



Kortright Hills Public School

23 Ptarmigan Drive, Guelph Ontario N1C 1B5

Farhan Hussain, Principal
Della Broderick, Office Coordinator

Hanna Morris, Vice Principal
Linda Peyton, Administrative Assistant

Newsletter for January 2018

From The Principal's Desk

Welcome Back !!

We hope that everyone had a safe and enjoyable Winter Break. We are looking forward to working with you in 2018 as we continue making Kortright Hills Public School a wonderful learning environment for all.



Thank you to the staff at Kortright Hills for all the extra things that they do. A list of them is found on page 10 for the month of January.

Parent Council Message

School Council would like to send a big thank you to our community for their support and generous donations this year to our Family Fun Day held on the 2nd of December. With your support we were able to raise the following,

- 1) Poinsettia fundraiser raised \$370.75, all of which will go towards the Greening Fund.
- 2) The Tuck Shop and Bake Sale combined raised \$531.92, which will go to local families in need.
- 3) The Raffle Table raised \$1,034.00, which will be donated to The Children's Foundation of Guelph and Wellington.

We hope everyone who came enjoyed themselves!

Happy New Year from your School Council!

Important information about Kindergarten Registration

We're getting ready to welcome our newest group of little learners to the school! Kindergarten registration for the 2018-19 school year takes place from **January 9 to 19, 2018**.



New this year: All Junior and Senior Kindergarten students new to the UGDSB must pre-register online. (SK students attending an UGDSB school for JK do not need to pre-register online).

Pre-registering online between January 9 - 19 will save families time by allowing you to fill out important forms and documentation when it's convenient for you. Once you've pre-registered online, parents/guardians must go into their child's home school before the Jan. 19th deadline, in order to drop off documentation and complete their registration. **You must bring your child's birth verification and his/her immunization record and proof of address to register to the school.**

Please note that all parents hoping to register their child for JK French Immersion must complete their registration document verification by Jan. 19 at 4 p.m. For more information on how to register and the JK French Immersion selection process, please visit www.ugdsb.ca/jkregistration.

Grade 8 Parents' and Students' Information Nights for the 2018-2019 school year

Grade 8 students and their parents are invited to learn more about the great opportunities Upper Grand high schools have to offer – from academics and trades to sports, music and art.

Most parent information nights include a special presentation about the high school, its programs and the registration process. Both parents and their teenaged children can also tour the school and ask the teachers more about programs and other opportunities.

For more questions, [please contact the secondary school directly](#).



Centennial Collegiate Vocational Institute

289 College Avenue West, Guelph Ontario N1G 1S9

Thursday February 8th @ 7pm



College Heights Secondary School

371 College Ave. West, Guelph Ontario N1G 1T3

Thursday January 18th from 6:30pm-8:00pm College Heights S.S.

For any question please contact Marion Box at 519-821-4510 ext 305

Anti-Bullying at KHPS

In an equitable and inclusive school climate, all members of the school community feel safe, comfortable, and accepted. Staff and students value diversity and demonstrate respect for others and a commitment to establishing a just, caring society. An equitable, inclusive education system encourages and enables all students to learn and to fulfill their potential.

Staff will:

Assign consequences for bullying.

Students will:

Report bullying to an adult.

Parents will:

Help their son/daughter understand the value of accepting and celebrating individual differences.



Library News

Thank you to our Kortright Hills community! Our Scholastic Book Fair was a great success, raising \$2597 for new books and resources for our library. A wonderful gift of reading and learning for our students! A new year brings new excitement to our library!

Our Forest of Reading program will begin in January. Students from Kindergarten - Grade 2 will participate in the Blue Spruce program during their visits to the library. Grade 3 - 8 students will be invited to participate in an independent reading program based on their grade level (Silver Birch Express, Silver Birch, or Red Maple). All 50 of the nominated books are written by Canadian authors and have been added to our collection. More information will be sent home with students who wish to participate. You can also check out our library website to view the nominated books.

Kindergarten - Grade 2 <http://bit.ly/BlueSpruceKHPS>

Grade 3 & 4 <http://bit.ly/SBExpressKHPS>

Grade 5 & 6 <http://bit.ly/SBFictionKHPS>

Grade 5 & 6 <http://bit.ly/SBNonfictionKHPS>

Grade 7 & 8 <http://bit.ly/RMFictionKHPS>

Thank you for your continued support of our library programs,

Sheila Morgan

Teacher Librarian

sheila.morgan@ugdsb.on.ca

<http://bit.ly/KHPSLLC>

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.**



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 travel(s) by bus, parents do not need to inform the school when the buses are cancelled. If, however, your child(ren) regularly walk to school, you are asked to leave a message on the 24 hr attendance line (519 827-1601 ext. 200) for any absence or late arrival.

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.

Register for Bus and School Cancellation Notification

As a parent of a student in our school you can have bus cancellation and school closure notifications sent to your email by registering at "Find My School".

Here are the steps:

1. Go to <https://www.findmyschool.ca/Default.aspx>
2. Click on "Delays and Cancellations" in the top right hand corner of the screen
3. Click on "Subscriptions"
4. Create an account, using your email address that is forwarded directly to your phone or device
5. Follow the prompts to choose your child(ren)'s school or route #'s for cancellations/school closures/general notices that you want to have forwarded to your email address
6. Sit back and wait for the emails to arrive in your inbox on uncertain weather days.



Annual Waste Audit News!

On November 30th, a group of grade 6 students took on the enormous task of sorting the school's garbage and recycling into 12 different categories. They weighed and documented everything in the gym and then invited the classes to see in person how we are doing as a school community. The biggest improvement was that this year we only found 2 full containers of milk in our recycling. Last year, we found over 70 that were either full or half full. Our Eco Leaders have had a big campaign this Fall reminding students who order from the milk program to drink all of their milk. Likewise, we found very few whole sandwiches, and apples, etc. One of our Eco Leaders Action Plans has been to educate our school about not wasting food. Although, we now recycle most of our plastic containers and remember to put most of our leftover food and paper towels in our class composters, these will continue to be our areas to work on over the next few months. Thank you for helping your children to pack waste-free lunches every Wednesday and to have reusable bottles at school every day! Thanks to everyone's efforts, we are absolutely one of the best schools in the board when it comes to sorting our composting, recycling, and garbage!



Global School of Service Volunteering Initiative!

We have already far surpassed our goal to volunteer 150+ hours this year! Come by and see our front hall display! Students (of all ages) who have volunteered their time have made comments about how it feels great to help others. Many have reported going home and offered to "volunteer" more by helping their neighbours with chores like dog walking, raking, and gardening. That desire to help others is contagious and inspiring. So please, if you haven't yet, please make a plan to volunteer sometime as a family this year. Help us to spread these magical moments throughout our community!



Please notify the School of a Student's Absence

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.



Health Unit Tips

At this time of year, there is always an increase in the number of illnesses in schools and in the community. This may be due to the fact that people are spending more time indoors, in close contact with others, as well as an increase in the type and number of viruses present in the community. Parents can help to stop the spread of illnesses by:

- ✓ Ensuring that you and children wash your hands thoroughly with soap and water after coughing, sneezing, wiping your nose, after using the washroom, before preparing food and eating. Teaching children to sing the alphabet while they wash their hands ensures that they wash long enough to kill germs;
- ✓ Teaching your child to cough or sneeze into their elbow and not to share food, drink or eating utensils with others;
- ✓ Ensuring that you and your child drink lots of clear liquids in order to prevent dehydration;
- ✓ Contacting your physician if your child has a fever greater than 39 degrees Celsius or if symptoms continue to persist.



Indoor Shoes

Parents are asked to ensure that all students have indoor shoes (or running shoes).

With the wet weather outside, it is inevitable that the floors will occasionally be wet.

Further, if there was a fire alarm or reason to evacuate from the school, students will not have a chance to change into their boots. Also, appropriate footwear is required for participation in gym. Thank you with your support!

Extra Clothes

Now that our weather is turning considerably colder, it is a good idea to send along some extra clothes with your child. An extra pair of dry socks and an extra pair of mittens are always good things to have tucked into the backpack so that students are comfortable at school.



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.

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)	Day 1 - 5, first break	S. Morgan
Kortright Puppet Team (3-8)	Day 1	V. Jameson
Lego Club	Day 4	V. Jameson
ME TO WE (5-8)	Day 2, first break	V. Jameson, C. Dykstra
Writer's Circle (6-8)	Day 3, first break	K. Jones, A. Leader
ECO Leaders (5-8)	Day 5, first break	K. Jones, C. Dykstra
Blue Spruce (K-2)	During library visits	S. Morgan
Silver Birch Express (3 & 4)	Day 4, first break	S. Morgan
Silver Birch (5 & 6)	Day 2, first break	S. Morgan
Red Maple (7 & 8)	Day 1, first break	S. Morgan
Chess Club (1-8)	Day 1, second break	S. Morgan
Video/Animation Club (1-8)	Day 2, second break	S. Morgan
Coding Club (1-8)	Day 3, second break	S. Morgan
Robotics Club (1-8)	Day 3, second break	S. Morgan
Arts & Craft Makerspace (1-8)	Day 4, second break	S. Morgan
Engineering Makerspace (1-8)	Day 5, second break	S. Morgan
Concert Band		R. Cade
Primary Games Club	Day 3, November - March	S. Bowden
Cobra Choir (1-5)	Day 1, first break	S. Phelan
Office Helpers	Breaks	D. Broderick

Stay Active, Even in the Winter

Snow may be falling, the temperature is dropping, the sky is grey, the days are short, and everyone seems to be sniffing and sneezing. It's no wonder most of us just want to stay at home wrapped in a blanket until Spring.

The winter months don't have to be gloomy. There's a sure-fire way to lift your mood and boost your immune system – regular exercise. Don't like skiing, skating or other winter activities? Can't stand the cold? No problem. You just need to be creative and more importantly, stay motivated.

How much is enough?

Both Health Canada and the American Heart Association recommend at least 150 minutes of moderate to vigorous physical activity a week. That sounds like a lot but you can reach this target ten minutes at a time. Better yet, any indoor or outdoor household chore that gets your heart rate up will do the trick such as vacuuming, clearing snow, raking leaves or mopping floors.

Staying motivated

There are a lot of excuses not to get out in the winter: it's too cold, too dark, too wet or too time-consuming. It can be tough to make activity a priority. Here are some ways to help you stay motivated – and have fun at the same time regardless of the weather conditions.

- **Get the kids involved.** Lots of snow? Get everyone outside to build a snowman or make snow angels. Incorporate exercise into TV watching. Use every commercial break to get the whole family up in a quick competition – who can do the most push ups or lunges? But make sure everyone stretches properly first. The kids will think exercise is fun and keep you laughing!
- **Have an activity buddy.** Knowing someone is expecting you at yoga class or joining you for a morning walk not only keeps you accountable but motivated.
- **Set small, realistic goals.** Expecting to play three periods of hockey when you haven't stepped on the ice in years may only make you feel discouraged, deflated and sore! Taking small steps will help you stay focused and on track – walking a bit further every day, doing more push ups every week or skating more laps around the local rink over a month. Track your progress and reward yourself for reaching every target.
- **Try something new.** Challenge yourself by trying a winter activity like curling or snowshoeing or a year-round sport such as badminton, dodge ball or ping pong. Local community centres offer a wide range of activities for young and not-so-young alike.

Embracing winter

Here are some more ideas to get out and stay active, despite the weather:

- **Mall walking.** This is growing in popularity with all ages but especially with seniors. Many shopping malls open early to allow people to walk or jog the halls. The stores may be closed but there is access to washrooms, water fountains and benches – and it's a good way to meet people.
- **Bowling.** A new generation is discovering that bowling is a great social and physical activity. Most bowling alleys have leagues for adults and kids, experts and beginners.
- **Snow tubing, sledding and tobogganing.** Barreling down a hill is not only a lot of fun but you'll get a workout walking up again.
- **Nature walks.** There is plenty of wildlife to look for, pine cones to collect and fresh, clean air to breath in local

woodlands, parks and conservation areas – and it's free (be aware that conservations areas may not allow the family dog)!

Avoiding winter

If the weather is too frightful, here are some ideas to stay fit without leaving the house:

Set up your own circuit training. Grab a quick 10-minute workout with circuit training at home. Set the timer to go off every minute (you can increase time as your fitness improves).

- First ding: warm up - stretches and jog in place
- Second ding: 10 sit ups
- Third ding: 10 push ups
- Fourth ding: 10 jumping jacks
- Fifth ding: 10 squats
- Sixth ding: 10 triceps dips (use the dining room table)

And so on... ending with a 60-second cool down. Involve the kids and run to a different room for each exercise.

Combine your workout with housework. Do lunges while vacuuming, squats while loading the washer or dryer or leg lifts while washing up. Run upstairs (don't use the rail). Dust or clean in a circular, forceful motion and do press ups on the kitchen counter while waiting for the coffee to brew (make sure the counter is dry so you don't slip).

If you have a baby, do household chores with your child strapped or wrapped next to your body – cardio, weight training and a happy baby all at the same time!

Stream or download an exercise program. There are a variety of exercise programs available to download or stream. Be sure to start with one that is suitable for your fitness level that you can complete safely, without pain.

Dance. Crank up the music and have a 10-minute dance party with the whole family or by yourself.

Check with your family physician before starting any vigorous activity (including shoveling snow). Remember to start slowly and gently. For more great ideas on how to stay active this winter, contact your Employee and Family Assistance Program.

Looking for additional support? Your Employee and Family Assistance Program (EFAP) can help. You can receive support through a variety of resources. Call your EFAP at 1 800 387-4765 or visit workhealthlife.com.

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Talking to Children

How many times have you asked your child what they did in school today and they said "nothing"? Do you feel that most of the conversations you have with your children are just about telling them what to do? Many parents feel this way; life is busy.



Giving children opportunities to have conversations is really important for their growth and learning. What to do? Children often ask a lot of questions, especially young children. Parents answer those questions and the

conversation often just ends. How do you keep the conversation going? Instead of answering the question what if next time you ask a question instead? Consider these questions: What do you think it is? What do you think about that? What interests you about that? What do you notice? How do you think that works? If you get a one word answer you might make a comment such as, "Tell me more", "I'd like to hear more about that" or ask another question.

Listening carefully is also important when talking to your child. Children respond positively if they know they have been heard and that you are interested in what they have to say. Use comments to encourage your child to keep talking: "Tell me more about that", "that must have been difficult/interesting", "it sounds like you had fun", "you must have felt disappointed/frustrated/angry". Talk while having dinner together, preparing dinner, going out for a walk, at bedtime, on the way to school or while standing in the grocery line. Think of yourself as a partner in the conversation.



Monthly environmental activities to help celebrate our planet

JANUARY is the time to carry out your resolutions!

*"There will be more waste plastic in the sea than fish by 2050."
- Dame Ellen MacArthur*



It's a brand new year and the perfect time for positive change. For example, let's end plastic pollution.

Based on the daily news, it's never been more critical to increase our environmental efforts. This year the *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage 'islands' are appearing in seas and oceans all over the world. One of these - the Great Pacific garbage patch, is estimated to be the size of Alberta.
<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>

Tips on how to reduce single-use plastics:

- Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too. (You can carry purse-sized, reusable folded bags.)
- Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink-wrapped on a Styrofoam tray, or can you buy a bundle that is tied together with a simple twist tie?
- Let the restaurants you frequent know that you would them to join the growing movement to ban the use of straws. Restaurants, organizations, institutions and schools worldwide have gotten rid of plastic straws or implemented a 'serve-straws-upon-request' policy.
- Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary greenhouse gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
- Lug a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
- Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups, etc.

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year Kwanzaa ends	2	3	4	5	6
 Winter Break – No School						
7	8 First Day Back  Forest of Reading Begins	9	10	11	12	13
Kindergarten Registration Jan 9th - 19th						
14	15	16	17	18	19	20
Kindergarten Registration Jan 9th - 19th						
				College Heights Open House 6:30-8:00 pm	Patrol Skating Party	
21	22 School Council Meeting	23	24 Lock Down Drill	25	26 PD DAY No Classes	27
28	29	30	31			