



Kortright Hills Public School

23 Ptarmigan Drive, Guelph, Ontario N1C 1B5 (519)-827-1601 Fax (519) 827-9251

Farhan Hussain, Principal

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Newsletter for March, 2017

From the Principal's Desk

We have had a productive February filled with many fun events; just to mention a few:

- Be Inspired Week!
- Intermediate Basketball Tournament
- Chase the Chill

Please check our school calendar for upcoming events.

Have a great month and encourage your child to have an active and safe March Break!

Farhan Hussain
Principal

Library News



Our Forest of Reading programs have begun with a record number of students choosing to participate! In addition to all of the students in the Kindergarten - Grade 2 classes who participate in the Blue Spruce program during their weekly library visits, over 150 Grade 3 - 8 students have signed up to read books from the Silver Birch Express, Silver Birch, and Red Maple programs. That means we have increased our number of participants by 40 from last year!

Our daily "Forest Cafe" is filled with excited readers during snack and morning recess. Readers are encouraged to return their books as soon as they finish reading them so that others can enjoy them too!

Voting will take place April 18th - 21st. Students need to have read at least 5 of the 10 books to qualify to vote.

It's not too late to join! If your child would like to join in the fun, please encourage him/her to drop by the library to let me know.

Thank you for your continued support of our library programs,
Sheila Morgan
Teacher Librarian
sheila.morgan@ugdsb.on.ca
<http://bit.ly/KHPSLibrary>

School Stuff

Kindergarten Registration

If you have a child who will be four years old on or before December 31st, 2017. Please come into our office to register. For Senior Kindergarten (or if your child is new to our school) he/she must be five years old on or before December 31st, 2017.



Dogs on School Property

It is a policy of the Upper Grand District School Board that dogs, and other family pets, not be on school property during supervision and school hours for the safety of our students unless special permission has been given. We as a school understand that it is wonderful to be able to walk to school with your children and your family pet. We would ask that parents, who decided to bring their pets to school with them, please walk their children to the perimeter of the school property and watch their children walk onto school property rather than bringing your pet with you. If you have any concerns about this, please do not hesitate to contact the school office. Thanks very much for your support!



Safety, Safety, Safety!

The front of the school is a very busy place between 8:30 a.m. and 8:50 a.m. and 3:15 p.m. and 3:35 p.m. Buses, cars and students are prominent during these times and parents are reminded to respect the safety measures that are in place. The parking lots of the school are **not** to be used as drop off points for our students. Parking is available in designated areas along Ptarmigan Drive, Merganser Drive and Mallard Court. Parents are also reminded to have their children cross at the cross-walk at the front of the school, if they should be picking up on the other side of the street. During the first few days and weeks of school, we tend to not pay attention to the traffic and have had a couple close calls with students crossing Ptarmigan, not at the cross-walk, being encouraged by parents on the other side of the road.



We ask that you **not** block anyone's driveway when picking up your child(ren). Please be respectful of our neighbours.

Please choose safety over convenience!

Inclement Weather

It is the parents' responsibility to determine whether or not it is safe for his or her child to leave for school in inclement or severe weather. A parent must be aware of the following:

- When a bus does not travel a route in the morning due to fog, ice, or snow conditions, it will **not** travel that route in the afternoon.
- While we have an excellent transportation system, buses may be delayed in the morning due to traffic, poor road conditions, mechanical breakdowns, etc.

To ensure your child is not stranded at his/her pick-up point; please make sure they know what to do and where to go if their bus is more than 15 minutes late.

Listen for messages on your local radio station for the City of Guelph - Yellow Card.

Winter Dressing

We try to go outside for each recess fresh air and love to play outside.



outside lunch recess each day. activity. Thus, students

parents for providing hats, snowsuits, scarves, mittens and footwear for your children.

In the event of inclement weather, students will be supervised inside the school.



and we do monitor the weather carefully. Our students need Students have one outside 15 minute recess and a 40 minute All students are expected to be outside for fresh air and must dress appropriately for winter weather. Thank you to all

Bus/Taxi Cancellations

During times of inclement weather, please listen to our local radio stations: 1460 AM CJOY, 106.1 Magic FM or 900 AM CHML, 107.9 FM CJXY, Oldies 1090 AM, 105.3 FM CHYM, 1150 AM CKOC, 102.9 FM CKLH, 820 AM CHAM, CKCO-TV for school transportation cancellations. Information on bus/taxi cancellations and school closures are also posted on the Upper Grand District School Board's website: www.ugdsb.on.ca.

If your child(ren) regularly when the buses are cancelled. If, asked to leave a message on the absence or late arrival.



travel(s) by bus, parents do not need to inform the school however, your child(ren) regularly walk to school, you are 24 hr attendance line (519 827-1601 ext. 200) for any

PLEASE NOTE: On days when buses/taxis are cancelled, unless otherwise informed, the school will be open and a regular school program will be offered. Also, if parents of bus students drive their child(ren) in the morning, they must also pick them up at 3:20 p.m.

Weather for Safety Patrols

At minus 25° Celsius (including the wind chill), safety patrol duty is reduced to the last five minutes of the morning scheduled time and the first five minutes of the afternoon scheduled time. Parents and patrols should check the local radio stations or internet weather reports for temperature readings.



Dates to Remember

March 13-17 th	March Break	School Closed
April 14 th -17 th	Easter Break	School Closed
April 28 th	P.A. Day	No Classes
May 22 nd	Victoria Day	School Closed
June 9 th	P.A. Day	No Classes
June 30 th	P.A. Day	No Classes

March Break

Just a reminder that the March Break is resume on **Monday, March 20th**.



Monday, March 13th to Friday, March 17th. School will

Easter Break

Just a reminder that the Easter Break is on Friday, April 14th and Monday, April 17th. The school is closed on these dates and classes will resume again on Tuesday, March 18th.



Live Free Day

We will be participating in the 9th annual Live Free Campaign. Happy Tummies for Toonies' cards went home on February 21st. Please return them by March 2nd. Students will be pledging what they will live free of on pledge cards March 1st and these cards will be hung up in the front foyer. Over the next couple of weeks please engage your child in conversation about what they will pledge to live free of on March 3rd. All money raised will go to our school snack program. You can also go online and donate at www.livefreewdg.ca and under donate tab pick our school and the fund will go directly to our food program!

Homework for Family Trips

We have reached the time of year when become evident because the number of sharply. Parents are asking for work



behind. Teachers are not always able to provide this advance work for students. A valid alternative that parents should consider is having their child(ren) complete daily journals or researching local features. This is very practical and educational. It also is something he/she can present to classmates and teachers when they return to school.

many families plan trips to exotic locations. This has requests for homework from teachers has increased that their child(ren) will be missing so that they won't fall

Class Disruptions

A major goal for staff is not to disrupt classes during the day. To assist them in this goal, the office will keep



interruptions to a minimum. If parents are bringing in something for their child(ren), please bring these items to the office with their name and grade on it or complete the drop-off form provided in the office. These items will be distributed at recess breaks throughout the day. Parents picking up students are asked to come to the office and wait for their children to meet them.

Be Inspired Week

Our BE INSPIRED! week was a huge success! We collected boxes and boxes of food bank donations and gently used book donations for Brant Avenue P.S. We raised \$200 for our local Kidsability and another \$200 for National Service Dogs. We were all inspired by the messages of Becky Kellar, Allan Mallory, and Loretta Penny. Our ME to WE student leaders were phenomenal at spreading the Random Acts of Kindness message and organizing our school-wide Vow of Silence. Thank you! Thank you! Thank you for helping us to make a difference in the world! A special thank you to Mrs. Dykstra, Mrs. Jameson and all the students who helped make this week so successful!

Reminder

Adults entering the building are asked to come to the office and sign in. Please do not walk your child(ren) to their classroom without checking into the office first. If you are staying to volunteer or as a visitor, please pick up and wear the appropriate badge from the office. Adults in our building who are not wearing a visitor's badge will be asked to return to the office to sign in.



Keeping Our Children and Youth Safe Online

Over the last few years, there has been a significant increase in the self/peer exploitation. This is generally images and/or videos with peers via the recently purchased a resource for every Exploitation, School and Family Approaches created by the Canadian Centre for Child organization dedicated to promoting safety of all children. Principals and Vice Principals also received an in-service on the guide.



number of reported cases of young people involved in defined as youth creating, sending or sharing sexual Internet and/or electronic device. The Board elementary and secondary school called Self/Peer to Intervention and Prevention. The resource was Protection, which is a non-profit charitable

organization dedicated to promoting safety of all children. Principals and Vice Principals also received an in-service on the guide.

The following two links may assist youth and families who have been impacted by child sexual exploitation:

Cybertip.ca may be used to report child sexual exploitation.

NeedHelpNow.ca is a website that offers some practical information for youth on how to deal with this (for example, how to get pictures removed from the internet, how to deal with peers, how to talk with someone, etc.).

February 7, 2017 was international Safer Internet Day. While this date has already passed it is important to talk to your children about internet safety everyday. The Canadian Centre for Child Protection also produces several useful resources for parents that may be found using the following links:

https://www.cybertip.ca/pdfs/C3P_SafetySheet_SelfPeerExploitation_en.pdf

https://www.cybertip.ca/pdfs/C3P_SafetySheet_Cyberbullying_en.pdf

Parents, If Your Kids Have Any of These 10 Dangerous Apps, It's Time to Hit "Delete"

Sex educator Megan Maas has the scoop on 10 apps that can be very dangerous for your kids, and what you need to know about them.



You may be thinking your kids are downloading apps because they are just a simple way for them to keep in contact with their friends. This is certainly true for most kids, but unfortunately, even innocent use of most of these apps can land a kid in a situation he/she never intended to be in. Here are some apps that are popular among kids with little to no privacy or control once they are posted.

1. Tinder: An app that is used for hooking-up and dating. Users can rate profiles and find potential hook-ups via GPS location tracking. 450 million profiles are rated every day! The good news is this app pulls information from user's Facebook profiles, so it is more authenticated than other apps.

2. Snapchat: This app allows a user to send photos and videos to anyone on his/her friend list. The sender can determine how long the receiver can view the image and then the image "deconstructs" after the allotted time.

3. Blindr: A flirting app used to meet new people through GPS location services. You can send messages, photos, videos, rate the hotness of other users, etc.

4. Kik Messenger: An instant messaging app with over 100 million users that allows users to exchange videos, pics and sketches. Users can also send YouTube videos and create memes and digital gifs.

5. Whisper: Whisper is an anonymous confession app. It allows users to superimpose text over a picture in order to share their thoughts and feelings anonymously. However, you post anonymously, but it displays the area you are posting from. You can also search for users posting within a mile from you.

6. Ask.fm: Ask.fm is one of the most used by kids. It is a Q&A site that is anonymous.



popular social networking sites that is almost exclusively allows users to ask other users questions while remaining

7. Yik Yak: An app that allows users to post text-only "Yaks" of up to 200 characters. The messages can be viewed by the 500 Yakkers who are closest to the person who wrote the Yak, as determined by GPS tracking.

8. Poof: This app allows users to make they don't want you to see by opening the



other apps "disappear" on their phone. Kids can hide any app and selecting other apps.

9. Omegle: This app is primarily used for video chatting. When you use Omegle, you do not identify yourself through the service. Instead, chat participants are only identified as "You" and "Stranger." However, you can connect Omegle to your Facebook account to find chat partners with similar interests. When choosing this feature, an Omegle Facebook App will receive your Facebook "likes" and try to match you with a stranger with similar likes.

10. Down: This app, which is connected to Facebook. Users can



used to be called *Bang With Friends*, is connected to categorize their Facebook friends in one of two ways:

They can indicate whether or not a friend is someone they'd like to hang with or someone they are "down" to hook-up with.

The most important thing you can do as a parent to protect your children from dangers that are associated with the use of these apps is to talk with them frequently about their social lives. You can start by establishing yourself as an approachable parent and talking with them early and often about sexuality and romantic relationships. Without a strong bond and open communication, trying to regulate and monitor Internet use won't be very effective. However, setting technology boundaries (when and where they access the Internet) and monitoring their online behavior can be effective if you have a strong foundation to build on. You can access a list of monitoring software that is



recommended here. Just remember to keep on top of it; there is no software that can eliminate risk or the need to parent. Ultimately, your goal is to raise an individual who can manage his/her online and offline behavior in a healthy way because he/she wants to. The process starts with you nurturing a strong emotional bond, leading by example and setting the boundaries.

You can do it!

Digital Saturday returns this March!

All parents in the UGDSB are invited to attend Digital Saturday, which will be hosted at JD Hogarth PS in Fergus.

See a variety of technology used in the UGDSB. Meet with Special Education staff to learn more about how they support all students. Discover the rich online digital resources available to your children from home and at school.

Presentations include: devices in our schools, Homework Help, Cospaces and Ozobot, Google Apps for Education, UG2GO, Coding in the Classroom, MIT App Inventor, Grandpals, Virtual Reality, SEA, and My Blueprint.

Digital Saturday is on March 25 from 9 to 11:30 a.m.

Policy Feedback

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the **Website and Social Media Management** Policy 312. You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is **March 16th at 4:00 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.

Help Your Child to be More Resilient

Life can be stressful for both children and their parents. When children learn how to handle challenging situations in positive ways and to bounce back after a negative experience they become more resilient. Resilient people are happier, healthier and more successful in life. Children learn resiliency skills from the adults in their lives. Here are some ideas to help you to build resilience in your child:

1. **Build a caring and trusting relationship:** listen to your child and talk about their day, share cuddles or hugs, play or do activities together.
2. **Think positive:** each evening ask your child to share a positive thing that happened during their day. You could share something positive that happened in your day too!
3. **Gently challenge your child's negative thinking:** If your child has had a stressful experience, acknowledge their feelings and help your child see that experience as only one of many things that happened that day: "It sounds as if Max really hurt your feelings by not inviting you to play hockey. Did you play with him at another time? Did you play with some of your other friends?"
4. **Build confidence:** allow your child to do things independently as often as possible; such as getting dressed, helping to make dinner, wrapping a birthday gift, helping with a chore. Only give guidance if absolutely necessary.

5. **Allow your child to feel that he or she has control over his or her life:** allow your child to make age-appropriate decisions, such as what to wear, a choice of what to have in their lunch ("would you like a banana or yogurt?"), what book to read before bedtime, what movie to watch on the weekend.
6. **Model and practice calming:** When you are dealing with a difficult situation show your child how you calm yourself down. Practice calming with your child (deep breathing, counting to 10, going to a quiet place).
7. **Model coping:** when you have a problem, talk to your child about how you solved the problem calmly. What did you think about as you were solving your problem?
8. **Build your child's coping strategies:** Help your child think through a challenge. Help your child to know that the issue is just temporary and that he or she can solve the problem. Support your child in coming up with a solution.

In supporting your child in building resiliency skills you are developing a positive outlook that will last a lifetime. For more information on resiliency please go to the website below.

Source: Reaching In, Reaching out Website: <http://www.reachinginreachingout.com/resources-parents.htm>

Vision Health

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams, is available free of charge, for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are a number of accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies. You can also discuss with the classroom teacher or SERT the possibility of making a referral to one of the Vision Itinerant Teachers who provide support to your school.

Important Information from Public Health Department

Your Child's Immunization During a Disease Outbreak

For school attendance, parents are required by law to provide proof of their child's immunization to Public Health. To find out what vaccines are required and if your child's immunizations records are up-to-date, please call 1-800-265-7293 ext. 4396. You can also book an appointment for your child's immunization at any Wellington-Dufferin-Guelph Public Health Location. If you've chosen not to immunize your child, you must have a notarized statement of medical exemption or a statement of conscious or religious belief on file with Public Health. Please contact Public Health at 10800-265-7293 ext. 4396 to arrange for your child's exemption to be on file if you have not already done so.



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If the Medical Officer of Health declares an outbreak of a disease in your child's school and his/her immunization record is not up-to-date with Public Health, or you have an exemption on file, your child will not be allowed to attend school for the entire duration of the outbreak.

MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

March 25th is Earth Hour!

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

Join the global Movement! Celebrate Earth Hour on March 25th at 8:30pm.

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

"Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide."

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd."

Click [here](#) to see a short video clip of Earth Hour's story around the world and click [here](#) for highlights of 2015

Ideas for your family to do for Earth Hour!

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 25th from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*

The possibilities are endless! Quotes and information taken from: <https://www.earthhour.org/>

Your Child's Hearing is Important!

Seventy-five percent of a child's day is spent listening; listening to complex language, directions and instructions which need to be comprehended. Being able to hear peers is important for developing social skills and friendships. That is why it is important that any hearing difficulty be discovered as soon as possible because even mild hearing loss can put a child at risk for academic and communication difficulties. **Audiologists** are experts who assess hearing sensitivity and functioning that provides a window into the language/listening parts of the brain. Since listening is a critical learning skill, test results can be helpful in planning a program of intervention. Students who wear hearing aids, cochlear implants, or use personal FM systems should routinely visit an Audiologist to have their equipment checked. If you suspect your child has difficulty with hearing or attention it is recommended that you have your child tested by an **Audiologist**. To find an Audiologist in your community, visit the website of the College of Audiologists and Speech Language Pathologists of Ontario (www.CASLPO.com) and click on "Find an Audiologist" and search for Private Practice.

At UGDSB you can call 519-941-6191 ext. 231 for information.

Great things happening at Kortright Hills PS.

Clubs, Extra Curricular	Time	Staff In Charge
Safety Patrol	Before and after school	H. Morris
Milk Monitors Grade 6	Both Breaks	H. Morris
KHPS Presents -Intermediate Song/Dance	Wednesdays 3:30 to 4:30pm	S. Zanyk
KHPS Presents <ul style="list-style-type: none"> Pr/Jr Dance 	Thursdays Second Break	S. Farrow
Primary Games Club	Wednesdays Second Recess	S. Bowden
Band	Day 1, 1st Break Day 5 2nd Break	Cade
Stage Band	Day 4 1st Break	Cade
Library Helpers	First Recess - Daily	S. Morgan
Forest of Reading	First break Day 1 - 4	S. Morgan
Chess Club	Second break Day 2 & 4	S. Morgan
EcoLeaders	First break, Day 5, Library	K. Jones, C. Dykstra, N. Johnston
KHPS Presents Blacklight Puppet Team	Tuesday and Wednesdays First break	V. Jameson
Me to We	Day 3, 2nd break	C. Dykstra, V. Jameson
Play On gr7 /8 group	Wednesday's first break	Gayton/Big Brothers
Social recess	Wednesday 1st gr 1-3 2nd gr 7/8 Friday 1st gr 7/8 2nd gr 4-6	Gayton

Wellness Day

On Friday, March 24th we will be having our 2nd Annual Wellness Day! It will be a day full of inspiring Motivational Speakers, interactive workshops and WONDERFUL volunteers from our community sharing talents and knowledge with all of our students. Our primary students will be doing classroom activities to foster knowledge and understanding about mental health and coping strategies. Our junior students will be having a day full of workshops, giving them an understanding of mental health concerns affecting their age group and offering some different coping strategies to manage their emotions. Our intermediates will be attending workshops that they have selected from several different options all about mental wellbeing.

From School Council

Don't forget to purchase your Kortright Hills Presents tickets!!! Invite your friends and family to join us for a great evening on March 4 in support of the schoolyard naturalization project!

Interested in helping out with activities going on through parent council? Please contact kortrightpc@gmail.com

The next school council meeting will be Monday, March 20th at 7pm, in the school library.
All are welcome!



THINK SPRING