



**L' École Edward Johnson School**  
*Learning for Life Apprendre pour la vie*  
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Katherine Wainman: Principal  
Jylian Buitendyk: Office Coordinator



## December 2017

### Principal's Message



I am sure you are all wondering where the month of November went? I don't know if it's the unusually warm weather that we've had, but the month certainly did pass quickly. December is always a month full of activities at school and at home. It is especially important during these busy times to keep as regular a schedule as possible for your child.

Hopefully, you got the chance to meet with your child's teacher to discuss important next steps towards achieving learning goals. Never underestimate the importance of communication between home and school.

Thank you to all who attended our First Annual Spaghetti Supper. I do welcome your feedback. If you have any suggestions as to how to make this an even better event, just let me know. It was great to see all your happy faces! Thanks to staff who helped out with this fun event.

We will be hosting our Holiday Concert on Friday, December 15, 2017. The JK/SK's will perform starting at 9:30 am. Grades 1 through 6 will perform on the same day at 11:30 am. Both concerts are guaranteed to be super adorable so please come out and join us!

All the staff at Edward Johnson would like to wish all of you a safe, relaxing, and enjoyable holiday. We look forward to all the new adventures that await us in 2018.

Katherine Wainman (Principal)

# HOLIDAY SCHEDULE



December 22	Last Day of School
December 25	Christmas Day
January 1, 2018	Happy New Year
January 8, 2018	First Day Back

## Upcoming Events at Edward Johnson

School Council Meeting, **Monday, December 4**

Scientists in the School (Mme Roberts class morning) **Tuesday, December 5**

Farm Fresh Pick-up, **Tuesday, December 5, 2017 from 3:00pm- 6:00pm**

Holiday Concert and Holiday Baskets, **Friday, December 15** (Kindergarten Concert only at 9:15 am and Primary/Junior Concert starting at 11:30)

Leadership Aquatic Program for Grade 4's, **Wednesday, December 20**



## Lost and Found Box

Be sure to check the Lost and Found Box before the holidays. Students will be reminded as well.



# **December 10th is HUMAN RIGHTS Day!**

“For to be free is not merely to cast off one’s chains, but to live in a way that respects & enhances the freedom of others”

- Nelson Mandela

**Celebrate Human Rights Day on December  
10th!**

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for all of us to have access to clean water, unpolluted air and healthy food. <http://www.un.org/en/events/humanrightsday/>

Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!

- Learn about how children live in other parts of the world.
- Read the book: *We Are All Born Free: The Universal Declaration of Human Rights in Pictures* by Amnesty International.
- Read the Ontario Environmental Bill of Rights. Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- Talk to someone you know who is from another country. Where are they from? What was their life like there? What language did they speak? Did they go to school? What do they miss? What do they like about their new country?
- Start a tradition of doing a family service project on Human Rights Day. There are many opportunities to volunteer, such as preparing and serving meals at a local homeless shelter or simply gathering enough to put together a bunch of care packages of simple needs and necessities. <https://humanrightswarrior.com>

*“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience”* by

Melissa Breyer





## Talking About Mental Health December 2017 – Taking Care of Ourselves and Our Families

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year. Here are some tips and resources to make sure that you and your family have a safe and mentally healthy holiday season.

### **Self-care**

*What you do to support or take care of yourself? What do your children/youth do?*

It is important to look after yourselves:

- exercise
- sleep well
- eat well
- reach out to and spend time with family & friends
- reading, writing
- music, art
- spend time with pets
- spend time outside

### **Stay connected**

- Have dinner together as a family, no phones or devices
- Plan a family outing to a friend's or a park or a local event
- Have friends or family over for a game night
- Have a family movie or game night
- Take a few moments each day as a family to say what you are all grateful for
- Volunteer at the foodbank or other community organization as a family

### **Signs to look for that someone is struggling**

- *Sometimes it's hard to tell that someone is suffering. Here are some signs that someone is struggling.*
- not coming to school or work
- not engaging with friends or family
- not participating in activities that they used to enjoy
- withdrawing

- feeling hopeless
- increase use of drugs or alcohol
- changes in behaviour
- anger/irritability

## Getting help

If you, your child/youth or someone you know is struggling, it is important to know where to reach out for help.

Who would you talk to if you were distressed, overwhelmed or struggling? Take a moment to make a list of at least 3 people or resources you would reach out to.

Who would your child/youth talk to if they were upset, overwhelmed or struggling? Take a moment to sit down with your child/youth and ask them who they would talk to. Put the kidshelpphone and HERE247 or DCAFS number in their phones (see below).

All children and youth need caring adults in their lives to talk to about their feelings. Parents/guardians can be some of those caring adults, but it is important for the children/youth to have other caring adults in their lives such as:

Family members, friends of the family

School staff (teachers, guidance counsellors, principals, child and youth counsellors, social workers, librarian, custodial staff)

Coaches, instructors

Spiritual or religious community

Community members (police, family doctors, librarians, etc.)

## Who you can call for mental health support:

- Here 24/7 (for crisis and support with mental health or addiction concerns in Guelph/Wellington) <http://here247.ca/> 1.844.437.3247
- Dufferin Child and Family Services (DCAFS) (for crisis and mental health supports for children/youth in Dufferin) <https://dcafs.on.ca/> 519 941 1530
- Kids Help Phone <https://kidshelpphone.ca/> 1 800 668 6868
- Your family physician or family health team

Have a mentally healthy holiday season!

*Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board*

*Follow me on twitter: @drlynnwoodford*

# A word from the School Council

**The Edward Johnson Holiday Concert is approaching! You can prepay for your raffle tickets for the holiday concert through school cash online or return your form to the school with your cash payment.**

**\$1.00 for 4 tickets**

**\$2.00 for 8 tickets**

**\$5.00 for 20 tickets**

**\$10.00 for 40 tickets**

**\$20.00 for 80 tickets**

## Reminders:

Farm Fresh delivery will take place on December 5th. Please pick up your order in the school gym from 3-6pm. If you are unable to make it, email [ejschoolcouncil@gmail.com](mailto:ejschoolcouncil@gmail.com)

Holiday Raffle basket donations are due December 10th for payment through school cash online and December 11th for cash payment. If you choose to donate, you will help the School Council arrange fabulous baskets for you to win! All proceeds of the raffle will go towards classroom enrichment for our students, this includes field trips and class technology!

January pizza and milk order due December 21st.

**Friday,  
December 15th  
Holiday Concert**

**Kindergarten  
Concert:  
9-10am  
Junior Concert:  
11:30-12:30**

**HAVE A SAFE &  
HAPPY HOLIDAY  
SEASON!**

## **Monthly School Council Meeting:**

Monday,  
December 4th  
6:30-7:30 pm  
Edward Johnson  
library

All are welcome to attend. Refreshments will be served!

Monday, January 8th  
First Council Meeting  
of 2018

Join our school/  
school council  
facebook page,  
[Edward Johnson  
School Council](#).  
Keep up with  
current school  
information and  
stay informed.