

# PAISLEY ROAD PUBLIC SCHOOL – DECEMBER NEWSLETTER 2018

*Proud Responsible, Striving for Excellent*

*Feir, Responsible Viser l'Excellence*



Let's celebrate and/or acknowledge customs, traditions and days of significance from all around the world!

If you have a suggestion or idea, please contact your child's teacher. If you are willing to come in and share ideas with us, we would love to hear from you.

## **Days of Significance December 2018**

Dec 1	World Aids Day	United Nations
Dec 2	International Day of the Abolition of Slavery	United Nations
Dec 2-24	Advent	Christianity
Dec 3	International Day of Persons with Disabilities	United Nations
Dec 6	Saint Nicholas Day National Day of Remembrance of Action on Violence Against Women	Christian Canadian Government
Dec 8	Bodhi Day (Buddha Enlightenment) Immaculate Conception of Mary Day	Buddhism Catholic Christian
Dec 10	International Human Rights Day	United Nations
Dec 16-25	Posadas Navidenas	Hispanic Christian
Dec 18	International Migrants Day	United Nations
Dec 21	Winter Solstice	Yule-Wicca/Pagan, Christian
Dec 25	Christmas Feast of the Nativity	Christian Orthodox Christian
Dec 26	Zarathosht Diso	Zoroastrian
Dec 26-Jan 1	Kwanzaa	Celebration of African Culture

## **December 10th is HUMAN RIGHTS Day!**

““You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” —Jane Goodall

Celebrate Human Rights Day on December 10th!

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for everyone to have access to clean water, unpolluted air and healthy food. <http://www.un.org/en/events/humanrightsday/>

## **Talking About Mental Health December 2018 – GIVE THE GIFT OF RESILIENCY**

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year.

### **REMEMBER:**

- eat well
- get good sleep
- don't over schedule
- stay connected to family and friends
- keep daily routines going

### **HOLIDAY "CONNECTING & REFLECTING" IDEAS:**

#### 23 Days of Giving

Every day in December have everyone put something that they don't use or need into a basket. Later in the month you can go as a family and donate to a shelter or community center

#### Reflection Wall

Have a wall in the house where everyone can add sticky notes of what they are grateful about from the year. Focus on lessons learned, new skills and strategies used throughout the year.

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Signs to look for that someone is struggling Sometimes it's hard to tell that someone is suffering. Here are some signs that someone is struggling.

- Not coming to school or work
- Not engaging with friends or family
- Not participating in activities that they used to enjoy
- withdrawing
- feeling hopeless
- increase use of drugs or alcohol
- Changes in behaviour
- Anger/irritability

Who would your child/youth talk to if they were upset, overwhelmed or struggling? Take a moment to sit down with your child/youth and ask them who they would talk to. Put the Kidshelpphone and HERE247 or DCAFS number in their phones (see below).

All children and youth need caring adults in their lives to talk to about their feelings. Parents/guardians can be some of those caring adults, but it is important for the children/youth to have other caring adults in their lives such as:

Family members, friends of the family, school staff, coaches, instructors, and community members (police, family doctors, librarians, etc.)

Who you can call for mental health support:

- Here 24/7 (for crisis and support with mental health or addiction concerns in Guelph/Wellington)  
<http://here247.ca/> 1.844.437.3247
- Dufferin Child and Family Services (DCAFS) (for crisis and mental health supports for children/youth in Dufferin)  
<https://dcafs.on.ca/> 519 941 1530
- Kids Help Phone: <https://kidshelpphone.ca/> 1 800 668 6868
- Your family physician or family health team

Have a mentally healthy holiday season!

### **THE POST OFFICE IS OPEN!**

Please send holiday cards and notes to the correct addresses. Any questions call Mrs. Mackie Vlietstra at 519-822-0675 ext 231. **Please don't call the main office.**

#### **Reindeer Way**

7 Reindeer Way – Mme. Wilson

8 Reindeer Way –Ms. Robinson & Ms. Meyers

10 Reindeer Way –Mr. Johnston & Ms. Bower

12 Reindeer Way –Mr. Senitt & Mme McKenzie

13 Reindeer Way-Mme Gareau

Reindeer Way Communication Station – Library –Ms. Richer

#### **Elf Ave**

Elf Ave Workshop – Main Office- Mr. Wagner, Ms. Hare, Ms. Mackie Vlietstra, Ms. Erskine, Ms. Wozniak

6 Elf Ave – Resource Hub-Ms. Kauffman, Ms. Hayston, Ms. Godfrey, Ms. Daly, Ms. Pardy, Ms. Currie, Ms. Wilkes

1 Elf Ave- Mr. Woolfrey

Elf Ave Garage- Custodians-Mr. Moores, Mr. Parks, Ms. Slipp

#### **Snowflake Street**

2 Snowflake Street – Ms. Stark

3 Snowflake Street –Mme. Grant

4 Snowflake Street –Ms. Nielsen

5 Snowflake Street – Mme. Christensen

## **Elf Ave Toy Distribution Centre**

Ms. Wetstein

Ms. Berezuk

## **Frosty Avenue**

14 Frosty Avenue-Mme. Thompson & Mme. Hawrylyshyn

15 Frosty Avenue- Mme. Wadleigh & Mme. Botter

16 Frosty Avenue-Mme. Cook

17 Frosty Avenue-Mme Purdie

17.5 Frosty Avenue-Mme. Work

18 Frosty Avenue Mr. Martin

19 Frosty Avenue- Mrs. MacDonald

20 Frosty Avenue- Ms. Elder

21 Frosty Avenue- Mr. Higgins

22 Frosty Avenue-Mme. Kautz

23 Frosty Avenue-Mme. DiLeonardo

24 Frosty Avenue-Mrs. Bardens

Mr.Fischer – **The Cottage**

Ms. Sehl – **The Weather Station**

## **PARENT COUNCIL NEWS**

December is such a busy and wonderful time of year! Happy holidays to all families, how you celebrate this season!

December 18th is the much anticipated holiday sale, located in the school gym from 9-3pm. We are in need of volunteers to help our student choose family gifts and wrap their treasures. You can sign up at this link:

[https://signup.com/mobileweb/2.0/vspot.html?fc=true&activitykey=746994052991954051#choose\\_event\\_page](https://signup.com/mobileweb/2.0/vspot.html?fc=true&activitykey=746994052991954051#choose_event_page)

We are also looking for pizza volunteers on Thursdays from 12-1pm. If you are interested, please let Stacy know! Her email is stacyrm@gmail.com

## **Update from Conversation Cafe**

A huge thank you; to those who came out to talk about Building Healthy relationships in our school community. Please look and keep reading for future events!

## **Making Community Partnerships**

Norfolk Manor Seniors Home

Our Grade 3 Knitting Club will be visiting Norfolk Manor Seniors Home on December 19th. They have been making a gift to give to all the seniors and will be singing carols with the residents. Some of our classes will be making cards for the 50 residents to receive during their Christmas dinner. This is a great way for our students to reach out to our community and make a difference! Thank- you to our Paisley Panthers making a difference!

## **Embedding Indigenous Understanding at Paisley**

We are continuing our Two School One World Treaty with St. Joe's. In October we had Dan and Marylou Smoke as our visiting Elders. In November we had Wampum belt maker Yvonne Thomas visit Paisley. Ms. Perz's class from St. Joe's delivered the wampum belt our two schools made together to Mr. Martin's class at Paisley. The wampum belt represents the commitments both schools have made. Each class in both schools have signed a Treaty Promise of how they will help the earth. It is great to see classes making a difference! If families have any suggestions or ideas that will help us include Indigenous perspective and voice please contact Ms. Richer.



## **From the Library**

Scholastic Book Fair December 11th-13th!

Books make great gifts! Book proceeds will be donated to a School library in an Indigenous community in Canada as a tangible act of reconciliation. The book fair will be open Tues. Dec. 11th from 10:30-11:30 am, 2-3 pm and Wed. Dec. 12th 8:30-9:30 am /1:00-2:00 pm and Thurs. Dec. 13th 9:30 am-11:00 am and 1:00-2:00 pm. Credit and Debit cards accepted. If you wish to have an order placed secretly, please send the money in an envelope and Ms. Richer will try to find you the book and send it back in packaging. Be sure to enter the Family Door Prize event for a chance to win \$25 in free books for your family as well as \$25 for your child's classroom.

December Recommend a Book Contest- Tell others what books you recommend and enter to win our contest. When you come to our library take a book recommendation form and fill it out. Return it to the book recommendation box. Book recommendations will be read on the announcements! Four winners will win a prize from the Library Treasure Box! Bonne chance!

Snuggle Up and Read over the holidays with over 1000 Ebooks and Audiobooks available to students:

The Upper Grand District School board has Overdrive! Students can access over 1000 titles of ebooks and audiobooks through UG2G0 including French titles through Overdrive. Students can download these books to devices or read them on computers. Books can be downloaded in a variety of file types and formats and are available to students for 2 weeks at a time. They can check out as many as 3 titles at a time. Enjoy accessing more great books!

## **Hour of Code December 5th and 6th**

We live in a world immersed in technology. And we know whatever field our students choose to go into as adults, their ability to succeed will increasingly depend on understanding how technology works. But only a tiny fraction of us are learning how technology works. Our school is joining in on the largest learning event in history: The Hour of Code, during Computer Science Education Week. More than 100 million students worldwide have already tried an Hour of Code.  
<http://hourofcode.com/ca>

## **Thank you to Volunteers!**

Parent and community volunteers play an important role in the Library! Thanks for your hard work Marion and Leah! Thanks for helping keep our library shelves organized! Help is always appreciated!