

Ottawa Crescent Public School

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December 2015 Newsletter

Season's Greetings

It is hard to believe that December is already here! The cold weather has arrived and with it, a lot of holiday cheer. The school is bustling with holiday spirit and activities to celebrate this special time of year. Please see the included information about our Colour Tribes and Letter Writing Activities.

Throughout the first part of the school year, the students have been very busy learning and taking part in exciting opportunities in their classrooms. There has been a lot of great thinking throughout all of our classes, and in all of the subject areas, and we are impressed with how the students are working. As well, throughout the school and on the yard, the students have been solving problem solving our Ottawa Crescent Wildcat Choices. If you aren't sure what a Wildcat Choice is, be sure to ask your child to fill you in on all the details! We are encouraging all of our students to work things out with their peers using a variety of strategies, including talking it out, sharing and taking turns, making a deal, cooling off, walking away or going to another game.

I would like to take this opportunity to wish the entire Ottawa Crescent Public School Community a very happy holiday season. Enjoy this special time with your family and friends.

All the best for a wonderful 2016.

Allison Stoffman
Principal



Colour Tribes

Each month our students participate in a colour tribe activity and a great time doing so! The students are divided into 15 tribes; each tribe has students ranging from JK to Grade 6. The students have participated in team building games, made crafts, and have had great conversations about bullying prevention. These tribes will be in place for the remainder of the school year. On December 17 our students will reunite with their colour tribes. Each colour tribe will have the opportunity to take part in a variety of holiday activities including songs, crafts, stories and videos.

Winter Concert

This year's Winter Concert will be held for students on Wednesday, December 16 (dress rehearsal) at 9:10 a.m. and Thursday, December 17 for parents at 9:10 a.m. Classes will be singing seasonal songs.

Parking and Student Safety

Thank you to all of the parents who have recognized and avoided the “No Stopping/No Parking” zones around the school. Please note that the staff parking lot is not be used for parents dropping off and picking up children. There is a drop off area on the bend near 62 and 63 Ottawa Crescent and the walkways off of Callander Drive and Laverne Avenue.

As a safety precaution, we ask that all parents and older siblings, who are coming to the school to pick up students, to please meet at an **outside** meeting place at the end of the day. Students are asked to **independently** enter and exit through their assigned doors. Congested hallways at both entrance and exit times leads to confusion and presents safety risks for all students.

Please note: Students are not to use the front doors for entry/exit. Thank you for your understanding and compliance.

Library News

Ottawa Crescent received \$6,000. from Chapters Love of Reading Adopt-A-School program! We will be shopping on December 1, 2015 at our local Chapters store for the latest and greatest good reads for our library. Thank you to everyone who helped by voting daily, donating books and to those special people who helped run the popcorn booth at Chapters in October.

Holiday Letter Writing

The post office is open for the season! Students in grades K-6 have been actively writing and sending good cheer through cards and letters to fellow students and the mailbox was full for our first day of delivery on November 30. Students are given time in class and during the recess breaks to write letters and cards. The response has been fabulous and we encourage all students to remember that special someone and send them a note to brighten their day. This is also a great activity to continue at home. This school-wide event will run until December 17.

Safe Arrival Program

During the school day, your child’s safety is of the utmost importance to us. When your child is absent or going to be late please call the school and leave a message. In addition, please notify the school of any changes to your address, work place or phone number(s). This will help us to contact you should the need arise.

Ottawa Crescent’s Nutrition Program

Our school is proudly supported by Breakfast for Learning, which provides funding towards our nutrition program so we can offer our students a healthy start to their day. Breakfast for Learning, founded in 1992, aims to education and empower communities to start and sustain child nutrition programs to enhance learning and healthy development of Canadian children and youth. For more information and additional resources, visit www.breakfastforlearning.ca. O.C. students are invited to enjoy a nutritious breakfast in room 15 from 8:25 a.m. to 8:40 a.m. Thank you to our staff for helping to make our Breakfast Program a success.

Inclement Weather

Board Policy – Parents

It is a parent's responsibility to determine whether or not it is safe for their children to leave for school in inclement weather 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.
- If a parent elects to drive their children to school, they are responsible for the pick-up at dismissal time.

Children who walk to school are expected to come to school on bus cancellation days. If you choose to keep your child home on these days, please make sure you call the school before 9:00 a.m. to report an absence due to inclement weather.

Important Notes

- A reminder to listen to your local radio station in the event of inclement weather conditions.
 - The following stations will broadcast school closures: CJOY 1460 AM, CIMJ 106.1 FM, CKKW 1090FM, CFCA 105.3 FM, CHYM 570 AM.
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Technology

The Upper Grand District School Board now has Chromebooks for student use in all 25 public libraries across the district. The program first launched in April at three pilot sites within the Wellington County library system and has grown to include all 25 public library branches that serve our region. Each branch has been outfitted with five Chromebooks that are available exclusively for Upper Grand student to access and complete their homework.

For more information, visit the board website at ugdsb.on.ca.

Photo Retake Day

Photo Retake Day is Friday, December 4.

Violence Threat Risk Assessment Protocol (VTRA)

The Upper Grand District School Board is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, Principals use progressive discipline to help a student take responsibility for their actions, change their behavior, and learn from their mistakes. When safety is threatened by the potentially violent or dangerous behavior of a student, which places wither the student or others at risk, school staff follow specific protocols for the protection of all. It is important that you and your children are aware of these protocols.

For more information, please visit the board's website: <http://www.ugdsb.on.ca/parents/article.aspx?id=51057>.

Lost and Found

Please remind your child(ren) to check the "Lost and Found" box often. It is bursting with sweaters, coats and other items.

QSP Fundraiser – Magazine

The purchase of magazines, through QSP, is once again available! Funds raised will be used towards our School Yard Greening Project. Start ordering by going to www.QSP.ca and use Group Online ID: 3713286.

Happy Holidays

Holiday Break begins Friday, December 18 at regular dismissal time.
School resumes on Monday, January 4, 2016.

Next School Council Meeting

Monday, January 25/6:30 p.m.

Everyone Welcome!

Upcoming P.A. Day

Friday, January 22, 2016

No school for students.



December 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 River Run – Rms. 8/9/13	2	3	4 Photo Retake Day Pizza Day	5
6	7 Police Safety Visits	8	9	10	11 Progress Reports Sent Home Pizza Day Sub/Milk/Pizza Orders Due	12
13	14	15 	16 9:00 a.m./Holiday Assembly Rehearsal	17 9:00 a.m./Holiday Assembly	18 Pizza Day 	19
20	21 Christmas Break – students return Monday, January 4, 2016	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Year's Eve	January 1 New Year's Day	January 2

Students Return to School Monday, January 4, 2016



Students Return to School Monday, January 4, 2016

Monthly Environmental Newsletter Inserts



December's Environmental Theme: WATER POLLUTION

Water might seem like an endless resource. It covers more than 75% of our planet, but only 1% of the water on planet Earth is fresh, usable, and drinkable. The rest is either saltwater or frozen. And now the 1% that is drinkable is being threatened by pollution because of humans.

We need to conserve the water that exists on planet Earth. Did you know that almost 1 billion people do not have access to clean water? That is really hard for us to understand because Canada's most valuable natural resource by far is freshwater. While we have only 0.5% of the world's population we have approximately 20% of the world's fresh water resources. But unfortunately Canada is also one of the highest fresh water users in the world. Of 29 nations studied, only the United States uses more water than Canada on a per capita basis. Canada's consumption is an alarming 65 per cent above the average!

What are some of the ways we can reduce water pollution? At home, purchase environmentally friendly, non-toxic cleaning products. Or clean with baking soda, lemon or vinegar. Conserve fresh water by collecting rainwater in barrels. Use it to water your lawn and garden or even indoor plants. Don't pour chemicals or paint or oil down the drain, and especially not into the storm drains on the street, as it goes directly back to our rivers and lakes. Using natural products that are biodegradable, for example, is a great way to go. Most importantly, don't waste the clean water that we have. Turn off the taps when you brush your teeth, take shorter showers, and know that lawn watering is now no longer cool!

Slogan of the month: *Conserve our water - it's all we have!*



UPPER GRAND DISTRICT SCHOOL BOARD

Martha Rogers

Director of Education and Secretary – Treasurer

Board Office: 500 Victoria Road N. Guelph, ON N1E 6K2

Email: martha.rogers@ugdsb.on.ca

Tel: 519-822-4420 ext. 720 or Toll Free: 1-800-321-4025

November 25, 2015

Dear Parents/Guardians:

The Upper Grand District School Board is committed to providing safe learning environments for all students, staff, school visitors, and community members. When a student behaves inappropriately, Principals use progressive discipline to help a student take responsibility for their actions, change their behaviour, and learn from their mistakes.

When safety is threatened by the potentially violent or dangerous behaviour of a student, which places either the student or others at risk, school staff follow specific protocols for the protection of all. It is important that you and your child(ren) are aware of these protocols as, in times of imminent risk, they will be followed and might include, a) the immediate involvement of emergency services or supports and, b) sharing of private information.

Community Violence Threat Risk Assessment Protocol (VTRA): This is a community-wide protocol that details the steps by which school staff quickly respond to threatening incidents, such as: possession of a weapon or replica, bomb threat or plan, verbal, written, or electronic (internet) threats to injure or kill oneself or others, or other threats of violence. The first step involves gathering the Principal/Vice Principal, Social Worker, Psychological Consultant and/or Child and Youth Counsellor and police to assess the immediate threat. If the situation is deemed one of imminent risk, the Superintendent is informed and community agencies that are part of the VTRA protocol, such as local mental health organizations, are consulted. For more information about the VTRA Protocol: <http://www.ugdsb.on.ca/board/policies/index.aspx>, see Other Protocols, P 11.

Suicide Prevention, Intervention and Postvention Protocol: The Suicide Protocol details the steps by which school staff respond to a student at risk of suicide. The protocol details steps for responding quickly, sensitively, and effectively to ensure the student's safety. The steps include having a trained staff member interview the student and taking the necessary steps to ensure safety and arrange appropriate support for the student. For more information about the Suicide Protocol: <http://www.ugdsb.on.ca/board/policies/index.aspx>, see Other Protocols, P 12.

Contact with Parents and or Guardians: Parents and guardians play a vital role in maintaining the safety and well-being of their children. When a student is involved in a VTRA or Suicide Intervention protocol, every effort will be made to contact parents/guardians unless circumstances prevent us from doing so. If parents/guardians cannot be reached, or if they choose not to provide consent but a safety risk still exists, the processes outlined in the VTRA or Suicide Intervention protocols will still be followed.

As always, student safety is our first priority. If you have any questions regarding the Upper Grand District School Board Community Violence Threat Risk Assessment Protocol or Suicide Protocol, please contact the Superintendent of Education for your school at 519-822-4420.

Sincerely,

Martha C. Rogers,
Director of Education & Secretary-Treasurer

Upper Grand District School Board

• Mark Bailey; Chair
• Marty Fairbairn; Vice-Chair

• Linda Busuttil
• Susan Moziar

• Kathryn Cooper
• Bruce Schieck

• Barbara Lustgarten Evoy
• Lynn Topping

• Martha MacNeil
• Barbara White

Talking About Mental Health – December 2015

31 Days of Taking Care of Ourselves

In December, as the days get shorter and colder, we all need to take some time to do something good for ourselves. Taking a little time each day to take care of ourselves makes so much difference to keeping in good mental health. You may choose to do some activities on your own or with your family or with a friend. Try one or a few or try them all. Enjoy!

December 1 : One Minute – Take deep breaths, in and out, for one minute.

December 2 : Two Minutes – Smile at yourself in the mirror.

December 3 : Three Minutes – Listen to a favourite song.

December 4 : Four Minutes – Eat some fresh fruit.

December 5 : Five Minutes – Light a candle and quietly watch the flame.

December 6 : Six Minutes – Sit quietly for six minutes.

December 7 : Seven Minutes – Enjoy the taste of a holiday snack.

December 8 : Eight Minutes – Spend fun time with someone who a person or pet .

December 9 : Nine Minutes – Think of the best things that happened this week.

December 10 : Ten Minutes – Take some time out with a cup of tea. Sip slowly and enjoy.

December 11 : Eleven Minutes – Sing along with your favourite songs.

December 12 : Twelve Minutes – Send an email to a friend setting up a time to meet up during the holidays.

December 13 : Thirteen Minutes – Draw, paint or doodle.

December 14 : Fourteen Minutes – Go outside and breathe in the cool, crisp air.

December 15 : Fifteen Minutes – Read a favourite story.

December 16 : Sixteen Minutes – Call or skype with someone.

December 17 : Seventeen Minutes – Do something active: dance, walk, run, skip, play.

December 18 : Eighteen Minutes – Make a cup of hot chocolate and pay attention to the flavor and warmth as you sip– add marshmallows if desired.

December 19 : Nineteen Minutes – Help someone else out who needs some extra help in the holidays.

December 20 : Twenty Minutes – Watch the sunset on the shortest day of the year.

December 21 : Twenty One Minutes – Enjoy the holiday decorations in your neighbourhood.

December 22 : Twenty Two Minutes – Reflect on traditions you have enjoyed or currently enjoy.

December 23 : Twenty Three Minutes – Make your favourite meal and enjoy every bite.

December 24 : Twenty Four Minutes – Enjoy a bubble bath or extra long shower.

December 25: Twenty Five Minutes – Take a walk to appreciate nature and being outside.

December 26: Twenty Six Minutes – Take a nap, lie down and take a rest.

December 27: Twenty Seven Minutes - Watch your favourite TV show that makes you laugh.

December 28: Twenty Eight Minutes – Spend time with friends or family.

December 29: Twenty Nine Minutes – Go to the library and take out a new book, CD or DVD.

December 30: Thirty Minutes – Take some time to do a hobby or something you enjoy that you have not done for a while.

December 31: Thirty One Minutes – Make a list of all the things you were grateful for this year.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford*