

JOHN BLACK PUBLIC SCHOOL

150 Lamond St., Fergus, Ontario, N1M 2A1
Phone: (519) 843-2665 Fax: (519) 843-7266

Principal: Kathy Gossling-Spears

Office Coordinator: Sheri MacKenzie

PRINCIPAL'S OCTOBER MESSAGE

Welcome Fall! We have had a wonderful, busy September with our students participating in a variety of activities. There are many games being played on our yard, including soccer, baseball, football, just to name a few. We have another month to enjoy our play structures on the yard and look forward to enjoying many new and exciting outdoor activities as the fall progresses. Our Cross Country runners have been practicing and are looking forward to the Intermediate meet in Rockwood on October 3rd and the Primary/Junior meet in Fergus on October 16th in the afternoon.

On September 27th we participated in the annual Terry Fox Walk. It was a perfect day for our walk and we thank everyone for their contributions as well as those who came and walked with our students during the event.

Thank you to all of the families for coming to our OPEN HOUSE. It's always nice to meet everyone and share the great things we are doing here at John Black. Always feel free to contact us if you have any questions or things you would like to share. A great way to get involved in our school community is to volunteer in the many activities we run, help with salad days, go on field trips or help shelve books in the library/learning commons. We have an active School Council and have many great activities planned for the upcoming year. Consider joining us for our meetings which will be posted on our website and Facebook page.

To keep up to date with all things John Black PS please visit our school website at <https://www.ugdsb.ca/jblack/>. For information relating to the school board you can visit <http://www.ugdsb.on.ca>. School Council has also set up a closed group on Facebook that you can join once it has been verified that you are a parent or guardian of a John Black PS student(s). Please check out **John Black Public School Community** to join. We also post updates on our Twitter page using the address @JohnBlackPS. From this month onward the monthly newsletter will be posted on our website. We are trying to do our part to save paper and reach as many families as possible.

Have a Happy Thanksgiving weekend with your families and take time to enjoy the beauty of the season.

Sincerely,

Kathy Gossling-Spears,

Principal



MORNING AND AFTERNOON DROP OFF

Please be reminded that the parking lot is not to be used for parking during bus drop off and pick up while we are dealing with construction. Please park your car in front of the school if you are dropping off or picking up. Also, walkers should be using the sidewalk on Lamond at all times they will be escorted by the construction crews once they get to St. Andrew St. E. All of these measures will ensure the safety of our students and create safe traffic flow in our school area. Also, may students continue to arrive early in the morning; Please note that students are not to arrive before 8:34 A.M as there is no supervision until that time. Thank you for your help in keeping our students safe.



SAFE ARRIVAL

During the school day, your child's safety is of upmost importance to us. It is IMPERATIVE that you call the office before 8:50 a.m. if your child is going to be absent or late to school. For your convenience, we also have voice-mail which allows you to contact the school at any time during the night or over the weekend. The school phone number is 519 843-2665. When you call please note your child's name, teacher and reason for absence.

If a child is absent and we have not heard from a parent or guardian we will attempt to contact a parent or guardian to ensure your child is safe. If a parent cannot be reached we will contact the emergency contacts you have provided.

If your child is late arriving at school he/she must check in with the office before proceeding to class.

SAFE DEPARTURE

Please send authorization in writing if someone other than the legal guardian is going to pick your child up from school. The authorized adult will be asked for photo identification.

If it is necessary for a child to leave early, or to leave for a period during the day for an appointment, a note must be sent to the teacher. For the safety of your child, we request that you come into the school to **sign him/her out at the office**. We cannot send students out to waiting cars.

Please also remember to notify us if your child is not taking the bus home. We appreciate your efforts to keep all students safe.

SCHOOL SECURITY AND SAFETY

All parents and visitors entering the school must do so through the front doors and sign in at the office. For safety reasons, we must know who is in the building at ALL TIMES.

FIRE SAFETY AND LOCKDOWN DRILLS

During the next months we will be practicing our fire safety and lock down procedures. During these drills everyone in the school building is responsible for following the same procedures as the students and staff.

SCHOOL COUNCIL NEWS

DATES OF INTEREST

Tuesday, October 23rd - School Council meeting at 6:30pm

Thurs. Oct 25th – Halloween Dance

TALKING ABOUT MENTAL HEALTH-PROMOTING MENTAL HEALTH

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



Monthly Environmental Activities to help celebrate our planet

OCT 3RD IS INTERNATIONAL WALK TO SCHOOL DAY!

It is vital to teach our children to respect and take care of the environment.

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

In October we celebrate active travel by encouraging students to walk or bike between home and school. Walking or cycling to school gets kids outside every day actively enjoying their natural environment. They arrive at school better able to concentrate and learn.

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!

