



# PAISLEY ROAD PS

September 2017

## Possible Reorganization

Organization Schools have built class lists based on their tentative organizations. Changes may be necessary at your child(ren)'s school in order that our Board remain compliant with Ministry parameters (see below). Any changes would be implemented by Monday, September 18<sup>th</sup>. Principals do not have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes affect your child(ren), you will be informed by the school.

### Ministry Parameters

- Full Day Kindergarten Class Size Average for the Board is 26 students
- 90% of the Board's primary classes with 20 or fewer students
- 10% of the Board's primary classes up to a maximum of 23 students
- Grade ¾ classes have a cap of 23 students
- Junior/Intermediate Class Size Average for the Board is 24.85 students to 1 teacher.

### FIRST DAY PROCEDURES:

Teachers will be receiving their students between 8:30-8:45 behind the school on the paved area. Each teacher will have a clipboard which they will be holding up indicating their grade. There will be staff outside helping to direct students to their teacher and peers. If it rains on Tuesday, students will gather in the gym. We ask that parents do not enter the gym or the school to help ensure a smooth transition back and to comply the fire regulations.

### KINDERGARTEN STUDENTS

Senior Kindergarten Students will meet in the pen and teachers and ECEs will be there to greet them at 8:30. This area can become very congested, please remain outside of the gates. In case of rain, kindergartens will go directly their classrooms. Staff will be available to assist students into the school. We ask that parents do not enter the school to help ensure a smooth transition back.

### LATE ARRIVAL AND ABSENCES

As always, please let us know in advance if your child is going to be late or absent, as per Safe Arrival guidelines. Our attendance line is available 24 hours at extension 100.

When your child is late and you are coming into the building, please go directly to the office, **not** the classroom. Office personnel will note that the student has arrived safely and, if age appropriate, your

child can go directly to their class. Parents are cordially asked not to go to the classrooms during instructional time unless previously arranged with the classroom teacher.

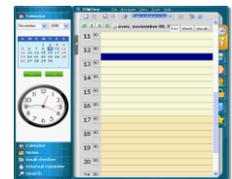
Likewise, if you are picking up your child from school before the 3:15 dismissal we ask that this has been arranged via your child's agenda. We strongly encourage

the least amount of interruptions during Instructional time for optimal learning. We do understand emergencies occur but please try to make arrangements before class time begins. Thank you for your understanding and assistance.

Randal Wagner, Principal  
Shashana Hare, Vice Principal

## STUDENT AGENDAS

Student Agendas are available at the school for a cost of \$6.00, payment can be made on SchoolCash.net or to the teacher directly.



## ASTHMA FRIENDLY SCHOOLS POLICY

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board has a policy to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year.

## Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

## LIFE THREATENING ALLERGIES

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students.

Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

## Parking

Parking around the school is extremely limited. Please consider parking along Goldies street. You can enter through the park and avoid traffic.



There is **NO**  
elevator to  
**SUCCESS.**  
You have  
to take the  
**STAIRS.**



## TOONIES FOR TERRY

We are very proud to be associated with the Terry Fox Foundation and believe that our involvement will fit in nicely with our focus on character education. Terry Fox certainly modeled the following values: heroism, strength, perseverance, courage, determination, integrity and most of all hope.

On Thursday, September 28th our school will be participating in the annual Terry Fox Run/Walk. The run will take place from 1:45-3:00 p.m. on school premises with a rain date of October 6th. We are encouraging all participants to donate a "Toonie for Terry".

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## Transitions to School in the Fall

Returning to school is both an exciting time as well as one that can be challenging for some of our students. As our students get ready for new September routines, here are some tips to support parents on things to consider when the new school year is beginning again:

- If you are new to the school community, make an appointment to meet your child's school team so that you can develop a relationships with the school and learn the school based routines alongside your child.
- Connect your child with neighbourhood friends that are in their class to help them get to and from school with a peer to make the transitions more fun.
- Consider adapting your child's bedtime routine by returning to an earlier 'school day' schedule before school starts, aiming for 10hours of sleep a night.
- Sit and plan what your child would enjoy eating as part of a healthy lunch while at school. Including kids in these routines helps them build their independence in packing a well-balanced lunch and snacks.
- Sometimes when kids are older and have more things to remember like locker combinations and schedules for classes, they can get worried about remembering it all. Talk through their concerns and make some plans for how they can remember these items during a busy day.
- Walk with your child to school to remind them of the safety rules and routines. The summer is a long time and this needs to be refreshed from time to time.
- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

## Talking About Mental Health Sept 2017 – Heading Back to School

Hope that you had a wonderful summer! As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year.

1. Start each day with a positive thought.  
Everyone in the family choose a positive thought for the day.
2. Talk about what they like about school and what they are good at.  
Have them name 1 thing they like about school.  
Have them name 1 thing they are good at.
3. Set a goal for the day.  
Have each child or youth set a small goal to achieve each day.
4. Brainstorm ideas of how to deal with challenges.  
Have your child or youth make a list of ways they can deal with challenges at school. At the end of the day, ask them which strategies they used to deal with challenges. Encourage them to try out different strategies to build their coping tool kit.
5. End the day by being grateful.  
Name three things you are grateful for today.  
Have each child or youth name three things they are grateful for today.  
Have a wonderful and mentally healthy school year!

## The 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. “