

École King George Public School

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Principal: Randy Dewey
Office Coordinator: Dawn Dolson

Vice-Principal: Lindsey Tremblay

Septembre, 2018/September, 2018

Message from the Principal

Welcome back to École King George Public School! We hope you have had a great summer break and have had a chance to enjoy family, friends and events. Our teachers and staff have been very busy organizing classrooms and preparing their plans. We are all very excited to see returning students and those who are new to our school. The building itself is sparkling clean, thanks to the hard work of Mrs. McLaren and Mrs. Geensen.

Our student population has increased to over 510! This means that we have 1 more class as well as an increase in staff numbers. You will also notice that the extra class has meant that we now have a portable on site. We were fortunate to get a newer portable and Mme Blakely, our new 5/6 teacher, has been busy making sure that the inside is set up to be very welcoming for her students.

As in any school, reorganization of classes and teachers, once actual student numbers are known, is always a possibility during the first couple of weeks of school. We always do our best to keep movement of students and teachers at a minimum, but it is important to remember that class changes may occur.

Please keep in mind that our first School Council meeting is scheduled for September 12th at 6:30 pm in our library. This is a great way to become more involved with your child's school. All parents and guardians are welcome to attend.

For communication purposes, we try to send this monthly newsletter out by the first Friday of each month. We also encourage parents to sign up for email messages. You can do this by going onto our website and at the bottom of the page click onto the area under "Let us email you". We also encourage

you to sign up for our School Cash Online system, in order to help us eliminate cash and cheques that come into the school.

We hope you have a great start to the new school year. Please feel welcome to stop by and meet us at the office or simply say hello again, if you are passing by. We are excited for the start our new year.

R. Dewey – Principal and L. Tremblay – Vice-Principal

First Day of School

On Tuesday morning (September 4), the following will happen:

1. Grade 1-8 students will congregate on the tarmac of the schoolyard where teachers will be waiting. - Large signs will be posted with grades (1-8) and at least one teacher will be standing next to each sign.
2. Students will find their grade and stand close to the sign.
3. Students will identify themselves to the teachers nearby.
4. Teachers will direct the students to their appropriate classes.
5. When the bell rings, teachers will take their students into the school.
Senior kindergarten students will go to the kindergarten yard. Teachers will meet them and take them to the correct class. If your child arrives on the bus, we will make sure they are guided to the kindergarten yard.

If it's raining... intermediate students will be directed upstairs to classes. Primary students will be directed to the ground-floor classrooms and Junior students will be directed to the gym where classes will be posted and teachers will be available to direct students.

At the end of the day, we would ask that, if you are meeting your child, you have a specified meeting place outside. Otherwise, they will be dismissed to walk home or take the bus.

Pay Online

If you would like to pay for school items such as class trip fees, milk, pizza, spirit wear, please visit: ugdsb.SchoolCashOnline.com and click "Get Started Today"! It's safe, fast, and convenient.

King George Day Schedule

Here is the breakdown of our daily schedule. Please help to ensure that your child/children are at the school on time to ensure a good start to their day.

Supervision on yard starts:	8:05
Entry Bell for Intermediates:	8:15
Entry Bell for all others:	8:20
Period 1:	8:20-9:10
Period 2:	9:10-10:00
First Nutritional Break:	10:00-10:20
First Recreational Break:	10:20-10:45
Period 3:	10:45-11:35
Period 4:	11:35-12:25
Second Nutritional Break:	12:25-12:45
Second Recreational Break:	12:45-1:10
Period 5:	1:10-2:00
Period 6:	2:00-2:50
End of school day:	2:50

Staff Changes

With a larger school population along with staff transfers and leaves of absences, we have several new names added to our roster here at King George. We welcome all our new staff to our school and we know that they will be a great addition to our 'KG family'! Kari Kristiansen is our new Librarian; Cathy Bugyei is an EA, new to our school; new to our teaching staff include Zach Wilson, Louisa Von Waldburg, Soizic Freychet, and Jessica Blakely. We welcome back Mme Reynolds and Mme Vandersteen.

Lunch time supervisors needed

If you enjoy supervising children and like to work in a school, this could be the job for you! We are currently looking for caring and friendly individuals who would be available to supervise our students during nutrition and recess breaks Monday through Friday from 10:00 am-11:00 am and/or 12:25-1:25 pm. These are paid positions within the Upper Grand District School Board. If you are interested, please contact Lindsey Tremblay at (519) 822-1911.

Email Blasts

Make sure you stay well-informed by registering your email address with us so that you get up – to-date information on important news and events. Look for details on how to register at the bottom of our website homepage under “Stay Connected”.

Pizza

Pizza is available on Tuesdays and Thursdays on a cash and token basis, where students can buy tokens for \$1.50 to exchange for a slice of pizza or buy slices directly for \$2.00. Pizza is served during the second nutrition break. Students will also be able to pre-order pizza slices for Friday lunches. The Friday program is run by the School Council and forms will be sent home in September.

Medications

Please remember that all student medication must be stored and administered from the office. In order to give any medication we must have the appropriate form completed and signed by a parent or guardian. If your child will require medication at school, please contact Mrs. Dolson, in the school office, so that she can make sure that you have the appropriate form to fill out. We require updated and signed forms each year.

LIFE THREATENING MEDICAL PLANS

If your child has a life-threatening illness of any kind, please inform the office so that a "Life Threatening Management and Prevention Plan" is completed promptly. This plan is essential so that the school can take appropriate action in the event of any emergency. (i.e. use of EpiPen). Children requiring medication such as EPI-PENS for life-threatening medical conditions are required to carry this medication with them at all times. We suggest a fanny pack. Additional EPI-PENS may be kept in the school office.

SAFE ARRIVAL PROGRAM

It is very important that you notify the school office if your child is going to be late or absent for any reason. There is an answering machine on 24 hours a day so please use this system to keep us informed. Please call the office if your child is going to be late or absent from school. You may leave a message on ext. 100. Please help us ensure that all students arrive at school safely. We also require a note or phone call from parents if you will be picking up your child(ren) during or after school. Be sure to SIGN IN at the office when dropping off or picking up your children during the school day.

LATE ARRIVALS

School begins at 8:20 a.m. If a student arrives after this time, they must sign in at the office and pick up a late slip. Students who are late will not be admitted to their classroom without a late slip. Please encourage your child to be on the school yard no later than 8:15 so that they can enter the school with their class.

STUDENT PICK-UP

If you are picking up your child at school during the day, PLEASE CHECK IN AT THE OFFICE and your child will be called to meet you there. For our students' safety, please sign your child out at the office before taking him/her out of the school at any time during the day. Also, if the school has not received a note or call (in emergency cases) from the parent/guardian, students will be sent home in the usual way. *If students are going to be picked up by someone other than the parent/guardian, a note is needed from the parent/guardian in order to ensure the safety of the children. Classes end at 2:50. Please inform the classroom teacher if you are picking up your child. It would be beneficial if students knew in the morning what the end of day plan is. It gets very busy in the office and it is often difficult to call into classrooms to make students aware of plans. Students are not allowed to leave the school during the day without a parent or guardian picking them up. Please inform the office and homeroom teacher if you know that you will be picking up your child during the day.

VISITORS AND VOLUNTEERS

For everyone's safety, we require ALL visitors to report to the office each time they enter the school. Anyone visiting or volunteering in the school (including parents) MUST SIGN IN AT THE OFFICE and wear an identification badge when you are in the school or on school grounds. Our students recognize those who are wearing the school badge as members of our school community. Please do not be offended if a staff member stops you to ask why you are in the school. Even if you have been in the school before, not all teachers may recognize you. Again, we request this for the safety of your child(ren).

Agendas & Locks

Students in grades 1-6 will be receiving agendas. Agendas will also be available for students in Grades 7 & 8 if requested. Agendas are an excellent means of communication between home and school. We appreciate your contribution of \$6.00 for each agenda to help cover the cost. Intermediates can also purchase combination locks for their lockers at the office for \$5.00. Agenda contributions can be made on our school cashless system or cheques can be made payable to King George P.S

Terry Fox Run

This year, the Terry Fox Assembly and Run/Walk will be held on Thursday, September 27, 2018. Students will be asked to bring a toonie for Terry! If you would like to help as a volunteer that day, please contact Mme Sales.

Junior Cross-country Running Club

Our Junior Cross-country Running Club will begin the week of September 10. This is for students in grade 3-6. Specific meeting times will be announced on the morning announcements next week.

Orange Shirt Day

September 30 - Orange Shirt Day (**Orange Shirt Day** is an event that started in BC in 2013. It was designed to educate people and promote awareness about the [Indian residential school system](#) and the impact this system had on [Indigenous](#) communities for more than a century in Canada. It is held annually on September 30 in [Canadian](#) communities with students and staff being encouraged to wear an orange shirt to school that day. Because this falls on a Sunday this year and the Friday is a PD Day, we will be encouraging our students to wear an orange shirt on Thursday, September 27th.

Saturday and After-School Programs

The St. Georges Community Group has organized many activities and sports that will be held at King George Public School. Details and registration information can be found at these websites:

After School: https://1drv.ms/b/s!AgTGJV5vbgnBw2ZDhiD_Cw2Z1yzz

Saturdays: <https://1drv.ms/b/s!AgTGJV5vbgnBw2LX9NxtzldrTD6M>

Fresh from the Farm - Fundraiser

This campaign is a way that our Intermediate students can use to help offset the cost of their year-end-trips. It is also used by some teachers as a way to help offset the cost of bussing on selected class trips (Not all classes participate.). The way the campaign works is that students sell a bundle of vegetables for \$14.00 (A bundle is 5 pounds of white potatoes, 3 pounds of sweet potatoes, 3 pounds of yellow onions, and 3 pounds of carrots) or an 8 pound box of Empire apples for \$15.00. Intermediate students get 40% of their individual sales credited back to them to help pay for their trip.

This 'n That at King George

Dates to Remember:

September 4 – First day of school
12 – School Council Meeting - 6:30 PM
26 - Open House 6:00-7:30
28 – PA Day

News from School Council

The next school council meeting is Wednesday, September 12th, at 6:30 in the library. We would love to see you out.

Featured Articles

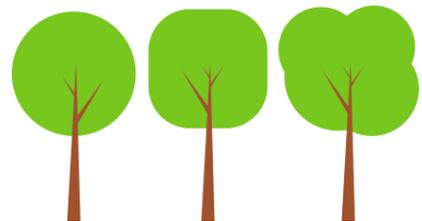
SEPTEMBER 26TH IS NATIONAL TREE DAY!

"Let nature be your teacher." William Wordsworth

Celebrate National Tree Day on September 26th 2018!

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

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



"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 and reduces symptoms associated with attention deficit disorder. It can even reduce the likelihood of needing glasses for near-sightedness.”

<https://davidsuzuki.org/take-action/act-locally/one-nature-challenge/>

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 **Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Spend 30 minutes a day in nature for 30 days to kick-start a nature habit that lasts all year-round. Find out more at <https://davidsuzuki.org/take-action/act-locally/one-nature-challenge/>
- ✓ 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 a 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 10 hours 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

Combined Grade (Split Grade) Classrooms

Combined classes group children from two or more consecutive grades into one classroom. Schools combine classes for a variety of reasons to meet the learning needs of students and to balance class sizes. All classrooms are created with students who have a range of skills and abilities. As in same-grade classrooms, teachers, in combined grades, use a variety of strategies to ensure that the grade appropriate curriculum expectations are covered.

Combined classrooms are very common in schools today and they are neither better nor worse than single-grade classes. Studies have proven that students in combined grades do just as well academically as students in single-grade classrooms. The academic research on combined classrooms has outlined the benefits that students gain while in combined classes. These benefits include learning to work individually and as part of a team, development of leadership skills, development of decision-making skills, self-motivation, and responsibility.

Student placement is carefully considered by school staff every year. Individual student needs, as well as class dynamics, are balanced to create school classrooms. When placing students in classrooms, the principal and all teachers take into consideration many different factors which include: the number of students, the number of boys and girls, student learning styles, academic strengths and needs, learning skills, work habits, and social and emotional strengths and needs. Whether the students are in an older or younger grade in a combined classroom, they will be challenged at their own academic level.

For further information about combined classrooms, please consult the following information that has been developed by the Ministry of Education:

- An Introduction to Combined Grades
<http://www.edu.gov.on.ca/eng/parents/combinedClassrooms/combinedClassrooms.pdf>
- Combine Grades <http://www.edu.gov.on.ca/eng/literacynumeracy/combined.pdf>

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

Talking about Mental Health-Heading Back to School

Talking About Mental Health Sept 2018 – Heading Back to School

Hope that you had a wonderful summer! Transitioning back into school as summer ends can be exciting but also can be stressful for some children and families. As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year for all.

1. Take care of your body

Mental and physical health are linked. Make sure to get enough sleep, drink water, and eat well.

2. Talk to your child/ren

What did they like and enjoy about last year? What are they looking forward to this year? Have children name one thing they are looking forward to and one thing they are not looking forward to as much.

3. Identify strengths and challenges

Have them name 2 things they are good at in school and two things that they think might be more difficult. Strategize some ways to deal with challenges. At the end of the day reflect any strategies used and encourage them to try new strategies to build their coping tool kit.

4. Problem solve with your child/ren

Provide your child opportunities to make their own decisions and to come up with solutions for their concerns. Remember to keep your expectations realistic and age appropriate.

- 5. Remain calm, and show your child trust, support and love when they are feeling stressed, anxious and worried.**

Have a wonderful and mentally healthy school year!

Jenny Marino, UGDSB Mental Health and Addictions Lead