



JEAN LITTLE PUBLIC SCHOOL

MR. C. POPOFSKI, PRINCIPAL
MRS. S. SCHOETTLER, VICE PRINCIPAL
MS. L. ELLIS, OFFICE COORDINATOR

56 YOUNGMAN DRIVE, GUELPH, ONT, N1G 4L2 (519) 837-9582



November 2020 Jean Little Newsletter

Principal and Vice Principal's Message

The fall seems to be flying by...does this mean snow is around the corner? Although we have enjoyed a nice fall, please remember that students are outside twice every day for twenty minutes. Unless it is bitterly cold or pouring rain, students will be expected to dress appropriately for the weather and go outside at each break. This includes a warm jacket, hat, mitts and waterproof footwear. Being outdoors allows them to get rid of excess energy, enjoy some fresh air and have some time away from the classroom.

A reminder that November 27th is a PA day set aside for virtual or phone interviews with your child's teacher(s). The school-home connection is very important to us as we work together to make your child's year a successful one. Teachers connect with parents/guardians shortly after the progress reports go home to bridge the level of support and to build a partnership between home and school giving you the opportunity to implement strategies to increase your child's success while it is still early in the year.



Finally, we are excited to share that our Jean Little Spirit Wear is now for sale and available for purchasing through Schools Cash Online <https://ugdsb.schoolcashonline.com/>

We always appreciate your insight, so please do not hesitate to call if you have a concern or positive feedback to share.

Sincerely,

Chris Popovski
Principal

Sarah Schoettler
Vice Principal



JEAN LITTLE P.S. 2021 SPIRIT WEAR ORDER FORMS

Student Name.....(JOHN MCKENNA)

CLASS.....

Tshirts

Youth Sizes:	Qty	Adult Sizes:	Qty
XSmall.....\$15.00 x		Small.....\$15.00 x	
Small.....\$15.00 x		Medium.....\$15.00 x	
Medium.....\$15.00 x		Large.....\$15.00 x	
Large.....\$15.00 x		XLarge.....\$15.00 x	

GOLD BLUE GREY PINK

Add Name on right sleeve (+\$ 4.00 /shirt) NAME :

If printed name is different to above please put in below space.
(please use BLOCK capitals)



(MCKENNA)

3/4 Sleeve Baseball TShirt

Youth Sizes:	Qty	Adult Sizes:	Qty
XSmall.....\$20.00 x		Small.....\$20.00 x	
Small.....\$20.00 x		Medium.....\$20.00 x	
Medium.....\$20.00 x		Large.....\$20.00 x	
Large.....\$20.00 x		XLarge.....\$20.00 x	



Add NAME on back bottom (+\$5.00/SHIRT) NAME :

If printed name is different to above please put in below space.
(please use BLOCK capitals)

(MCKENNA)

Cotton Hoodie

Youth Sizes:	Qty	Adult Sizes:	Qty
XSmall.....\$30.00 x		Small.....\$30.00 x	
Small.....\$30.00 x		Medium.....\$30.00 x	
Medium.....\$30.00 x		Large.....\$30.00 x	
Large.....\$30.00 x		XLarge.....\$30.00 x	

GOLD BLUE GREY

Add NAME on back bottom (+\$5.00/hoodie) NAME :

If printed name is different to above please put in below space.
(please use BLOCK capitals)



(MCKENNA)

Game Day Polyester Hoodie

Youth Sizes:	Qty	Adult Sizes:	Qty
Small.....\$40.00 x		Small.....\$40.00 x	
Medium.....\$40.00 x		Medium.....\$40.00 x	
Large.....\$40.00 x		Large.....\$40.00 x	
		XLarge.....\$40.00 x	



GOLD **BLUE**

Add NAME on back bottom (+\$5.00/hoodie) NAME : (MCKENNA)

If printed name is different to above please put in below space.
(please use BLOCK capitals)

ORDER FORMS ARE DUE BACK

TOTAL \$.....

CASH ONLINE ONLY FOR ALL ORDERS



Remembrance Day at Jean Little – This year in place of an assembly, we will be commemorating Remembrance day **on November 11th**, over our announcements. We will begin shortly before 11 am, where students and staff will listen to our own students take us through a commemorative ceremony including opening remarks, one minute of silence, a student reading of In Flander’s Field’s and the last post. This will be followed with a virtual slide show of student art and literacy pieces recognizing Remembrance day.

TALKING ABOUT MENTAL HEALTH: This month we explore 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 practising 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



WEBINARS FOR PARENTS

BUILDING MINDFULNESS IN CHILDREN

NOV 3 @ 4:00 PM

30 MINUTE LIVE WEBINAR

MEET.GOOGLE.COM/UJR-EHET-YSE

PHONE NUMBER
+1 226-314-9641
PIN: 434 710 790#

POSITIVE PARENTING STRATEGIES

NOV 9

@ 4:00 PM

45 MINUTE LIVEWEBINAR

MEET.GOOGLE.COM/KUM-KQNY-AZM

PHONE NUMBER
+1 289-434-8813
PIN: 906 714 626#

SUPPORTING CHILDREN WITH ANXIETY

NOV 17 @ 4:00PM

30 MIN LIVE WEBINAR

MEET.GOOGLE.COM/OMD-WZJB-EUG

PHONE NUMBER
1 289-316-7080
PIN: 594 292 609#

TAKING CARE OF YOU SO YOU CAN BE THE BEST PARENT YOU CAN BE!

NOV 17 @ 4:00 PM

1 HOUR LIVE WEBINAR

MEET.GOOGLE.COM/IFK-QWXQ-VRM

PHONE NUMBER
1 647-737-5425
PIN: 299 070 703#



STRATEGIES TO SUPPORT LEARNING AT HOME K-3

NOV 18 @ 1:00 PM

45 MIN LIVE WEBINAR

MEET.GOOGLE.COM/KFZ-CSVJ-KFY

PHONE NUMBERS
778-749-9744
PIN: 297 285 413#



ALL OF THESE WEBINARS AS WELL AS SLIDE DECKS AND Q&A'S WILL BE RECORDED AND POSTED ON [HTTPS://WWW.UGDSB.CA/UNDERPARENTS/MENTALHEALTH](https://www.ugdsb.ca/underparents/mentalhealth)

WE WILL BE SHARING A NEW CALENDAR MONTHLY



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>



“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>

Treaties Recognition Week - November 1st – 7th



In 2016, Ontario passed legislation declaring the first **week** of November as **Treaties Recognition Week**. This annual event honours the importance of **treaties** and helps students and residents of Ontario learn more about **treaty** rights and relationships. Each year, students learn why **treaties** matter to all Ontarians.

mabel's labels[®] FUNDRAISING

Back to school means labelling...everything! Support Jean Little Public School when you purchase labels through Mabel's Labels!



<https://mabelslabels.com/support-a-fundraiser/>

Jean Little On-line Calendar Please visit the Jean Little online calendar for upcoming events and important dates. Visit: <https://www.ugdsb.ca/JeanLittle/>



Twitter Please follow us [@JeanLittlePS](https://twitter.com/JeanLittlePS).