

# PAISLEY ROAD PUBLIC SCHOOL

SEPTEMBER 2016

## Welcome Back

Randal Wagner, Principal  
Shashanna Hare, Vice Principal

Welcome back to a new and exciting school year! The staff at Paisley Road P.S. have been working hard to ensure our year is a successful growing and learning experience for all of our students!

I would like to welcome some new staff to our Paisley Team: Alanna Gennings, Luciana De Santis, Matthew Norris, Evan Woolfrey, Meghan Wadleigh, Zsuzsana Miklosy, Emily Elder, Brendan Higgins, Noemia Barosso, Jenn Snelgrove and Jen Wilks.

Paisley is also welcoming a new Vice Principal to our school. Shashanna Hare has joined us from John McRae Public School. Bienvenue Mme Hare.

You will recognize many familiar returning faces as well!

As always, we value and welcome your input. We truly believe that a

child is best raised in a community of caring adults. Please feel free to use the student agendas to communicate with your child's teacher or to use our phone mailbox system. Agendas, from grade 1 to grade 6, will be taken home every evening to be read and signed by parents. Teachers will then initial the agendas in the morning to indicate they have seen any notes you may have written. Mrs. Hare and I also welcome your thoughts and suggestions; our doors are always open!

I would like to thank you, in advance, for all of the hard work that you have done and continue to do, to support our educational efforts. We look forward to another exciting and positive school year!



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## FRENCH SECOND LANGUAGE ADVISORY COUNCIL

The UGDSB is establishing a French Second Language Advisory Committee FSLAC. The Committee will serve in an advisory role and make recommendations with respect to the FSL Action Plan and the French Immersion JK Registration Process for 2017 and beyond. Eleven Committee members will be selected from all areas of the Boards, and will be parents of current

elementary of secondary FSL students in either French Immersion or Core French programs. Interested parents may forward an application to Superintendent Tracey Lindsay which includes the following:

1. A statement explaining why they are interested in serving on the FSLAC.
2. The current grade their children are in, in what FSL program and attending which school.

3. A brief outline of your school and or community volunteer experiences. Applications may be mailed to Tracey Lindsay at: [tracey.lindsay@ugdsb.on.ca](mailto:tracey.lindsay@ugdsb.on.ca)

### Items Coming Home

(Please return as soon as possible)

- Admission Forms for updating
- School Cash Online Registration
- Consent to Share Personal Information
- Walking Trip Permission Forms
- Google Apps Permission

# Back to School Blues

Although for many there is excitement and anticipation about going back to school, for some children transitioning back in September can be tough. Moving into a new classroom, having new teachers, new friends and classmates, and new schedules can all bring about a feeling of stress. The angst children feel, questions they ask, and worries they express about these changes are normal. Sometimes it can be the smallest detail that can be the most worrisome for children. As a parent, you may not know what to do about these butterflies, stomach aches or tears. For some of us, it may

intensify our own stress. Here are a few things you might try the first few weeks into the new school year.

1. Listen carefully to your children and hear their concerns.
2. Remind them of previous times when they felt anxious, and discuss the strategies they used that helped make the situation better.
3. Review the daily routines they are experiencing at school, and what after school time and weekends look like.

4. Make a list of the things they like about school.
5. Remind them of all the things they are good at.
6. Ask about their friends.
7. Be patient and positive. You may need to have these conversations daily.

As a parent in our school, please know that you can always contact us if your child's worries persist. We are here to support your child's wellbeing and achievement, and getting off to a great start in September will help us all achieve just that!

## BENEFITS OF MAKING MISTAKES

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, "making mistakes is part of life—and a really big part of growing up. It's how you learn who you want to be" (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children's lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book

Mathematical Mindsets (p. 12) when the brain is challenged and mistakes are made, that is the time when "the brain grows the most."

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn't it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, "[everyone] will make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit."

THE **best** WAY  
TO PREDICT  
YOUR FUTURE IS TO  
**create it.**  
ABRAHAM LINCOLN

# Talking About Mental Health Sept 2016

## Keeping Your Cool as You Head Back to School

As the children and youth get ready to head back to school, it is important to plan a mentally healthy school year. Some simple steps will help to make this year more positive and less stressful.

1. Start Each Day With A Positive Thought
  - a. "Today is going to be a good day"
  - b. "I am going to have a good day"
  - c. "I can do this"
  - d. "I have what it takes"
  - e. "I feel happy"
  - f. "I am strong"
2. Practice Relaxation
  - a. Start the day with some body stretches.
  - b. Take three deep breaths each time you go through a doorway.
  - c. Be present: Notice 3 things you can see, hear and touch.
  - d. Tense and relax your muscles, releasing tension in your body.
  - e. Imagine a place that makes you feel relaxed.
3. Take Breaks Before You Are Stressed
  - a. Walk to school.
  - b. Get outside at lunch or breaks.
  - c. Listen to music to relax.
  - d. Eat a good breakfast and lunch.
  - e. Hang out with your friends.
  - f. Think of 3 things you are grateful for.
4. Seek Support
  - a. Talk to your family or friends.
  - b. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
  - c. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
  - d. Call KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>
  - e. Talk to your family doctor.
  - f. Contact community mental health services:

Canadian Mental Health Association WW (CMHAWW):

Tuesday Walk In –

1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington:

1 844 HERE 247 (1 844 437 3247)

<http://here247.ca/>

Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford

Monthly Environmental Activities to help celebrate our planet

## SEPTEMBER 21ST IS NATIONAL TREE DAY!

It is vital to teach our children to respect and take care of the environment.

Celebrate National Tree Day on September 21st 2016!

"National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature."

<http://www.nationaltreeday.ca/>

"Children today spend less time outdoors than any generation in human history." <http://getbackoutside.ca/>

"For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination." <http://30x30.davidsuzuki.org/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: The Lorax, by Dr. Seuss; The Giving Tree by Shel Silverstein; What Good Is a Tree by Larry Dane Brimner; The Great Kapok Tree by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (Find lots of ideas on Pinterest.)

For more ideas:

- Join the 30x30 Nature Challenge: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- Do a Google search: "What to do on a nature walk" or "Arbour Day activities"



## LUNCH SUPERVISION

Paisley Road Public School would like to invite interested individuals to apply for a lunch hour supervision position at our school. This is a paid position. If you are interested in becoming a lunch supervisor, please contact our Vice Principal Shashanna Hare at 519-822-0675 ext 224.

