

Mitchell Woods Public School

February, 2019

Mair Ann Gault, Principal – Sarah Garrett, Vice Principal



Happy February!

We have some wonderful things planned for our Safe Schools Campaign this month. First, we will be having a **Pink Shirt Day on February 28th**. The original event was organized by David Shepherd, and Travis Price of Berwick, Nova Scotia, who in 2007 bought and distributed 50 pink shirts after a male ninth grade student, was bullied for wearing a pink shirt during the first day of school.

I have included below a quote from a Ministry of Education pamphlet concerning the difference between conflict and bullying. There is an important distinction to be made as it is an issue that often confuses many of us. See below:

"Is conflict the same as bullying?"

People may sometimes confuse conflict with bullying, but they are different. Conflict occurs between two or more people who have a disagreement, a difference of opinion or different views. Conflict between students does not always mean it's bullying. Children learn at a young age to understand that others can have a different perspective than their own, but developing the ability to gain perspective takes time and the process continues into early adulthood. In conflict, each person feels comfortable expressing his or her views, and there is no power imbalance. Each person feels able to state his or her view point. How people deal with conflict can make it positive or negative. Conflict becomes negative when an individual behaves aggressively by saying or doing hurtful things. Then the conflict is an aggressive interaction. Conflict only becomes bullying when it is repeated over and over again and there is a power imbalance. Over time, a pattern of

behaviour may emerge where the person who behaves aggressively in the conflict may continue or even make it worse. The person who is the recipient of the aggressive conflict may feel less and less able to express his or her point of view and feel more and more powerless. That is when negative conflict may turn into bullying. A school will respond to bullying and conflict differently."

For more information go to the following link:
<http://www.edu.gov.on.ca/eng/multi/english/BullyingEN.pdf>

As always, I am available if you have any questions about this, or any other topic of interest concerning your child's education and experience at Mitchell Woods P.S.
Sincerely,

Mair Ann Gault

PINK SHIRT DAY ON WEDNESDAY, FEBRUARY 27th, 2019

Mitchell Woods P.S. will be taking part in Pink shirt Day to show their support in..." Standing up and not standing by to Bullying". Here is a link to learn more about this day. www.pinkshirtday.ca



SCHOOL COUNCIL REPORT

Please join us for a free Family Games Night on Thursday, February 28 from 6:00pm - 8:00pm. Board games, crafts and light refreshments will be provided. There will be an area set up to drive remote control cars, so bring your car along and join in the fun. This is a great event to meet other families or hang out with some you already know. Children must be accompanied by an adult. We hope to see you there!

School Council is a great way for parents to get involved in your child's school. Meetings are held monthly from 6:15-8:00pm in the library on the following Mondays:

- April 1
- May 6
- June 10

For more information please contact Amanda Dawson at ilove2bake247@gmail.com or call the school to leave a message for Amanda, who will follow-up with you.



CONTACT INFORMATION/SAFE ARRIVAL

In September you were asked to update contact information on your child's admission sheet. We are finding that as we make daily phone calls many of the contact numbers are either now out of service or people are not employed at the original number given to the school. This outdated information makes it very hard to have a safe arrival program. Please call the school office at 519-829-3123 or send in a note with any change of information. If there is any type of emergency we may not be able to reach you.

Also, a friendly reminder to call in your child's absence to the attendance line 519-829-3123 ext. 100. This line is available day and night. Thank you for your support.
Office Staff



LET IT SNOW, LET IT SNOW, LET IT SNOW!



Winter is fully upon us and therefore this is a good time to send out a reminder about winter recess expectations. Please ensure your child comes to school with the appropriate winter clothing, including a coat, snowpants, hat, mitts and boots, etc. Extra socks and mittens are recommended. This is also the time we remind students about the **"no one owns the snow, so share when building snow forts and snowmen"**. Of all the rules, however, the most serious one is outlined below:

No throwing snow, snowballs or ice balls.

This rule is in place at all schools to maintain the safety of all students. We want to encourage safe and fun play this winter at Mitchell Woods Public School.

BUS/TAXI CANCELLATIONS



During times of inclement weather, please listen to our local radio stations: 1460 AM CJOY; 106.1 Magic FM 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

Look for the little school bus in the top left corner of the home page.

If your child(ren) regularly travel by bus, parents do not need to inform the school of your child's absence when buses are cancelled. If however, your child(ren) walk to school, you are asked to leave a message on the 24 hour attendance line (519-829-3123 ext. 100) 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 be picked up at 3:15 pm.

INDOOR & OUTDOOR SHOES REQUIRED

Please make sure your children have indoor shoes available at school for gym and in class. Boots are only to be worn outside. Not only is it unhealthy and dangerous for students to walk around the floors of the school in socks, students will not have a chance to change into their footwear if there is a fire alarm or drill. Thank you for helping with this.

CONCUSSIONS OUTSIDE SCHOOL HOURS

A concussion is a type of brain injury that changes the way the brain normally works. It can affect a student's performance in both school work and physical activities. Rest is very important after a concussion because it helps the brain heal. While a child has a suspected or diagnosed concussion, full participation in school academic and physical activities can worsen symptoms and make for a longer recovery period.

In the best interest of your child, parents and guardians are requested to contact the principal when a suspected or diagnosed concussion occurs outside of school hours (i.e. during outdoor play, sports, or a car accident). The principal will work with you to develop a plan for an individualized, gradual return to full participation in school activities

SELF REGULATION

Does your child struggle to calm his/her body and mind in order to cope with challenges or solve problems? The ability to be calmly focused and alert can be difficult for many children, as well as adults. The ability to self-regulate may change in different situations and stages of life.

As parents, you can help your child use strategies to calm his/her body and mind by modelling what works for you. For example, when frustrated about being caught in traffic, you may use self-talk and listening to music to help calm the situation. You may say, "This traffic is terrible and I am feeling very frustrated. I know that I can't do anything about the traffic so I am just going to tell myself to relax, this will pass, I can turn on some of my favourite tunes!" Strategies that may work for your child as calming or focusing strategies include: exercise (e.g. a short run), reading a book, listening to music, talking to someone, self-talk, counting to 20, getting a drink, taking a break, or deep breathing.

Generally speaking, calming the body and mind is necessary before challenges or conflict can be successfully handled.

Resources for Parents -

Book: Zones of Regulation by Leah M. Kuypers
Zones of Regulation

<http://andersoncarla.blogspot.ca/2014/08/zones-of-regulation.html>

Today's Parent: Easy Ways to Teach Your Child to Self-Regulate

<http://www.todaysparent.com/kids/preschool/easy-ways-to-teach-your-child-to-self-regulate/>

Responsive Classroom: Teaching Self-Calming Skills

<https://www.responsiveclassroom.org/blog/teaching-self-calming-skills>

KEEPING CHILDREN AND YOUTH SAFE ONLINE

Over the last few years, there has been a significant increase in the number of reported cases of young people involved in self/peer exploitation. This is generally defined as youth creating, sending or sharing sexual images and/or videos with peers via the Internet and/or electronic device. The Board recently purchased a resource for every elementary and secondary school called Self/Peer Exploitation, School and Family Approaches to Intervention and Prevention. The resource was created by the Canadian Centre for Child Protection, which is a non-profit charitable organization dedicated to promoting the safety of all children.

Principals and Vice Principals also received an in-service on the guide.

The following two links may assist youth and families who have been impacted by child sexual exploitation: **Cybertip.ca** may be used to report child sexual exploitation

NeedHelpNow.ca is a website that offers help to find some practical information for youth on how to deal with this (for example, how to get pictures removed from the internet, how to deal with peers, how to talk with someone, etc.).

https://www.cybertip.ca/pdfs/C3P_SafetySheet_SelfPeerExploitation_en.pdf

https://www.cybertip.ca/pdfs/C3P_SafetySheet_Cyberbullying_en.pdf

CRITICAL PARKING INFORMATION

Parents and caregivers are reminded that the loop in front of the school is reserved for school buses and taxis from 8:15 - 9:15AM and 2:45 - 3:45PM, Monday to Friday. We are really working to keep our students safe at arrival and departure times and we appreciate your cooperation. No entry to the loop will be allowed between the time listed above, except for buses and taxis. New signage is coming, and we have pylons that will be in place that will serve as a reminder as well.

If you, or the student you are picking up has special needs and the associated Accessible Parking Pass, we would encourage you to use one of the accessible parking spaces located in the parking lot (enter the lot from the east side of the school).

Thank you again for your cooperation in helping to keep our students safe.

REPORT BULLYING

We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. Report Bullying gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself - just your school - and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school website.

Exemptions a parent/guardian must also complete an immunization education session at WDGP. For an appointment call 1-800-265-7293 ext. 4134.



IMPORTANT INFORMATION FROM PUBLIC HEALTH

In Ontario, the *Immunization of School Pupils Act* requires that all students attending school be fully immunized or have a valid exemption on file. Wellington-Dufferin-Guelph Public Health (WDGPH) has recently mailed immunization notices to elementary students with incomplete vaccine records. To avoid suspension, please update your child's immunization record by **March 15, 2019**. If the student has already received the immunization(s), report them using one of these methods:

Online: View and report immunizations at www.immunizewdg.ca. Sign-in using your Ontario Health Card Number or the Ontario Immunization ID (provided on your Immunization Notice if received by mail from WDGPH).

Email: Send a copy of the record to vaccine.records@wdgpublichealth.ca

Call: 1-800-265-7293 ext. 4396

If the student needs the immunization(s) do one of the following:

Make an appointment with student's health care provider, bring the notice from WDGPH with you, and follow up by reporting the immunization(s) to WDGPH.

Call 1-800-265-7293 ext. 4134 to make an immunization appointment at WDGPH.

If the student is not being immunized for medical or conscience/religious reasons:

Access the appropriate exemption form at www.wdgpublichealth.ca/your-kids/vaccination

For the Statement of Conscience or Religious Belief