



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



OCTOBER 2019

Principal's Message

Thanks to everyone who contributed to our Terry Fox Walk last week. We raised \$870.00! We are so proud to participate in this great event every year. Many thanks to all the parents, friends, and siblings who came out to walk with us. The students were on their best behaviour and were excellent ambassadors for the school! Why, we even had a special guest walk with us. Mike Foley, our School Trustee, came out to help. Thanks Mike!

The extra-curricular cross country running club is in full swing. The meet will take place at the Puslinch Community Center in Aberfoyle on Tues., Oct. 22 starting at 9:20am. More details to come for participants.

Our swings out back have finally been repaired. With the beautiful fall weather, I know that parents and children alike enjoy staying on the grounds to have some social time. Please know that we are not providing supervision at this time of the day. In addition, students should not be returning into the school at this time as the custodians are busy at work getting the school ready for the next day. If there truly is an **emergency** to visit the washroom, we ask that as a parent you accompany your child.

Don't forget milk/juice starts this week, Subs on Tuesdays, Booster Juice on Wednesdays, and Pizza on Thursdays!!



Some upcoming important dates:

- Monday, September 30, Orange Shirt Day
- Tuesday, October 1, 8, 16, 23, and 30 Chess Club in library first recess
- Wednesday, October 2, Walk to School and Walk at School Day
- Wednesday, October 2, Patrol Training at King George (10:00am to 1:00pm)
- Friday, October 4, World Teacher Day
- Tuesday, October 8, Chess Club in library first recess
- Tuesday, October 8, 6:30 - 7:30 School Council Meeting in library
- Friday, October 11, IEPs go home
- Thursday, October 17, School Community Night (6:00pm to 7:00pm)
- Thursday, October 17, Guelph Police visiting classes and patroller pizza lunch
- Tuesday, October 22 Ecostars for Grade 5 students
- Tuesday, October 22 Junior Cross Country (morning)
- Thursday, October 24, ECE Appreciation Day
- Friday, October 25 Photo Retake Day



lease try and have your child wear an orange shirt on Monday, Sept 30th for Orange Shirt Day. This day is in place to *"commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation."* (<http://www.orangeshirtday.org/>)

Here is a link for more information about this day, should you wish
<http://www.orangeshirtday.org/>



ON WEDNESDAY, OCTOBER 2nd, 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 2nd. 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.

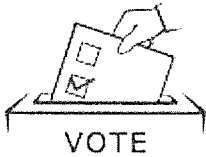
Visit www.saferoutestoschool.ca for more information and resources on active school travel.



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.

School Council Election Results!!



Co-chairs (Natasha Papadedes and Laura Seelt)
Treasurer (Meghan O'Blenes)
Secretary (Nadine Paralovos)
Communications (Open Position)

Environmental Activities to help celebrate our planet

OCT 2nd IS INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds!



Participate in International Walk to School Day on October 2nd 2019!



In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.”

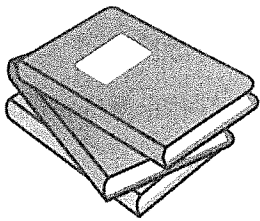
<http://www.saferoutestoschool.ca/>

4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It's an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren't spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child's daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!



Volunteers Needed in Library

The Edward Johnson library is looking for a couple of adult helpers this year to help with some of the library maintenance tasks. I need someone who could be available for 1-2 hours per week. Tasks would involve checking in books, shelving and book repairs. Training takes approximately half an hour. If more than 1 person is interested you could come in alternating weeks. The time is very flexible and can occur during the school day or after school, whatever suits your schedule.

Please contact me directly at amizutani@ugcloud.ca if you are interested.

EQUITY & INCLUSION

Let's celebrate and/or acknowledge customs, traditions and days of significance 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 1-7	Navaratri	Hindu
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October 4	St Francis Day	Catholic Christian
October 5	World Teachers Day	UN
October 6	World Cerebral Palsy Day	
October 6	Durga Ashtami	Hindu
October 8 - 9	Yom Kippur	Jewish
October 9	Dussehra	Hindu
October 10	World Mental Health	WHO
October 11	International Day of the Girl	
October 14	Thanksgiving Day	Canada
October 14	Interfaith	Christian
October 14 - 20	Sukkot	Jewish
October 17	International Day for the Eradication of Poverty	UN
October 17	Spirit Day	LGBTQ+
October 20	Birth of the Bab	Bahai
October 20	Installation of the Scriptures of Guru Granth	Sikh
October 21	Shemini Atzeret	Jewish
October 22	Simchat Torah	Jewish
October 24	Child Care Worker and ECE Appreciation	
October 27	Diwali-Sikh, Jain	Hindu
October 28	Jain New Year/Vikram	Hindue
October 29	Rett's Syndrome Awareness Day	(Wear Purple)
October 31	All Hallows Eve	Christian

Days may vary a few days before or after the indicated date due to moon sightings and timezones for some Days of Significance.

These dates were taken from UGDSB Equity and Inclusion Calendar 2019-2020

Talking About Mental Health October 2019

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. So 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*

SCHOOL COUNCIL

OCTOBER 8TH

Join us at 6:30pm in the library for School Council. New Board to be announced. No vote was necessary as only one person per job applied. All are welcome!!

OCTOBER 17TH

Love board games? Grab the whole family and join us In the library for an evening of fun. Games for all ages and skill levels will be set up from 6-7pm. We hope to see you there!

OCTOBER 27TH

Do you have a green thumb? Love to spend time outside? Bring the family, some gardening gloves and a shovel and join us from 9:30am-12:30pm for our second annual fall garden clean up!

WHY JOIN SCHOOL COUNCIL?

Do you want be involved, but aren't sure what opportunities are available?

Do you want to meet other parents?

Do you have awesome ideas that need to be heard? Skills to be shared?

Have you been wondering how funds are spent and what plans we have for the future?

Your voice matters and we can't wait to meet you!

School Council Meetings are held the 2nd Tuesday of each month at 6:30 pm in the library. We know life gets busy- come once, come when you can, join us for every meeting. We hope to see you there!

CONNECT

Find us on Facebook- Edward Johnson School Council*

*this is a closed group

Email us at ejschoolcouncil@gmail.com.

Don't forget pizza starts this Thursday October 3!