



John Black PS October 2022 Highlights and News

October is Islamic Heritage and Hispanic Heritage Month. Families of our community who are of the Jewish faith have celebrated their New Year during Rosh Hashanah and Yom Kippur, and Diwali is approaching on October 24th, which is the Hindu Festival of Lights. Families of Hindu, Jainism and Sikhism religions celebrate on this day. We wish all of our families wonderful celebrations.

Please view the UGDSB Inclusion Calendar [here](#) for a full overview of the days of significance for October.

Picture Day

Thursday, October 6th is picture day. Students will have an individual photo taken. Once proofs arrive, they will be sent home for picture orders. A retake day will be scheduled for a later date.



Terry Fox

Thank you to our staff and students for their eager participation in our Terry Fox run. Students enjoyed running laps around the school block and on the school field, through the inspiration of Terry Fox. We are happy to share that our school has raised close to \$1,000. We will calculate the final total and share that information when it's available. Thank you to you, our families, for your generosity for such an important cause.

Parking to pick up students on St. Andrew

To help keep our students safe, we ask that parents be careful and mindful when picking up students on St. Andrew. It is a busy time of day and the safety of our students is paramount.

John Black Badgerwear Orders are Back!

Students wishing to purchase clothing with our new logo are now able to do so. A School Cash Online email will be sent out with the purchasing options. The clothing looks good and is great quality! Options for gym clothes are also available!



Dress Up Day K to 8 – October 31st

On this day options are:

- wear orange and black
- dress in a costume
- wear your everyday clothes



If students wish to wear a costume, here is a list of Do's and Don'ts:

Costume Do's	Costume Don'ts
<ul style="list-style-type: none">- wear black and orange- appropriate for school- dress up as a character from your favourite book or movie- make sure you can get your costume on independently- check that your costume is safe and comfortable (i.e. not too long)- be creative!- have fun!	<ul style="list-style-type: none">- no costumes that are representative of another culture, religious beliefs, or gender, socioeconomic status.- any costume related to COVID- no dress up masks- no toy replica weapons- no violent references- costume contact lenses- accessories that can get lost or damaged

School Council Corner

Booster Juice and Subway

Back by popular demand!...Booster Juice and Subway will be offered during second break on alternating Wednesdays starting in November. Ordering information to follow through SchoolCash Online.



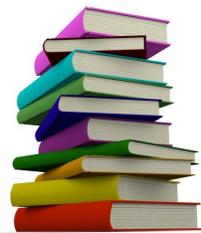
FALL FAMILY DANCE

Mark your calendars and get ready for the **Fall Family Dance!**

Thursday October 27th, 6-7:30 PM Come in costume, black and orange, or come as you are... all are welcome! We'll have food and treats for cash purchase, prizes, music and dancing. All students must be accompanied by an adult.

Library Learning Commons News - Book Fair!

Hello John Black families! I am pleased to let you know that we will be hosting a book fair in cooperation with Magic Pebble Books in Elora. Our book fair will be taking place on the P.A. Day on Friday, November 25. A portion of the proceeds will come back to the school to purchase materials for the Learning Commons. This would be a great chance to pick up some books for holiday gifts! The great thing about pairing with Magic Pebble Books is we are supporting a local business!



Bullying Prevention Plan 2022

As a board and school, we take bullying seriously and strive to ensure the safety of our students. Please see our updated Bullying Prevention Plan found on our John Black Website:

<https://www.ugdsb.ca/jblack/resources/school-bullying-prevention-pla>

October Wellness Works- Cognitive Flexibility

This month we are exploring **cognitive flexibility**. Cognitive flexibility can be defined as:

- Being open minded to new experiences
- Switching easily from one thing to the next
- Not getting stuck on one idea
- Thinking of new ways to solve problems
- Being creative

Cognitive flexibility is important for innovating, coming up with new ideas and solving problems, and is essential to creativity. It will also help them understand people and situations that are different from theirs and improve their relationships.

However you choose to bring this skill building and exploration into your home, make sure you do so with empathy and compassion for yourself and your child/ren and/or youth. So what can you do?

- Practice modeling flexible thinking yourself when interacting with your child/ren. Invite your child/ren into your thinking processes by 'thinking out loud'.
- Talk about scenarios that have multiple ways to solve a problem. For example, perhaps your child is struggling with a situation and you can talk about the many different ways that this could be approached and/or solved. The process of looking at many different options is "flexing" this skill in a great way! Try a template like [this one](#) to explore decision making.
- Chat with your child/ren about the things they like done a 'certain way' and invite them to consider how those patterns can be helpful for them and when they might be harmful or limiting. Check out the online article, "[What is Cognitive Flexibility and How do I Help My Child With It?](#)") by Foothills Academy to learn more.

- For younger children, try to make a new rule for a favourite board game. This can be difficult for adults and children alike! By working together to come up with a small change you are teaching your child/ren to bend a bit. You are flexing the cognitive flexibility part of their brain!
- Make this work into a fun game by taking household items and coming up with interesting and new uses. This is a great way to practice creative problem solving.
- Support your child/ren with developing reflection skills and strategies by prompting them to extend their thinking about things. For example, when you ask your child/ren how school was, prompt them to extend their answer by asking them to consider 1-2 things that made them suggest it was a certain way. Try prompts like “tell me more...”, “what makes you feel that way”, and/or “how is this like/unlike other things you’ve experienced?”. If helpful, try [Reflection Stems](#) to support them in communicating their thoughts.



UGDSB thanks EDGE MUTUAL for their donation in support of this important work.

Jenny Marino

UGDSB Mental Health Lead
#MHUG on Twitter

OCT 12th IS INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds! We encourage our students who can walk to school to make a special effort to do so on this day and everyday!



Follow us on Twitter @JohnBlackPS for school highlights and information