

Paisley Road Public School

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Newsletter for December 2021

From the Principal's Desk

A feeling of the Holiday Season is definitely in the air and another calendar year is almost over as we approach 2022! Please note that the last day of classes prior to the holiday is Friday, December 17th. The school will re-open on Monday, January 3rd, 2022. On behalf of the staff and students, I would like to wish everyone in the Paisley Road Public School community a peaceful, restful, and joyous holiday season. Have a great holiday and may the New Year bring prosperity, good health, and happiness to all!!

School Council's Lady Glaze Fundraiser

Paisley Road's School Council is organizing a Holiday Season fundraiser through Lady Glaze donuts. School Council will be selling Lady Glaze gift cards, in \$20.00 denominations, from Thursday, November 25th until Thursday, December 9th. Gift cards can be purchased online through School Cash Online. Please click [this link](#) to access School Cash Online. Proceeds raised through this fundraiser will be used to support student learning throughout the school. If you cannot access School Cash Online, please click the Lady Glaze fundraiser order form below, indicating the number of \$20.00 gift cards you wish to purchase. Be sure to ask your friends, co-workers and extended family members for their support too! Please send in your order form to your child's teacher by the November 25th deadline. All gift card orders will be filled prior to the last of school before the Holiday Season on Friday, December 17th.

[Lady Glaze Order Form](#)

Students Repeatedly Arriving Late

We continue to have a number of students arriving late to school each day. A helpful strategy for students who are often late to school is for parents to set their alarm clock ten minutes earlier each morning. Students who arrive late not only impact their own learning but also that of their peers as they disrupt classrooms upon entering, when they are in session. Please be mindful of the fact that being on time is an important life skill. Assisting our students to be on time helps them develop a sense of responsibility, which will benefit them as they grow and mature into adults. Thank you for helping to ensure the timely arrival of our students to their jobs!

Let it Snow, Let it Snow, Do Not Throw!

As the season changes to winter, we are faced with an issue that over time has remained the same...the inherent danger in throwing snowballs. For everyone's safety, Paisley Road Public School ***does not allow the throwing of snowballs***. We encourage students to let 'gravity do its thing' and keep the snow on the ground. Students will be acquainted with the phrase, "If you pick up snow, you pick up trouble." Please reinforce this message at home, helping to remind our students about the dangers of throwing snow.

Cold Weather and Warm Clothing!

Now that winter is finally upon us, students should be wearing hats, mitts, boots and a winter coat while on the yard during recess. Proper attire during the winter months will help ensure our students enjoy their time outside while being comfortable in the process.

Wellness Works - Gratitude

Gratitude is not just “good manners” and it plays a significant role in overall wellbeing. Gratitude can be expressed by a simple “thank you” but there are many other ways to nurture and identify gratitude. Gratitude can happen in four ways:

- NOTICE what it is that you are grateful for
- THINK about why you are able to be grateful or why the thing you are grateful for is there
- Identify how you FEEL about the things we are grateful for
- DO express appreciation back “outwards”

Gratitude is not just about receiving, it is also about giving. So what can you do with your child/ren or even yourself?

- Point out the things you are grateful for and remember that modeling for your child/ren is a very powerful technique
- When you are grateful make sure to point out why you feel grateful
- Help your child/ren find gratitude in the things they may take for granted such as something in nature, or a simple meal
- Encourage them to use their own areas of strength to give back and be helpful and cooperative with others
- Notice accomplishments - even the smallest ones are something we can be grateful about
- Have a gratitude wall or space on your fridge where everyone can write something they are grateful for - the whole family, visitors, friends. Seeing what others are grateful about is also quite powerful
- Identify someone your child/ren is grateful to have in their life (e.g., an extended family member, an elder, a peer, a teacher, a principal, a counsellor) and encourage them to let that person know

Taking just a bit of time to identify gratitude can have an impact. We are very grateful to all of the parents, guardians, elders, and caregivers who support our communities’ children and youth.

Jenny Marino, Mental Health Lead
and the Wellness Works Committee



Monthly environmental activities to help celebrate our planet
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/>



Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!

- **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.
- **Read the book: We Are All Born Free:** The Universal Declaration of Human Rights in Pictures by Amnesty International.
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Make a World Wishes Dove with your family.** Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
- **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.

“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience” by Melissa Breyer