



The Mustang Monitor

Maryborough Public School
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Principal: Mrs. S. Grose

Office Coordinator: Mrs. T. Noble

November 2018



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 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, this is board policy due to insurance.

A winter reminder, please remember that Maryborough Public School will be open to students on bus cancellation days, this is under your discretion as to whether the sidewalks are safe to walk on. 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. Please remember to check the bus website each morning for the status of buses <https://www.stwdsts.ca>. 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 do to carry out of the fundraiser. 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 20th 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 29th evening and 30th during the 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



WOW! Our final total for Terry Fox

fundraising this year is now \$2 253.00! So that means...

1. Mrs. Giles got a pie in the face!
2. The Kindergarten Teachers had a fashion show!
3. Mrs. Nichols got covered with Silly String!
4. Mrs. West's class "painted" her face and arms! AND
5. There was a planned school-wide "gum chewing hour"!

THANK YOU MARYBOROUGH FOR YOUR GENEROSITY AND FUNDRAISING EFFORTS!

Holiday **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 Monday, December 3rd, to Friday, December 14th. The items will be taken to the food bank in the morning so it can be sorted.

Thank you for caring!



Picture Retakes

If you missed picture day or need a retake, all retakes will be done the morning of November 20th. Smile!



Emergency Yard Supervisors needed

We are very fortunate to have again this year 2 very devoted yard supervisors, Lori and Paulenia 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.



SCA News

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 recess equipment (maintenance and new items).

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 new this year, Baden Coffee. In the spring, the SCA traditionally does a spring meat order and we host a chicken dinner as well.

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 15 @ 6:15 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 Thursday November 1st encourage students to bring a Loonie or Toonie and will be hosting a PJ day.



Monthly environmental activities to help celebrate our planet

Friday November 23rd is BUY NOTHING Day!

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



Celebrate Buy Nothing Day on November 23rd!

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>

Monthly environmental activities to help celebrate our planet

Talking About Mental Health November 2018 – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then **GO OUTSIDE!** Take your kids outside! Enjoy and be part of nature.

Try this:

- Go for a walk
- Head for the woods – make a scavenger hunt
- Go birdwatching – make it a game to find the names of all birds you see
- Go on a bug hunt
- Watch the clouds float by
- Make a game of identifying all the sounds you hear outside

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

*Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board
Follow me on Instagram #upper_grand_mental_health*

Kindness and Bullying Prevention month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Day 1 PJ day - bring a loonie or toonie 	2 Pd day	3
4	5 Day 2	6 Day 3 Pork chop orders due	7 Day 4 Wear Pink for Kindness Chicken Nuggets	8 Day 5	9 Day 1 Pizza  Remembrance day assembly	10
11 Remembrance Day 	12 Day 2	13 Day 3 Winter Fundraiser orders due	14 Day 4 Taco Salad (Bring your own dish)	15 Day 5 BBQ Pork Chop dinner 4:30 - 6:00  School Council meeting 6:15	16 Day 1 Pizza 	17
18 Bullying Prevention Week	19 Day 2	20 Day 3 Picture Retakes  Progress Reports go home	21 Day 4 Pita	22 Day 5	23 Day 1   African drumming presentation	24
25	26 Day 2	27 Day 3 Act of kindness day	28 Day 4 Hot Dogs	29 Day 5 Interview in the evening	30 Pd day - Interviews	