

# École John McCrae School

## NEWSLETTER – NOVEMBER 2015

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Principal: Leslie Newman

Vice Principal: Olivier Cutz

Office Co-ordinator: Kathy Lambkin

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### PRINCIPAL'S MESSAGE

As always, there seem to be a number of things going at our school. On October 29<sup>th</sup>, we had our eleventh annual Dance-A-Thon. Our students had so much fun and it was such a good way to get all of our students involved and raise school spirit. Thank you to the School Council and in particular Janene for her work in organizing, as well as all of the parents who came to count money and give out prizes during the dance. The students had a really terrific day and we raised an enormous amount of money. Hopefully, we will be able to buy some microscopes and make more improvements to our school library.

The week of November 16-20 is Bullying Prevention Week. As a school, we will review and teach about bullying as well as help students develop strategies to deal with conflict. Our focus, however, will continue to be on kindness. When we can teach our students that being kind is simply about making a choice, I think we can create a change. As part of the week, we are hoping to buy some books for our younger students and invite a guest speaker for our older ones.

On November 11, every student from John McCrae will join with their classmates in walking to John McCrae House where we will hold a Remembrance Day Service beginning at 10:30 am. It is an expectation for students to participate in this important service that honours our community and our country. (If this is a problem for your child, please contact the school by November 10th). You are welcome to join us.

Once again, thank you parents, students and staff. It's been a great year so far, thanks to you.

*Leslie Newman*

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### SCHOOL COUNCIL CORNER

Please remember that school council meetings are held on the second Tuesday of each month at 6:45 p.m. The next meeting will take place on **Tuesday, November 10<sup>th</sup>**. To request child care, please email [leslie.newman@ugdsb.on.ca](mailto:leslie.newman@ugdsb.on.ca) no later than Friday, November 6<sup>th</sup>.

Thank you to all the parents who helped make our annual Dance-A-Thon such a success! While we will have final totals for you soon (although we are hearing rumours that it was close to \$8 000), we do know that Mme Newman and M Cutz have been wearing their PJ's this week! We hear that other teachers have worn their pajamas too!

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### PHOTO DAY

Photo day will be Friday, November 6<sup>th</sup>. Everyone will get their picture taken and proofs will be sent home for parents to look at and then make decisions about purchases. If you do not live with your child you can contact the school and we will connect you to LifeTouch to request a second set of proofs.

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### WREATHES, POINSETTIAS & MORE

The holiday season is fast approaching and so is the deadline to return order forms for wreaths, poinsettias and more! Download the order form from our website or check the bottom of your child's back pack! You may also purchase these items at [www.schoolcashionline.com](http://www.schoolcashionline.com). **Orders forms are due Friday, November 6<sup>th</sup>. We are unable to process orders that are received after this date.** If submitting a paper order, cheques should be made payable to "John McCrae Public School." For further information, please contact Pamela Young at [pjyoung@idirect.com](mailto:pjyoung@idirect.com) or Brenda McDonald at [brendamacd@gmail.com](mailto:brendamacd@gmail.com). Orders available for pick up on Wednesday, December 3<sup>rd</sup> after school and in the evening.

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## INCLEMENT WEATHER PROCEDURES

In case of severe winter weather, with poor driving conditions and bus cancellations and delays, please listen for announcements on radio stations 1460 AM CJOY, 106.1 Magic FM, 900 AM CHML, 107.9 FM CJXY (Y108), Oldies 1090 AM, 105.3 Kool FM, News Talk 570 AM, 96.7 FM CHYM, 1150 AM CKOC, 102.9 FM CKLH, 820 AM CHAM and ,CKCO-TV. Announcements for John McCrae PS are included in **“South Wellington and the City of Guelph.**

**Please note:** *If buses do not operate in the morning, they will not operate in the afternoon. If you elect to drive your student to school, you must make arrangements for them to be picked up at the end of the day. Likewise, if you choose to keep your “walking” student at home on an inclement weather day, you must notify the office (Attendance line #100) of the student’s absence.*

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## LOST AND FOUND

Please take a moment to visit the lost and found box at our school. The box is **full of clothing** items that definitely should be missed by families! It will be sent to help needy families should it not be claimed by the December Holiday.

### Get Your Flu Shot

The flu is a respiratory illness that spreads quickly from person to person. Common flu symptoms include fever, cough, sore throat, muscle pain, joint pain, and weakness.

The flu is more serious for the very young and elderly. They can get the flu from school-aged children who don’t seem sick but may have a mild case. Get your free flu shot. It protects everyone. Visit [www.wdgpUBLICHEALTH.ca](http://www.wdgpUBLICHEALTH.ca) to find a flu clinic near you.

If you don’t like needles, there is an alternative. FluMist is a nasal spray available for children and adults ages 2 to 59. **FluMist is not available at drop-in clinics.** Call 1-800-265-7293 to make an appointment. There is a cost of \$20 for the vaccine.



## Updates of Support for Students Who are Deaf and Hard of Hearing

### **“I Feel Good!” A Guide to Support the Mental Health and Well-Being of Children and Youth Who Are deaf and Hard of Hearing**

Although advances in hearing technology and early intervention programs have made it possible for greater numbers of children with hearing loss to access sound in order to develop spoken language, some parents continue to express concern that their children are experiencing challenges in their social relationships. To assist families and professionals in supporting the mental health and developing the social skills of children and youth with hearing loss, VOICE for Hearing Impaired Children has produced “I Feel Good!” A Guide to Support the Mental Health and Well-Being of Children and Youth Who Are Deaf and Hard of Hearing in Ontario's schools. This publication was developed in collaboration with the Canadian Hearing Society and with input from researchers at Universities of Toronto and Western Ontario as well as clinical psychologists. This resource highlights typical social developmental milestones, the impact hearing loss may have on social interactions and provides suggestions to support developing social skills. The goal of the guide and these proactive strategies is to assist children and youth with hearing loss to develop the skills they need to successfully integrate with peers at school and in the community at large. Be sure to access both the French & English versions on our website ([www.voicefordeafkids.com](http://www.voicefordeafkids.com)).

### **"Sounds for Success" e-learning course**

VOICE for Hearing Impaired Children has also launched a new series of videos and resources that support the unique needs of deaf and hard of hearing students. Our new resources were created to assist educators in Kindergarten to grade 2 in providing an inclusive environment for their students with hearing loss. Visit the VOICE website to view courses and resources, in both English and French, on a variety of topics including Laying the Foundation for Literacy, Developing Social Skills and Effective use of Classroom Amplification Systems. We encourage parents to share this information with their child’s school and classroom teachers and invite them to take advantage of these free and informative resources, as they plan for a successful year for students with hearing loss. See the Resources for Professionals section on the new VOICE website ([www.voicefordeafkids.com](http://www.voicefordeafkids.com)).

# Math Anxiety

M-A-T-H... A four-letter word that can bring on headaches, sweaty palms, stomach aches and/or tears. A four-letter word that can begin a verbal battle and end with wounds. A four-letter word that can be dreaded, leaving one confused and hoping for non-existence. What is it about math that can cause a child to be afraid? Attitudes.

As a parent/caregiver, you are an invaluable partner in your child's mathematical education; you are the first educator in your child's life. Recent research has shown that an adult's feelings about math and what they say can have an impact on how a child thinks about math and themselves as mathematicians.

Below are some verbal tips to help support you in curbing math anxiety in your child:

Instead of...	Try...
"You are so smart!"	"You have worked so hard to learn all those math facts."
"I hated math as a child," or "I was never good at math."	"I am not sure of the math you are working on. Can you explain it to me?"
"Oh, looks like you made a mistake here."	"You made a mistake. That is wonderful! Your brain just grew from the learning that just happened!"
"This problem is way too hard for me to help you with."	"I think you should try this problem without my help. This would be a great opportunity for your brain to struggle so it can grow!"
"Let's see... Joe started with 15, and now he has 5, so what is 15 take away 5?"	"What do you think this problem is asking you? Can you restate it in your own words?"
"That is the right answer. Good for you!" "That is the wrong answer."	"How do you know you are right?" "Does that answer make sense to you? Why or why not?" "Is there another way to solve this problem?" "Explain how you got your answer."
"You are not good at math either, just like me."	"With hard work, you will get better at math. Don't give up."
"You have to learn to know these answers quickly."	"Take the time you need to figure out the answer. It is more important you understand how to get the answer than knowing it quickly."

Words have the power to inspire a child to become the mathematician he/she is capable of being.

Adapted from:

*What's Math Got To Do With It?* by Jo Boaler

<http://yano.co.uk/2012/05/dont-let-maths-muddle-you-2/>

<https://www.youcubed.org/fluency-without-fear/>

## November's Environmental Theme: AIR POLLUTION

Air pollution is a big problem. But we can solve it. Know that all over the world, steps are being taken to stop the damage to our environment from air pollution. Scientists study the damaging effects and make recommendations. Governments write laws to control emissions. Canada has a Clean Air Act. And the good news is that recently Ontario became the first province in Canada to no longer make electricity using coal-fired power plants! Perhaps most importantly, teachers in schools and universities are educating our youth to understand the problem and make a difference.

What are some of the ways we can reduce air pollution? Planting trees is a great way to help filter our air and make it clean. If cars are producing too much carbon dioxide then trees will help convert it back into essential pure oxygen. Also, use a push mower instead of a gas-powered mower, or use a snow shovel instead of a power snow remover. Bike and walk more, and look into purchasing a more fuel-efficient car. If you buy locally produced food, trucks won't need to make as many far away deliveries and use as much fuel. You can even help indoor air quality by growing plants indoors, especially spider plants, the peace lily, or bamboo palms to help take toxins out of the air inside.

Scientists are also working on how to use energy in a cleaner way. For one example, an alternate fuel source that emits fewer greenhouse gases than conventional fossil fuels comes from an unexpected source - vegetable oil! Type "Run Your Car on Vegetable Oil " into Google and find out the pros and cons of this alternative fuel source.

**Slogan of the month:** *Keep our air healthy - plant a tree!*

# Talking About Mental Health - Access to Mental Health Services Dufferin-Guelph-Wellington

Here is a quick guide to accessing mental health services in our communities. Hope it is helpful for you and your family.

## Mental Health Agencies:

### **Child and Youth Services in Dufferin**

- Dufferin Child and Family Services (DCAFS)
  - To access Addictions, Mental Health and Crisis Services
    - Call 519-941-1530
  - Talk in Clinic on Tuesdays 1:00- 7:00, just drop in to access services
    - 655 Riddell Road, Orangeville
  - <http://dcafs.on.ca/>

### **Child and Youth Services in Guelph/Wellington and Adult Services in Guelph/Wellington/Dufferin**

- Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHAWWD)
  - To access Addictions, Mental Health and Crisis Services
    - Call HERE247 at 1 844 437 3247 (1 844 HERE247)
    - [www.here247.ca](http://www.here247.ca)
  - Walk in Clinic for Children/Youth on Tuesdays, 1:30- 7:00, just drop in to access services
    - 485 Silvercreek Pkwy, Guelph
  - <http://www.cmhawwd.ca>

## Family Health Teams

- have counselling supports as well as medical services paid for through OHIP
- Dufferin Area Family Health Teams
  - <http://dafht.ca/>
  - 519-938-8802 ext. 314
- Guelph Family Health Teams
  - <http://www.guelphfht.com/>
  - 519-837-4444
- North Wellington Family Health Teams
  - [www.mmfht.ca](http://www.mmfht.ca) (Minto-Mapleton); Telephone: 519-638-2110
  - [www.mountforestfht.com](http://www.mountforestfht.com) (Mount Forest); Telephone: 519-323-0255
- Centre Wellington Family Health Teams
  - <http://uppergrandfht.org/>
  - Phone: 519-843-3947
- East Wellington Family Health Team
  - <http://www.ewfht.ca/>