



# OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Terry Fox Run 	2 Rain date Terry Fox	3
4	5 Jr. soccer tournament 	6	7	8	9	10
11	12 Thanksgiving Day  NO SCHOOL	13	14	15	16	17
18	19	20 School Council Meeting 6:30	21	22	23	24
25	26	27	28	29 <b>Black            and            Orange            day</b>	30 PA DAY NO SCHOOL	31 HALLOWEEN 

\*\*\*PICTURE DAY November 3<sup>rd</sup> 

# Paisley Road Public School Newsletter

## October 2015

Principal, Randal Wagner  
Vice-Principal, Marina Harrison



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### IWALK

International Walk to School month (IWALK) is an annual global event taking place each October. It celebrates active transportation and its benefits such as: increasing physical activity, decreasing traffic congestion, improving safety, developing a sense of community, promoting social interaction, and preserving the environment.

International Walk to School Day October 7th IWALK week is October 5-9 or Walk/wheel to school all month!

### Black and Orange Day - Thursday, October 29th

Students who wish to participate in Hallowe'en have the option of wearing orange and black or wearing a costume for the morning of the 29<sup>th</sup>. Costumes need to be appropriate for a Kindergarten to grade 6 schools.

**Please note:** students may wear their costumes to school that day and will change after first recess.

### Upcoming Events

\*October 12<sup>th</sup>  
Thanksgiving

\*October 30<sup>th</sup>  
PA Day

\*Picture Day  
November 3rd



### The Special Education Advisory Committee (SEAC)

The Upper Grand District School Board has established a Special Education Advisory Committee (SEAC) in accordance with the Education Act. SEAC is made up of local parent representatives of Provincial Associations, two school trustees and interested local community representatives.

SEAC members receive orientation and training to become informed on important topics in Special Education:

- Sections of the Education Act relating to Special Education
- Regulations and Ministry memoranda
- Board policies regarding Special Education
- The Board Special Education Report
- Roles and responsibilities of SEAC
- The funding of Special Education

### **What does SEAC do?**

- Makes recommendations for the establishment, development and delivery of Special Education programs and services for exceptional pupils in our Board.
- Participates in the Board's annual review of its Special Education Report.
- Participates in the Board's annual budget process and financial statement review as they relate to Special Education.
- Provides information to parents, as requested.
- supports the Special Olympics Annual Track and Field day.

### **Procedures for Selecting Members**

- Nominations from local associations
- approaching local chapters of provincial associations for suggestions
- writing a presentation that can be shared with parent councils, families of schools, etc. to get the information about SEAC into the community

### **Meeting Times and Dates**

The SEAC meets on a regular basis. Meetings occur on the second Wednesday of each month at 7:00 p.m. at the Upper Grand District School Board office at 500 Victoria Road North, in the Board room. Meetings are open to the public. Members of the public should contact Program Services (Krystyna Gazo at 5199416191ext. 254) to confirm the time, date and location of the meetings.



### October's Environmental Theme: PROTECT OUR EARTH

This year we will challenge ourselves to LIVE green every day, because one small change one day at a time adds up to a world of difference. The environmental theme for September is sustainability. 'Sustainability' means protecting our Earth and using Earth's natural resources carefully, like forests, water, minerals, and fossil fuels.

Part of living in a sustainable way is using, buying and eating only what you really need. This saves resources and cuts down on waste too. For example, do you really need a new pencil case or pencil crayons or a brand new eraser every year, or do your old ones still work? Do you throw your leftover lunch items in the garbage at school, or do you take them home and eat them for a snack after school? Do you buy vintage clothing or wear hand-me downs? Do you eat meat every day, or do you eat vegetarian at least once a week, like those who have accepted the 'Meatless Monday Canada' challenge.

To find out how carefully you use the Earth's resources, Google the following words: "zero footprint calculator" and take the footprint calculator quiz. It will tell you how many Earths we would need to survive if everyone lived like you!

Slogan of the month: Sustainability - choosing to live better with less!

## HEALTH AND PHYSICAL EDUCATION CURRICULUM

In September the new Health and Physical Education curriculum will be fully implemented in Ontario schools. For elementary schools, the new curriculum has existed for several years, but will now include an updated portion of its 'Healthy Living' component to include Human Development and Sexual Health. The document as a whole aims to educate children to understand themselves and others, think critically to make healthy choices, develop and maintain healthy relationships, be safe physically and emotionally, and to be physically active for life. The curriculum is available on the Ministry of Education's website.

The Human Development and Sexual Health component of the curriculum had not been updated since 1998. Since then much has changed and kids need to know more to keep themselves healthy and safe. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most effective when parents and schools work together. Parents help their children form values about relationships and their behaviours. Teachers will endeavour to communicate upcoming topics from the Human Development and Sexual Health units to families. Open and honest conversations at home about body parts, their functions, physical changes, healthy relationships and effective living habits help children connect learning and lets them know they have someone to talk to about questions they might have. Questions about topics can always be directed to the teacher or school principal.

As mentioned above, Human Development and Sexual Health is one sub-component of the curriculum. The document also focuses on skills related to Active Living, which involves physical fitness, safety and active participation; Movement, which teaches specific movement and physical activity skills and tactics; and Healthy Living, which focuses on understanding health concepts, making healthy choices and making connections to healthy living.

There are plenty of ways you can support your children's learning from the Health and Physical Education curriculum. Consider what you and your child can do together that is fun and healthy. Enjoying physical activity or making meals together is a great start. Ask your child and their teacher about what is being taught and have discussions where you provide factual, straightforward answers to your child's questions. Finally, learn how to be safe online and use that information to guide your child's use of any device that connects to the internet. There are plenty of resources available for parents to support the learning from the HPE curriculum.

### Paisley Q and A

**Why is it important to be at school on time?** Thanks to the many parents who demonstrate the important life skill of promptness! At Paisley Road we begin classes as soon as students enter the classroom. We have a warning bell at 8:53 and entry bell at 8:55. Our aim is to start the day without interruptions so that all students benefit from a calm and engaged beginning. We have announcements at 10:30 am instead of 9:00 am to support a smooth beginning. If your child arrives after entry, please escort them to the office and complete the sign-in sheet. A staff member will bring your child to his or her classroom. We do this to ensure a secure environment for your children. Please note: supervision for students begins at 8:40 am. Do not send children to school before this time as there is no staff supervising the yard.

**Does it matter if I pick up my child early from school?** Yes! Just like our peaceful entry, it helps to have an exit that is orderly and calm. When students are picked up early, even for appointments, it can disrupt the learning of classmates. If possible, please try and arrange appointments after school hours. Of course we understand there will be exceptions.

**Visitor and taxi parking:** You will notice that we have added two parking spots for visitors, closest to the school, next to the accessible parking. We've done this so taxi drivers have a safe place to escort students to and from the school, and to provide a place for parents who need to drop off or pick up children. Parking is permitted after 9:10 am up until 3:15 pm. Before and after these times the spots are reserved for taxi cabs.

Talking About Mental Health!

Welcome to the new school year! My name is Dr. Lynn Woodford and I am the Mental Health and Addiction Lead for the school board. Every month I write a column for school newsletters about mental health and provide strategies and resources for families.

Hope that the transition back to school has been a positive one for you and your family. If your child or youth is experiencing any challenges with the transition back to school, please talk to your child or youth's teacher or administrator.

The UGDSB has many resources available on its website: <http://www.ugdsb.on.ca/> for parents and students to access. To access these resources: click on the Parent tab then click on the Mental Health Tab. There is also a Student tab with a Mental Health tab, which you can share with your children and youth.

Once you are on site, you will find information about local mental health and addiction resources:

- \* Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHA WWD)
- \* To access Addictions, Mental Health (including eating disorders and first episode psychosis) and Crisis Services (Guelph/Wellington for Children/Youth and Guelph/Wellington/Dufferin for Adults) contact: HERE247 at 1 844 437 3247 (1 844 HERE247)
- \* [www.here247.ca](http://www.here247.ca)
- \* Walk in Services on Tuesdays for Children/Youth 1:30- 7:00
- \* 485 Silvercreek Pkwy, Guelph [www.wwd.cmha.ca](http://www.wwd.cmha.ca)
- \* Dufferin Child and Family Services (Services for Children/Youth in Dufferin County)
- \* To access Addictions, Mental Health and Crisis Services 519-941-1530
- \* Talk in Services on Tuesdays 1:00- 7:00 655 Riddell Road, Orangeville <http://dcafs.on.ca/>

Blue Jay Fever

Have you caught Blue Jay Fever yet, or are you already thinking about the NHL pre-season? Maybe you're not a sports enthusiast, and instead are busy taking your children to dance, swimming or music lessons. Whatever the case, why not incorporate math into these afterschool activities? Here are some quick and easy connections to share with your children on those early mornings, after school or late night drives that connect math to our everyday lives.

1. **Batting average:** This number tells fans how many times a player get a hit compared to the amount of times he gets up to bat. Simple division is used to figure out a batting average. For each game divide the number of hits the player gets by the number of times he is at bat. The answer should result in a decimal answer. (For example: Bautista gets up to bat 8 times, but he only hits 5 times. The equation would be 5 divided by 8 giving a batting average of 0.625.)
2. **Staying out of the penalty box:** Which fraction is largest:  $\frac{5}{4}$ ,  $\frac{4}{3}$ ,  $\frac{3}{2}$  or  $\frac{2}{1}$ ? If the Leafs have a 5 on 4 advantage, and Phaneuf has to decide whether to draw an opponent away from the play, it's important for him to know that  $\frac{4}{3}$  is a larger fraction than  $\frac{5}{4}$ . Math tells us that 4 skaters have a better advantage over 3 than 5 skaters have over 4.
3. **Patterns in Music:** Musical pieces often have repeating choruses or bars, similar to patterns. In mathematics, we look for patterns to explain and predict the unknown. Music uses similar strategies. When looking at a musical piece, musicians look for notes they recognize to find notes that are less familiar. In this way, notes relate to each other. Relationships are fundamental to mathematics and create an interesting link between music and math. Listen carefully to the music next time. You'll definitely hear the patterns!
4. **Swimmingly Mathematical:** Speed of swim (measurement of distance and time), surface area of palm (area measurement of odd shape), kicking angle of the legs (trigonometry, angle), rhythm of the stroke (sequence, counting, pattern sector), and breathing (volume of air required, space measurement) are all about the math!
- 5 **The Science of Dance:** There's the symmetry (between arms and legs, but also between bodies and within a single body), counting, rhythm, momentum, mass, connection, sequence, and shape. Every area of math can be expressed with the human body.

Source: <https://www.google.ca>

Go Math Go! Go Math Go!