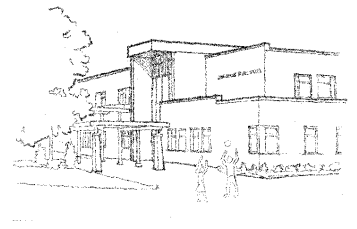


École John McCrae

NEWSLETTER – OCTOBER 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

Every fall, I am reminded how lucky we are to be at John McCrae. It was wonderful to meet new parents, talk to returning parents, and see students on the first day of school. I am always impressed by both the physical growth and the maturity that happens to our students over the summer. We have heard many stories about vacations (I think that everyone went to British Columbia this summer) and times of relaxation. It seems everyone was ready to get back to routine.

As always, it was so nice to talk to so many of you at the fall open house. It was a great turnout and teachers appreciated being able to meet many of their students' parents. It is always good to catch up with people and look forward to a new year.

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.

Beginning next week, John McCrae will be participating in a food drive to help others at Thanksgiving. We would be very appreciative of you sending in canned good, paper and hygiene products as well as other non-perishables. To you and your family-I hope that you enjoy this time of year and time spent with family and friends.

Leslie Newman

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 Wednesday, October 30 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 26. 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 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 8th** 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.

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

- November 12, 2019
- December 10, 2019
- January 14, 2020
- February 11, 2020
- April 14, 2020 – Parent Night. More information will follow.
- June 9, 2020

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 2019-2020 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

Save the date: Wednesday, November 27th, 6pm. More information to follow.

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 metre from a private driveway and are nine metre 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 Longtin, 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 15.

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.

SCHOOL FUNDRAISING

*Vesey bulb orders are due Friday, October 4th. Monies raised by JK to Gr. 6 students will support the purchase of new chromebooks; Gr 7 and 8 fund-raised money will support year-end school trips.

*Grade 7 and 8 *Fresh From the Farm* orders by **Tuesday, October 15th**. 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.

PUBLIC HEALTH NEWS

Cancer sucks. It's a devastating, horrible disease that tears families apart, causes financial and psychological stress, and brutally takes lives. Cancers such as **cervical, anal, penile, vaginal, oropharyngeal, vulvar** are caused by a Human Papillomavirus (HPV) infection. Researchers have been frantically working on a **vaccine** to prevent the infection from happening in the first place!

All Grade 7 students in Ontario are eligible to receive this vaccine for free, as this vaccine is very effective for school-aged children and people of **all ages**. Those with previous exposure to HPV or a history of HPV-related diseases still benefit from HPV immunization.

Call 1-800-265-7293 x 4746 and speak with a Public Health Nurse to receive more information about the HPV vaccine.

IB AT GUELPH CVI

The International Baccalaureate (IB) Programme is a program of international education designed to help students develop the knowledge, understanding, attitudes, and skills necessary to participate actively and responsibly in a changing world. This program prepares motivated students for the rigors of post-secondary education. It encourages students to ask questions and to interact with the world around them in a meaningful way. For more information, please visit: <https://www.ugdsb.ca/ib-gcvi/>

Important Dates:

Wednesday, November 20, 7pm – IB Information Night at GCVI in the auditorium

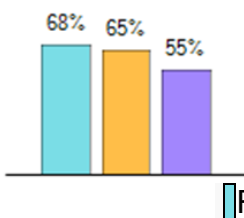
Wednesday, November 27, 6:30-7:45pm – IB Assessment Option 1 at GCVI in the cafeteria

Saturday, November 30, 10:00-11:15am – IB Assessment Option 2 at GCVI in the cafeteria

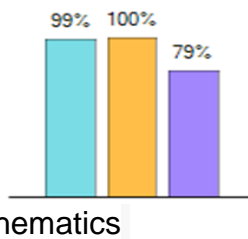
Friday, December 6 – IB preparatory applications due to the GCVI main office by 4:00pm

EQAO RESULTS

Grade 3-John McCrae



Grade 6-John McCrae



This month, parents and guardians will receive their child's Individual Student Report (ISR). This report contains their child's results from the Assessments of Reading, Writing and Mathematics, Primary and Junior Divisions, administered in spring 2019. These results did not impact students' report cards last year.

EQAO results offer an independent snapshot that shows whether students are meeting literacy and math expectations from *The Ontario Curriculum*. In receiving the ISR, there is an opportunity for parents and guardians to have discussions about their child's achievement within their family or with a teacher (e.g., parent/guardian-teacher interview).

EQAO data should be considered alongside other information—such as in-class assessment results, report-card grades and teacher observations—so parents and guardians can build a fuller understanding of their child's learning.

Parents and guardians can learn more about assessment results through EQAO's website (www.eqao.com) or by clicking the following links:

- [Parents: Grade 3, Primary Division](#)
- [Parents: Grade 6, Junior Division](#)

TICKS

We are so lucky to have the forest in the back and the beautiful area to play in. During the past year, two students have come across TICKS. Both times, Public health has checked them and informed the parents that they are not the “bad” kind. Having said that, if you or your child have been bitten by a tick and are concerned, contact Public Health or your doctor. If you want to have the tick identified to see if it’s the species that can cause Lyme disease, you can submit a photo through <https://etick.ca/> or keep the tick to submit to Public health for identification. Correct identification is the first step in determining any tick exposure response.

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.)

STUDENTS’ PERSONAL AND CONFIDENTIAL INFORMATION

It is the responsibility of everyone to protect students’ personal and confidential information. All parents, guardians, and visitors to the school are reminded that the privacy of all our students must be maintained at all times. We are ultimately responsible for the safety and security of our students and the security and confidentiality of our students’ personal information, including first and last names, images, and any other identifying information.

- *Only take pictures or video of your **own child(ren)**.
- *Only post pictures or video of your **own child(ren)** on social media.
- *Only share pictures or video of your **own child(ren)** with other people
- *Only preview **your child(ren)**’s work.
- *Only discuss **your child(ren)** with the appropriate staff.

Thank you for being respectful of the privacy rights of our students.

TALKING ABOUT MENTAL HEALTH

I hope that you had a wonderful summer and start to the new school year! Even with the fun of summer and the excitement of the first day of school behind us, returning to school can be a stressful and exciting time for both students and their families. Add to that new teachers, new friends, new schools, and for some even a new community: that adds up to a lot of change and potential stress!

While a little stress can be motivating and help us to focus, too much stress can tip the balance and trick our bodies into thinking that we are in danger. This leads to a release of adrenalin and keeps you and your body on full alert. So what can you do? Here are some proven ways to manage stress and take care of yourself from the inside out:

VISUALIZATIONS: According to research, when you visualize something your brains respond to the images in the same way they would to real-life action. If you take 5 minutes to visualize yourself in a favourite place your brain will think you were really there! That’s right! It’s literally a 5 minute vacation with all the benefits!

JUST BREATH: Practice slow, deep breathing. Although we are all familiar with the “take a deep breath” suggestion when we are panicked or over stressed, you may not know that this has to do with the brain’s “pacemaker” for breath. The research into the impact of breathing on our brains simply confirms what we already know: the simple act of breathing is connected to our emotional state. Slow breathing really can calm you down!

REACH OUT: Of course sometimes we just need to reach out to someone, write in our journal or scream into the ocean. Getting your feelings out and identifying that you are stressed can actually alleviate some of your stress as well. Connecting with others and asking for help if you are overwhelmed is a great way to manage stress. Also, if you see someone who looks a bit overwhelmed, reach “in” (check in) and see how they are doing. It can go a long way to know you are surrounded by people who care.

And of course, if your stress begins to impact your daily activities and you continue to struggle, reach out for help.

Here24/7: 1 844 437 32477 (HERE247) TTY: 1-877-688-5501 (Guelph and Wellington)

Dufferin Child and Family Services: 519.941.1530 (Dufferin)

KidsHelpPhone: Text CONNECT to 686868 or call 1-800-668-6868

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

Follow me on instagram @ ugdsb_mental_health