



# The Mustang Monitor

Maryborough Public School

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**Principal:** Mrs. S. Grose

**Office Coordinator:** Mrs. T. Noble

**November 2017**

## Principal's Message

November is upon us which means the cold weather has arrived. Please ensure that your child(ren) are dressed for the weather as our students are outside for over an 1 hour 20 minutes with recesses (this total could increase if the classroom teacher takes the class outside for learning opportunities).

The creative playground and swing area will be closed to everyone from November 1 until the end of March. Also, please remember that Maryborough Public School will be **open** to students on bus cancellation days. This means that buses will not run; however for those who can walk safely school is still open. Students who arrive at school will be dismissed and/or need to be **picked up by 3:00 pm** in order for all students and staff to get home safely before dark. **Note this is 30 minutes earlier on no bus days.** Please note that if the board closes all schools, then our school will also be closed.

Throughout the month, I will be using the phone out system to keep families up to date about activities, deadlines, and events at the school. If you are not receiving these calls or have changed your phone number please let us know at the office.

Thank you to our SCA for the work they have done fundraising this fall. We appreciate all the work that these volunteers put into the organization and carry out of the fundraiser. Also, thank you to the parents who purchased boxed meats, pizza, and pork chop dinners. Without your support the fundraiser could not be successful.

Also a big thank you to all the parents who cook hot lunches on Wednesdays. I know personally that all staff and students do truly appreciate this.

On November 15 Progress Reports will be going home to all students. Please take the time to read over this document with your child. The Progress Report will give you a good idea how your child is progressing at this time in the year, with some next steps if needed. Parent/Teacher interviews will be on November 23 evening and 24 day. Please keep an eye out for the sign up information.

Thank you for your continued support. If you have any questions, please contact me at the school.

S. Grose

# CHRISTMAS FOOD DRIVE

We will again be collecting non-perishable food items, baby items (not toys), hats and mitts for the Food Bank to assist families in need especially before Christmas. **Donations can be brought into the school from Wednesday, December 1<sup>st</sup>, to Friday, December 15<sup>th</sup>.** The items will be taken to the food bank in the morning so it can be sorted.

Thank you for caring!



## Emergency Yard Supervisors needed

We are very fortunate to have again this year 2 very devoted yard supervisors, Karen and Lori who help the students stay safe and watch over them as they play and eat. At times they do get ill or have appointments and can not make it in. We are in need of names of anyone who would be interested in being paid to do this job on rare occasions.

# School Council



The SCA is a group of parents that meets several times a year to represent the families of Maryborough Public School. We are updated about the school and the board policies by Mrs. Grose at these meetings, and it gives us a chance to ask questions and provide feedback about what is happening at the school. The SCA also coordinates all the fundraising and the members of the SCA designate where these raised funds will go. The SCA assists with the cost of buses for class trips and sporting events and has been working at completing another class set of chromebooks and a cart to keep them safe and easily transportable.

The past year, SCA raised around \$20, 000 to help pay for Busing for sporting event and year end trips, Scientist in the classroom, New computer equipment, Track repairs, Ribbons/award/plaques, Free Christmas lunch, Christmas crafts and electives, new freezer and outdoor escarpment climbing. The SCA organizes and funds the Christmas dinner, Christmas craft day, and the February electives. Hot lunches and volunteers are also organized by a member of the SCA.

The bulk of our fundraising happens in the fall each year. We had a very successful meat fundraiser, and we have the upcoming pork chop dinner, as well as the MacMillan's, Pine River Cheese and wreath fundraiser. In the spring, the SCA traditionally does a spring meat order and we host a chicken dinner as well. The SCA is exploring different options for a year end celebration and is considering hosting our own outdoor movie night. If anyone has a speaker system that might work for this, please contact the school.

Our formal meetings are held about every other month at the school and involve any parents that would like to attend, Mrs. Grose, and another representative from the school. If there are events coming up, we will host informal meetings to complete planning (for example, planning for the pork chop dinner). All meetings are open to any parent who would like to attend and we are always open to volunteers and suggestions. The meetings often involve a lot of laughter, and are a great way to get to know some of the other families in the school.

Please join us! The biggest challenge we face as an SCA is getting parents out to the meetings - there is always a worry that it involves a high level of commitment, and it really doesn't have to. We love new faces, and we welcome all input.

Our next meeting is November 9 @ 7 PM in the Learning Commons. The meeting agenda includes planning for the Christmas lunch and Christmas crafts. We will also be finishing up any details about the fall and winter fundraising and will have updates on how much money has been raised to date. We also have so much fun, please join in :)



Many children around the world do not have a good night sleep. They do not have warm comfortable beds and blankets. Each year Maryborough Public School holds various fun events and ask students and staff to contribute a small amount of change. The monies then get collected to purchase bed kits for children who are in need. \$35 raised purchases one bed kit. On Friday November 3rd we have a kick off for sleeping Children around the world by hosting a PJ day.



## Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is **Policy 310 - Display of Flags**. You are invited to review the draft documents and submit online feedback at [www.ugdsb.ca/board/policy](http://www.ugdsb.ca/board/policy). **The deadline for public input is November 30, 2017** at 4 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.



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We are pleased to announce that the Upper Grand DSB is introducing a new parent communication tool for your smart phone. Designed to streamline communication between schools and the communities they serve, the Upper Grand Mobile app provides parents with a simple interface with up to date information including news, calendars and social media feeds. The Upper Grand Mobile App is available today for free at either the Google Play Store or at iTunes. Use the search term “Upper Grand” to find the app.

Please note that if you choose to use the Messenger service it would be best to use your school email address to create an account and then to use that account to create groups. This way your admin team or designate can send messages to groups. If you create the group using your own board email address then only you will be able to send messages to the groups you create. Thank you to Carrie Conrad for this very helpful suggestion.

## 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.**

## **Tips for talking to children/youth about tragedies**

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 with your child/youth messages that fosters resilience and teaches your children/youth they're able to cope with whatever bad things come their way in life and there are caring adults in their lives to talk to and who will support them. (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!



REMEMBRANCE DAY  
*Lest We Forget*

# November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Day 4 Random Act of Kindness / wear pink Sausage on a bun	<b>2</b> Day 5	<b>3</b> Day 1 World Sleep Day / PJ Day  <b>Pajama Day</b>	<b>4</b>
<b>5</b>	<b>6</b> Day 2	<b>7</b> Day 3	<b>8</b> Day 4 Picture Retakes K-6 Frog  Prince play Chicken nuggets	<b>9</b> Day 5 School Council 7:00	<b>10</b> Day 1 <b>Remembrance Day Assembly 11:30</b>  <i>Lest We Forget</i>	<b>11</b>
<b>12</b>	<b>13</b> Day 2	<b>14</b> Day 3 Christmas Fundraiser due	<b>15</b> Day 4 Reports go home Taco salad	<b>16</b> Day 5	<b>17</b> Day 1 John Dunn - Arctic explorer presentation 9:20	<b>18</b>
<b>19</b> <b>Bullying Prevention week</b>	<b>20</b> Day 2	<b>21</b> Day 3	<b>22</b> Day 4 Pita Pit	<b>23</b> Day 5 Parent Interviews start after school	<b>24</b> PD Day - Interviews	<b>25</b>
<b>26</b>	<b>27</b> Day 1	<b>28</b> Day 2	<b>29</b> Day 3	<b>30</b> Day 4 SCA Christmas Fundraiser Pick up 4:30-6		

**There will be a S.C.A. meeting November 9<sup>th</sup> at 7:00 pm. everyone is welcome to come!**