

# Kortright Hills Public School

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**Farhan Hussain, Principal**  
Della Broderick, Office Coordinator

**Hanna Morris, Vice Principal**  
Lee Davis, Administrative Assistant

## Newsletter for October 2017

### From the Principal's Desk

The 2017-2018 school year is well underway with many exciting things happening at Kortright Hills Public School. We welcome all our new families to the school and hope that you feel part of our wonderful community.



Meet the teacher Night/Open House, Terry Fox walk, Intermediate Football and Cross Country tryouts are just a few things that took place during the month of September.

Please be sure to review the attached monthly calendar for upcoming events.

Farhan Hussain  
Principal



Reminder that there will be **NO SCHOOL** for students on:

- Monday, October 9, 2017 - Thanksgiving
- Friday, October 27, 2017 - PA DAY

### Dropping Off Items for your Child

Students are expected to come to school with their materials for the day. If you are dropping off something your child has forgotten, please leave it at the office, complete the drop-off form and we will ensure that your child receives this item during the next break.



#### Forms

Student Verification Forms went home a few weeks ago. If you haven't already done so, please review any changes, sign and return them to school a.s.a.p.

### Medication at School

A reminder to parents; if your child requires medication during school hours, i.e., Puffers, Tylenol, allergy medicine or any other doctor prescribed medicine; you are required to fill out the proper paperwork giving permission to our administrative staff/school representative to administer the medication. Forms are available at the office. For security, all medication is kept in the office. All prescription medication must be in the original container with the child's name and proper dosage clearly printed on the container.







**Dress Up Day - K to 8 – Oct 31<sup>st</sup>**

On this day options are:

- wear orange and black
- dress in a costume
- wear your everyday clothes

If students wish to wear a costume here is a list of Do's and Don'ts

<b><u>Costume Do's</u></b>	<b><u>Costume Don'ts</u></b>
<ul style="list-style-type: none"> <li>- follow the Kortright Hills Dress Code</li> <li>- follow our school code of conduct found on our website</li> <li>- wear black and orange</li> <li>- you don't have to dress up at all</li> <li>- dress up as a character from your favourite book or movie</li> <li>-use makeup or face paint</li> <li>-make sure you can get your costume on independently</li> <li>-check that your costume is safe (i.e. not too long)</li> <li>-be creative!</li> <li>-have fun!</li> </ul> 	<ul style="list-style-type: none"> <li>-no masks</li> <li>-no weapons</li> <li>-no props</li> <li>-no violent references</li> <li>-appropriate for school</li> </ul> 

Please note that our younger students may be sensitive to scary images.

There will not be time for students to spend changing in bathrooms, so costumes sent to school should be able to be put on over top of existing clothing.

**Food and Friends**

With Thanksgiving being the theme for this month, we are thankful for our Snack program! We would like to thank these special organizations who provide funding to operate this much needed program: The Children's Foundation of Guelph and Wellington's Food & Friends Program and the Ministry of Children and Youth Services. Together we are bringing food to hungry minds! A big thank you to all the families at Kortright who donated to our program in September!!!! **We raised over \$1300.00 for our school snack program! Way to go!!!**

**Food Drive**



**Thanksgiving Food Drive**

Kortright Hills students have decided to help fellow citizens of Guelph who are less fortunate by sponsoring a Thanksgiving food drive this year. Collections for the Food Drive will begin Monday, October 3<sup>rd</sup> till Friday, October 7<sup>th</sup>. All non-perishable items will be very much appreciated.

## Report Bullying

We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. **Report Bullying** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school's website:



## Conflict vs Bullying

Is conflict the same as bullying? People may sometimes confuse conflict with bullying, but they are different. Conflict occurs when two or more people have a disagreement, a difference of opinion or different views. Conflict between students does not always mean it is bullying. Children learn at a young age to understand that others can have a different perspective than their own, but developing the ability to gain perspective takes time and the process continues into early adulthood. In conflict, each person feels comfortable expressing his or her views, and there is no power imbalance. Each person feels able to state his or her view point. How people deal with conflict can make it positive or negative. Conflict becomes negative when an individual behaves aggressively by saying or doing hurtful things. Then the conflict is an aggressive interaction.

Conflict only becomes bullying when it is repeated over and over again and there is a power imbalance. Over time, a pattern of behaviour may emerge where the person who behaves aggressively in the conflict may continue or even make it worse. The person who is the recipient of the aggressive conflict may feel less and less able to express his or her point of view and feel more and more powerless. That is when negative conflict may turn into bullying. A school will respond to bullying and conflict differently. For example, in the case of a conflict, a school staff member may try to have the students come together to tell their side of the story and help them resolve the situation together. In the case of bullying, a principal will consider progressive discipline, which may include suspension or expulsion.



## A Warm Welcome from the Library

Our library continues to be a very busy place. All classes have visited the library for orientation sessions and students are reading, reading, reading!

A special thank you to the 56 students who have volunteered to be a Library Helper this year. These Grade 6 - 8 students have begun training and will be invaluable in helping to keep our library well organized throughout the year.



## I ♥ Book Club

Book clubs for Grade 4 - 8 students will begin in October. A variety of books will be provided to read and then students will be invited to meet during snack time to discuss the book that they have chosen. All students are welcome! Listen for announcements.

Thank you for your continued support of our library programs!

## 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
Library Helpers (Gr. 6 - 8)	Morning recess each day	S. Morgan
Junior Cross Country	Tuesday and Thursday first break	V. Jameson, R. Cameron
Intermediate Cross Country	Tuesday and Thursday first break	S. Petersen
ECO Leaders (5-8)	Day 5, first break	K. Jones, C.Dykstra
ME TO WE (5-8)		V. Jameson, C.Dykstra
Chess Club (1-8)		S. Morgan
Coding Club (1-8)		S. Morgan
Robotics Club (1-8)		S. Morgan
Video/Animation Club (1-8)		S. Morgan
Writer's Circle (6-8)	Oct 16, first break	K. Jones
Jr. Boys and Girls Soccer		L. Snell, M. Keunen
Concert Band		R. Cade
Intermediate Football Tournament	Wed., Sept. 27, 2017	S. Petersen, J. Law
Intermediate Cross Country Running Meet	Tues., Oct. 3, 2017	V. Jameson, S. Petersen
Intermediate Soccer Tournament	Late October	C. Andrews, S. Petersen
Intermediate Volleyball Tournament	Late November-Early December	S. Petersen, C. Andrews

### Lunch Box

We are happy to share that Lunchbox Orders will be offered at Kortright Hills Public School this year. Not familiar with Lunchbox Orders? Lunchbox Orders is a convenient, online ordering platform featuring local restaurants. An ordering calendar has been coordinated for the Kortright Hills community and is found at [www.lunchboxorders.com](http://www.lunchboxorders.com). Any money raised by this event will be put towards Technology purchases made for the school.



### Cobra Creed

We greet each day and each other with kindness and appreciation.

We respect each other and our school.

We treat our peers, our teachers, and all others that work or visit here as we would like to be treated.

We respect the belongings, opinions, and learning of others, just as we respect ourselves.  
We share, we listen, we work, and we play with fairness, compassion, and honesty.  
We are responsible in our actions, our thoughts, and our commitment to do our best.  
We demonstrate respect, learn with passion, and lead with integrity.

### KHPS School Song

We, are the kids of Kortright Hills  
We come to school each day,  
To laugh and learn and play,  
This is our home,  
We'll shout it out and say:  
Kortright Hills

We, are the kids of Kortright Hills  
And when you look around our place.  
You'll see a smile on every face  
This is our home,  
We'll shout it out and say:  
Kortright Hills

We, are the kids of Kortright Hills  
We show our spirit every day  
In what we do and what we say,  
Other schools watch out  
When Cobras come to play:  
"HISS"

Kortright Hills...Kortright Hills...**Kortright Hills...WE ARE PROUD TO BE KORTRIGHT COBRAS!**



### **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!**

### **Notifying the School of a Student Absence - Safe Arrival**

The rules of the Safe Arrival program state that the school must know why a student is not present on any particular day. This means that school office staff will continue to try to contact parents until one is reached; we sometimes make four or five calls for one child. This takes an inordinate amount of time and often stretches the office staffs' ability to carry out other duties. Please assist us in speeding this process up and calling when you know if your child(ren) is/are going to be late or absent. Messages can be left by phoning the school (519-827-1601) and choosing extension 200. Please send any notes or information about absences to the office as well as the teacher.



## Late Arrivals

The curriculum is so packed now that teachers need to use every period they have to complete it. Lessons need to start on time. Late students disturb the lesson flow, because teachers have to re-teach to ensure the late student is brought up-to-date. The consequence to the class increases when students are repeatedly late for class. The policy for students arriving late for class is that the student must report to the office for a late slip.



## Taking Students from School

To ensure student safety, if you are taking your child from school during the school day (appointments, etc.) you must come to the office and sign your child(ren) out after talking to a secretary. Students may not sign themselves out of school. This is true for all students, including Intermediate students.

## Home Safe

After being dismissed from class, either at lunch or at the end of the day, students are requested to go directly home or to a caregiver before proceeding to other activities. This includes playing after school on the playground. Please reinforce this message with your child.



## Become an Art Image Volunteer!

Art Image is a parent-run art appreciation program for grade 1 through grade 6 students. Students have enjoyed the program at Kortright Hills for 10 years. Artistic experience/skill is not required to be a parent volunteer. All that is necessary is your enthusiasm and a desire to share some time in your child's class.

"Seeing Art" and "Making Art" is the underlying philosophy of Art Image. Everything you need to know is provided for you in the Art Image guidebook for each grade. You may follow the guidebook exclusively and/or incorporate your own ideas. The school stocks a variety of art supplies for you to use.

The kids of Kortright Hills really look forward to Art Image and we are looking forward to a great year ahead! Please contact Wendy Whiteside at [wwhiteside2014@gmail.com](mailto:wwhiteside2014@gmail.com) if you are interested or would like more information!



## Bus Behaviour

Students are expected to follow the rules of the bus, listen to the driver, remain in their seats, refrain from eating or drinking anything while on the bus, and follow the directions of the bus patrols when entering or exiting the bus.

## Bus Reminder



Bus transportation is provided to students based on the distance their home is from the school. Such students are placed on a regularly scheduled bus route and must travel on this route and no other. Bus students may not switch buses for any reason. In addition, students who walk to school may not travel on a regularly scheduled bus route.



## Picture Day

Personal student and class photos will be taken on **Tuesday, October 17<sup>th</sup>**.





## Talking About Mental Health October 2017 - Building Resilience

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from *Resilience Guide for Parents and Teachers*, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

1. **Make connections**

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

2. **Help your child/youth by having them help others**

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

3. **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

4. **Take a break**

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

5. **Teach your child/youth self-care**

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

6. **Move toward goals**

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

7. **Nurture a positive self-view**

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

9. **Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

10. **Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

*Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board*

*Follow me on twitter: @drlynnwoodford*

## Changing Our Beliefs and Attitudes About Math

### Myth of the Math Person

Most people believe that math is one of those subjects that you either “get” or you “don’t get.” This way of thinking cannot be further from the truth; there is no such thing as a math person. Everyone can achieve in any subject with hard work, perseverance, and someone to guide them. The key to shattering this myth is developing a growth mindset in our teachers and students, and a math classroom where students are challenged by engaging problems and supported in their learning.

### The Evolving Classroom



“The reason so many people think math is the most difficult is the inaccessible way it is often taught.”<sup>1</sup> When we were math students our math teachers often taught us tips, tricks, and recipes for solving math problems. In the math classes of old there was only one correct solution. We could get the answer if we memorized and followed the teacher’s procedure, but if someone asked us the “why” behind our formula, most of us wouldn’t be able to answer.

Today, teachers are striving for students to have a solid grasp of the “why” behind each solution. This often means that students are encouraged to share a variety of methods and strategies to solve a single problem. By sharing different strategies, teachers can help students see the common thread that connects each solution, thus deepening their understanding of the concept being taught. The teacher’s role is no longer to teach procedures, but to help students make connections and understand the mathematical concepts behind the solutions.





# Growth Mindset Homework Help Tips



Let your child struggle with math problems.

- See if they have the perseverance to work through their struggles. We need to break the math myth that we need fast answers to be good at math.

Never let your child hear you say: "I was never good at math."

- Research studies have shown when parents tell their children they were not good at math, their child's achievement is immediately affected.<sup>2</sup>

Ask your child if they can solve a math problem in another way.

- This shows that your child has multiple strategies at their fingertips and they are flexible with their math thinking.

Ask your child to explain the reasoning behind their response.

- "Why did you (add/ subtract/ multiply/ divide)?"
- "What does your drawing represent?"

## Online Resources

**Parents' Beliefs about Math Change Their Children's Achievement -**  
<https://goo.gl/psL33d>

"We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them."

**TL Talk: The Gift of Failure – Interview with Jessica Lahey -** <https://goo.gl/oo7xFc>

"Jessica is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed.*"

**How to Learn Math: for Students -** <https://goo.gl/OCywaf>

"How to Learn Math is a free self-paced class for learners of all levels of mathematics. It combines really important information on the brain and learning with new evidence on the best ways to approach and learn math effectively."

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<sup>2</sup> Boaler, J. (n.d.). Parents' Beliefs about Math Change Their Children's Achievement. Retrieved September 22, 2016, from <https://www.youtubed.org/think-it-up/parents-beliefs-math-change-childrens-achievement/>

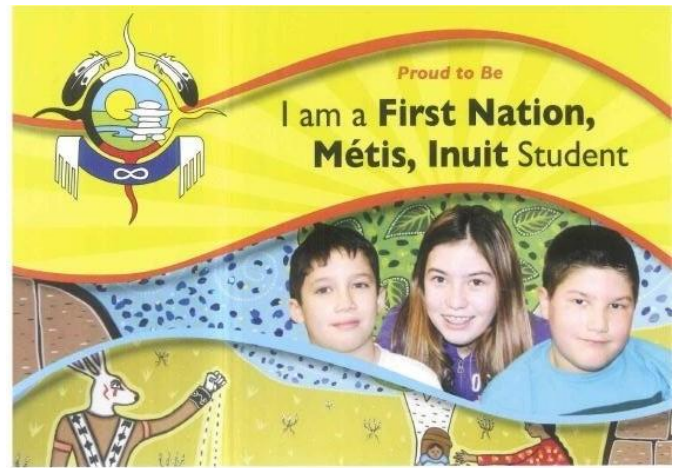
## First Nation, Métis, Inuit Self-identification

If your child is a member of a First Nation, the Métis or the Inuit, then please consider having him or her self-identify. Self-identification helps in several ways:

1. Students will have access to more culturally relevant programming and opportunities for unique cultural and academic experiences.
2. The school system will have an opportunity to focus efforts and resources, as well as an increased awareness of the diverse needs of indigenous families.
3. The school community will have an opportunity for building relationships to increase student success and well being.

Share your pride in your heritage! Any questions can be directed to Colina Clyne 519-822-4420 x 727.

*Data will be protected and governed by the Freedom of Information and Protection of Privacy Act.*



**Proud to Be**  
**I am a First Nation, Métis, Inuit Student**

**Self Identification helps provide:**

**Students with –**

- Culturally relevant programming
- Unique cultural and academic opportunities

**The school system with –**

- Opportunity to focus our efforts and resources
- An increased awareness of the diverse needs of indigenous families.

**Everyone with –**

- Opportunity for building relationships to increase student success and well being

**Share your pride in your heritage!**

Please fill in your information in the space provided below. Thank you.


Student Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
School: \_\_\_\_\_

I am:  FIRST NATION  MÉTIS  INUIT

Signature: (parent/guardian if under 16) \_\_\_\_\_

For more information see your school principal, or contact:  
Colinda Clyne  
Curriculum Lead, First Nations, Métis, Inuit education  
Upper Grand DSB 519.822.4420 ext.727 colinda.clyne@ugdsb.on.ca

All data will be securely stored to respect privacy and used only as a means to enhance education programs for First Nations, Métis, and Inuit students. Data will be treated in the same manner as Ontario Student Records and protected and governed by the Freedom of Information and Protection of Privacy Act.



## ON OCTOBER 4<sup>TH</sup>, UGDSB IS CELEBRATING WALK TO SCHOOL DAY AND WALK AT SCHOOL DAY!

Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bused students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and pedestrian safety.

Visit [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) for more information and resources on active school travel.

# Join the **BOARD-WIDE** **Walk to School Day** **or Walk at School Day!** **Wednesday October 4th**



**All schools, even bus schools can participate!** *(Count number of students who walked to school, or who walked at a school-supervised event around the school yard before school or at recess.)*

### **Use ready-made resources:**

- ✓ Posters
- ✓ Announcements
- ✓ Stickers

*(Resources can also be found on UGShare under Environment – Go Green!)*

**Register for a certificate of participation.** After the event, count the total number of student participants and go to: ([www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)) **Your school will also be entered in a DRAW for a prize!**

- ◇ Promote well-being and fitness
- ◇ Reduce vehicle congestion and pollution
- ◇ Earn 4 EcoSchools Stewardship Points!

Let's see how far UGDSB students have walked across Canada on October 4<sup>th</sup>!

Register participant numbers on [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) and be counted!





## ECO LEADER NEWS!

### **GOAL #1: PROTECT AND CONSERVE OUR WATER**

A big thanks to all of our students who already have **reusable bottles** at school every day. If you have one at home, please bring it in. By using reusable bottles instead of plastic bottles and drink boxes, we are helping to protect our amazing local water supply! Our goal is have more than 80% of our staff and students using reusable bottles every day! Have a little one who needs help reaching and filling up their reusable bottle at the school fountains? Starting this week, we will be having teams of junior students buddying up with the K's to help them with this.



### **GOAL #2: REDUCE OUR WASTE**

The students saw a video in the first week of school about what “waste-free” lunches look like. Ideally, that means using all reusable containers and producing no garbage and even no recycling. We are fortunate to have such a great recycling program in Guelph. However, recycling takes energy. Having **WASTE-FREE WEDNESDAYS** all of this year and documenting our progress with weekly weighing and graphing, we are excited to be significantly reducing the lunch waste our school produces.

### **WHAT DOES BEING A “GLOBAL SCHOOL OF SERVICE” MEAN?**

Our school is one of a small group of schools (in the world!) that was chosen by Youth Services of America to be a Global School of Service for this school year. It means that we are committed as a school to set and reach student-led school/community goals by June 2018. In honour of Canada 150, we have decided that our goals will involve volunteering and learning about groups around Guelph who are doing incredible things.



**GOAL #1:** We are hoping that all of our Kortright Hills families will **volunteer** at least **one hour as a family** sometime this year. It might be something like picking up garbage on one of our trails. It might mean raking a neighbour's lawn. It might mean helping at a local event such as the Terry Fox Run or a cultural festival. It might mean helping with holiday food hampers. When you volunteer, please take a **photo** of the experience and send it in to us, along with the brief details about how many people volunteered and for how long. We are hoping to have a collection of photos by the end of the year of our families connecting with the community!

**GOAL #2:** We are hoping that our teachers and students will also be volunteering together out in the community. Volunteering looks different for different age groups. Some of our students might be staying in their classrooms when they volunteer such as creating pictures and cards for local seniors homes or entering essay contests where each entry = a donation to our local Habitat For Humanity. Some classes will be going on field trips to volunteer their services. Our ultimate goal is that as families, and as school members, we will be able to combine our **volunteer** efforts to equal **150+ hours**.

To accomplish these goals, our ME to WE student leaders clearly need your help and your ideas! If you have any suggestions for volunteering around the area, we want to hear them and then we can post them in our next newsletters and plan some amazing experiences for our students! So far we have ideas such as the Guelph Y, Habitat for Humanity, Kidsability, Guelph Humane Society, University of Guelph, Wellington Water Watchers, Guelph Outdoor School, National Service Dogs, Salvation Army, Action Read, Arbour Trails....to name a few. With your help, this is going to be an incredible and meaningful Global School of Service year for Kortright Hills!

Please forward your photos and ideas to Mrs. Jameson and Mrs. Dykstra

# October 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <i>Food Drive Donations this week</i>	3	4 <b>Walk to School / Walk at School Day</b>	5	6	7
8	9 <b>Happy Thanksgiving School Closed</b>	10	11	12 <b>Grade 8s Career Pathways</b>	13	14
15	16 School Council 7- 8pm	17 <b>Picture Day</b>	18 JK/SK Vision Screening	19	20	21
22	23	24	25	26	27 <b>PD DAY No Classes</b>	28
29	30	31 <b>Halloween Danceathon</b>				