

Kortright Hills Public School

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NEWSLETTER FOR NOVEMBER 2017

A Note from the Office

October has been a busy and productive month! Great activities are happening in the classrooms and around the school.

Cold weather has returned and with that the need to dress warmly. Parents are reminded to send students to school with warm clothing including; hats, mitts and outdoor shoes/boots. Layers are suggested. Extra socks and mittens in backpacks are a good idea.

Staff are busy completing assessments and evaluations. If you wish to speak with any of your child/ren's teacher(s) about student progress please do not hesitate to contact your child's teacher. Remember that open and ongoing communication between the home and school is one of the keys to academic success.



Fall Progress Reports

Progress reports focus on learning skills or work habits, as well as, strengths and next steps to assist in improving student learning in subject areas.

The Fall Progress Report (to go home November 16th) will provide students and parents with early and specific feedback on the progress made during the first two months of the school year. After these reports go home, there will be an opportunity for parent/teacher conferences. This is your chance to find out early in the school year how your child is progressing.

The February and June report cards will follow a more traditional format with marks for all subjects. Learning skills will once again be highlighted because developing good work habits is crucial for your child to be successful in school and later in life.



PA Days November

There will be one PA Day in November:
Friday, 24th – full day

Remembrance Day



This year, our Remembrance Day service for students will be held on **Friday, November 10th at 9:30 am** in our school gymnasium. Poppies will be handed out prior to the assembly. Money donations for the poppies may be handed in to home-room teachers on Thursday, November 9th and Friday, November 10th. We are going to do a slideshow which represents family members from our community who have served in the armed forces. We will be using the pictures that were sent in last year and if you have any new pictures please send them in electronically at (khpsremembers@gmail.com).

School Council News

The School Council would like to thank everyone for participating in the Spooktacular Danceathon. The students had a great time dancing and celebrating Halloween. The final amount raised will be announced in the December newsletter, along with the winners of the raffle prizes and the classroom pizza party.

Please mark your calendars for our annual **Family Fun Day** being held on **Saturday, December 2** from **10 am until 1 pm in the School Gym**. More details on this fun event will be sent home in the coming weeks. If you are interested in volunteering please email kortrightpc@gmail.com. We are looking for volunteers on the day of the event (1 hour time commitment) to help with the raffle table, tuck shop, craft table, or setup on December 1st.

School Council is always looking for parents that would like to get involved. Our next meeting is Monday, November 20th at 7pm in the school library. All are welcome to attend.

Anti-Bullying at KHPS

At Kortright Hills PS, we take a school-wide collaborative approach when solving problems with students. Students are encouraged to first use their words with their peers if problems arise on the yard or in the classroom. If peer problem solving is unsuccessful, students are to report their concerns right away to a trusted adult.

Using honesty and respect, our students are encouraged to share what happened, as they work toward developing a positive solution.



Treaties Recognition Week at Kortright Hills

November 5-11 is recognized as Treaties Recognition Week. The goal of this week is to promote public education and awareness about treaties and treaty relationships.

We believe all students are enriched by learning about the histories, cultures, contributions and perspectives of First Nation, Metis and Inuit people in Canada.

Here are just a few examples from Kortright Hills PS:

- Morning announcements - by Grade 5 students
- Display in front entrance of "We are All Treaty People Kit" and traditional First Nations items
- Display of FNMI books & resources in the library
- Class reading and activities, using FNMI books and the "We are All Treaty People Kit".

Kortright Hills PS - School Wide Bullying Awareness and Prevention Week

Kortright Hills PS will recognize Bullying Awareness and Prevention Week during Nov 20th to Nov 24th. Please note that we will all wear pink on Tuesday, November 21st to say “no to bullying”.

Below is a list of some of the activities planned:

Monday	Tuesday	Wednesday	Thursday
<p>Announcements focused on “Anti Bullying/Be a Friend”</p> <p>Flashlight Pen given to each student</p> 	<p>Announcements focused on “Anti Bullying/Be a Friend”</p> <p>Wear Pink – Spirit Day</p>  <p>CYC classroom visits focusing on “Anti Bullying/Be a Friend”</p>	<p>Announcements focused on “Anti Bullying/ Be a Friend”</p> <p>CYC classroom visits focusing on “Anti Bullying/Be a Friend”</p>	<p>Announcements focused on “Anti Bullying/ Be a Friend”</p>

Reminders: **National Pink Shirt Day – February 28, 2018**
International Day of Pink – April 11, 2018

A Warm Welcome from the Library

Have you started your Christmas shopping yet? Books make great gifts!



Our Scholastic Book Fair will arrive November 30th and will be open during the Family Fun Day event on December 2nd. Come and check out the great selection of books and perhaps complete some Christmas shopping.

The book fair is a major fundraiser for our library, earning us 60% of all sales, allowing us to continue to maintain and grow our collection.

Book Fair Hours

Fri., Dec. 1st 3:00 pm - 4:30 pm
 Sat., Dec. 2nd 10 am - 1 pm Family Fun Day
 Mon., Dec. 4th 8:00 am - 10:30 am, 3:00 pm - 4:30 pm
 Tues., Dec. 5th 8:00 am - 10:30 am, 3:00 pm - 4:30 pm
 Wed., Dec. 6th 8:00 am - 10:30 am



Thank you to School Council and to our students & families who supported our Library Learning Commons through the Danceathon. Your continued support allows us to provide a variety of learning opportunities for our students.

Forest of Reading nominations for 2018 have been released!

Our school will be participating again this year, beginning in January. All students from JK - 8 will be invited to participate. Copies of each of the 50 nominated books by Canadian authors have been ordered for our collection. Please visit the library website to view the lists of nominated titles.



Thank you for your continued support of our library programs,

Sheila Morgan

Teacher Librarian

sheila.morgan@ugdsb.on.ca

Visit our New Library Website: <https://bit.ly/KHPSLLC>

Grade 8 Parent Night/Open House at College Heights



College Heights Secondary School

371 College Ave. West, Guelph Ontario N1G 1T3

Location – College Heights

Audience - Grade 8 students and parents

Date - Thursday, January 18th from 6:30 - 8:00 pm

Any questions can be directed to Marian Box at 519 821 4510 x 305

Art Image

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 students 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 if you are interested or would like more information!



Lost and Found

Our lost-and-found box is filling up. Please take a moment to check the items in the box. You may be surprised at what you find! Please put name labels in your child's clothing - it really helps!!



Inclement Weather



It is the parent's 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.

Remember to listen to CJOY 1460 AM or Magic 106.1 FM in the event of inclement weather. They will broadcast bus cancellations or school closures. Listen for messages for the City of Guelph -Yellow Card.

Cold Days + Wet Weather = Extra Clothes

Please ensure that students come to school dressed for the cold winter weather. Gloves, scarves, hats and boots are a must to keep students warm and dry. All students are expected to go out for recess to take advantage of the fresh air and exercise.



Indoor shoes are essential to help keep our classrooms clean and dry. It is a good idea to send along some extra clothes with your child. An extra pair of dry socks and mittens can be tucked into the backpack.

Before & After School Driving Reminders



Please do not park on Merganser Drive. This street is posted with signs requesting cars not to stop.

Cars are only permitted into the school's Staff Parking lot if they have a Kortright Hills parking pass (obtained by request at the school office). Please abide by the instructions of our student Safety Patrollers who are trying their best to ensure safety and following of the rules.



It has been noticed that a number of vehicles are stopping along Ptarmigan Drive and making U-turns to switch directions. This is an unsafe maneuver in a heavy traffic area and we would ask drivers to pull into a driveway, then safely proceed back onto the street.

Thank you for your attention to these requests.

Medicine at School

Please remember that student medication must be stored and administered from the school office. It is important for the safety of the child taking the medicine and other students in the school. In order to give any medication, the appropriate form must be completed and signed by the student's parent or guardian. Please call the school when you require these forms.

Adopt-a-Family



In light of the approaching holiday season, the staff at Kortright Hills has decided to continue their participation in charitable giving. We have decided to participate in the Adopt-a-Family project at Christmas time this year. We are adopting 2 families; primary division and junior division will be responsible for raising funds to purchase the gifts and food vouchers for each family. Our Intermediates have adopted 2 Independent Youth through Adopt-a-Family as well. A donation box will be located in the office for monetary donations and gift cards. A list of children's needs and wants will be sent home at the beginning of November and we will be collecting items until December 1st.

Fundraising for Terry Fox

We raised a total of \$4827.05 for the Terry Fox Foundation this year! Contributions were raised from our special days as well as through online contributions. Great Job Kortright! Thank you for the donations!



The Big Crunch

On Thursday October 26 at 2:30 we participated in the Big Crunch. All staff and students enjoyed a delicious apple! A big thanks to Food and Friends for the apples.



Picture Retake Day

Picture retakes will be on held on **Thursday, November 30th** in the morning.



Lunchbox Orders

We are happy to share that Lunchbox Orders will be offered at Kortright Hills Public School this year. 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. Any money raised by this event will be put towards Technology purchases made for the school.

Fuel for Active Kids!

Amy Skeoch MHSc, RD

If your kids are anything like mine, the minute they come through the door they are looking for SNACKS! And more often than not, they're only home for a short time before they're off to extracurricular sports activities. No matter what the sport it's important that their snack provides the right amount of fuel to get them through their game or practice, until their next meal.



What to eat?

Snacks don't have to be Pinterest-worthy. Think simple, easily digestible items that provide *carbohydrates for energy* (whole grain breads, bagels, vegetables, fruit) paired with something that provides some *protein that will keep them feeling full* (veggies and hummus, cheese and crackers, apples and yogurt dip). If you have time to make some items, there are great recipes online to make homemade *energy balls* and *granola bars* that can be tailored to your children's preferences and eaten throughout the week.

How much to eat?

Depending on their age, most school-aged kids can eat ½ to a full food guide serving. Example, ¼ to ½ bagel, tortilla and pita. 1-2tbsp of hummus, ½-1 piece of fruit, and 1/4 -1/2 cup vegetables. Let your child's hunger be your guide until they feel satisfied rather than full.

When to eat?

Snacks should be eaten 1-2 hours before the activity if possible to reduce stomach upset.

What about fluids?

Keeping hydrated before, during and after activity is important. Unless your child is participating in elite sports that involve vigorous consistent activity for over an hour, water is all they need to stay hydrated. There's no need for sports drinks and any type of "Energy" drink is not recommended.

Time Tip: Take an extra 10 minutes after shopping and cut up fruits and vegetables for the week – even better, if your kids are old enough have them do this task and they'll know exactly where to head for a snack when they get home.

Sources:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf>

<https://www.dietitians.ca/Downloads/Public/noap-position-paper.aspx>

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/energy-drinks-frequently-asked-questions.html>

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
Kortright Puppet Team (3-8)	Day 1	V. Jameson
Lego Club	Day 4	V. Jameson
ECO Leaders (5-8)	Day 5, first break	K. Jones, C.Dykstra
ME TO WE (5-8)	Day 2, first break	V. Jameson, C.Dykstra
Chess Club (1-8)	Day 1, both breaks	S. Morgan
Coding Club (1-8)	Day 4, first break	S. Morgan
Robotics Club (1-8)	Day 3, second break	S. Morgan
Video/Animation Club (1-8)	Day 2, both breaks	S. Morgan
Writer's Circle (6-8)	Day 3, first break	K. Jones, A. Leader
Cobra Choir (1-5)	Day 1, first break	S. Phelan
Concert Band		R. Cade
Remembrance Day Assembly Team		V. Jameson
Intermediate Soccer Tournament	Late October	C. Andrews, S. Petersen
Intermediate Volleyball Tournament	Late November-Early December	S. Petersen, C. Andrews

Wellington-Dufferin-Guelph Public Health November 2017

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

For more information visit www.wdgpUBLICHEALTH.ca



Image courtesy: www.freepik.com

How to get your Child Cooperating without Yelling, Threats or Punishment

Tired of battling with your child? Wish you knew how to get your child cooperating without yelling and threats? Wondering how to help your child become more self-disciplined?

Dr. Laura Markham, founding editor of AhaParenting.com to the rescue, with practical everyday strategies to help you raise a self-disciplined child who WANTS to cooperate!



Dr. Laura says that earning her PhD in clinical psychology at Columbia University was just the beginning of her education as a psychologist. The mother of a teenager and a young adult, says it was becoming a mother that convinced her that parents need more support. Her aspiration is to change the world, one child at a time, by supporting parents.

She assists parents in transforming their relationships with their children. Dr. Markham includes a long question & answer session with every presentation, so her sessions are customized to fit each audience's unique needs. She guarantees that you'll leave energized and inspired, with a plan to create lasting change in your home.

JOIN US FOR THE OPPORTUNITY TO LEARN:

- Your secret weapon to get your child cooperating.
- Why Yelling, Threats and Punishment actually create more misbehaviour.
- How children develop self-discipline.
- The most important parenting habit to create good behavior.
- Strategies to handle your own strong emotions so you can help your child.

LOCATION & EVENT DETAILS

Wednesday November 8, 2017
at Centennial Collegiate Vocational Institute
289 College Ave W, Guelph, ON N1G 1S9

Thursday November 9, 2017
at Westside Secondary school
300 Alder St, Orangeville, ON L9W 5A2

6:15pm: Information booths & light refreshments
6:45pm - 8:45pm: Presentation followed by an opportunity to ask Questions

This is a FREE Event - but registration is required.
Access your tickets by going to www.ugdsb.ca/pic/
or contact your UGD5B Principal.

BROUGHT TO YOU BY

UPPER GRAND DISTRICT SCHOOL BOARD'S PARENT INVOLVEMENT COMMITTEE
and ONTARIO MINISTRY OF EDUCATION

Monthly environmental activities to help celebrate our planet

November 24th is BUY NOTHING Day!

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

Celebrate Buy Nothing Day on November 24th!

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>

Talking About Mental Health November 2017: Talking to Your Child/Youth about Tragic Events

When a tragic event occurs, children and youth will hear about these events through media, peers or other sources. These are difficult topics to talk about and your response will shape your child/youth's core beliefs. You know your child/youth best, and you'll have a good idea of how much information your child/youth is ready to hear. Consider these tips as a guideline:

- **Don't allow young children to watch the news.** Watching news footage can be very disturbing to young children so it's important to keep it off when they're around.
- **Keep your message simple.** Say something like, "That person decided to hurt other people." For young children, this may be all the information they need. Older children are likely to ask more questions. Stick to the simple facts. It's OK to say you don't know all the answers.
- **Focus on the steps that are being taken to keep people safe.** Talk about how police officers, government officials, and other first responders are helping. Spend more time talking about the good work people are doing, rather than the horrific event. This can help reduce your child/youth's anxiety about safety.
- **Empower your kids to become helpers.** Discuss how they can take positive action in the wake of a tragic event. Volunteering in the community and donating allowance money can go a long way toward helping children/youth see that they can always take steps to make the world a little better. Children/youth who feel like they have a little bit of control are less likely to feel helpless in the wake of a tragic event.
- **Send a healthy message to your child.** No matter how many conversations you hold or how much you decide to share, keep the message the same, bad things happen but there are good people out there helping and we're strong enough to get through it. Sharing that message fosters resilience and teaches your children/youth they are able to cope with whatever bad things come their way in life.

(This information is taken from Psychology Today: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201710/how-talk-kids-about-the-las-vegas-shooting>).

Have a mentally healthy day!

Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Treaties Recognition Week	6	7 Toonie Tuesday 	8 VIP Grade 6 #1 Library 1:40 pm	9 Grade 7 Immunizations	10 Remembrance Day Assembly 9:30 am	11
12	13	14	15	16 Progress Reports to go home	17	18
19 Bully Prevention Week	20 School Council Meeting 7-8 pm	21 	22	23	24 PA Day. No Classes Parent/Teacher Interviews	25
26	27	28	29	30 Picture Retake Day Book Fair Arrives		