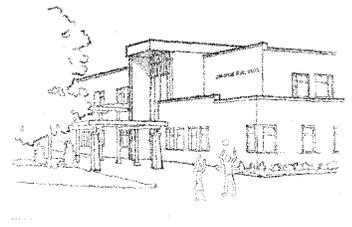


École John McCrae

NEWSLETTER – OCTOBER 2018

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



Principal: Leslie Newman

Vice Principal: Chad Reay

Office Co-ordinator: Kathy Lambkin

PRINCIPAL'S MESSAGE

As always it was so nice to talk to so many of you at the fall open house. It is always good to catch up with people and look forward to a new year.

Although it's hard to believe, Thanksgiving is here already. We have talked during announcements about being purposely thankful about things that in our lives. For myself, I am always thankful for this time of year as my children return home from University (which I always enjoy). Here's hoping for some good weather this weekend!

As always, our first and most important commitment is to your children. We want them to love learning and enjoy their experience at John McCrae. If there are problems that we can help with, please let us know.

Leslie Newman

FIRE SAFETY AND LOCKDOWN DRILLS

We have had our three Fall fire drills and we will continue to practice our fire safety and lockdown procedures. If you happen to be visiting during these drills we would ask that you follow the same procedures as the students and staff (exit the building immediately upon hearing the alarm).

CURRICULUM NEWSLETTERS

Be sure and look for grade and subject specific newsletters which will be posted on our website by the end of the month. Just click on the link to read about what your child is learning about at school this term, what teaching strategies the teachers are using and how students are being assessed. It's just one click of the button to get the answer to, "What did you do in school today?"

GRADE 8 QUEBEC TRIP PARENT MEETING

Parents, please join us on Thursday, October 17 at 6:00pm for our Quebec Trip Parent Meeting. The tour company will be sharing information about the trip and the cost. Please bring your grade 8 student!

TERRY FOX WALK

Special thanks to all who helped in organizing our annual Terry Fox Run which took place on Thursday, September 27. We had a wonderful time walking for Terry! Thanks to the many parents who volunteered to line the walking/running route and count money. As always, it was a great success. Donation totals will be available in next month's newsletter.

SCHOOL COUNCIL MEETINGS

Next School Council Meeting - Please join us for the next School Council meeting on Tuesday, **October 9th** from **6:30 p.m. to 7:45 p.m.** in the school library. This meeting will be focused on discussing events / activities that School Council will be holding throughout the year. If you require childcare, please contact Mme Newman at leslie.newman@ugdsb.on.ca before Friday, Oct. 5th.

School Council meetings run from 6:45-8:00 p.m. Mark your calendar for future dates of School Council meetings:

- November 13, 2018
- December 11, 2018
- January 8, 2019
- February 12, 2019
- April 9, 2019 – Parent Night. More information will follow.
- June 11, 2019

ART IMAGE

What is ART Image? ART Image is an art education program that is funded by School Council and delivered to grade 1-6 classes by parent volunteers. The program fits with the provincial curriculum and the children love it! We are seeking "ART Image" volunteers for the 2018-2019 school year! **You do not need any previous art experience to be a volunteer!** ART Image guidebooks contain well-researched lesson plans that provide step-by-step teaching instructions. Each lesson includes a fun art activity. Volunteers often work in teams. Experienced volunteers can help new volunteers learn more about the program.

If you would like to volunteer or have questions please contact your ART Image coordinator: Amy Withers, artimagecoordinator@gmail.com

IMMUNIZATION REPORTING

Don't forget that as a parent/caregiver, it is your responsibility to ensure that your child's immunization records are up to date with Public Health. Now you can report updates directly to Public Health in the following ways:

- Online at www.immunizewdg.ca
 - Email vaccine.records@wdgpublichealth.ca
 - Phone 1-800-265-7293, ext. 4396
 - Mail Vaccine Records
160 Chancellors Way
Guelph, ON N1G 0E1
-

JOHN F ROSS GRADE 8 PARENT INFO NIGHT

Wednesday, November 28th is John F Ross's Grade 8 Parent Night. Mark your calendar and plan on attending.

- 5:30-7:30pm -come check out Ross Clubs/Sports and Special Program Fair that will showcase programs with booths and interactive student demonstrations.
 - 6:00pm -presentation for parents of French Immersion students in the Cafeteria.
 - 7:30pm -parents will gather in EL Fox Auditorium for a presentation on academic/school programming.
-

PICKING UP AND DROPPING OFF STUDENTS

Thank you for diligently using the sign-in and sign-out procedures and wearing visitors badges when at John McCrae. Please also note the additional safety procedures we have in place at McCrae.

1. No matter what the reason (even dropping off a child), we ask that every visitor and volunteer check into the office and obtain a visitor badge.
 2. When leaving the school, all visitors and volunteers must sign out and return their visitor badge to the office.
 3. At the beginning or end of the day all parents are asked to drop-off and pick up their Grades 1-8 children at the side library doors. **We would really appreciate if you did not come into the school, but rather, help them to become independent by allowing them to go into the school and hang up their own bags.**
 4. Parents picking their children up during the day need to report to the office. Their children will be called down to meet them.
 5. Any parents visiting the playground need to check into the office and obtain a visitor badge. They will also be asked to identify themselves to the staff on yard duty.
-

DRIVING AND PARKING

It's always busy at our school during the morning drop-off and afternoon pick-up times! We continue to be a growing community with a number of buses picking up our students. The parking lot is closed to parent vehicles for student drop-off and pick-up from 8:20-8:35am and 3:05-3:20pm. Please help keep our school community safe by following the instructions of our street/parking patrollers and not asking them to move pylons.

Please consider having your child walk home from school or part way home where a less busy pick-up point can be arranged. Parking along many of the arterial streets is currently permitted by the City of Guelph as long as you obey the no parking signs posted, remain one meter from a private driveway and are nine meters from a stop sign. We ask that you watch for our street patrols, follow their directives, and always keep our emergency routes open for the safety of all our students, staff and families.

Thank you so much to our street patrols for being on time and at their post every day. Thanks also, to the parents and students who are patient and follow the direction of our safety patrols as they do their job in keeping our students safe. We know that sometimes you have to wait quite a while to cross the street, but we appreciate your understanding and cooperation.

MEDIC ALERT BRACELETS

Safeguarding your child's health is a priority. The Canadian Medic-Alert Foundation has created a *No Child Without* program aiming to provide students, from age 4 until 14, with the 24 hour protection of MedicAlert emergency information services, at no cost. For more information and/or to enroll your child, please contact MedicAlert at:

Call: 1-877-282-5378 (Toll free)

Online: www.nochildwithout.ca

CHILD ABUSE PREVENTION POLICY & PROGRAM

The Upper Grand District School Board places a high priority on the safety of our students. The Child Abuse Prevention Policy is evidence of our commitment to this priority. The following is a quote from the policy:

“Every citizen in the community shares a responsibility for our children. School officials and teachers share this collective community responsibility for creating safe and nurturing environments for children. Under the Child and Family Services Act, this responsibility includes the legal requirement to report to the local Children’s Aid Society any suspected child abuse or other situations where a child may be in need of protection. Teachers and other Board employees have a special opportunity to know and understand children during their most influential years of development. They are in a unique position to be able to see early signs of maltreatment, and to know or hear about the abuse and neglect that is often suffered by children.”

As required in the Policy, we will be teaching age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

You will be informed before these lessons begin. For grades 1, 3 and 5, the lessons will be team taught by our Child and Youth Counselor and classroom teachers. There is no formal program in grades 2, 4 and 6, although the safety concepts are reviewed by classroom teachers informally. Students in grades 7 and 8 will also participate in a Red Cross program presented by the school’s Child & Youth Counselor entitled “**It’s Not Your Fault**”. These two hour presentations will occur in homeroom classes.

We encourage you to discuss with your child at home, the concepts taught in the Child Abuse Prevention Curriculum.

For more information regarding the Child Abuse Prevention Policy and/or Programs please contact Mme Newman or Mme Smith, our Child and Youth Counselor.

PETS

Please understand that due to safety reasons **no pets of any kind are allowed at school or on school property without permission**. Teachers may give permission for pets to be brought to school as part of a special display or project, although they must be consulted first. Some children are highly allergic to certain animals, while others are sometimes fearful of them due to prior experiences. While walking your dog or playing in the playground with your children, please encourage all who use our school and city walks and grounds to be sure and scoop whatever is left behind! We appreciate your understanding in this matter.

KIDS HELP LINE

Students and parents should be aware of the toll-free help line that is available 24/7 for students of all ages. This line provides anonymous, confidential, and non-judgmental support from professional counsellors. The phone number is 1-800-668-6868. Their web site is: www.kidshelpphone.ca. We will be displaying posters in the school throughout the year to remind our students of this service.

ASTHMA FRIENDLY SCHOOLS POLICY

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board adopted a new policy in June 2016 to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Plan of Care to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year. Authorization for the collection of this information is in the Education Act. The purpose is to collect and share medical information and to administer proper medical care in the event of an emergency or life-threatening situation. Users of this information may be principals, teachers, support staff, volunteers, bus operators and drivers. This form will be kept for a minimum period of one calendar year. Contact person concerning this collection is the school principal.

SMOKE-FREE ENVIRONMENT

The Upper Grand DSB provides a smoke-free environment for its students, staff, and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

LIFE-THREATENING ALLERGIES

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students.

Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher.

Our school has procedures in place to help manage anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

INDIVIDUAL EDUCATION PLANS (IEPs)

Individual Education Plans, or IEPs, are developed by schools when assessments show that a student needs special education programming and/or services. The development of the IEP is a collaborative process that includes parents and the student (if possible). During the development phase, we are required to seek feedback through consultation with parents. This is your opportunity to discuss and share information with the classroom teacher and/or special education teacher regarding your child's education. If your child had an IEP last year, you will see a copy of this working document come home by October 16.

When the IEP is sent home, you will also receive a booklet titled, *Parents' Guide to the Individual Education Plan*. This booklet is a resource to help parents understand how an IEP is developed, what is included in an IEP, and how an IEP supports your child. It also includes definitions and explanations to help parents understand some of the language that is part of an IEP, such as accommodations and modifications.

If your child has an IEP, you should have received a Parent/Guardian IEP Questionnaire. Your input helps provide us with information to plan for your child.

GRADE 7 AND 8 STUDENTS – FUNDRAISING

Please return your *Fresh From the Farm* orders by Tuesday, October 9th. Remember – the money you raise will go towards your Grade 8 year-end trip.

UG2GO

Our board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them

access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more.

When students are at home they can go to this URL: <https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/password they will enter the site and they can then click on any of the resources and be taken directly to the individual resource without the need for any additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid them in their education, and may make your life easier when it comes to homework and projects. We are excited that students will be able to access information from anywhere and at anytime in this information.

TALKING ABOUT MENTAL HEALTH – BUILDING RESILIENCE

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see <http://www.apa.org/helpcenter/resilience.aspx>

Make connections

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

Help your child/youth by having them help others

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

Take a break

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

Teach your child/youth self-care

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

Move toward goals

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

Nurture a positive self-view

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

Keep things in perspective and maintain a hopeful outlook

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

Look for opportunities for self-discovery

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

Accept that change is part of living

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

Jenny Marino is the Mental Health Lead for Upper Grand District School Board

Follow me on instagram: [ugdsb_mental_health](#)

ENVIRONMENTAL NEWS – INTERNATIONAL WALK TO SCHOOL DAY ON OCTOBER 3RD!

In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <http://www.saferoutestoschool.ca/>

Here are 4 ways, by Katherine Martinko, that walking, biking, or rolling can benefit kids:

- Outside activity is known to improve academic performance. Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- Walking gives children good life experience. It’s an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- Walking gets children outdoors. According to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren’t spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- Walking/biking/rolling provides daily exercise for children. Obesity rates have skyrocketed in North America, so incorporating physical activity into a child’s daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!



Parents and healthy children ages 7-12

WE NEED YOUR HELP!



WHAT IS THE STUDY ABOUT?

- o Needles can be upsetting for children & parents - we want to help!
- o Parents play a big role in supporting their child during needles.
- o We want to know what parents do and feel when their child is in brief pain.

WHAT WILL YOU BE DOING ?

- o **Who/when:** child & parent, for ~45 mins at your convenience.
- o **Where:** Pediatric Pain, Health and Communication Lab, University of Guelph.
- o **What** (parent): complete questionnaires, wear heart rate monitor.
- o **What** (child): put hand in cold water (which they can take out whenever).

WHY SHOULD YOU PARTICIPATE?

- o Help us make better treatments in the future to reduce children's pain.
- o Entered into a draw to win one of two gift baskets of \$50 value
- o Child will receive a small toy.
- o Learn about research & contribute to medical knowledge.

If interested, please email pphc.res@uoguelph.ca.