



HYLAND HEIGHTS E.S. HAWK TALK

December NEWS, 2015

Principal: Mitch Zuk
Vice Principal: Wayne Peeters
519-925-3745, Attendance: Ext. 100
* Press '0' to connect with the office



Welcome to December.

November was a very busy and memorable month and enclosed are a few of the highlights. School Council met on Nov 2nd and had a very productive meeting planning our Festive Celebration on Thursday Dec 3rd from 6-8. On Nov 5th, David Bouchard visited our school to share his native culture, music and love of reading with the students. Many thanks to our Superintendent Bonnie Talbot who supported David's visit that day. On Friday Nov 6th, Mrs. Bannon led our "Hyland Heights Reads Assembly" to announce the winner of our month long event. Thanks

Mrs. Bannon for the work you did and to School Council for purchasing the books for our student winners.

Our Remembrance Day assembly was a reflective celebration of all those who have, and currently serve.



Through readings, video, singing, displayed artwork and presentations, students in Mrs. Long, Mrs. Niedzwiecki/Mrs. Ewen Mrs. Mesesnel, Mr. Peeters, Mrs. Manzerolle, and Mrs. Uhrig's class helped make our assembly one of the best. Week of Nov 16-20 was our Bullying Awareness Week. Starting off with our 'Gotcha' program, "Me To We" announcements, "Dear Edwina" and Carol Kingston from "Free The Children", our students learned the importance of accepting others and 'singing your own song'. Special thanks to our School Council and our CYC Tara, who donated their

time and/or funds to help with the events. Student Council will be busy celebrating various seasonal traditions during the month of December; see dates below.

December Dates	
Book Fair in the library	Wed Dec 2-Thurs Dec 4
Festival Celebration at Hyland Heights	Thurs Dec 3- 6-8 p.m
CDDHS Band Performance/Blue and Sparkle Day (Hanukkah)	Fri Dec 4 th Gym (all grades)
Progress Reports Go Home	Fri Dec 11
PJ Day	Monday Dec 14
Red/Black/Green Day (Kwanza)	Tuesday Dec 15
Red/White/Green Spirit Day (Christmas)	Wed Dec 16
Jingle Bell Day	Thurs Dec 17
Holiday Wear of Choice/ Carol Sing	Friday Dec 18 in the gym
Annual Staff vs Student Hockey Game at Arena	Fri Dec 18 from 12-1
CDDHS Guidance Visit with Grade 8's	Tues Jan 19

Fond Farewell



Yes, it's true, in a few short weeks; I will be retiring from the Upper Grand District School Board after thirty years working in education as a teacher and school administrator!

It seems that I must be on some kind of 15 year cycle of change; working for 15 years as a teacher and 15 years as a school administrator. Having been blessed to work with children and their families for the last 30 years is an aspect of my life that will always bring me immense satisfaction, appreciation, and a sense of servitude that I will be forever grateful.

Supporting teachers and the multitude of important, critical and daily tasks that they must undertake to ensure the wellness of the students they teach, has been a humbling experience. The level of care, concern and commitment that Hyland Heights staff demonstrate is exemplary. I am so pleased to have had the experience to serve them as they educate, inspire and care for your child. Whether it's a custodian, office coordinator, child and youth care worker, lunch-time supervisor, educational assistant, early childhood educator, school council member or parent/grand-parent volunteer, there is absolutely no doubt in my mind, that your child is cared for in a manner that appreciates and values their individual strengths and personality.

Students and teachers have brought me much joy, humility and a sense of purpose, as has my family! My wife Alison, daughters Pier and Silje and dogs Toebee and Keerah are the pillars in my life. I am happy to say that I will be able to devote lots of quality time to my family, and start to "pay-back" the unwavering support, positive energy and

encouragement that I have tirelessly received from them. The pursuit of the great outdoors via trees, water and a canoe will definitely be part of my retirement plan!

Thank-you to the good folks at Hyland Heights Elementary School, Parkinson Centennial Public School, Erin Public School, Ross R. Mackay Public School, Willow Road Public School and the Upper Grand District School Board who I have had the immense satisfaction of working with. Thanks for just being ...you!

"Counting my blessings and remembering my dreams."

Mitch Zuk,



As Vice-Principal, it has been my pleasure working alongside Mitch these past few months. Being new to the role as V.P, Mr. Zuk always had the interests of the students at the heart of what he did. The

relationship building, collegiality and ensuring that the students at Hyland Heights received the best education, is something I will always remember. In the words of Mitch's philosophical mentor Jimmy Buffet,

"Oh, yesterdays are over my shoulder, so I can't look back for too long. There's just too much to see waiting in front of me, and I know that I just can't go wrong."

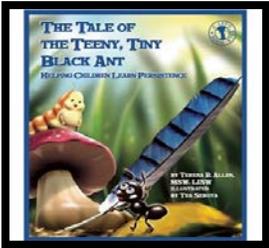
All the best Mitch,
W.Peeters
Vice-Principal



Library News

Hyland Heights READS wrapped up at the beginning of November with staff and

students voting for their favourite of 5 books based on the topic of "Perseverance". On November 6th, a celebration assembly was held with returning officers Sadie and Divita announcing



the winning book, *The Tale of the Teeny, Tiny Black Ant*. Special thanks to our generous School Council for providing the funds needed to run this annual literacy initiative. Our upcoming Book Fair will run from Dec.

2nd to Dec. 7th, and will even be open during the Holiday Celebration on Dec. 3rd. We will have books for all ages, so stop in and pick up a great read for that someone special on your Christmas list!



Report Cards/IEP's

As our reporting timelines were delayed this fall, Progress Reports and IEP's will be sent home Dec 11. Interview times will only be requested on an 'as need' basis by the teacher.



Talking About Mental Health – December 2015

31 Days of Taking Care of Ourselves. In December, as the days get shorter and colder, we all need to take some time to do something good for ourselves. Taking a little time each day to take care of ourselves makes so much difference to keeping in good mental health. You may choose to do some activities on your own or with your family or with a friend. Try one or a few or try them all. Enjoy!

December 1 : One Minute – Take deep breaths, in and out, for one minute.

December 2 : Two Minutes – Smile at yourself in the mirror.

December 3 : Three Minutes – Listen to a favourite song.

December 4 : Four Minutes – Eat some fresh fruit.

December 5 : Five Minutes – Light a candle and quietly watch the flame.

December 6 : Six Minutes – Sit quietly for six minutes.

December 7 : Seven Minutes – Enjoy the taste of a holiday snack.

December 8 : Eight Minutes – Spend fun time with someone who a person or pet .

December 9 : Nine Minutes – Think of the best things that happened this week.

December 10 : Ten Minutes – Take some time out with a cup of tea. Sip slowly and enjoy.

December 11 : Eleven Minutes – Sing along with your favourite songs.

December 12 : Twelve Minutes – Send an email to a friend setting up a time to meet up during the holidays.

December 13 : Thirteen Minutes – Draw, paint or doodle.

December 14 : Fourteen Minutes – Go outside and breathe in the cool, crisp air.

December 15 : Fifteen Minutes – Read a favourite story.

December 16 : Sixteen Minutes – Call or skype with someone.

December 17 : Seventeen Minutes – Do something active: dance, walk, run, skip, play.

December 18 : Eighteen Minutes – Make a cup of hot chocolate and pay attention to the flavor and warmth as you sip– add marshmallows if desired.

December's Environmental Theme: WATER POLLUTION

Water might seem like an endless resource. It covers more than 75% of our planet, but only 1% of the water on planet Earth is fresh, usable, and drinkable. The rest is either saltwater or frozen. And now the 1% that is drinkable is being threatened by pollution because of humans.

We need to conserve the water that exists on planet Earth. Did you know that almost 1 billion

people do not have access to clean water? That is really hard for us to understand because Canada's most valuable natural resource by far is freshwater. While we have only 0.5% of the world's population we have approximately 20% of the world's fresh water resources. But unfortunately Canada is also one of the highest fresh water users in the world. Of 29 nations studied, only the United States uses more water than Canada on a per capita basis. Canada's consumption is an alarming 65 per cent above the average!

What are some of the ways we can reduce water pollution? At home, purchase environmentally friendly, non-toxic cleaning products. Or clean with baking soda, lemon or vinegar. Conserve fresh water by collecting rainwater in barrels. Use it to water your lawn and garden or even indoor plants. Don't pour chemicals or paint or oil down the drain, and especially not into the storm drains on the street, as it goes directly back to our rivers and lakes. Using natural products that are biodegradable, for example, is a great way to go. Most importantly, don't waste the clean water that we have. Turn off the taps when you brush your teeth, take shorter showers, and know that lawn watering is now no longer cool!

Slogan of the month: *Conserve our water - it's all we have!*



On-line Bully Reporting Tool

Did you know that in the majority of cases,

bullying stops within 10 seconds when peers intervene or don't support the bullying behavior?

The Upper Grand District School Board takes all incidents of bullying seriously. That's why we developed an online bullying reporting tool. The Report Bullying site gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to your school principal for follow-up. We will follow up on your report.

You'll find the Report Bullying button on <http://www.ugdsb.on.ca/reportbullying> If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use the reporting



tool. For more information, contact the school.

Winter-Like Weather has arrived!

Please help your child dress appropriately for the weather by pulling out those warm hats, mitts, and snow pants. Students are outside for two 25 minute blocks each day and being dressed in warm clothing allows children to enjoy their break time and be more comfortable while outside. An extra pair of dry socks is also a good idea



Winter Weather & Bus Cancellations

Decisions to cancel transportation is made by 6:30 a.m. and this is based on a number of factors including, weather and road conditions, checked first-hand by designated bus operators in each area, weather predictions made by Environment Canada, and information on road conditions from the local Road Superintendent. During times of inclement weather, please check the transportation website for updates:

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

- You can also listen to: 1460 AM CJOY, 106.1 Magic FM, 99.1 FM CBC, NewsTalk 570 AM, 96.7 FM CHYM, 98.1 FM CHFI, 680 AM CFTR, 92.5 KISS FM or watch the A Channel News or CKCO-TV television news for school transportation cancellations.
- A message will also be left on the school's Bus Cancellation/School Closure line as soon as we are informed. (519-925-3745 Ext. 501.)
- If bus students are driven to school on a "no-bus day", please ensure they are picked up promptly at 3:15 p.m. allowing our staff to travel home safely during daylight hours.

NEWS FROM PARENT COUNCIL

and Heights Parent Council

Holiday celebration



DECEMBER 3RD 6-8PM

Don't forget to join us for this family fun night events include:

Craft rooms, cookie decorating, Santa photos, sing-a-long, silent auction, raffle room, write a letter to Santa, hot chocolate, photo booth

MACMILLIAN ORDERS

All orders must be picked up during the holiday celebration December 3rd between the hours of 6-8pm.



UPCOMING PIZZA DAYS

December 2, 9, 16,



Please check out our facebook page and don't forget to like us!

Please share and invite other Hyland parents to share the Facebook page



Parent Council would like to wish all our families a very happy holiday season and all the best in health and happiness in 2016.

