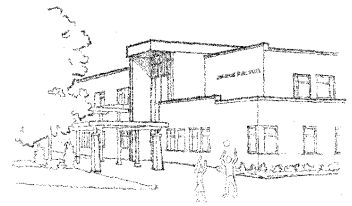


École John McCrae School

NEWSLETTER – NOVEMBER 2019

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

Progress reports will be arriving home on November 20th. These reports do not contain marks and are a mid-term check-in. We hope that they 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. On the evening of November 28th and during the day of November 29th, parents will be invited to meet with their child's teacher. Please reserve those dates. Interviews may be booked online at <https://webapps.ugdsb.on.ca/InterviewSchedule/Account/Login> starting at 4pm on November 20th. This site will be available up until noon on the 28th. More information will come home in the progress report with interview booking instructions.

November 11th will be the day that we hold our Remembrance Day Service. As always, it will be held at the John McCrae House and we expect all of our students will participate. We invite any parent who wishes to attend to join us. You may choose to walk down with our student's class or join us at John McCrae House. We really hope that our service helps students understand the sacrifice of the many men and women who have served this country to protect our freedom. We hope too, that our students learn to understand how they are very lucky to live in Canada.

Every day, it gets a little colder and some of our students arrive at school unprepared to be out for half an hour or more. The expectation is that 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)!

There is a lot going on during the next few months. Stay up to date by checking out the school calendar on the John McCrae Website.

Leslie Newman & Chad Reay

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 12th**.

Thank you to all the parents who have volunteered to help make our annual Dance-a-thon a success! While fundraising totals are still being tallied, so far we have raised over \$6000! Thank you, JMC!!

TREATIES RECOGNITION WEEK – November 4-8

This awareness-generating initiative was introduced in 2016 to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships.

At John McCrae, we strive to engage our students in shared learning about the histories, cultures, contributions, and perspectives of First Nation, Métis, and Inuit peoples in Canada. During Treaties Recognition Week, staff will have the opportunity to attend 'lunch and learn' sessions to discuss available resources and curriculum-linked learning activities relating to treaties and their significance.

PHOTO RE-TAKE DAY

Photo re-take day will be Friday, November 15th. No forms are necessary.

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.)

Your student will be provided a poppy to wear. Please consider sending in a donation in support of our veterans!

PARENT/TEACHER INTERVIEWS

The evening of Thursday, November 28th and all day Friday, November 29th have been set aside for parent/teacher interviews. All K to 8 interviews are booked ONLINE. Please follow the directions below to book an interview online with one, two, or all of your child's teachers. Interviews are a wonderful opportunity for parents, teachers, and students to work collaboratively to discuss, plan,

and set effective next steps for individual student achievement goals. Students are invited to attend the interview.

Instructions for ONLINE booking: (available from November 20th at 4pm to November 28th at noon)

- 1: Visit: <https://webapps.ugdsb.on.ca/InterviewSchedule/Account/Login>
- 2: Input student's OEN# (found at the top of the student's report card)
- 3: Input student's date of birth
- 4: From "Teacher List" select which teacher(s) you would like an interview with.
5. Select "Show Appointment Schedule".
6. Select time(s) and choose "Book Appointment".

TERRY FOX FUNDRAISING

We are pleased to announce that this year John McCrae raised \$5,290.75 for the Terry Fox Foundation – almost \$600 more than last year! Way to go, JMC!!

WREATHES, POINSETTIAS & MORE

The holiday season is fast approaching and so is the deadline to order wreaths, poinsettias, and more! Visit www.schoolcashionline.com to place your order or download the order form from our website. **Orders are due Tuesday, November 5th. We are unable to process orders that are received after this date.** For further information, please contact Jodie McNaughton at jodiemcnaughton@sympatico.ca or Rina Nichols at rinaknichols@gmail.com. Orders available for pick up on Monday, November 25th, 3:10 to 6:30 p.m.

ART IMAGE – Volunteer Night

Tuesday, November 12th, 5:45-6:30pm in the office conference room, just before the Parent Council meeting. This info session is open to all. Anyone is welcome to come and find out more about the program. Please contact artimagecoordinator@gmail.com for more information.

BOOST YOUR LUNCH

A new cycle of Booster Juice Wednesdays is available again for purchase at www.boostyourlunch.com. This session will run from November 13 to January 15. ONLINE ORDERS ONLY! Order by November 8th.

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.

JOHN F ROSS GRADE 8 PARENT INFO NIGHT

Wednesday, November 27th is John F Ross's Grade 8 Parent Night. Mark your calendar and plan on attending from 6-9pm. Grade 8 students will receive more information soon.

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.*

SIGN UP FOR BUS DELAY / CANCELLATION NOTIFICATIONS

Visit <https://stwdsts.ca/home/> and follow the "Subscribe" link on the right-hand side of the home page to receive notifications when your student's bus is expected to be delayed or cancelled in the morning.

FLU SHOT CLINICS

Public Health drop-in flu shot clinics have begun! Check out <https://wdgpublichealth.ca/clinics-classes/flu-clinics> for clinic dates and locations.

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

ENVIRONMENTAL NEWS – “BUY NOTHING DAY, NOVEMBER 29”

“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>

TALKING ABOUT MENTAL HEALTH – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if we have it) to go outside and enjoy nature.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then **GO OUTSIDE!** Take your kids outside! Enjoy and be part of nature.

Try this:

- Go for a walk
- Head for the woods – make a scavenger hunt
- Go birdwatching – make it a game to find the names of all birds you see
- Go on a bug hunt
- Watch the clouds float by
- Make a game of identifying all the sounds you hear outside

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>
<https://www.grandriver.ca/en/grand-river-parks.aspx>
<http://headwaters.ca/experience/parks-conservation-areas/>
<https://www.uoguelph.ca/arboretum/>

Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board
Follow me on Instagram #upper_grand_mental_health