

Paisley Road Public School

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Newsletter For November, 2021

From the Principal's Desk

With the changing of the colour of the leaves comes a change in the weather. Fortunately, we had a warm September and October. Cooler temperatures are now upon us and winter is just around the corner! As a result of the cooler temperatures, the creative playground is now closed for the season. Board Policy dictates that school playgrounds are closed each year from November 1st until March 31st. For more information regarding the Board's Outdoor Space Policy, please click [here](#).

Please note that progress reports go home to parents on Thursday, November 18th. Parent and teacher interviews follow on Friday, November 26th. More information regarding parent teacher interviews will be going home to parents in the coming weeks.

K. Runciman
Principal

Students Arriving Late

We continue to have an inordinate number of students arriving late each morning. We understand that the morning can be a busy time for families, but we are asking that parents work with their children so they arrive to school on time. Students who arrive late not only disrupt the classroom learning environment but it also prevents them from being present for valuable classroom instruction. We try to impress upon students the importance of being on time, as this is a life skill that needs to be learned at an early age to set themselves up for future success. In advance, thank you for your attention to your child's attendance record and respecting our teachers' instructional time, your child's learning time.

Picture Re-Take Day!

Please note that Lifetouch Photography will be returning to Paisley Road Public School on Friday, November 19th for Picture Re-Take Day.

Donations From the Terry Fox Run

Paisley Road's Terry Fox Run, during the week of October 4th – October 8th, raised \$1,400 for the Canadian Cancer Society. Thank you to everyone who donated to the Canadian Cancer Society. A special thank you to Mrs. Berezuk for organizing the Terry Fox Run for the school.

Halloween Food Drive

Thank you to the families that donated to the Paisley Road Public School Halloween Food Drive. As a result of your efforts, the school donated 465 lbs. of food to the Guelph Food Bank. A special thank you to Mrs. Gareau-Duncan for organizing this initiative.



Days of Significance

November 1	All Saints Day Samhain Beltane	Christian Vicca/Pagan
November 2	All Souls Day	Catholic Christian
November 1- 5	Treaties Recognition Week	
November 7	Jain New Year Vikram New Year	Jain Hindu
November 11	Remembrance Day	
November 12	Birth of Guru Nanak Birth of Baha' u' llah	Sikh Bahai
November 14	Diwali	Sikh, Jain, Hindu
November 14	World Diabetes Day	
November 16	Louis Riel Day	Metis
November 15 - 19	Bullying Awareness and Prevention Week	
November 19	Lahbab Duchon	Tibetan Buddhism
November 20	Transgender Day of Remembrance	LGBTQ+
November 24	Martyrdom of Guru Tegh Bahadur	Sikh
November 25	International Day for the Elimination of Violence Against Women	UN
November 26	Day of the Covenant	Bahai
November 28	Ascension of Abdu'l-Baha	Bahai

**Days may vary a few days before or after the indicated date due to the moon sightings and time zones for some Days of Significance. *These Dates were taken from UGDSB Equity and Inclusion Calendar 2021-2022.*

Attention drivers and pedestrians! Do you know the rules of the road?

We all play an important role in keeping our community safe and this includes safety around school crosswalks. When there is an adult school crossing guard in the crosswalk with their stop sign, drivers must stop before reaching the crosswalk and remain stopped until all pedestrians, including the crossing guard, have cleared the roadway. The fine for failing to stop for a crossing guard ranges from \$150 to \$500 and three demerit points. Pedestrians play an important part in keeping our communities safe as well, by obeying crossing guards and at signalized crossings, only crossing when the pedestrian walk signal is displayed. Thank you for your assistance in keeping our school communities safe!

Helping Your Child With Difficult Situations

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. “Resiliency” is what helps adults and children to “bounce back” from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby's smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: "I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away."
5. Instead of making your child say "sorry", talk about his or her feelings and the feelings of the other person involved in the event.
6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child's strengths: "Hey you rode that bike by yourself!"
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to <http://www.reachinginreachingout.com/resources-parents.htm>

Talking About Mental Health - Kindness

Did you know that there are scientifically proven benefits of being kind? That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of "calm"
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

Go out and notice kindness, receive kindness and give kindness this month.

*Jenny Marino, Mental Health and Addictions Lead for the Upper Grand District School Board
Follow me on Instagram #upper_grand_mental_health*

Is it Conflict or Bullying? What's the Difference?

Conflict is a disagreement or a difference of opinion or interests between equals. The people involved in a conflict may disagree vehemently and emotions may run high. When conflict is badly managed, it may result in aggression. In a conflict, both parties have power to influence the situation. That is their goal. Conflict may be an inevitable part of group dynamics, but bullying is not. In each, a different response is required.

Characteristics of a bullying situation include:

- an imbalance of power;
- the intent to harm worsens with repetition over time;
- the distress of the child or teen being bullied,
- enjoyment of the effects on the child or teen being bullied by the person (people) doing the bullying;
- the threat – implicit or explicit – of further aggression



Monthly environmental activities to help celebrate our planet Friday, November 28th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>

"We are also consuming and trashing clothing at a far higher rate than our planet can handle.

*Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption." Dr Kirsten
Brodde of Greenpeace Germany- <https://www.telegraph.co.uk>*

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about!

<https://www.daysoftheyear.com/days/buy-nothing-day>