



# École King George Public School



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## Décembre 2019/December 2019

### Message from the Principal

Please join me in wishing Laurie Carrow, our Office Coordinator, all the best as she retires from King George and moves to B.C.. We will miss her friendly smile and all the support she has given us each day.

November has been a busy month at King George! We filled all our Fresh from the Farm orders and would like to thank all of you who helped support this program. This enabled many students to raise some money, personally, to offset the cost of their June trip. Our holiday season is approaching fast, Christmas music can be heard in stores, and our School Council wreath and poinsettia fund-raiser has wrapped up for another year. Many thanks to all who supported this campaign. Our holiday concert will be taking place in the gym on Wednesday, December 18<sup>th</sup> at 1:00 PM. Please check with your child to see if his or her class is taking part in this.

Thank you to all who came in for parent-teacher interviews. If you didn't get the chance to come in and would like to speak with a teacher, please contact your child's teacher to try to set up a time to meet, to make sure your child is getting all the support that is needed.

Our next School Council meeting is Wednesday, December 11<sup>th</sup>. We start at 6:30 in the library and all are welcome.

Please try to look through our lost and found box as it is filling up with fall clothing.

All the best during this festive season. We hope that you have the opportunity to enjoy special moments with family and friends.

M. Dewey and Mme Jones

## **Holiday Concerts**

This year, we will be having our Holiday Concert from 1:15 to 2:30 on Wednesday, December 18<sup>th</sup>. Not all classes are taking part, as some may be saving their talents for the spring concert, so please check with your child to see if they are performing. As of today, the classes who are planning to take part are: KC, 1A, 1/2C, 2A, 3A, 4/5A, 5B, the Glee Club, the Bellacapellas, and both the Prep band and the Senior Band. If you are not able to make this performance, you are welcome to attend the earlier dress rehearsal at 10:50. It may not be quite as polished as the 'real-thing' but we will have some chairs set up behind our students who will be watching the dress rehearsal.

## **Kindergarten Event**

KB will be going to the Elliott Retirement Home for a visit Dec 9 in the P.M. This is always a special event for both residents and students!

## **Character Ed at King George**

King George Knights continue to build their resilience! We will be having another assembly about resilience on Wednesday January 8th. Students have had lots of practice with the POWER of YET and not giving up, which is one way of showing resilience. Another important part of resilience is bouncing back in the face of challenging situations. All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't (and shouldn't) protect kids from obstacles. Kids may get sick, move to new neighborhoods, encounter bullies, take tests, cope with grief, lose friends, and deal with divorce. These obstacles feel large and all-consuming to kids. Resilience helps kids navigate these stressful situations. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

How to help kids bounce back:

- Resist the urge to fix the problem: Ask questions and guide them through the issue
- Problem solve together: Come up with a list of solutions/plans and weigh the pros and cons
- Model resiliency: We all encounter stress, so taking the time to label your emotions and talk through your problem-solving process will help your child see that everyone faces challenges

Stay tuned for more information and look for opportunities to guide your child through challenging situations.

## Laurier Honour Band - Save the Date!

Every year, elementary students have the opportunity to participate in the **Laurier/OBA Elementary Honour Band (LOEHB)**. This outstanding program is a joint effort between the Ontario Band Association and the Laurier Centre for Music in the Community. Students will receive sheet music in advance, and practise it with Mme Petrenko before meeting other LOEHB participants in Waterloo at Wilfrid Laurier University on the weekend of **May 2 - 3, 2020**.

During the Honour Band weekend, students participate in rehearsals and receive specialized instruction on their instrument from elementary, high school, and university instructors. They meet students from the Waterloo Region District School Board, as well as students from our Upper Grand District School Board, and work toward playing band repertoire at a more difficult level than is learned at their local elementary schools. The weekend culminates in a student performance which is open to the public on Sunday afternoon.

Last year, KGPS was one of three schools in the Upper Grand that sent children to participate; we sent seven students, most of whom were in our Senior Band. By having students participate in this program, our Music program at KGPS is enriched. Our young instrumentalists bring a wealth of knowledge back to KGPS, proudly wear their Honour Band T-shirts, and have fond memories of their time at the LOEHB. They remember it as a really fun weekend when they played challenging repertoire, and had a chance to socialize with other music students who play at the same level. In order to enrol in this weekend program, students must be recommended by their music teacher. Recommendations will open in 2020, likely after March Break. The program is typically open to students in Grades 7 and 8, but they will accept students of younger ages who show a certain level of proficiency on their instrument. If your child would like to participate, please ask Mme Petrenko to recommend them.

The Laurier Honour Band website currently shows information about the 2019 band, but will be updated in the new year. The website is <https://onband.ca/LOEHB/>. If you would like additional information, please speak to Mme Petrenko or send an email to [emily.petrenko@ugdsb.on.ca](mailto:emily.petrenko@ugdsb.on.ca).

## School Trip Fundraiser

Thank you to those of you who took part in ordering products from the "Fresh from the Farm" campaign. This year, our students sold around \$5000. This means that students earned back nearly \$2000 to help offset costs of school trips. This fundraiser 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.

## Library News

A big THANK YOU to all who participated in the birthday books. I apologize for the confusion with a few birthdays. I hope your child enjoyed/will enjoy picking out a book to donate to our library. It is very special for them to be giving us a gift on their birthday. Thankfully we were able to raise enough money to purchase one more ipad for the library...YAY!

The week of December 9th will be the last library book exchange before the holidays. There will be no book exchange the week of the 16th. The library will be open for exchange when school starts back up again on January 6th. Mme Kristiansen

## Inclement Weather Procedures

In case of severe winter weather, with poor driving conditions and bus cancellations and delays, please listen for announcements on radio stations 1460 AM CJOY, 106.1 Magic FM, 900 AM CHML, 107.9 FM CJXY (Y108), Oldies 1090 AM, 105.3 Kool FM, News Talk 570 AM, 96.7 FM CHYM, 1150 AM CKOC, 102.9 FM CKLH, 820 AM CHAM and CKCO-TV. Announcements for King George PS are included in **“South Wellington and the City of Guelph.**

**Please note:** If buses do not operate in the morning, they will not operate in the afternoon. If you elect to drive your student to school, you **MUST** make arrangements for them to be picked up at the end of the day. Please communicate the pick-up arrangement with your student, or leave a note in their agenda, prior to drop-off. Likewise, if you choose to keep your “walking” student at home on an inclement weather day, you **MUST** notify the office (Attendance line #100) of the student’s absence, otherwise the office will contact you to confirm your student’s absence. Eligible bus students do not need to report their absence.

## Allergy Alert!

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 Cooperators. 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.

## Kindergarten Registration

Fast approaching is the registration period for our Junior Kindergarten program that starts next September. The registration period will start January 7<sup>th</sup>, 2020. All Junior Kindergarten students new to the UGDSB must pre-register online. UGDSB will be hosting 4 information evenings to share information about our online registration process, the Kindergarten Program, and our Before and After School Programs, for both English and French Immersion JK and as well as new SK students. Parents are welcome to attend any evening and location that suits them.

Kindergarten Registration Information Nights:

Tuesday December 3rd, Montgomery Village P.S., 6:30p.m.

Wednesday December 4th, John Black P.S., 6:30p.m.

Monday December 9th, Arthur P.S., 6:30p.m.

For more Registration information visit [www.ugdsb.ca/kindergarten](http://www.ugdsb.ca/kindergarten) Registration will occur January 7-17, 2020.

## Volleyball News

Intramural volleyball started the week of November 25<sup>th</sup>.

The Intermediate boys' volleyball tournament is being held on Monday, December 16<sup>th</sup> at Willow Road P.S. and the Girls tournament is the same date at Mitchell Woods.

The Junior Girls and Boys Volleyball tournament will be held on December 10<sup>th</sup> at Arbour Vista.

## This 'n That at King George

### Dates to Remember:

December 10 - Jr. Volleyball Tournament  
11 – School Council Meeting in Library at 6:30  
16 - Intermediate Volleyball Tournament  
18 – Holiday Concert 1:00  
20 – last day of school before winter break  
January 6 – first day back

Time for some fun and frolic on ice

# KG Family Skate Night

Friday, January, 10, 2020  
The Sleeman Centre  
50 Woolwich Street, Guelph  
6:00pm -7:50pm



Bring your skates & a helmet.  
Please leave the sticks at home.  
Parents must be on site to supervise.



Brought to you by your  
King George School Council

## Eat Soup! Gift Soup! Repeat



Purchase some 'SOUPER HEROES' Soup to Support KG's Scientists in the Classroom Program.

5 Small Pkgs for \$25.00

4 Large Pkgs for \$32.00

Small Pkg \$5.50

Large Pkg \$8.50

Go to School Cash Online to Order.

Orders close @ Midnight December 8th!

Brought to you by your  
King George School Council



## Environmental News

### *Celebrate Human Rights Day on December 10th!*

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for everyone to have access to clean water, unpolluted air and healthy food. <http://www.un.org/en/events/humanrightsday/>

*Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!*

- **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.
- **Read the book: We Are All Born Free: The Universal Declaration of Human Rights in Pictures** by Amnesty International.
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Make a World Wishes Dove with your family.** Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
- **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.

*“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience” by Melissa Breyer*

# Mental Health News

## Talking About Mental Health December 2019 – GIVE THE GIFT OF RESILIENCY

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year.

### REMEMBER:

- eat well
- get good sleep
- don't over schedule
- stay connected to family and friends
- keep daily routines going
- avoid over-use of technology
- get outside and enjoy the crisp, fresh air

### HOLIDAY “CONNECTING & REFLECTING” IDEAS:

#### 23 Days of Giving

Every day in December have everyone put something that they don't use or need into a basket. Later in the month you can go as a family and donate to a shelter or community center

#### Reflection Wall

Have a wall in the house where everyone can add sticky notes of what they are grateful about from the year. Focus on lessons learned, new skills and strategies used throughout the year

#### Rose, Bud, Thorn

Have everyone identify one or two things that they feel were successes from the year (rose), something that was a struggle (thorn) and what they did to overcome the struggle, and something they are looking forward to in the new year (bud).

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**Signs to look for that someone is struggling.** *Sometimes it's hard to tell that someone is suffering. Here are some signs that someone is struggling.*

- not coming to school or work
- not engaging with friends or family
- not participating in activities that they used to enjoy
- withdrawing
- feeling hopeless
- increase use of drugs or alcohol
- changes in behaviour
- anger/irritability



## **Getting help**

If you, your child/youth or someone you know is struggling, it is important to know where to reach out for help.

Who would you talk to if you were distressed, overwhelmed or struggling? Take a moment to make a list of at least 3 people or resources you would reach out to.

Who would your child/youth talk to if they were upset, overwhelmed or struggling? Take a moment to sit down with your child/youth and ask them who they would talk to. Put the kidshelpphone and HERE 24/7 or DCAFS number in their phones (see below).

All children and youth need caring adults in their lives to talk to about their feelings. Parents/guardians can be some of those caring adults, but it is important for the children/youth to have other caring adults in their lives such as:

- Family members, friends of the family
- School staff (teachers, guidance counsellors, principals, child and youth counsellors, social workers, librarian, custodial staff)
- Coaches, instructors
- Spiritual or religious community
- Community members (police, family doctors, librarians, etc.)

### **Who you can call for mental health support:**

- Here 24/7 (for crisis and support with mental health or addiction concerns in Guelph/Wellington) <http://here247.ca/> 1.844.437.3247
- Dufferin Child and Family Services (DCAFS) (for crisis and mental health supports for children/youth in Dufferin) <https://dcafs.on.ca/> 519 941 1530
- Kids Help Phone <https://kidshelpphone.ca/> 1 800 668 6868
- Your family physician or family health team

Have a mentally healthy holiday season!

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board*

*Follow me on instagram #ugdsb\_mental\_health*

## **The Kindness Campaign**

Let's work together to #IncreaseKindness online

On Nov. 20, the UGDSB launched The Kindness Campaign and we're excited to join in! The Kindness Campaign will focus on promoting the positive use of social media and will share tips and resources for students, educators and parents/guardians.

We encourage everyone to join in by sharing the little things they do to spread kindness online or how they model positive behaviour for their kids. Share your ideas on social media using the hashtags #IncreaseKindness and #UGKindness.

Throughout the school year we will continue to highlight acts of kindness, within our school and beyond. Let's make kindness contagious!

## **St. George's Community Events**

Registration is now open for our After-School Series for January to March Break. This is part of our Youth Sports & Activity League. We are offering 11 hours of programming.

(We will let you know SOON what we will be offering on Saturdays! We run on volunteer power, these things take time.)

Programs are at John Galt and King George schools and kids can easily make it to either location through the community pass through off of Winston Crescent. Programs are co-ed. Ages are SK - grade 11.

There are 2 options for Karate and Sewing. Ukulele is back. Also GLEE Club, Musical Theatre, Mix It Up Mondays (STEM), Lego Builders, Circuit Builders and Chess Club.

<https://1drv.ms/w/s!AgTGJV5vbgnBx2KBpI5VU3w29LeB>