



The Mustang Monitor

Maryborough Public School

73 McGivern Street

Moorefield, ON N0G 2K0



Website: [Http://www.ugdsb.on.ca/maryborough](http://www.ugdsb.on.ca/maryborough)

Phone: (519) 638-3095

Fax: (519) 638-3387

Principal: Mrs. S. Grose

October 2018

Office Coordinator: Mrs. T. Noble

Principal's Message



Happy October!

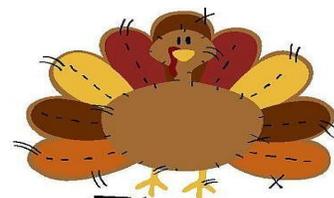
We have had a great start to our school year! Many activities have already started here at Maryborough PS. Our annual Terry Fox Run was held Thursday September 27th. Our school demonstrated compassion and generosity! Way to go Maryborough Mustangs!

Our Junior soccer team participated in the North soccer tournament and came in First place. Excellent play and coaching! Grab your running shoes because Cross-country is next.

Each year we have very devoted noon hour supervisors who help keep our students safe. We are looking for emergency noon hour supervision to fill in some holes in our schedule when our supervisors can't make it in. This is a paid position. If you are interested and/or know someone who may be interested, please contact the office.

A few reminders for the month of October:

- 1st meat pick up will be Tuesday October 16th between 4:30 - 6:00
- Take Out, Pork Chop dinner Thursday November 15th between 4:30 - 6:00, orders coming home soon
- Picture Day Wednesday October 17
- Please watch the weather and dress students appropriately (the weather has been so unpredictable so far). Remember to label sweaters, coats, shoes, etc. This helps you get your child's clothes back home fast.



Happy Thanksgiving

I wish all our families a restful Thanksgiving weekend

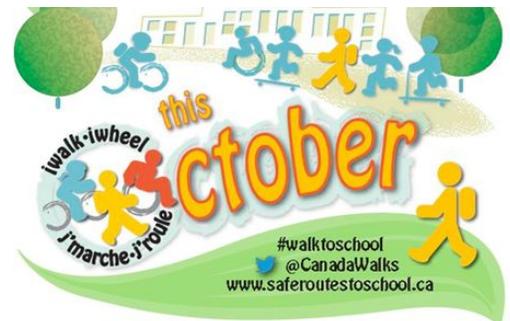


Individual Education Plans (IEPs)

Individual Education Plans, or IEPs, are developed by teachers when assessments show that a student needs special education programming and/or services. The development of the IEP is a collaborative process that includes parents and the student (if possible). During the development phase, schools are required to seek feedback through consultation with parents. This is your opportunity to discuss and share information with the classroom teacher and/or special education teacher regarding your child's education. You know your child best. At the beginning of the year a questionnaire was sent home to ask for your input. Thank you to the parents who were able to complete this and returned it to the school. Your input is important in your child's education. If your child had an IEP last year, you will see a copy of this working document come home on Tuesday October 16th.

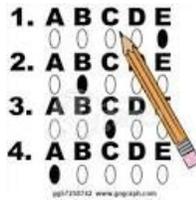
Participate in International Walk to School Day on October 3rd 2018!

In October we celebrate active travel by encouraging students to walk or bike between home and school. Walking or cycling to school gets kids outside every day actively enjoying their natural environment. They arrive at school better able to concentrate and learn. On October 3rd classes are partnering up and walking around the school yard or community and picking up garbage.



ABOUT PA DAYS

September 28, November 2, November 30, February 1, April 5 and June 7 are Ministry Mandated PA Days. This means students will not be at school on these dates.



CCAT - Grade 3 screening testing for giftedness

Grade 3's will be doing some practice testing First block on Monday Oct. 1st, Tuesday Oct. 2nd and Wednesday Oct. 3rd. The CCAT will be administered the following week. Tuesday Oct. Oct. 9th, Wednesday Oct. 10th and Thursday Oct. 11th. If you have a grade 3 student please make appointments at alternative times. Thank you

SAY CHEESE!



School Photos

Please note that individual and class photos will be taken on Wednesday October 17th. Forms will soon be sent home.



Theme Days and School Spirit Days

The Grade 6 Spirit Committee has some great ideas for school spirit and community building! This year we will have special Theme Days. Every month will have a new theme with an important message. Check the calendar to find out each month's theme and what colour to wear on the first Wednesday of the month.

For October, the theme is Every Child Matters, and on Wednesday, October 3rd, wear an ORANGE shirt or something orange. Our Spirit Committee will be making announcements through the week reminding us that we are all special, we are all important, and we all matter, and they will be helping us with ways that we can show others that they matter.



Thanksgiving is coming soon...

Maryborough PS staff and students are encouraged to bring non-perishable food items the first week of October for the Drayton Food bank.

School Council

Maryborough School Council members are devoted to helping all the students in the school. Through fundraising they support bussing cost of sporting events and year end trips, they support Scientist in the Classroom presentations, Repair and creating outdoor environments and much more. This year they will be focusing on outdoor play structures and learning environments . School council members spend many hours at the school with special events and preparing and delivering weekly hot lunches to all the students that purchase. If you have any extra time and can lend a hand please let one of the members know. This year school council executives are: Chair - Heather Griffin, Co-Chair - Shannon Froom, Treasurer - Anisley Thompson and Secretary - Amanda Stege.



Looking to make some money? Cook Bus Line is looking for drivers. If interested please call 519-323-9181

Talking About Mental Health October 2018 - 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!

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board
Follow me on instagram: ugdsb_mental_health*

Monthly Environmental Activities to help celebrate our planet

OCT 3rd IS INTERNATIONAL WALK TO SCHOOL DAY!



A walk outdoors is good for our hearts and minds!

4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- ***Walking is known to improve academic performance.*** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- ***Walking gives children good life experience.*** It's an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.

- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about *Nature Deficit Disorder*, kids certainly aren't spending enough time outside these days. Find opportunities for your child to get outside and get moving too!
- **Walking provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child's daily routine is a good place to start fighting it.

Information from Public Health - Lunchbox Essentials!

Are you getting back into the habit of packing school lunches? A balanced lunch includes a variety of foods to keep your child full and able to learn best. Try to include at least one food item from each of these 4 categories in your child's lunch every day.

R Vegetables



R Fruit

R Protein-rich Foods (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)

R Whole Grains & Starchy Vegetables (whole grain pasta or bread, potatoes, corn)

Top 5 Tips:

1. Keep peeled and cut veggies and fruit on hand in the fridge, ready to grab and go! Try to include a fruit or veggie at every meal and snack.
2. Involve your kids in planning and making school lunches. They're more likely to eat food they helped make and they build valuable life skills in the kitchen!
3. Save time and use your leftovers for school lunches.
4. Include a reusable water bottle every day.
5. Check out UnlockFood.ca for school lunch tips and recipes.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 4	2 Day 5	3 Day 1 Pita Pit Wear Orange Shirt - Every Child Matters Walk at school day 	4 Day 2 Grade 6 – Safe Schools in Marden	5 Day 3 Pizza 	6
7 	8 Thanksgiving	9 Day 4 Grade 3 CCAT	10 Day 5 Grade 3 CCAT Grilled Cheese	11 Day 1 Grade 3 CCAT	12 Day 2 Pizza 	13
14	15 Day 3	16 Day 4 Fundraiser PU – 4:30 – 6:00 IEP's go home Mapleton Organics K's am Gr. 1 & ½ pm	17 Day 5 Kraft Dinner (bring your own dish) Picture Day 	18 Day 1	19 Day 2 Pizza  Cross Country Team 	20
21	22 Day 3	23 Day 4	24 Day 5 Take me outside learning Pita Pit	25 Day 1 Pork Chop BBQ pick up	26 Pizza 	27
28	29 Day 2 K's & Gr. 2's Dental Screening 	30 Day 3	31 Sausage on a bun Black & Orange Day  Halloween			

Our next S.C.A. meeting will be November 15 at 6:15 pm. everyone is welcome to come!