Guelph Lake

This year we will encourage walking, riding or scooting (scooters) as preferred means of getting to school. All of these are active and healthy alternatives to being driven. For safety reasons, we do ask that students and visitors not ride bicycles, scooters, skateboards or roller blades while on school property. While all of these are great ways to get to school, we do need to make sure that our tarmac and sidewalks are safe for walkers.

PLEASE HELP US IN KEEPING OUR STUDENTS SAFE!



École Guelph Lake PS!

Address: 595 Watson Parkway North, Guelph, N1E 6X2

Enclosed is some information to help you plan your journey to and from school:

Walking, cycling and scooting to and from school are all great ways to be active and healthy. The **Routes to School Map** shows the popular walking routes to École Guelph Lake PS and the location of crosswalks and crossing guards in the local neighbourhood. Use the map to plan your route to school and practice the journey with your family.

If you need to travel to school by car, consider parking or dropping-off/picking-up in a nearby street and walking the remainder of the journey ('walk-a-block-or-two') to help reduce traffic and congestion in front of our school. When we walk to school, even if it's just for the last few blocks, we contribute to a happier, healthier, cleaner, and safer school neighbourhood.

There will be a new Adult School Crossing Guard to assist students crossing the intersection at Eastview Road/Severn Drive – see the City of Guelph **Information Bulletin** for details.

The **Access to School Map** shows you which way to go when you arrive at school, whether it is by foot, bicycle, bus, taxi or car. Please note the following important points:

- The bus loop driveway (by Couling Crescent) is for school bus and taxi use only.
- For information about the school bus service please visit www.stwdsts.ca or call Wellington-Dufferin Student Transportation Services at 519-824-4119 for assistance.
- A kiss n' ride program is available in the parking lot for student drop-off by car. Access is via the driveway on Watson Parkway North.
- If you need to accompany your child into the school, or you are picking-up by car in the afternoon, please park on Severn Drive or one of the other nearby public streets where parking is permitted. We ask that vehicles do not try to enter the school grounds to park during drop off and pick up times. (If there are special circumstances please speak to Principal Marquis.)



Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.



Monthly Environmental Activities to help celebrate our planet

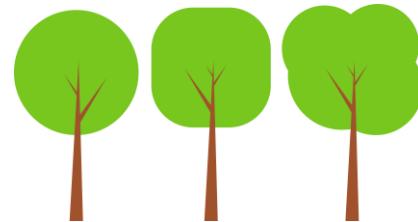
SEPTEMBER 27TH IS NATIONAL TREE DAY!

"Let nature be your teacher." William Wordsworth

Celebrate National Tree Day on September 27st 2017!

"National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature."

<http://www.nationaltreeday.ca/>



"Children today spend less time outdoors than any generation in human history."

<http://getbackoutside.ca/>

"For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination." <http://30x30.davidsuzuki.org/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Download a bird app and start to help your child learn to identify the colours and songs of birds in your neighbourhood
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

For more ideas:

- ✓ Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: "What to do on a nature walk" or "Arbour Day activities"

Talking About Mental Health Sept 2017 – Heading Back to School

Hope that you had a wonderful summer! As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year.

1. Start each day with a positive thought.

Everyone in the family choose a positive thought for the day.

2. Talk about what they like about school and what they are good at.

Have them name 1 thing they like about school.

Have them name 1 thing they are good at.

3. Set a goal for the day.

Have each child or youth set a small goal to achieve each day.

4. Brainstorm ideas of how to deal with challenges.

Have your child or youth make a list of ways they can deal with challenges at school. At the end of the day, ask them which strategies they used to deal with challenges. Encourage them to try out different strategies to build their coping tool kit.

5. End the day by being grateful.

Name three things you are grateful for today.

Have each child or youth name three things they are grateful for today.

Have a wonderful and mentally healthy school year!

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



Nutrition Notes

To contact us:

519.846.2715
1.800.265.7293
info@wdghu.org
www.wdghu.org

Fergus
Fax 519.846.0323

Guelph
Fax 519.836.7215

North Wellington
Fax 519.343.2487

Orangeville
Fax 519.941.1600

Avoiding Peanuts and Nuts in Schools

Why Parents May Be Asked Not to Send Peanuts and Nut Products to School

Likely there are children in the school who have a peanut and/or nut allergy. Peanuts and nuts are common food allergies and reactions can be fatal: Without medical treatment, a person can die within minutes of eating even tiny amounts. Peanuts and nuts leave residue that's hard to remove on utensils, containers, and table-tops. In order for schools to have an environment that's safe from peanuts and nuts, we need your cooperation and commitment.

Why Both Peanuts and Nuts?

Peanuts are not the same as other nuts because they are legumes: Other nuts, such as walnuts, cashews, and almonds, are tree nuts. However, one third of children with peanut allergies are also allergic to tree nuts. Peanuts are often processed in facilities that pack tree nuts, so there's a risk that they may carry peanut-protein residue on them. Some children are so sensitive to peanuts, that even this small amount will present a problem.

Read the Food Product Labels

When buying pre-packaged prepared foods, read the labels carefully. Check the ingredient listing of foods that may contain peanuts or peanut oil, nuts or nut oils (see tables below). Each time you buy a product, check the ingredients again to make sure there are no changes. If the food is homemade, check the ingredient list of each product used. If you're in doubt about the ingredients, contact the manufacturer.

Be Aware

Avoid products that don't carry a complete list of ingredients (e.g. bulk foods, bakery goods, and imported products). Watch for non-food sources of peanut such as craft materials, mouse traps, bean bags, and bird and pet food.

Ingredients Containing or Made from Peanuts*

- peanuts and peanut oil • peanut butter
- mixed and ground nuts • beer nuts
- peanut meal and flour • valencias
- Nutella spread • peanut sauce
- arachis oil • ground nuts
- goober nuts and peas • artificial nuts
- nut meats • mandalona nuts, Nu-Nuts**

**peanuts that have been de-coloured and de-flavoured, then artificially flavoured with a nut flavouring and molded or cut to resemble a nut.

Foods That May Contain Peanuts or Peanut Oil*

- potato chips, popcorn, trail mix
- baked goods (e.g. cake, donuts, cookies, macaroons) and cake icings
- ice cream/frozen desserts
- Chinese food, curries, satays, and other ethnic foods
- chocolate and granola/energy bars
- hydrolyzed plant protein/vegetable protein
- vegetarian meat substitutes
- cereals • dried fruits
- fried foods/gravy • soup mix
- packed olives • chili con carne
- canned fish in oil • salad dressings

