



Kenilworth Public School

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NEWSLETTER FOR SEPTEMBER 2017

Dear Families,

Welcome back! We hope that you had a wonderful summer, and we are looking forward to a great year! We welcome several new staff members to our team. Welcome to: Mrs. Doney (kindergarten ECE), Mrs. Aitchison (gr 1/2), Mrs. Huber (gr3/4), Mr. Berfelz (gr 5/6), Mrs. Anderson (planning time and resource on Day 1's) and Mrs. Richardson (EA). Returning staff members are Mrs. Capell (Kindergarten), Mrs. Doerr (Learning Commons/Planning time) Mr. Ferguson (French/ planning time) and Mrs. Wilson our Office Co-ordinator. Mrs. McHugh will continue to do our Lunch Supervision, and Paul and Sherri Epoch will continue to clean our school. Our school looks amazing thanks to their continued hard work, as well as the teachers' efforts to prepare their classrooms. Please join us for our Open House and Book Fair on Thursday September 21st any time between 4:30 and 6:30 pm.

P.A.T.S. (Parents Assisting Teachers and Students)

P.A.T.S. are a passionate group of parents, who assist teachers and students by providing resources and programs that enhance education, and help to make our children happy and successful at school. Funding leveled books for Home Reading programs, busing for field trips, birthday books, classroom materials, and visits by the Scientists in the School program are some examples of how they help. They are able to do this through ongoing fundraising efforts. Annual fundraisers include 'Harvest Moon' (a fun family and community chili cook-off on October 13th), the 'Craft, Home Party and Mom-to-Mom Sale' (November 18th), and Little Caesar Pizza Kits and Chocolate Bar and Meat sales. Meetings are held on the first Monday of each month from 6:30 – 7:30 pm. All are welcome and babysitting is provided.

Next PATS meeting

Monday September 11th at 6:30pm

All Welcome! Babysitting Provided

Computers and Devices

Students need to remember that their devices are allowed only with direct supervision of their teacher (e.g., in the classroom during teaching time), at the discretion of the classroom teacher. Technology is not allowed in unsupervised areas or areas that are not directly supervised (e.g., washrooms, hallways, lunchroom, outside at recess). Cell phones are to be kept in students' backpacks. It is never okay to take a picture or video of anyone without consent. Grades 3-6 students are allowed to use their personal devices during indoor recesses.

Snack Program

Our Food & Friends student nutrition program is available to our students again this year. Thank you to Mrs. Barrett for her prep work. Last year we served all students a healthy snack once a day. No child should go through their school day hungry. Providing a healthy start to a child's day is an important factor in increasing their ability to learn. Please contact, Mrs. Wilson if you have any questions about the program or if you'd like to contribute in some way. We look forward to bringing healthy food to hungry minds! <http://www.childrensfoundation.org/downloads/positioning-statement.jpg>

In support of Food & Friends we will be offering **Tim Horton's chocolate chunk SMILE cookies** for sale for \$1 each on September 14th **Orders must be placed in advance.** Please add your order to the meal plan order form attached to this newsletter.

Terry Fox Walk

KPS will participate in the Terry Fox Walk/Run to raise money to help support cancer research on Thursday September 28th at 1:35 pm. As you may know, over the past 15 years, KPS has raised over \$3000.00! Please send in your toonies during the week of September 25 – 28.



KPS Soccer – Go Coyotes Go!

Our soccer team is participating in the North Wellington Soccer tournament Sept. 27th! Thank you to Mr. Berfelz for coaching our team!

Eco Heroes are up and running already!

Eco Heroes is a Grade 3 - 6 initiative that aims to educate and involve the whole school about environmental responsibility and stewardship. The duties of the team are: to assist and guide their peers to responsibly sort waste into recycling and compost, to take care of composts and gardens, to ensure energy saving efforts are taking place, and to assist that we reduce paper use.

We have a monthly initiative where each class aims to win "The Eco Frog" award based on the Eco Hero goal of the month. September's goal is "Correctly Sorting Waste". Eco Heroes will be educating and evaluating the ability of each class to sort waste.

Agenda Money

Please submit \$7 agenda fee for your child as soon as possible. We appreciate your contribution to go towards the expense of ordering this excellent communication tool.



Character Counts!

We will continue to enhance our character education program at Kenilworth PS and look for ways to integrate the Upper Grand District School Board's five core character traits: Compassion, Respect, Fairness, Responsibility and Honesty. Additionally, we will promote the mission statement of the UGDSB: Learn, Lead and Inspire Together.

mabel's labels

In an effort to reduce lost and found this year and to raise funds for our school, we will be offering Mabel's Labels to interested parents. This will enable you to label your children's clothing, school supplies, lunch bag, etc. This school fundraiser is available on line. Please visit campaigns.mabelslabels.com and search for our School name to place your order. Money raised will go toward School programs and resources.

Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board has a policy to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year.

Life-Threatening Allergies



We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps.

Please DO NOT send nut products to school for snacks or lunch with your child. Avoid having the food allergens in the classroom. **This includes allergen alternatives, products that mimic the taste, smell, and appearance of the allergen (WOWBUTTER® used instead of peanut butter) and other possible allergens.**

Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

Milk & Lunch Plans

We plan to continue a lunch plan at KPS this year. White/chocolate milk will be available every day. The cost is .75 cents for a 250 ml carton. Milk sales will begin Wednesday, Sept. 14th. Students may order for every day in the month or specific days. Pizza day is every Friday beginning Sept. 15th. If Friday is a PD day then pizza will be the previous Thursday. Pizza is sold by the slice. Please complete the attached meal order sheet for your child(ren). Meal orders must be placed in advance.

Hot dogs may be available at a later date if an adequate number of volunteers are available to help prepare them.

Safe Drop Off and Pickup

If for some reason you are not sending your child on the bus and have chosen to drive them to school or are picking them up early, please be aware of the need to park away from the bus drop off area if it is close to bus arrival or pick up time in order for them to have room to drop/pick up our other students off.

Our busses arrive at approximately 8:20 a.m. and pick up students at 3:15 p.m.

Safe Arrival/Departure Program

During the school day, your child's safety is of utmost importance to us. Please remember to call the office before 8:40 a.m. if your child is going to be absent or late. For your convenience, we also have voicemail which allows you to contact the school at any time during the night, over the weekends, and early in the morning. The phone number is 519-848-3320. When you leave a message, please be sure to note your child's full name, teacher and reason for the absence. If a child is absent and we have not heard from a parent/guardian, we will attempt to contact the parent/guardian or ensure that the child is safe. If a parent cannot be reached, we will call the emergency contact(s). It is very important to let the school know if there is any change in personal information, i.e. , home or work numbers, emergency contacts, address changes, etc., so that in the event of an unexplained absence or emergency we can contact you immediately.

If you are picking up your child prior to dismissal, please send a note or call us **before 2:30 pm** to let us know.

Handicapped Parking

The first parking spot closest to the walkway is designated as handicapped parking. This allows the special needs taxi and life skills bus to park and unload our students safely and gives parking for those with mobility issues easier access to the front office. Please be considerate and do not use this spot if you are an able bodied person.

Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

Pediculosis (Head Lice)

Please check your child for signs of head lice on a regular basis and if your child does have them, please treat it right away. All nits must be removed in order to avoid another infestation. Often the lice combs are not effective in getting rid of the nits. They must be physically removed by pulling the nit through the hair. When lice is discovered at school, a note will be send home with every child in that classroom suggesting that steps are taken to check your child's head carefully and regularly.

Talking About Mental Health Sept 2017 – Heading Back to School

Hope that you had a wonderful summer! As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year.

1. Start each day with a positive thought. Everyone in the family choose a positive thought for the day.
2. Talk about what they like about school and what they are good at. Have them name 1 thing they like about school. Have them name 1 thing they are good at.
3. Set a goal for the day. Have each child or youth set a small goal to achieve each day.
4. Brainstorm ideas of how to deal with challenges. Have your child or youth make a list of ways they can deal with challenges at school. At the end of the day, ask them which strategies they used to deal with challenges. Encourage them to try out different strategies to build their coping tool kit.
5. End the day by being grateful. Name three things you are grateful for today. Have each child or youth name three things they are grateful for today. Have a wonderful and mentally healthy school year! Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board



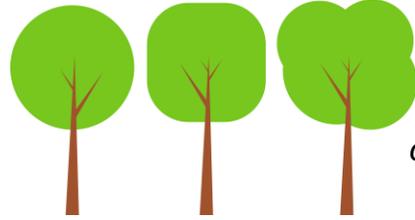
Monthly Environmental Activities to help celebrate our planet SEPTEMBER 27TH IS NATIONAL TREE DAY!

"Let nature be your teacher." William Wordsworth

Celebrate National Tree Day on September 27st 2017!

"National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees us - clean air, wildlife habitat, reducing energy demand and with nature."

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



provide connecting

"Children today spend less time outdoors than any generation in human history." <http://getbackoutside.ca/>

"For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination." <http://30x30.davidsuzuki.org/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Download a bird app and start to help your child learn to identify the colours and songs of birds in your neighbourhood
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

For more ideas:

- ✓ Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: "What to do on a nature walk" or "Arbour Day activities"

Transitions to School in the Fall

Returning to school is both an exciting time as well as one that can be challenging for some of our students. As our students get ready for new September routines, here are some tips to support parents on things to consider when the new school year is beginning again:

- If you are new to the school community, make an appointment to meet your child's school team so that you can develop relationships with the school and learn the school based routines alongside your child. Connect your child with neighbourhood friends that are in their class to help them get to and from school with a peer to make the transitions more fun.

- Consider adapting your child’s bedtime routine by returning to an earlier ‘school day’ schedule before school starts, aiming for 10hours of sleep a night.
- Sit and plan what your child would enjoy eating as part of a healthy lunch while at school. Including kids in these routines helps them build their independence in packing a well-balanced lunch and snacks.
- Sometimes when kids are older and have more things to remember like locker combinations and schedules for classes, they can get worried about remembering it all. Talk through their concerns and make some plans for how they can remember these items during a busy day.
- Walk with your child to school to remind them of the safety rules and routines. The summer is a long time and this needs to be refreshed from time to time.
- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

Adapted from KidsHealth.org

The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, “making mistakes is part of life—and a really big part of growing up. It’s how you learn who you want to be” (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children’s lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book *Mathematical Mindsets* (p. 12) when the brain is challenged and mistakes are made, that is the time when “the brain grows the most.”

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn’t it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, “[everyone] will make mistakes. But if you learn from them, you’ll be a better person. It’s how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit. “

UGDSB Program Department

Feedback welcome on draft board policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are the following two policies:

Policy 209 – Distribution of Materials in Schools from External Organizations

The policy and procedures for Distribution of Materials in Schools from External Organizations have been revised to clarify and update requirements, and to distinguish between the process of distribution to the system and distribution to a single school. The procedures for the distribution of non-curricular religious materials have been incorporated to centralize the policy directive concerning the distribution of all materials.

This policy is important to staff, students, school councils, and parents because it allows the board to support non-profit community groups in showing information about their activities and supports for students.

Policy 307 – Outdoor Play Spaces

The policy and procedures for Outdoor Play Spaces have been revised to respond to the increasing practice of creating more naturalized playscapes on school yards, and the need to clarify the various levels of responsibility associated with playground construction, maintenance and the daily operations of outdoor play spaces.

The policy is important to staff, students, school councils, parents and community members because outdoor play spaces at UGDSB schools are used for play and learning during the school day, and after hours by the community.

You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. **The deadline for public input is October 12, 2017** at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.



Harvest Moon Festival

Friday, October 13 at 6:00 pm

Don't miss all the excitement....

.....An Amazing Chili cook- off

A Fabulous Dessert Auction..... Kids Movie room and more.

Bring the family & enjoy the evening at KPS!

Volunteers

Volunteers are always welcome and appreciated! Staff, students and the PATS committee have ongoing needs for volunteers; you make a significant impact on our school and we'd love to hear from you. If you can help out, please complete this form.

VOLUNTEERS ARE IMPORTANT AT KPS

Volunteers are always needed and are very much appreciated!

Please complete this survey and return to the school office if you are able to help out.

Name(s) of Parent(s)/Guardians: _____

Name(s) of Child(ren): _____

Telephone Number: _____

I am able to volunteer:

____ In my child's classroom Grade ____ Teacher _____

____ In the Library/Learning Commons

____ Assisting with Field Trips

____ Assisting with coaching sports at lunch recess

____ Assisting with Head Lice Checks on an as needed basis

____ To prepare hot dog lunches for students from 12:15 – 1:00 pm on alternate Wednesdays

____ As a member of School Council (PATS) or _____ to help with a specific PATS events _____

____ Any other events/interests/hobbies; please specify _____

