



Ken Danby Public School

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Principal: S. Marquis; VP: T. Drohan
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MESSAGE FROM THE PRINCIPAL AND VICE-PRINCIPAL

It has been a wonderful and busy Fall for staff and students alike. Students have been actively involved in cross country running, volleyball, the Eco Artist program and Scientists in the School.

Our Spirit Teams have gathered several times this fall to do activities together. Our food drive was a huge success with Spirit teams competing to see who would bring in the most items. Spirit team Blue Ba Doo Be brought in 129 items with Icicles a close second with 125 items. The school as a whole collected 1,321 items for the Food Bank. Way to go Diamondbacks!!



Our Grade 7&8 Spirit Squad has been working with Mrs. Pomfret to develop some fun spirit days during the school year. We had our first on Friday Oct 21, Crazy Hair Day.



During the second week of November the Green Committee will be planting several large trees on the school yard. We would like to thank the Ken Danby community for your continued support with our efforts to green up the school yard. We would also like to thank Dan Rozanski and Kevin Butt for all their creative ideas, plans and volunteer hours to ensure our greening plans come to life.

Thank you to those of you who are able to volunteer. We greatly appreciate the wonderful volunteers who come regularly to support our students in their academic success. If you would like to volunteer (on a regular basis or just for special events, including fundraising) please contact the school. Thank you also to the teachers for their ongoing commitment to success in the classroom!

Thank you to our School Council for ongoing support and volunteer hours. Next meeting is November 17th at 6:30pm.

As always – we appreciate any calls to the school should you have any questions, concerns or positive feedback.

Saskia Marquis and Trisha Drohan

PROGRESS REPORTS

Students in Grade 1-8 will be receiving a non-evaluative Progress Report on November 17th. The Progress Report is designed to give meaningful feedback to both students and parents regarding their progress during the beginning few months of school.

In addition to this information, all parents are encouraged to sign-up for a parent/teacher interview on either Nov. 24th in the evening or 25th during the day to meet with their child's teacher to further discuss student achievement. There will be a letter in the Report Card envelope that informs parents how to sign up for interview times online.

November 25th is a PA Day. There is no school for students on this day.

QSP FUNDRAISER: THANK YOU

Thank you to everyone who participated in our annual QSP fundraiser. The school raised approximately \$2000. All the money will go to the LEARNING COMMONS for robotics and green screen resources.

REMEMBRANCE DAY

This year, our Remembrance Day services for students will be held in the gym on Friday, November 11th at 10:35 am.

Poppies will be handed out prior to the assemblies. Money donations for the poppies will be gratefully accepted by home-room teachers on November 10th and 11th.

Thank you for remembering our past and present members of the Armed Forces and Peace Corps.

MATH4FUN!

Thank you to our Parent Council for Supporting our Math program with a "Parents Reaching Out Grant" for School Councils.

We are pleased to announce a new Program at Ken Danby Public School "Math4Fun".

This program offers parents insight into the primary math program, helpful tips and strategies you can use to support your child's math at home, as well as ways to seize "learning moments" despite busy schedules.

This unique program invites you to bring your Grade 1 to Grade 3 child with you. The children will have their own program including games, stories and snacks. They will also spend part of the evening with you practicing the skills and strategies you have learned about.

Our program will run 4 evenings from November 8th to November 29th on Tuesday nights from 6pm to 7:30pm.

The coaches will be Angie Curtis, Kerri Brown and Dana Zevenbergen.

Watch for a registration letter that was sent home to Grade 1 and 2 parents on October 20th. Space is limited!!!

If you would like to attend, please contact your child's teacher.



IMPORTANT CHANGES TO JUNIOR KINDERGARTEN FRENCH IMMERSION REGISTRATION AND SELECTION PROCESS

The Junior Kindergarten registration process for the upcoming 2017-18 school year has changed, including changes to how students register and are selected for the UGDSB French Immersion program.

Every UGDSB school that offers FI at the JK level will have a cap on the number of students who can enrol in FI, starting Sept. 2017. JK is the only access point to FI as of Sept. 2017. Parents and guardians must register their children in FI between Jan. 9 and Jan. 26, 2016 for their application to be considered 'on-time.' Please note that registration will take place in person, and that registration is NOT prioritized on a first-come, first-serve basis.

For more information on JK registration and the FI registration and selection process, please visit www.ugdsb.on.ca/jkfi.

SCHOOL COUNCIL NEWS



Diamondbacks!

Movie Night & Costume Contest Wrap Up

Ken Danby School Council would like to thank all the students, parents and staff who participated in the October 27th movie night and Halloween costume contest. It was wonderful to see so many students dress up in their costumes and it became very evident that the children were very proud and excited to be a part of such a great community building event. To see the winners of the various costume contests, please check out the [school website twitter account](#). The money raised from that evening was enough to purchase an additional 4 Scientist in the School workshops. Congratulations

What's next?

The next scheduled School Council meeting will be **Thursday November 17th** at **6:30pm** in the library. We look forward to seeing you there as we discuss our next fundraising activities.

School Council News

School Council is always looking for volunteers or parent involvement to ensure the success of fundraising activities that benefit the school. If you'd like to see what your School Council is up to, please follow us on twitter: [KenDanbySC](#). If you'd like to donate some time, but don't want to commit to attending council meetings, no problem. Please contact Jenn Goody-Brown at SC.Kendanby@ugdsb.on.ca and see what opportunities fit best with your schedule. You can also stay informed by reading the [School Council meeting minutes](#) that are posted on the school website.

PHOTO RETAKE DAY



Photo Retakes are planned for Nov. 22nd. If your child was absent or you did not give a picture envelope to the photographer your child may have their photo taken. Order forms will be available in the office one week before Retake Day. If you are having photos taken because you would like to replace the package you received, please make sure your child brings in the whole photo package and returns it to the photographer.

OUTDOOR RECESS

It is getting chilly out and the snow may fly soon! Please remember to assist your child in wearing the proper clothing to school. This includes a warm jacket, hat, mitts and waterproof, footwear. Thanks for sending extra socks in your child's backpack just in case! All students are expected to participate in outdoor recess, as this important, active break aids concentration and success in the classroom.

SPECIAL CLASS PLACEMENT IN UGDSB

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement, and parents and the school team should feel like the placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.



Monthly Environmental Activities to help celebrate our planet NOVEMBER 25TH IS BUY NOTHING DAY!

It is vital to teach our children to respect and take care of the environment.

Celebrate Buy Nothing Day on November 25th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things.

Founded by Vancouver artist Ted Dave, *"The first Buy Nothing Day was organized in Canada in September 1992 as a day for society to examine the issue of over-consumption. In 1997, it was moved to 'Black Friday', which is one of the busiest shopping days in the United States."* <https://en.wikipedia.org>



Image from <https://www.permaculture.co.uk/articles/buy-nothing-day-2012-approaching-could-you-stop-spending-one-day>

Repair, reduce, re-use, recycle – 4 R's are best!

"It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, allowing us to share better the surplus of stuff we already have, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle', could be the basis of a new economic model." <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.

- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

“Either way, there’s no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about.”

<https://www.daysoftheyear.com/days/buy-nothing-day>

ATTENTION DRIVERS AND PEDESTRIANS! DO YOU KNOW THE RULES OF THE ROAD?

We all play an important role in keeping our community safe and this includes safety around school crosswalks.

When there is an adult school crossing guard in the crosswalk with their stop sign, drivers must stop before reaching the crosswalk and remain stopped until all pedestrians, including the crossing guard, have cleared the roadway. The fine for failing to stop for a crossing guard is \$150 to \$500 and three demerit points.

Pedestrians play an important part in keeping our communities safe as well, by obeying crossing guards and at signalized crossings, only crossing when the pedestrian walk signal is displayed.

Thank you for your assistance in keeping our school communities safe!

HELPING YOUR CHILD WITH DIFFICULT SITUATIONS

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. “Resiliency” is what helps adults and children to “bounce back” from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby’s smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: “I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away.”
5. Instead of making your child say “sorry”, talk about his or her feelings and the feelings of the other person involved in the event.
6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child’s strengths: “Hey you rode that bike by yourself!”
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to

<http://www.reachinginreachingout.com/resources-parents.htm>

Between checking text messages and playing the latest video game, how much time do you and your children/youth spend on technology?



“Technology is not really the problem, the lack of balance is,” says Doriann Shapiro, Social Worker, Problem Gambling Institute of Ontario (PGIO). “Because we are in a technological age, youth are often also using tech for writing and research. But when they are totaling over seven hours a day, finding balance between that is the challenge.”

“Problem video gaming has harmful effects on an individual’s social, occupational, family, school, and psychological functioning,” says Lisa Pont, Social Worker, PGIO. “It can result in a loss of control, withdrawal, and escape from difficult feelings.”

Here are some tips from Centre for Addiction and Mental Health (www.camh.ca) and Problem Gaming Institute of Ontario (www.problemgambling.ca) that can help:

1. Consider how you use technology. You are modelling behaviours for your children/youth.
2. Before giving your children/youth access to technology, talk to them about safe use. Communicate openly and honestly. Discuss possible effects and the dangers of using the Internet and social media.
3. Talk to your children/youth about how to integrate technology into their lives in ways that respect others. For example, some families have “no texting” rules during mealtimes and family events.
4. Be aware of your children’s/youth’s Internet activities and what they access. Create rules that both you and your child agree to, based on their age and past Internet use. You can also consider V-chip technology for the TV, which can block access to programs and channels, and parental controls for smartphones and computers.
5. Spend time learning about the Internet and video games popular with youth. Participate with your children/youth in these activities. They are more likely to listen to you if they think you know what you’re talking about.
6. Have your children/youth use a shared computer in an open area of your home where you can monitor what they’re doing.
7. Help your children/youth lead balanced lives. Set limits around your children’s/youth’s use of technology. Encourage them to take part in “offline” activities such as sports, music, drama and in-person get-togethers with friends and family.
8. Help your children/youth set priorities. For example, doing homework comes before spending time texting or playing video games.
9. Remember that you own the equipment (e.g., computer, cell phone) your children/youth are using—or you’ve likely given them the money to buy it. If your children/youth are not using the technology in ways that you approve, you have the authority to cut off access or control their use in other ways (such as using a secret password to set the administrative rights on your home computer).
10. If you have seen signs that indicate your child/youth may be developing a problem from their technology use, (such as: increased time playing/online, avoiding other activities including other interests and school, sleep problems, poor hygiene, less time with friends/family, lying about their gaming/internet use) talk with your child/youth about your concerns. You could also contact your family physician to get guidance and support for the whole family.

Homewood Community Addiction Services provides support for youth and families with gaming addictions:
519 836 5733.

Here are some useful resources.

Books:

My Parents Aren't Noobs by Michelle Nogueira and Anthea Helps

Sofa Boy by Scott Langteau

Doug Unplugged (book and DVD) by Dan Yaccarino and Chris Patton

Websites:

www.problemgambling.ca

www.camh.ca

Have a mentally healthy November!

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

Follow me on Twitter @drlynnwoodford.