



James McQueen PS

Together, Making A Difference...One Student At A Time

October 2019

From the Principal's Desk

How quickly time flies! We have had an excellent transition from summer into fall and our students are now into a good school routine. Our school has a welcoming, inclusive atmosphere which makes it a very positive place for everyone in the community.

Our milk and pizza programs have started and our Food and Friends program will begin in the next few weeks. Thank you for your support with our use of cashonline! Our cross country running team has been preparing for the area meet in October and we are excited to have had our Annual Terry fox Run this past Thursday. I have been very impressed with our students' behavior at our assemblies, on the school and on the school yard.

It was great to see so many families out to our welcome Back Open House. Hopefully you were able to meet your child's teacher and have a treat or two!

I welcome your thoughts and input as we are always most successful educating children when we work as a team. Please feel free to call me or arrange a time to meet and chat; your input is valued and important! Have a safe and happy week and enjoy the upcoming Thanksgiving weekend! Enjoy the beautiful fall colours!

Sincerely,

Mr. Creighton

Forms

Please ensure that you have returned all of your child's forms to the school. At this time; we are busy updating contact information, emergency medical information, etc. In the event of an emergency we want to be sure that we have the proper information to keep your child safe. You can help out by notifying the office with any changes to address, contact information, custody or medical concerns, as well as ensuring that if your child requires medications at school that you have returned the completed forms along with the epi-pen, puffer or medications (including non-prescription) to the office.

School Entry

When parents and/ or visitors come to the school (even if they come every day) we ask that they please report to the office and sign in/out. For safety reasons it is imperative that we know who is in the school at all times.

Safe Arrival

Your child's safety is our primary concern. If your child is going to be late or absent from school, please call the school prior to 8:50 AM and leave a message at ext. 100 with your child's name, teacher's name and reason for absence.

In the event that your child is absent and you have not contacted the office by 8:50 AM, we will attempt to reach you first at home, then at work and, if necessary we will try to contact your emergency contact person. As a last resort, the police will be called.

Please Keep Checking!



Please remember that it is very important to check your child regularly for head lice and report it to the school office if found.

Annual Thanksgiving Food Drive

We are so proud to partner with the food bank to help those in need in our community.

James McQueen has been given a certificate thanking us for our continued support we hope to donate even more this year with your help!!! Starting next week, we will have our annual Thanksgiving Food Drive.

Please send in any nonperishables you wish to donate, any help would be greatly appreciated.

Annual Terry Fox Run

Thank you for your support on the run, if you were able to join us, and for generous donations to the Terry Fox Foundation. We were able to raise just over \$600! This money will go to support cancer research.

Dates to Remember...

Tues, Oct 1	-School Council Meeting 6-7:30 PM
Wed, Oct 2	-Mad Science Assembly Gr 1-3 -International Walk to School Day
Mon, Oct 7 to Fri, Oct 11	-CCAT Testing Gr 3
Mon, Oct 14	-Thanksgiving
Fri, Oct 18	-Crazy Hair Day
Tues, Oct 22	-Cross Country Meet -Mad Science Begins
Wed, Oct 23	-Individual Student Photos
Thurs, Oct 24	-SC Halloween Dance
Fri, Oct 25	-Comfy Cozy Day
Thurs, Oct 31	-Halloween Parade
Fri, Nov 1	-PA Day

Environmental Activities to help celebrate our planet

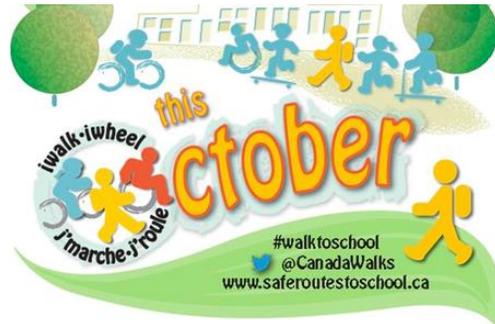
OCT 2nd IS INTERNATIONAL WALK TO SCHOOL DAY!



A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 2nd 2019!

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 2019

I hope that you had a wonderful summer and start to the new school year! Even with the fun of summer and the excitement of the first day of school behind us, returning to school can be a stressful and exciting time for both students and their families. Add to that new teachers, new friends, new schools and for some even a new community: that adds up to a lot of change and potential stress!

While a little stress can be motivating and help us to focus, too much stress can tip the balance and trick our bodies into thinking that we are in danger. This leads to a release of adrenalin and keeps you and your body on full alert. So what can you do? Here are some proven ways to manage stress and take care of yourself from the inside out:

VISUALIZATIONS: According to research, when you visualize something your brains respond to the images in the same way they would to real-life action. So if you take 5 minutes to visualize yourself in a favourite place your brain will think you were really there! That's right! It's literally a 5 minute vacation with all the benefits!

JUST BREATH: Practice slow, deep breathing. Although we are all familiar with the "take a deep breath" suggestion when we are panicked or over stressed, you may not know that this has to do with the brain's "pacemaker" for breath. The research into the impact of breathing on our brains simply confirms what we already know: the simple act of breathing is connected to our emotional state. Slow breathing really can calm you down!

REACH OUT: Of course sometimes we just need to reach out to someone, write in our journal or scream into the ocean. Getting your feelings out and identifying that you are stressed can actually alleviate some of your stress as well. Connecting with others and asking for help if you are overwhelmed is a great way to manage stress. Also, if you see someone who looks a bit overwhelmed, reach "in" (check in) and see how they are doing. It can go a long way to know you are surrounded by people who care.

And of course, if your stress begins to impact your daily activities and you continue to struggle, reach out for help.

Here24/7: 1 844 437 32477 (HERE247) TTY: 1-877-688-5501 (Guelph and Wellington)

Dufferin Child and Family Services: 519.941.1530 (Dufferin)

KidsHelpPhone: Text CONNECT to 686868 or call 1-800-668-6868

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board
Follow me on instagram @ ugdsb_mental_health*