

Paisley Road Public School

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Newsletter for February 2022

From the Principal's Desk

I would like to take this opportunity to acknowledge the amazing efforts of our students, who successfully pivoted to online learning following the holiday season. Students were quickly reacquainted with online etiquette, keeping their microphones off and raising their hands in a virtual environment while waiting to respond. Upon their return to in-person learning during the third week of January, students moved seamlessly to their cohorted areas on the school yard during recesses. I commend them for the resilience and patience they have demonstrated during this time. A special thank you to our parent community for supporting our students, while balancing their own work at home. I also want to recognize the incredible work of our teachers during the transition back to online learning following the holidays. Transitioning to a new learning environment in short order, while in some cases supporting their own family's at-home learning, is a monumental task.

Congratulations and thank you to everyone for making the move to online learning, and subsequent return to in-person learning, as seamless as possible.

K. Runciman
Principal

Reading in English

As you know, students in the French Immersion Program receive 100 percent of their instruction in French from Junior Kindergarten until Grade 3. Beginning in Grade 3, and every year thereafter, a portion of each day is spent learning in English. To this end, students in the Primary grades should be reading **AND WRITING** in English at home on a regular basis. Students in upper grades should also be reading in English on a regular basis. Thanks for supporting your child with reading and writing at home!

How Mathematics Helps Children Learn About Language

Mathematics offers opportunities to develop cognitive language as well as subject-specific vocabulary, which sometimes carries a different meaning to that of every day language (e.g. table, point, difference, etc.)

- *Children learn a range of ways to talk about calculations (what is the sum of ...?, what is the total...? etc);
- *Problem solving provides opportunities for children to use modal verbs such as might, could, couldn't and must to reason and predict;
- *Learning about shape and space offers opportunities to use the language of comparison (longer, longest, wider than, etc); and positional language (next to, between, in the middle of, below, etc);
- *Data handling and interpretation provides opportunities for children to formulate questions as well as interpret and explain findings;
- *To explain strategies and reasoning used, children will need to use logical connectives (e.g. if...then, therefore, because, consequently, etc) and time connectives (e.g. first, then, next, afterwards, finally, etc) to sequence their explanation;

*Oral and mental work in mathematics provides opportunities for modelling, rehearsing and using the language of mathematics;

Teaching Inferencing At Home

Talking with your child about everyday life is the cornerstone for his future success in inferential thinking. Share the thinking behind your decisions. Be willing to admit you are not sure about something, but explain what your thinking is so far. A conversation like “Look at those dark clouds. I’m guessing we’re going to get some rain this afternoon” or “I’m going to stop reading for a minute so we can think together about what this all means” will help you child develop his ability to think and infer.

Report Cards

Term 1 report cards will be sent home on Thursday, February 17th. Parents will be informed in-advance of how their child’s report card will be received

Wellness Works @ UGDSB Brought to you by the Wellness Works Team!

This month at UGDSB our Wellness Work’s theme is Realistic Optimism. What is Realistic Optimism?

Realistic optimism is:

- *Believing that you will succeed with the right inputs like hard work and careful planning
- *The tendency to look at the favourable side of events
- *Expecting a positive outcome while preparing for obstacles and seeing ways to work around them
- *A relatively stable expectation that good things will happen instead of bad
- *A belief in the ability to learn and grow

Unrealistic	Realistic	Realistic	Unrealistic
Pessimism	Pessimism	Optimism	Optimism

(image from article “Realistic Optimism” by Chris Loper)

Realistic optimism is not about always seeing the positive. It is about recognizing that obstacles exist, focusing on what we can control, and looking for opportunities to problem solve even during times of struggle. Realistic optimism requires the cognitive flexibility skills explored in October. Here are some ways you can explore realistic optimism this month:

Self Talk: What we say to ourselves can shift our perspective. Ask kids to listen to that little voice in their heads and notice what it is saying. Identifying what they are saying to themselves is the first step. Next, prompt them to create new statements that are framed in a more positive tone. “I’m going to fail that test tomorrow” could shift to “I am going to do the best I can on that test tomorrow”.

Look for the Lesson: When something doesn’t go as planned, it can be easy to resort to blame. Often, that blame is turned on ourselves. Instead, look for the lesson. Intentional reflection can help highlight the possibility for personal growth inside of a challenging situation. What has this situation taught you? What have you learned? This is a great skill that adults can also model for their children.

SMART Goal Setting: Sometimes we set goals that are unrealistic or too vague, which leads to feeling failure when we don’t accomplish them. Setting goals that are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely can help us celebrate small wins along the way, especially when connected to action tasks. Imagining what is possible and connecting it to the hard work needed to make it happen is realistic optimism in action!



Monthly environmental activities to help celebrate our planet

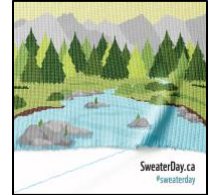
February 3rd is National Sweater Day!

Make the Earth better by wearing a sweater

Celebrate International Sweater Day on February 3rd !

National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to taking nearly 700,000 cars off the road!

http://www.wwf.ca/events/sweater_day/



National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.

assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf

Ideas for your family to celebrate Sweater Day!

- Turn down your thermostat and wear a sweater!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.
- Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).
- Read a children's book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- Valentine's Day is just around the corner - use recycled materials to create your cards this year!

For more ideas and fun things to do on International Sweater Day, please take a look at this pdf supplied by WWF assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf