



L' École Edward Johnson School
Learning for Life Apprendre pour la vie
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Katherine Wainman: Principal
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OCTOBER 2018



Principal's Message

Thank you to everyone who contributed to our Terry Fox Walk last week. It was a bit warm but the breeze cooled us off. Students, staff, and parents did a great job walking around our neighbourhood. I was particularly proud of our students who smiled and waved at our neighbours as we walked by. It was really impressive. We met our goal by raising a total of \$802.00!

The extra-curricular cross country running club is in full swing. The meet will take place at the Puslinch Community Center in Aberfoyle on Thus. Oct.18 starting at 9:20am. More details to come for participants.

We also have a Pokemon Club (no need to bring in cards as we have all the supplies) and a Crochet Club running on Fridays at first nutrition break. Special thanks goes out to the very talented Ellen Webb who provided the supplies and her knowledge. Our Eco Club is up and running as well as our Composting Club. And Mme Patrick is starting up the Chess Club on Thursday, October 11 at first recess on Day 1's.

Please remember to keep our hallways clear if possible. We have lots of movement in our halls at the beginning and end of the day. Meeting your child at the designated area is very helpful and also helps to instill a sense of independence. Thank you to everyone who is respecting our request for parents to come to the office and have their child paged, rather than going directly to the classroom. It really does help to keep our hallways clear and safe. Thanks for your help with that.

Thanks to April Dickin for getting the "Turn Markers Into Energy" going. More information is included in this newsletter. This is a wonderful way to support our ECO Schools' initiative!

Don't forget milk/juice starts this week, Booster Juice on Wednesday, and pizza on Thursday!!

Some upcoming important dates:

- Monday, October 1, Orange Shirt Day (whole school assembly starting at 8:30 in gym)
- Wednesday, October 3, Walk to School and Walk at School Day
- Friday, October 5, Character Assembly (first of the year) and World Teachers' Day
- Monday, October 8, Thanksgiving (no school)
- Tuesday, October 9 from 6:30 - 7:30 School Council Meeting in library
- Wednesday, October 10 (visit from Guelph Police) presentations for students and Pizza lunch for patrollers!!
- Monday, October 15 IEPs go home
- Tuesday, October 16, ECE Appreciation Day
- Tuesday, October 16, Mme Webster and Mme Roberts to City Hall (11:00 start)
- Thursday, October 18, Fire Safety Visit (Kindergarten to Grade 3 morning)
- Thursday, October 18, River Run Show for Grades 1 and 2 afternoon
- Thursday, October 18, Junior Cross Country Meet (morning)
- Monday, October 22 to Tuesday, October 23 Ecostars for Grade 5 students
- Wednesday, October 24, Take Me Outside Day (more information to come)
- Monday, October 29, School Council Community Event (more details to come)



ON WEDNESDAY, OCTOBER 3rd, ECOLE EDWARD JOHNSON IS CELEBRATING WALK TO SCHOOL DAY AND WALK AT SCHOOL DAY!

Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bussed students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

Each day from Monday to Wednesday, students will get a chance to put their name on a leaf on the tree in the foyer. If you take the bus, we will have a Walk AT School day for you on Wednesday!

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and pedestrian safety.

Visit www.saferoutestoschool.ca for more information and resources on active school travel.



Scent Aware Facility

Please note that Ecole Edward Johnson is a Scent Aware Facility. Due to some individuals who are sensitive to scents, we are asking that parents refrain from buying scented hand sanitizers. If you are unable to find unscented hand sanitizer, we do have some that we will provide to classroom teachers if needed. Thank you for attention to this matter.



Math News



Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that one doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate accuracy, flexibility, and efficiency in math and Number Talks can support the development of all three.

The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking. It has been stressed in face-to-face PD sessions that we have to provide students with

opportunities to independently practice the documentation of their own thinking. Once a week, instead of conducting a number talk, have your students answer a similar question on GOOS paper or a whiteboard.

Information from Public Health - Lunchbox Essentials!



Are you getting back into the habit of packing school lunches? A balanced lunch includes a variety of foods to keep your child full and able to learn best. Try to include at least one food item from each of these 4 categories in your child's lunch every day.

R Vegetables

R Fruit

R Protein-rich Foods (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)

R Whole Grains & Starchy Vegetables (whole grain pasta or bread, potatoes, corn)

Top 5 Tips:

1. Keep peeled and cut veggies and fruit on hand in the fridge, ready to grab and go! Try to include a fruit or veggie at every meal and snack.
2. Involve your kids in planning and making school lunches. They're more likely to eat food they helped make and they build valuable life skills in the kitchen!
3. Save time and use your leftovers for school lunches.
4. Include a reusable water bottle every day.
5. Check out UnlockFood.ca for school lunch tips and recipes.

Talking About Mental Health October 2018- 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>

Tips for building resilience:

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



We'd love to celebrate customs and traditions from all around the world!

If you have a suggestion or idea, please contact your child's teacher or Mme Wainman if you are willing to come in and share ideas with us. We would love to hear from you.

Days of

Significance October 2018

October 1	Shemini Atzeret	Judaism
October 2	Simchat Torah	Judaism
October 3	St. Francis Day	Catholic Christian
October 6	Durga Ashtami	Hindu
October 8	Thanksgiving Day Canada	Interfaith
October 9-16	Navatari	Hindu
October 10	World Mental Health Day	
October 11	International Day of the Girl	
October 12	El Dia de la Hispanidad	Hispanic
October 13-20	Sukkot	Judaism
October 17	International Day for the Eradication of Poverty	
October 18	Spirit Day	LGBTQ+
October 19	Dassehra	Hindu
October 20	Birth of the Bab	Baha'i
October 20	Installation of the Scriptures as Guru Granth	Sikh
October 29	Rett Syndrome Awareness Day	Wear Purple
October 31	All Hallows Eve	Christian

Turn Markers



Into Energy!

Dear Parents,

I'm excited to tell you about a very special program I'm coordinating at our school in conjunction with Crayola. It's called Crayola ColorCycle – an amazing program devised to repurpose used markers rather than sending them to landfills!

The ColorCycle program has repurposed more than 70 tons of expended markers in the United States and Canada since 2013, and uses the most advanced plastic conversion technologies available today to make wax compounds for asphalt and roofing shingles as well as to generate electricity that can be used to heat homes, cook food, and power vehicles.

All around Edward Johnson Public School, students and teachers will be collecting used markers that are ready to be discarded. Please help support our efforts by sending your kids in with any used markers you may have around the house- even non-Crayola brands! Highlighters and dry erase markers can also be included. Drop-off boxes will be located around the school for your child to deposit the markers.

Thank you in advance for participating! With the help of parents like you across the country, the Crayola ColorCycle program can continue to keep tons of plastic out of landfills each year.

Remember, don't throw out that used marker—*ColorCycle it!*

Sincerely,

Edward Johnson Parent Council

Learn more at <http://www.crayola.com/colorcycle>