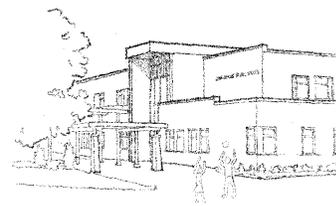


# École John McCrae School

## NEWSLETTER – NOVEMBER 2016

189 Water Street, Guelph, Ontario N1G 1B3  
Phone: 519-824-0028 Fax: 519-824-7067 Website: [www.ugdsb.on.ca/jmc/](http://www.ugdsb.on.ca/jmc/)



Principal: Leslie Newman

Vice Principal: Olivier Cutz

Office Co-ordinator: Kathy Lambkin

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### PRINCIPAL'S MESSAGE

Progress reports will be arriving home this month (November 17<sup>th</sup> to be exact). These reports are meant as a mid-term check-in and will help you and your child have a discussion about what they are doing well at in school and what things they can work on in order to help them improve even more. On the evening of November 24<sup>th</sup> and during the day of November 25<sup>th</sup>, parents will be invited to meet with their student's teacher. Please reserve those dates. All interviews can be made online at <https://webapps.ugdsb.on.ca/InterviewSchedule/Account/Login> as of 4pm on November 17<sup>th</sup>. More information will come home in the report card with interview booking instructions.

I already know that November and December will be a blur. Within the next eight weeks we will have interviews, a Remembrance Day Service, Holiday Concerts, a mitten tree collection and bullying prevention week. It's really great to be at a school where there are so many interesting and diverse things happening every day. Please look at the calendar on the school website for more dates and information.

Every day, it gets a little colder outside and some of our students are arriving at school unprepared to be out for half an hour or more. Students go outside at least twice every day and they are expected to stay outside, even when the weather dips below zero. Please help us by reinforcing the need to be prepared (or to wear what you send them)!

As we move into November, I am always reflective of those who have served to protect our country in some way. I always think of my own father and former students who have gone overseas as a member of our armed forces. Our own Remembrance Day service will be held at the John McCrae House on November 11. As a school, we will walk down and participate in a ceremony that will help us all to be thankful for where we live and to those who help to keep us safe. Please join us if you can.

*Leslie Newman*

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### SCHOOL COUNCIL CORNER

Please remember that school council meetings are held on the second Tuesday of each month from 6:30 p.m. to 7:45 p.m. The next meeting will take place on **Tuesday, November 8<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 4<sup>th</sup>.

Thank you to all the parents who have volunteered to help make our annual Dance-A-Thon a success! While fundraising totals will be tallied next week, we are hoping to reach our goal of \$8000...and we suspect that Mme Newman and M Cutz will have to wear their PJ's!

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### PHOTO DAY

Photo re-take day will be Wednesday, November 9<sup>th</sup>.

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### REMEMBRANCE DAY

On November 11, all staff and students will walk 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. The school will be closed and **no staff or students will stay behind**. (If this is a problem for your child, please contact the school as soon as possible.)

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### JUNIOR KINDERGARTEN REGISTRATION – 2017-2018

Please check our website for a letter from our Board regarding Junior Kindergarten Registration for the 2017-2018 school year. A hard copy is also coming home with your student. A Junior Kindergarten French Immersion Registration Information Night has also been scheduled for Monday, November 28, 6:30 p.m. at John McCrae PS.

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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 4<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 Brenda MacDonald at [brendamacd@gmail.com](mailto:brendamacd@gmail.com) or Jodie McNaughton at [jodiemcnaughton@sympatico.ca](mailto:jodiemcnaughton@sympatico.ca). Orders available for pick up on Monday, December 5<sup>th</sup>, 3:10 to 6:30 p.m.

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## SCHOOL CASH ONLINE

Thank you, John McCrae families...86% of you have signed up to use this convenient and secure online payment method. Let's see us reach 96% signed up and USING School Cash Online to pay for school items, trips, and more! You will receive email notifications when items are available to purchase, and reminder emails before an item expires. Please visit [www.schoolcashionline.com](http://www.schoolcashionline.com) today. (Please remember NOT to input a "Student Number" when adding students to your profile.) If you have any questions please call the office.



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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.

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## ATTENTION DRIVERS AND PEDESTRIANS! DO YOU KNOW THE RULES OF THE ROAD?

**Attention drivers!**

When there is an adult school crossing guard in the crosswalk with their stop sign

**drivers must stop**  
before reaching the crosswalk

**and remain stopped**  
until all pedestrians, including the crossing guard, have cleared the roadway.

The fine for failing to stop for a crossing guard is \$150 to \$500 and three demerit points (Highway Traffic Act).

**Keeping our community safe**

We all play an important role in keeping our community safe and this includes safety around school crosswalks.

When there is an adult school crossing guard in the crosswalk with their stop sign, drivers must stop before reaching the crosswalk and remain stopped until all pedestrians, including the crossing guard, have cleared the roadway. The fine for failing to stop for a crossing guard is \$150 to \$500 and three demerit points.

Pedestrians play an important part in keeping our communities safe as well, by obeying crossing guards and at signalized crossings, only crossing when the pedestrian walk signal is displayed.

Thank you for your assistance in keeping our school communities safe!



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## HELPING YOUR CHILD WITH DIFFICULT SITUATIONS

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. "Resiliency" is what helps adults and children to "bounce back" from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby's smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: "I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away."
5. Instead of making your child say "sorry", talk about his or her feelings and the feelings of the other person involved in the event.
6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child's strengths: "Hey you rode that bike by yourself!"
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to

<http://www.reachingreachingout.com/resources-parents.htm>

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### **SPECIAL CLASS PLACEMENT IN UGDSB**

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement, and parents and the school team should feel like the placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.

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### **TALKING ABOUT MENTAL HEALTH – TECHNOLOGY AND VIDEO GAMES**

Between checking text messages and playing the latest video game, how much time do you and your children/youth spend on technology? "Technology is not really the problem, the lack of balance is," says Doriann Shapiro, Social Worker, Problem Gambling Institute of Ontario (PGIO). "Because we are in a technological age, youth are often also using tech for writing and research. But when they are totaling over seven hours a day, finding balance between that is the challenge." "Problem video gaming has harmful effects on an individual's social, occupational, family, school, and psychological functioning," says Lisa Pont, Social Worker, PGIO. "It can result in a loss of control, withdrawal, and escape from difficult feelings."

**Here are some tips from Centre for Addiction and Mental Health ([www.camh.ca](http://www.camh.ca)) and Problem Gaming Institute of Ontario ([www.problemgambling.ca](http://www.problemgambling.ca)) that can help:**

Consider how you use technology. You are modelling behaviours for your children/youth.

1. Before giving your children/youth access to technology, talk to them about safe use. Communicate openly and honestly. Discuss possible effects and the dangers of using the Internet and social media.
2. Talk to your children/youth about how to integrate technology into their lives in ways that respect others. For example, some families have "no texting" rules during mealtimes and family events.
3. Be aware of your children's/youth's Internet activities and what they access. Create rules that both you and your child agree to, based on their age and past Internet use. You can also consider V-chip technology for the TV, which can block access to programs and channels, and parental controls for smartphones and computers.
4. Spend time learning about the Internet and video games popular with youth. Participate with your children/youth in these activities. They are more likely to listen to you if they think you know what you're talking about.
5. Have your children/youth use a shared computer in an open area of your home where you can monitor what they're doing.

6. Help your children/youth lead balanced lives. Set limits around your children's/youth's use of technology. Encourage them to take part in "offline" activities such as sports, music, drama and in-person get-togethers with friends and family.
7. Help your children/youth set priorities. For example, doing homework comes before spending time texting or playing video games.
8. Remember that you own the equipment (e.g., computer, cell phone) your children/youth are using—or you've likely given them the money to buy it. If your children/youth are not using the technology in ways that you approve, you have the authority to cut off access or control their use in other ways (such as using a secret password to set the administrative rights on your home computer).
9. If you have seen signs that indicate your child/youth may be developing a problem from their technology use, (such as: increased time playing/online, avoiding other activities including other interests and school, sleep problems, poor hygiene, less time with friends/family, lying about their gaming/internet use) talk with your child/youth about your concerns. You could also contact your family physician to get guidance and support for the whole family.

**Homewood Community Addiction Services provides support for youth and families with gaming addictions: 519 836 5733.**

**Here are some useful resources.**

Books: [My Parents Aren't Noobs](#), by Michelle Nogueira and Anthea Helps; [Sofa Boy](#), by Scott Langteau; [Doug Unplugged](#), by Dan Yaccarino and Chris Patton and the following websites: [www.problemgambling.ca](http://www.problemgambling.ca)  
[www.camh.ca](http://www.camh.ca)

Have a mentally healthy November!

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board. Follow her on Twitter @drlynnwoodford.*