

Paisley Road Public School

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Newsletter For October, 2021

From the Principal's Desk

With our first month of school now complete, I have been very impressed with how seamlessly the students' return to school has been. From their arrival in the morning until dismissal time, our students have demonstrated great respect for the protocols continued from last year. It's very apparent that the students have missed interacting with their friends and are thoroughly enjoying being together again, evident through the smiles and laughter in classrooms and on the playground!

It was wonderful to meet the Paisley Road School Council during our first meeting of the year on September 21st. School Council's next meeting date is October 19th. If you are interested in attending a School Council meetings(s) to see what's it's all about, please send an email to paisleyroadparentcouncil@gmail.com to receive Google Meet links to attend upcoming virtual meetings.

As safety is always top of mind, we respectfully ask parents who are walking, to pick or drop of their children, to please use the sidewalk and not go through the parking lot to get to the back of the school. School administration has been directing parents at the end of the day to access the sidewalk and the steps at the back of the school as a means to navigate this area. With the potential for danger as families walk through the parking lot, please choose safety over convenience as we endeavor to keep our students and their families safe.

Wishing the Paisley Road Public School community a safe, happy and healthy Thanksgiving!

K. Runciman
Principal

Terry Fox Run

Paisley Road Public School is excited to continue to support cancer research through our school run planned for the week of October 4th to 8th.

Terry once said, "Anything is possible if you try." Today, 41 years later, we will have to innovate as well – we can't think of anything that Terry would appreciate more.

Each class has signed up for a time to go out into our school yard to participate in this week long event. We are following public health guidelines to ensure everyone's safety, which is paramount.

While this year's event might look a bit different, our goal remains the same: to raise funds for cancer research. We will need your help. Normally we would collect "Toonies for Terry", but this year we are asking those who can, make a donation directly to the Terry Fox Foundation in the school's name.

Below is the Paisley Road Public School fundraising link:

<http://www.terryfox.ca/PaisleyRoadPSGuelph>

Terry faced many challenges during the Marathon of Hope, believing he could change the world with effort and perseverance. We are following in his footsteps...we can't think of anything that would make Terry more proud.

Thank you for your support!

Virtual Open House

As a result of the restrictions associated with the pandemic, the traditional in-person Open House for parents is not possible this year. However, please note that a Virtual Open House will occur on Thursday, October 7th. Please check your child's Google Classroom on October 8th to meet their teacher, and see their classroom, through a slideshow or video.

Picture Day

Picture Day is returning to Paisley Road PS! Lifetouch Photography will be visiting the school on Tuesday, October 19th for individual and class photos. Please note this date on your family calendar and be sure to bring a smile! An explanation of the protocols that Lifetouch Photography will be following during their visit can be viewed [here](#)

Music Is Back At Paisley!

Choir has started back up again at Paisley Road! This choir will learn the song, "Small But Mighty" by Ginalina. We plan to record the song for the CBC Music Class of the Year contest. Attendance at all outdoor rehearsals each Day 2 and Day 4 second recess is **mandatory**, unless students are home sick.

For more information about Music at Paisley please visit [here](#) to request access to join our Paisley Road Music Google Classroom

We are looking forward to sharing music again!

What Are Number Talks?

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy**, **flexibility**, and **efficiency** in math and Number Talks can support the development of all three. The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking.

Balls to Donate?

With the fall cleaning season upon us, do you have sports balls in your garage, basement or shed that you would like to donate to the school? We are looking for basketballs, soccer balls, footballs or other bouncy balls that can be used safely on the school yard during recess. We hope that the fence surrounding our yard will come down soon, allowing our students to have access to the soccer field to enjoy donated items. If you have items to donate, please send them to the school with your son/daughter or drop them off at the office for distribution to classrooms.

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

Talking About Mental Health

I hope that you had a wonderful summer and start to the new school year! Even with the fun of summer and the excitement of the first day of school behind us, returning to school can be a stressful and exciting time for both students and their families. Add to that new teachers, new friends, new schools and for some even a new community: that adds up to a lot of change and potential stress!

While a little stress can be motivating and help us to focus, too much stress can tip the balance and trick our bodies into thinking that we are in danger. This leads to a release of adrenalin and keeps you and your body on full alert. So what can you do? Here are some proven ways to manage stress and take care of yourself from the inside out:

VISUALIZATIONS: According to research, when you visualize something your brains respond to the images in the same way they would to real-life action. So if you take 5 minutes to visualize yourself in a favourite place your brain will think you were really there! That’s right! It’s literally a 5 minute vacation with all the benefits!

JUST BREATH: Practice slow, deep breathing. Although we are all familiar with the “take a deep breath” suggestion when we are panicked or over stressed, you may not know that this has to do with the brain’s “pacemaker” for breath. The research into the impact of breathing on our brains simply confirms what we already know: the simple act of breathing is connected to our emotional state. Slow breathing really can calm you down!

REACH OUT: Of course sometimes we just need to reach out to someone, write in our journal or scream into the ocean. Getting your feelings out and identifying that you are stressed can actually alleviate some of your stress as well. Connecting with others and asking for help if you are overwhelmed is a great way to manage stress. Also, if you see someone who looks a bit overwhelmed, reach “in” (check in) and see how they are doing. It can go a long way to know you are surrounded by people who care.

And of course, if your stress begins to impact your daily activities and you continue to struggle, reach out for help.

Here24/7: 1 844 437 32477 (HERE247) TTY: 1-877-688-5501 (Guelph and Wellington)
Dufferin Child and Family Services: 519.941.1530 (Dufferin)
KidsHelpPhone: Text CONNECT to 686868 or call 1-800-668-6868

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board
 Follow me on instagram @ugdsb_mental_health*



Days of Significance

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

October 2021

October 4 th	St. Francis Day	Catholic Christian
October 5 th	World Teachers’ Day	
October 6 th	World Cerebral Palsy Day	
October 6 th	International Walk To School Day	
October 10 th	World Mental Health Day	(WHO)
October 11 th	International Day of the Girl	
October 11 th	Thanksgiving	Canada -Interfaith
October 13 th	Durga Ashtami	
October 15 th	Vijaya Dashmi/Dussehra	
October 16 th	World Food Day	

October 17 th	International Day for the Eradication of Poverty	UN
October 18 th	Mawlid an Nabi	Islan
October 20 th	Installation of the Scriptures as Guru Granth	Sikh
October 21 st	Spirit Day	(LGBTQ+)
October 21 st	Kathina Festival/Paváraná Day	
October 21 st	Child Care Worker and ECE Appreciation Day	
October 31 st	All Hallows Eve	Christian

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. Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher. Our school has procedures in place to help manage 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.

Video Surveillance

This is a reminder that Paisley Road Public School, similar to all schools in the UGDSB, is outfitted with video surveillance cameras, both inside and outside the building. The purpose of the video surveillance cameras is to ensure student/staff safety, and to help reduce vandalism at UGDSB schools. School administration must follow the UGDSB's video surveillance policy, which can be viewed here: <https://www.ugdsb.ca/board/policy/policy-203-video-surveillance/>

Signage is posted on the outside of the school noting that video cameras are active.

First Nation, Métis, Inuit Self-identification

If your child is a member of a First Nation, the Métis or the Inuit, please consider having him or her self- identify. Self-identification helps in several ways:

1. Students will have access to more culturally relevant programming and opportunities for unique cultural and academic experiences.
2. The school system will have an opportunity to focus efforts and resources, as well as an increased awareness of the diverse needs of indigenous families.
3. The school community will have an opportunity for building relationships to increase student success and well-being. Share your pride in your heritage! Please come to the office (or have your child do so) to get a card that can be filled in and submitted if you wish to self-identify. Data will be protected and governed by the Freedom of Information and Protection of Privacy Act.

Upper Grand Learning Foundation

Lately the school has had a number of requests from parents and community members who would like to donate money to the school. As a means to assist the school with financial donations, parents are encouraged to utilize the Upper Grand Learning Foundation. Charitable tax receipts are provided for donations of \$20 or more and only when the donor's name and address are provided in full. For more information regarding the Upper Grand Learning Foundation and the process through which to donate, please visit www.uppergrandlearningfoundation.com

Environmental Activities to help celebrate our planet



Oct 6th IS INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 6th 2021!

In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <http://www.saferoutestoschool.ca/>

4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It’s an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren’t spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child’s daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!