

JOHN BLACK PUBLIC SCHOOL

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Principal: Kathy Gossling-Spears

Office Coordinator: Sheri MacKenzie

PRINCIPAL'S NOVEMBER MESSAGE

This fall our students have continued to enjoy spending lots of quality time outdoors throughout the day learning and exploring. Our spacious yard and surrounding areas allow students to have a variety of opportunities whether they are working as a whole class, in small groups or exploring on their own. Staff have been going outdoors regularly which allows students to also have a mask break.

I would like to thank Melissa Mulligan and School Council for supporting our Hallowe'en/Black and Orange Day on Thursday, October 29th. Melissa set up an outdoor scavenger hunt that classes could do during the day. There was lots of excitement as students looked for the picture clues. Each student was also given a Hallowe'en treat courtesy of our School Council.

Progress reports will be coming home on November 20th. Please take this opportunity to read the report together with your child(ren) in order to look at strengths and next steps. Our students have been setting personal goals which I hope they will share with you. Parents can now book interviews online.

As we move towards winter and colder weather please remember that students are outside at least twice every day for twenty-five minutes- even if it is cold. They need to be dressed appropriately. Please feel free to send extra labelled clothing, socks and mittens to be kept at school in case clothing gets wet.

This month the board is providing a series of short webinars for parents which include topics on:

Building Mindfulness in Children

Positive Parenting Strategies

Supporting Children with Anxiety

Taking Care Of You So You Can Be The Best Parent You Can Be!

Strategies to Support Learning at Home K-3

Full Details can be accessed on our website at <https://www.uqdsb.ca/jblack/2020/10/30/parent-webinars/>

Thank you for all of your support during the first few months of school and adapting to our new way of being at school during COVID-19. We are all adjusting and making the best of our situation so we can continue to learn and grow here at John Black.

Kathy Gossling-Spears,
Principal

TREATIES RECOGNITION WEEK

Treaties Recognition Week is celebrated in Ontario the first week of November each year. This year it will be from November 2-6.

Ontario has passed legislation to bring awareness to the treaty relationships between Indigenous and non-Indigenous people in the province.

This legislation is part of Ontario's [Treaty Strategy](#) which serves to promote constructive engagement and revitalization of treaty relationships between the province and Indigenous communities.



REMEMBRANCE DAY CEREMONIES

We will still be honouring Remembrance Day on November 11 at John Black School. Due to COVID-19 we are unable to have an assembly in the gym. We have purchased a wreath on behalf of our school to show our support. The Legion will be sending poppies to the school. Please feel free to donate when you are out in the community as we will not be collecting money here at the school this year.

NOVEMBER 26th is COMFY COZY DAY

Staff and students will be enjoying a comfy, cozy day on November 26th. Just another way of bringing some school spirit into the building.



INCLEMENT WEATHER

Announcements will be made on the following radio stations in the event of bus cancellations:

1460 AM CJOY – Guelph

106.1 FM Magic FM – Guelph

Oldies 1090 AM

105.3 Kool FM

96.7 CHYM

Parents can also check the UGDSB Website www.ugdsb.on.ca for bus cancellations by clicking on the link in the yellow box on the home page. Information will be posted daily on the website by 6:30 a.m. Another great resource is to sign up for notification from student transportation updates at <https://stwdsts.ca/bus-subscription/>

****Please remember if buses are cancelled in the morning they will not run after school.****

SCHOOL YEAR CALENDARS

The school year calendars are posted on the board website at <https://www.ugdsb.ca/schools/school-year-calendars/>

You can also find more information about important dates on our school website and also subscribe .



TALKING ABOUT MENTAL HEALTH: GRATITUDE

In October we introduced our school communities to the Umbrella Project which supports wellness in our students, staff and communities. As families/guardians you are a valuable member of that community. Even letting your child know that you are a part of this important work is powerful.

Gratitude is the quality of being thankful. It is an essential skill that helps us keep our focus on what we have, instead of what we do not have. This skill is especially important at a time when there are so many restrictions in place at school, home and in the community.

By helping ourselves and our children and youth bring their focus on gratitude, we can balance out some of the fear, anger and negativity we may be experiencing.

Some of the ways that you can support this month's theme at home:

- Create a gratitude wall with things you are thankful for
- Write post cards/letters/or virtual letters of thanks to people
- Create a gratitude jar full of inspirational sayings
- Create a collage of things you are grateful for
- Share something that you are each grateful for at mealtime or bedtime
- Go for a walk and identify things in nature/outdoors you are grateful for
- Put a piece of paper on your fridge and have members of your household add ideas as they think of them throughout the week and then sit down each week and share them back to everyone

Let us know about the ways you are practicing gratitude during the month of November by Twitter or other social media formats by using the hashtag #UGUmbrella.

Have a great(ful) month!

Jenny Marino

Mental Health and Addictions Lead, UGDSB



Monthly environmental activities to help celebrate our planet

Friday November 27th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank

Celebrate Buy Nothing Day on November 27th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>



Image from <https://www.permaculture.co.uk>

"We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption."

Dr Kirsten Brodde of Greenpeace Germany- <https://www.telegraph.co.uk>

Repair, reduce, re-use, recycle – 4 R's are best!

It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food.

'Repair, reduce, re-use, recycle' could be the new model. <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about!

<https://www.daysoftheyear.com/days/buy-nothing-day>