



École King George Public School

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Principal: Randy Dewey
Office Coordinator: Laurie Carrow

Vice-Principal: Kelley Jones

Novembre 2019/November 2019

Message from the Principal

October has been a very busy month and we have been fortunate to have great weather, for the most part, so that our gym classes, recesses, and sports practices could usually be held outside throughout the month. As the temperatures fluctuate during the day, however, we are finding that our *Lost and Found* box is filling up fast. Please take the time to take stock of your child's clothes and if items are missing, encourage your child to search the box for their clothing. You are also welcome to come into the building to check the box yourself. Please remember to sign in at the office before going down the hallway.

Teachers have been preparing the Progress Reports for all their students. They will be going home on November 19th. You will have the opportunity to come in and discuss your child's progress with the teachers. We are setting aside time after school on November 28rd and also on the PA Day, November 29th. You can set up appointments on-line starting November 20th until November 27th. To book your appointments please visit the website at www.ugdsb.ca/pti/. We **recommend Chrome browser**. **Internet Explorer is incompatible** with this application. You will need your child's Ontario Education Number (**OEN, 9 digits without hyphen or space, can be found on report cards**) and Date of Birth.

Please remember that our School Council will be meeting again on Wednesday, November 6th, starting at 6:30 in the library. If you need babysitting, please let the office know.

M. Dewey and Mme Jones

Progress Reports

Progress Reports will be going home on November 19th. From November 20th to 27nd, you will be able to go to www.ugdsb.ca/pti/ to book a Parent-Teacher Interview times. Most teachers will be holding their interviews in their rooms except the Intermediates who will be in the gym to make it easier for parents to find the various teachers.

Remembrance Day Service

Our students will be assembling in the gym for a Remembrance Day Service on Monday, November 11th, at 11 AM. We will be laying wreaths that each class has made and hearing some readings. It will be about 20 minutes long.

Grade 8 Fundraiser

Many thanks for those of you who took part in ordering products from the “Fresh from the Farm” campaign. Please note that they will be arriving at the school on Thursday, November 14th. It will be delivered in bulk and students and volunteer helpers will be required to portion them into bundles. If you would like to help with this process, please contact M. Dewey or Mme Jones. This was a fundraiser that is designed to offer a healthy fundraising opportunity to our school by selling fresh Ontario fruit and vegetables. Forty percent of the revenue collected goes back to our students, fifty percent goes directly to the local farmers, and ten percent is used to sustain the program. Thank you for participating.

Toonie Tuesdays

During the month of November, we are encouraging families to contribute to our “Free to Achieve” fund, part of the Upper Grand Learning Foundation. This fund supports those in need to ensure that they have equitable access to all our services and opportunities. An example of how King George students have benefited from this fund is contributing to end of year trips for families who struggle to pay the total cost of the trips. Please consider helping out with this fund by sending in a Toonie each Tuesday this month!

Snack Program

Our snack program is now in full swing! All the food that we serve in our student nutrition program must meet the nutritional guidelines set out by the Ministry of Children and Youth Services. We truly are bringing healthy food to hungry minds! The fall fund-raising campaign is also in full swing and you can donate through our cash-online service or by sending a cheque to

Food and Friends. If you have any questions or concerns about our student nutrition program, or would like to contribute in some way, please contact Sarah Cressman or Miranda Bouwhuis.

Thanksgiving Food Drive!

Thanks to Mme Harrison for organizing our fall food drive. Our school supported our local community food bank by collecting a variety of different items including specialty food products, baby products and canned foods, just in time for Thanksgiving. Your generous support for this drive was greatly appreciated! Our friendly competition between some Grade 7 classes also helped us to send in more food than we have in the past few years. We sent over 8 big barrels full to the top! Well done, King George!

King George Knights are building their Resilience!

Children who are confident in their own ability and self-worth are a lot more likely to display traits of resilience and be able to bounce back when faced with a challenge. They know they have the strength to figure out the problem and have the confidence to try.

A child who experiences and copes with disappointment and challenges is building the foundations of a very resilient future. Resilience is not just a buzzword. Resilience is a life skill - perhaps the most important one of all!

We will be having monthly assemblies and follow-up activities that will be focusing on increasing this skill. Stay tuned for some common language and strategies that we will be working on and watch out for and celebrate amazing resilient behaviour!

International Baccalaureate Program

If you are interested in finding out more about this program that is offered at GCVI, please plan to attend the information session being held in the GCVI auditorium on Wednesday, November 20th at 7 PM.

IB INFORMATION NIGHT

All Grade 7 and 8 parents invited!

Guelph CVI is proud to be an International Baccalaureate Candidate School. Parents interested in learning more about the International Baccalaureate Diploma Program, the Grade 9 Preparatory Program and the application process are invited to attend our Information Night.

Wed. Nov 20th 7pm

GCVI Auditorium 155 Paisley St

Allergy Alert!

Halloween is the perfect time to remind parents and students about the allergies that exist among some of our students. Our school recognizes that students can be at risk for potentially life-threatening allergies. Anaphylaxis is a severe allergic reaction that can be caused by the ingestion of foods, insect stings, medications, latex or other substances. While anaphylaxis can lead to death if untreated, anaphylactic reactions and fatalities can be avoided. Education and awareness are key to keeping students with potentially life-threatening allergies safe. Our school Anaphylactic Management Plan (based on UGDSB Policy 507) is designed to ensure that children at risk are identified, strategies are in place to minimize the potential for accidental exposure, and staff and key volunteers are trained to respond in an emergency situation.

Classroom teachers have alerted parents of their students to specific allergies in their classrooms. Please remember to be extremely careful when packing lunches to keep these products out of the classroom.

Storm Tickets

The Guelph Storm Adopt-A-school Program is a partnership among area businesses, local schools, and the Guelph Storm Hockey Club. This year our school has been adopted by The Co-operators. This business will donate tickets for selected home games and our school will distribute them through draws. If your child has been chosen to receive these tickets, please confirm that you are able to use them so that we can give them to someone else if you are not able to attend that game. Anyone receiving free tickets is encouraged to express their gratitude to our sponsor through thank-you letters or notes which can be given to the school or the Guelph Storm Box Office.

Reminder

Students are expected to stay on school property at all times during the day. If you would like to take your child out for lunch, please let us know ahead of time that you are planning to do that. Students should not be leaving school property on their own during the day.

If you are picking up your child at school, PLEASE CHECK IN AT THE OFFICE and your child will be called to meet you there. Please sign your child out at the office before taking him/her out of the school at any time during the day. 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.

Junior Girls Volleyball

Junior Girls Volleyball Team Try-outs:

Junior Girls volleyball team try-outs will be held on Tuesday and Friday mornings from 7:30 am - 8:10 am during the first two weeks of November; Tuesday, November 5, 2019, Friday, November 8, 2019, Tuesday, November 12, 2019 and Friday, November 15, 2019. Students should come prepared with a permission form filled out and signed, indoor running shoes and gym clothing. Merci! Mlle Sales

Junior Cross-Country

On Wednesday, October 23, 2019, 46 runners from King George participated in the Junior Cross Country meet in Aberfoyle. Our school displayed excellent determination, perseverance and sportsmanship. The 10 year old girls team placed 1st overall in their division, the 9 year old and under girls team placed 2nd overall in their division and the 10 year old boys team placed 3rd overall in their division. There were two 1st place finishers and many top 10 finishers. Congratulations to all Cross Country team members! Thank you to all the parents who attended and volunteered! Mlle Sales

Tech Day at Ross

On November 6th, our Grade 8s will be walking over to Ross to get a taste of all the tech courses that are offered at John F. Ross. Our 'soon-to-be' high school students will be involved with some hands-on learning that will get them thinking about the many possibilities and opportunities that lie ahead.

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 8:10 so that they can enter the school with their class. Let's all work hard to model and remember the importance of being on time!

Water Docs Festival

Congratulations to Farah, Jaya, and Anissa who were approached by Learning for a Sustainable Future (based in Milton) to be the keynote speakers at the Water Docs Festival on October 29, 2019. This is a free, curriculum-connected community action program that actively engages Ontario grade 7-8 students in addressing water issues through authentic inquiry, project-based learning, and video production. This program builds students' understanding of water and instills in them a commitment to water stewardship. Farah, Jaya, and Anissa will also facilitate 3

one-hour workshops at this event. This is quite an honour as it is the first time students have been asked to be facilitators at Water Docs! They will also do the keynote address and run their workshop three more times on October 30 at the Eco League Youth Forum. We are very proud of you!

Eco League Youth Forum

Congratulations also to our Eco League Youth Forum representatives, Talaba, Quincy, Melia, Maddie, and Ayden. This group attended the Eco League Youth Forum on October 30th, 2019. The Forum is geared to grades 4-8 and address a broad range of environmental topics. Last year this was the spark for our school-wide student led Eco Day. Let's see what this year's group plans as their eco-action project!

Eco Leaders News

Eco Leaders is for grade 4-8 students and it happens every day 3 at first recess (10:20-10:45). So far the Eco Leaders have set up the school's waste management system, and done our first stealth audit, required for our Eco-School Canada certification. Each year begins with educating the student body on best waste management practices, and each year we get a little stronger in this department! We also have a few special projects planned for this year and more to come! With the help of parent Ashley Dickson, we are planning a native species teaching garden to be planted in the front of the school in the spring. We also have several educational campaigns and whole school challenges planned for the year, and we hope to run our annual Spring honey fundraiser to support these initiatives. We welcome parent volunteers, if you have any expertise to offer our group, or time to lend us in helping with our projects. Please contact Jen MacLeod at jennifer.macleod@ugdsb.on.ca if you have any ideas!

Eco Club

Primary Eco Club is not yet running. Once the Eco Leaders are established, we hope to run some special events for grade 1-3 students. Parent volunteers would be welcome to help launch this, if there is interest and volunteers available. Please contact Jen MacLeod at jennifer.macleod@ugdsb.on.ca if you have any ideas!

Holiday Craft Market

Grade 7 & 8 Holiday Craft Market: Monday November 25th, from 2:50-6:00 PM, at King George PS, in the gym

Calling all grade 7 & 8 crafters and all Holiday shoppers! Grade 7 & 8s, you can sell any item handmade by you at the Grade 7 & 8 Holiday Craft Market, and raise some funds for your end of year school trips.

To register either e-mail KGHolidayCraftMarket@gmail.com or note the info. on a slip of paper and drop into the box in the front hall at school. Indicate: your name, your grade & home room teacher, and what you plan to sell (handmade by you only!). Please register by Nov. 8th, 2019. You will then receive an official permission form, which you will need in order to leave class on that day at 2:30 to set up.

Shoppers, mark your calendar! The Holiday Craft Market will coincide with Holiday Wreath Pick up, on Monday November 25th, from 2:50-6:00 PM, at King George PS, in the gym.

This 'n That at King George

Dates to Remember:

- November 6 – School Council Meeting – 6:30 PM
- 11 – Remembrance Day Service – 11 AM
- 14 – Fresh from the Farm pick-up
- 15 – Picture retake
- 19 – Progress Reports go home
- 20 – Parent Info night at GCVI about baccalaureate program (see attached poster)
- 27 – Last day to book on-line an appointment for parent-teacher interviews.
- 28 – Parent-Teacher Interviews
- 29 - PA Day & Parent-Teacher Interviews

Student Council

Student Council is starting to take shape for another year. Our Intermediate classes have picked their reps and elections will take place soon. Thanks to Mme Clune for organizing this group again this year.

Math Anxiety

M-A-T-H... A four-letter word that can bring on headaches, sweaty palms, stomach aches and/or tears. A four-letter word that can begin a verbal battle and end with wounds. A four-letter word that can be dreaded, leaving one confused and hoping for non-existence. What is it about math that can cause a child to be afraid? Attitudes.

As a parent/caregiver, you are an invaluable partner in your child’s mathematical education; you are the first educator in your child’s life. Recent research has shown that an adult’s feelings about math and what they say can have an impact on how a child thinks about math and themselves as mathematicians.

Below are some verbal tips to help support you in curbing math anxiety in your child:

Instead of...	Try...
<i>“You are so smart!”</i>	<i>“You have worked so hard to learn all those math facts.”</i>
<i>“I hated math as a child,” or “I was never good at math.”</i>	<i>“I am not sure of the math you are working on. Can you explain it to me?”</i>
<i>“Oh, looks like you made a mistake here.”</i>	<i>“You made a mistake. That is wonderful! Your brain just grew from the learning that just happened!”</i>
<i>“This problem is way too hard for me to help you with.”</i>	<i>“I think you should try this problem without my help. This would be a great opportunity for your brain to struggle so it can grow!”</i>
<i>“Let’s see... Joe started with 15, and now he has 5, so what is 15 take away 5?”</i>	<i>“What do you think this problem is asking you? Can you restate it in your own words?”</i>
<i>“That is the right answer. Good for you!”</i> <i>“That is the wrong answer.”</i>	<i>“How do you know you are right?” “Does that answer make sense to you? Why or why not?” “Is there another way to solve this problem?” “Explain how you got your answer.”</i>
<i>“You are not good at math either, just like me.”</i>	<i>“With hard work, you will get better at math. Don’t give up.”</i>
<i>“You have to learn to know these answers quickly.”</i>	<i>“Take the time you need to figure out the answer. It is more important that you understand how to get the answer than knowing it quickly.”</i>

Words have the power to inspire a child to become the mathematician he/she is capable of being.

Adapted from:

What’s Math Got To Do With It? by Jo Boaler

<https://www.youcubed.org/fluency-without-fear/>

Talking about Mental Health

November 2019 – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then **GO OUTSIDE!** Take your kids outside! Enjoy and be part of nature.

Try this:

Go for a walk

Head for the woods – make a scavenger hunt

Go birdwatching – make it a game to find the names of all birds you see

Go on a bug hunt

Watch the clouds float by

Make a game of identifying all the sounds you hear outside

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

*Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board
Follow me on Instagram #upper_grand_mental_health*

Environment News!

Monthly environmental activities to help celebrate our planet



Friday November 29th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank

Celebrate Buy Nothing Day on November 29th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States.

<https://en.wikipedia.org>



"We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption." *Dr Kirsten*

Brodde of Greenpeace Germany- <https://www.telegraph.co.uk>

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, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new 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>

Information from Public Health

Public Health is inviting community members from Guelph, Orangeville, Elora, Salem and Fergus who are 14 or older to share their opinions on our local neighbourhoods. Fill out Public Health's Neighbourhood Design Survey and you could win \$250 in groceries! Survey closes Nov 30. www.wdgpUBLICHEALTH.ca/nds

Tell us what you think
and you could win
\$250
in groceries!

Complete our Neighbourhood Design Survey at
[wdgpUBLICHEALTH.ca/NDS](http://www.wdgpUBLICHEALTH.ca/NDS)

Survey is open to all Guelph, Elora, Fergus,
Salem and Orangeville residents
until November 30, 2017

*President's Choice stores. For full contest details, visit
[wdgpUBLICHEALTH.ca/NDSContestDetails](http://www.wdgpUBLICHEALTH.ca/NDSContestDetails)

PublicHealth
Guelph
Centre Wellington
Orangeville

For more information visit www.wdgpUBLICHEALTH.ca

Also from Public Health

Think about the last movie your kids watched... You likely checked the rating to make sure it was age-appropriate. Movie ratings consider violence, coarse language, and sexual and disturbing content, but they leave out something that is very important to kids' health – **smoking**.

Research has shown that the more kids see smoking in movies, the more likely they are to start smoking. Smoking in films give children and youth the impression that smoking is okay and that they should do it too.

What can parents do?

- Talk to your kids about the realities of smoking.
- Talk to other parents about the issue of smoking in movies.
- Check www.smokefreemovies.ca/now-playing/ or <https://tutd.ucsf.edu/>. These websites review movies to tell you which ones have smoking in them.
- Sign the e-petition to support an 18A rating for all movies with smoking in them:
www.smokefreemovies.ca/petition/

