

Paisley Road Public School

Kirk Runciman, Principal
Sheena Grinwis, Vice Principal

406 Paisley Road, Guelph, ON N1H 2R3
School Website: www.ugdsb.ca/paisley

Gayle Erskine, Office Co-ordinator
Stephanie Sambells, Administrative Office Assistant

Telephone: 519-822-0675
Email: PaisleyRd.ps@ugdsb.on.ca

Newsletter For October, 2022

From the Principal's Desk

There was a very obvious buzz in the school during our Open House on September 29th. Parents were excited to be back in the school, for the first time in two years, seeing their child(ren)'s classrooms and meeting their teachers. School staff greatly appreciate the tremendous support shown during our Open House. We look forward to a great year at Paisley Road PS.

I would like to thank the parents who attended our first School Council meeting of the year on September 20th. The school staff looks forward to working with School Council again this year! Council's next meeting is scheduled for Thursday, October 20th @ 6:30 p.m. in-person in the school library. Please email School Council (paisleyroadparentcouncil@gmail.com) if you are interested joining the October meeting virtually.

As a reminder to parents, maintaining ongoing communication with your child's teacher is imperative for success. Please ensure you know what form of communication is best for you to reach your child's teacher and on the contrary, for them to reach you. Whether it's through the student agenda, email, face-to-face contact or the telephone, communication is vital! *"The single biggest problem in communication is the illusion that it has taken place". George Bernard Shaw*

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

K. Runciman
Principal

The Every Child Matters Flag Was Raised at Paisley Road P.S.

Last year a group of students began learning about Truth and Reconciliation and read all 94 Calls to Action. They learned the truth about Indian Residential Schools by listening to people who lived it, by reading and by researching. The students made a proposal to Mr. Runciman requesting to fly the Every Child Matters Flag. The students consulted a Residential School survivor with whom they had been working, about their idea. She was impressed by their initiative and supported this idea for reconciliACTION. The students also received approval from the UGDSB Principal of Indigenous Education. Further, the students made proposals and presentations to Mayor Cam Guthrie and Sara Sayyed, Senior Advisor for Equity, Anti-racism and Indigenous Initiatives for the City of Guelph.

Flying the flag is an expression of remembrance, meant to honour residential school survivors and all the lives and communities impacted by the residential school system in Canada. It is not performative, but a reminder of the work we must do. Flying the flag shows that we care and are willing to do the work. Several Junior classes have already committed to reading the 94 calls to action and/or article of UNDRIP (The United Nations Declaration of the Rights of Indigenous People) each day as part of our commitment to learning. The students at Paisley will be working together to plan how they can help make sure EVERY CHILD MATTERS and the staff are here to support them.

UGDSB Student Census

Students/families in Kindergarten to Grade 12 are encouraged to complete the UGDSB Counts Student Census survey by October 9th, 2022. The link to complete the census can be found at the bottom of the email sent to parents/guardians

(Kindergarten – Grade 8). It is a rectangular blue button that says, “Begin Survey.” If you need assistance, please email researchinnovation@ugdsb.on.ca.

Learn more about the importance of this census data, how the board is protecting privacy and examples of ways that the board will using the data to direct its resources and supports at www.ugdsb.ca/census.

Terry Fox Run

Paisley Road Public School was excited to continue to support cancer research through our school run on September 29th. Terry once said, “Anything is possible if you try.” 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 prouder. Thank you for your support!

Staff Parking Lot

We continue to have families entering the school parking lot before the start of the school day and prior to the end-of-the-day bell. The start and end of the day are VERY busy times at the cross walk in front of the school, with students, parents, busses, and taxis coming and going. Additional and unnecessary traffic on school property during these times presents serious safety concerns. If you are dropping off or picking up your child, please park on a neighbouring street, ***not*** in the staff parking lot or at St. Joe's Catholic School. Choose safety over convenience.

Picture Day Is Coming!

Lifetouch Photography will be visiting the school on Thursday, October 13th for individual and class photos. Please note this date on your family calendar and be sure to bring a smile!

Music Is Back At Paisley!

Madame Gareau has started working with the School Choir, in preparation of their anthem singing at an upcoming Guelph Storm game. The Choir is scheduled to sing the National Anthem on Friday, November 25th, prior to the Guelph Storm's game against the Owen Sound Attack. Be sure to make plans to come out and support our students on this night. The Choir will also record a song for the CBC Music Class of the Year contest.

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*

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!^{SEP}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.^{SEP}Data will be protected and governed by the Freedom of Information and Protection of Privacy Act.

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.

Environmental Activities to help celebrate our planet



Oct 5th 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 5th 2022!

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!