

Le Nid d'Aigle The Eagle's Nest



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Principal's Message

It has certainly been a busy past two months. It's hard to believe that we are already into November. We have been quite lucky with the weather, however, the shortened daylight hours remind us the winter is lurking just around the corner

During November we will be raising awareness about Bully Prevention. We will be having a performance by ONE Movement. ONE Movement's message is, "Make your move. Stand up for yourself and for others to help stop bullying and create change." The presentation will take place at 9:15 am on Friday, November 6th for JK to Grade 6 in the gym.

The JK to Grade 6 students will also be attending our Remembrance Day assembly on the 11th day of the 11th month at the 11th hour in the gymnasium. We will start this assembly at 10:45 and finish at 11:15. The ceremony will be simple and sombre. You are welcome to attend if you wish. All students will receive a poppy, and all donations are welcome.

The plans for the 3rd annual Holiday Market are well underway. It should be a great day so come out to get some of your holiday shopping done and enjoy some baked goods as well. The big day is Saturday, November 14 from 10 am to 3 pm.

We had a very successful cross-country meet with a number of our students placing in the top ten. Thanks to students, staff, and parents for this great effort.



November looks to be a busy month. I look forward to all the exciting activities at École Edward Johnson.

Colder Temperatures

We like to go out for both recesses every day whether the sun is shining or not. As we approach the cold winter season, we ask you to please assist us in helping your child be prepared for the weather as it can be quite cold on some days; especially early in the morning. It is important to ensure that your child comes to school with a warm jacket, a hat and mittens, appropriate footwear as well as snowpants. Although it's not winter quite yet, it is just around the corner.

Head Lice

Head lice are a nuisance but not a health hazard, and they don't result from a lack of cleanliness. However, it is very important to check your child's head frequently. If you do discover head lice, please notify the school office so that we can try to keep it under control in the school. At Edward Johnson, we strive to be a lice-and-nit-free school so in the eventuality that your child were to have lice, we ask that you treat your child and ensure that he/she is lice-and-nit-free before returning to school.

Message from Logan Carr (School Newspaper Editor—Grade 6 Student)

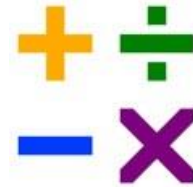
I have created a newspaper for our school. It is for informing children to be part of our society and sharpen reading skills and writing skills so that our school has successful skills that help with life.

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).



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!”
“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 then knowing it quickly.”

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



Parent Volunteers

There are many ways for parents to become involved and volunteer at our school. In particular, we welcome parent volunteers’ help to prepare learning materials for teachers, assist and supervise on special event days and on class trips, or help in the library to shelve books and organize resources. Please take note that when assisting on trips, we ask that parents NOT bring younger children/siblings. We need to know that volunteers have their full and undivided attention on all students when helping on class excursions. Furthermore, the additional little ones cause an insurance liability concern for us when they are added to a group. We also would like to thank all parents who, when visiting our school, have been reporting to the office and signing in before proceeding to the classrooms or onto the yard. “Merci!” for all you do!

Bullying Awareness Week November 17th - 21st

During the week of November 15th – 21th students and staff at Edward Johnson are going to be discussing and exploring the issue of bullying and its effects. Throughout the week, students will participate in activities and discussions in their classrooms. This is to promote awareness, empathy and give students the confidence and skills/strategies needed to handle bullying situations, whether they are a bystander or a target or maybe even bullying themselves.

What is bullying behaviour?

Bullying behaviour can be defined in many ways but some of the common elements of the definition include:

- an imbalance of power - the bully or bullies may be physically stronger or may be part of a larger group and/or may have a stronger social status within the school
- the action is repeated over time - two friends arguing and calling each other names is not bullying
- there is malicious intent - a bully means to hurt the other person. Bullying is not accidental nor is bullying just teasing
- bullies enjoy the power and strength they feel when hurting others

Anyone can be a bully although the approach a bully takes usually differs from boys to girls. Boys tend to bully physically; pushing, tripping, bumping, kicking, etc. The bullying pattern of girls tends to be harder to observe as they tend to exclude, intimidate or verbally bully their target. If you suspect that your child may be bullying, you need to take the problem seriously and talk to your child. Let your child know that you will not tolerate bullying behaviour and use non-violent consequences. Establishing family rules, spending more time with your child and increasing supervision of their activities will help your child feel valued and lessen the likelihood of bullying behaviour.

How do I know if my child is being bullied?

Anyone can be a target of bullying although bullies tend to choose victims who are passive and are less likely to be assertive and stand up for themselves or less likely to tell an adult.

Some signs that your child is being bullied *may* include:

- being afraid to go to school
- changes in mood or behaviour (ie. quiet, withdrawn, argumentative)
- coming home with unexplained injuries
- having damaged property
- experiencing restless sleep

What to do if your child is being bullied?

- ask your child directly
- listen
- talk with staff supervising your child
- teach your child assertiveness and social skills
- know your child's strengths and weaknesses
- encourage special interests and activities that focus on strengths
- teach your child positive ways to resolve arguments
- seek help

What is a bystander?

A lot of recent research indicates the role of a third group in the occurrence of bullying. This third group is the bystanders. Bystanders allow bullying to occur by standing and

watching or by actively encouraging and cheering the bully on thereby reinforcing the bullying behaviour. Bystanders often say that it's none of their business, the bully is my friend, the victim deserved to be bullied or that there is nothing they can do about it. Bystanders are now being encouraged to empathize with the victim, to report (not tattling) when someone is in danger of being harmed, to accompany the target to get help, and to join together with their peers to protect targets.

Stop a Bully!



Did you know that in the majority of cases, bullying stops within 10 seconds when peers intervene or don't support the bullying behavior?

The Upper Grand District School Board takes all incidents of bullying seriously. That's why we developed an online bullying reporting tool. **Stop a Bully** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to your school principal for follow-up. We will follow up on your report.

You'll find the Stop a Bully button on our school's website and the board's website (www.udsb.opn.ca/stop-a-bully).

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!



Concussions

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion in the school environment can prevent further injury and can help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, there is a heightened risk due to concussion during physical activity which includes physical education classes, playground time or sports activities.

To address this increased risk of concussions and to prevent and identify the signs and symptoms of concussion, the Board is committed to increasing awareness for all students, staff, parents, volunteers and health care practitioners to support the proper management of concussions.

The Board's concussion procedure is available on the Board website or by following the link on our school website page at <http://www.ugdsb.on.ca/johnson/index.aspx>. Learn more about concussions by watching a short video Concussion Management and Return to Learn.

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
 - 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 (Minto-Mapleton); Telephone: 519-638-2110
 - 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/>
 - Erin: 519-833-9396; Rockwood: 519-856-4611

Community Support Lines

- Guelph Wellington Child and Youth Sexual Assault Abuse Team (CYSTAT) 519 400 1263
 - For access to supports, referrals and crisis response for: children who have been sexually abused, children who exhibit sexualized behavior and youth who have sexually offended
- KIDS LINE
 - 1-800-265-7293 ext. 3616
 - For referrals, prenatal, parenting and child development questions
 - Speak with a WDG Public Health nurse
 - Monday to Friday, 8:45 a.m. - 4:15 pm

Agencies using Variable Fees

- Family Counselling and Support Services (Guelph-Wellington)
 - No one is turned away due to income or inability to make payment
 - Walk in Clinic Wednesday, 1-7pm, just drop in to access services
 - <http://www.familyserviceguelph.on.ca/>
 - 519-824-2431
- University of Guelph Couple and Family Therapy Centre
 - <http://www.cftcentre.uoguelph.ca/index.shtml>
 - Fees range from \$5 to \$75 per hour
 - 519-824-4120 ext. 56335
- Dufferin-Peel Catholic Family Services
 - No client is refused services because of an inability to pay
 - <http://www.cfspd.com/contact.html>
 - 1-888-940-0584

Private Services (for information purposes)

- College of Psychologists
 - To find a registered psychologist by city or postal code see:
 - https://members.cpo.on.ca/public_register/new
- Therapists in Guelph
 - <http://www.theravive.com/cities/on/counselling-guelph.aspx>
- Therapists in Orangeville:
 - <http://www.theravive.com/cities/on/counselling-orangeville.aspx>

Note: Costs for some services may be provided through Employee Assistance Programs or benefit packages at parents'/guardians' workplaces.

*Dr. Lynn Woodford, Psychologist is the Mental Health and Addiction Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford*



November School Council Newsletter

Fall Social

We would like to thank everyone that attended Our First Fall Social in October. It was nice to see everyone come out it was a fun evening of meeting new parents, celebrating the completion of our play space and enjoying some good food! We look forward to having this event again next year!

Holiday Market

Our 3rd Annual Holiday Market is on Saturday November 14 2015 from 10am-3pm! Its going to be fun day with 42 Local crafters/vendors, free face painting with Cleo the Clown, bake sale, kids sale table and refreshments. All proceeds raised from the Holiday Market will benefit your children with classroom arts enrichment projects. If you can volunteer your time would be appreciated email Amanda at ejschoolcouncil@gmail.com. If you would like to contribute to our Holiday Market bake sale email Elisha at ejbakesale@gmail.com. We look forward to seeing you there!

Movie Night

Our first movie night will be held on Friday November 20 2015 at the school from 6:00-8:00. We will be showing The “Polar Express” for the primary students in the gym and “Elf” for the junior students in the library. We will have popcorn and refreshments for sale. Doors will open at 6:00 and the movies will begin at 6:30-8:00

Facebook

Your School Council now has a Facebook page! All parents are welcome to join the Facebook group. The group is called Edward Johnson School Council. The group is set up to be only for getting School and School Council information out to parents. If you have questions or comments please message a council member or email ejschoolcouncil@gmail.com. We look forward to sharing School information with you!

Next Meeting and Other News

Just a reminder to parents that School Council is offering Tuesday Subway and Pita Pit orders through www.lunchboxorders.com. Visit the website to place your child’s lunch order.

Our next School Council meeting is on Monday November 9 2015 from 6:30-7:30 in the school library. All parents are welcome to attend! If you would like more information about School Council please contact Amanda at ejschoolcouncil@gmail.com. Light refreshments will be served, see you there!

Brought to you by Lunchbox Orders

November 2015

Healthy school meals are just one click away.

Place your lunch order at www.lunchboxorders.com

Amy Skeoch MHSc, RD

You have likely heard at one time or another that there are some real benefits to eating together as a family. So what are the benefits of taking some time out of our busy day to catch up, chat and talk to each other face to face, rather than through a computer screen?

Benefits to eating meals together 4---5 times/week:

- Improved school grades
- Reduced risk of depression and eating disorders among young adults
- Increased communication with parents and caregivers
- Reduced risk of obesity
- Improved nutritional status

However, coming together as a family is not always easy to do. With share a home---cooked nutritious meal in the comfort of our own kitchen. For those busy nights, a meal TO---GO can be a great compromise, eaten in the car, or at the arena or wherever you may be (think healthy and easy --- like an omelette wrap, or a panini with veggies).

The key benefit to being together at mealtime seems to be exactly that ☑ BEING together, both physically and mentally.

If family meals seem impossible with your busy lifestyle, here are a few suggestions to build into your weekly routine to achieve the returns:

- Try to set aside 1---2 meals during the week where your family can come together at home
- Unplug from technology and screens during mealtime to minimize distraction
- Get everyone to share in the food prep getting one ready can provide a good opportunity to connect

So why not pay a little more attention to how often you eat as a family, you and your children will be glad you did!

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