

PAISLEY ROAD PUBLIC SCHOOL – OCTOBER 2020 NEWSLETTER

Proud Responsible, Striving for Excellent



Feir, Responsible Viser l'Excellence

SCHOOL START UP

Well it's been a very different September this year. Students have done an excellent job with the "new normal" in our schools. Thank you to families for the attendance phone calls and adhering to the changes that have come with the September School Start Up. Please remember that masks are required in schools and on the property, this is for everyone's safety. Together we can flatten the curve.

LANYARDS/FANNY PACKS

To help keep masks safe, and prevent loss, public health guidelines require students to wear mask during exit's and entrances at recess. Please consider sending your child with a lanyard or fanny pack to place their masks in when they are outside for recess. This also helps prevent students from setting down their masks on surfaces.

ONLINE COVID SCREENING

The province has released a new online COVID-19 school screening tool: <http://ow.ly/5PCm50BsTWG>. UG parents/students and staff, please complete the screening every day before coming to school/work. Together we will make a difference! #UGTogether

**Students, parents,
and school staff**

Answer a few questions
before leaving for school.



[Coronavirus \(COVID-19\) school screening](#)

Last updated: September 24, 2020. COVID-19 school screening. You must screen for COVID-19 every day before going to school. Answer the following questions to help you decide if you should or should not go to school today.

covid-19.ontario.ca

The Umbrella Project

This October, the board is launching The Umbrella Project, a district-wide initiative focused on mental health and wellness. This year-long initiative is designed to help students and staff proactively build the skills they need to cope with challenging times using 'umbrella skills,' such as gratitude, autonomy and mastery. Each month will feature a different wellness theme for students and staff to focus their classroom teachings and staff wellness activities. We will share information about the project throughout the year, and you can also follow #UGUmbrella on Twitter for ongoing updates.

There are Apps available for Mental Health:

[SAM \(Self-Help for Anxiety Management\)](#)

Self-Help for Anxiety Management (SAM) is a free app that provides people with instructions and activities for managing anxiety. Users can log in and trend their present level of anxiety, list things that make them anxious, read about activities for improving anxiety management, use tools (e.g. though recorder, breathing timer) for anxiety management, bookmark useful tools and approaches, and discuss anxiety management with other users.

[Superbetter](#)

SuperBetter builds resilience – the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most. (F)

[Happify](#)

Overcome stress and negative thoughts. Build Resilience. (S)

[Buddhify](#)

Made for meditation on the go (“Urban Meditation”)

[Stop, Breathe, and Think](#)

Emotional tracker lets you note moods before and after meditating and track your mental wellness over time.

[The Five-Minute Journal](#)

The Five-Minute Journal is based on proven positive psychology research. It focuses your attention on the good in your life and helps you set action in just 5 minutes a day.

[Calm](#)

A meditation app for beginners that also includes programs for intermediate and advanced meditators. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20, or 25 minutes so you can choose the length that best fits your schedule.

[Headspace](#)



September 30th Orange Shirt Day

Orange Shirt Day (September 30th) is a **day** when we honour the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools.