

# Paisley Road Public School

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## Newsletter for March 2023

### From the Principal's Desk

We had a great month of February learning about Black Heritage, Black Brilliance and Black Futures, celebrating the lives and accomplishments of Black individuals in Canada and beyond. We appreciate and celebrate our diversity as a school and continue to work with our students to dismantle racism and build continued understanding and awareness through intentional discussions and lessons.

On February 22<sup>nd</sup> we recognized Day of Pink. This is a day where we wear pink for Anti-bullying awareness and to show that we all play an important role in building and maintaining an equitable and inclusive school environment. We also recognize that discussions and learning about identity, diversity, racism and oppression are not isolated to a month in our calendar year, but rather integrated into the teaching and learning in our classrooms throughout the school year. As parents, please engage in discussions about antiracism and inclusion with your children and reinforcing the importance of respecting differences.

In only a few weeks the winter season will be in the rear-view mirror and spring (hopefully!) will be upon us. In advance of spring of course is the March Break, from March 13<sup>th</sup> to March 17<sup>th</sup>. Whether traveling during the holidays or enjoying a "staycation", the Paisley Road Public School staff wishes our school community a safe, happy, and healthy March Break. We look forward to seeing everyone back at school on Monday, March 20<sup>th</sup>.

K. Runciman  
Principal

### School Council Updates

School Council is looking for more members and support. **Want to learn more?** Please email [paisleyroadparentcouncil@gmail.com](mailto:paisleyroadparentcouncil@gmail.com). EVERYONE is welcome.

1. Upcoming Dance-A-Thon - A school favourite is returning next week. Send students ready to dance the day away on March 10<sup>th</sup>!

The Dance-A-Thon!!! Students will receive a fundraising sponsorship from this week and should return these on March 10<sup>th</sup>. **Funds are being raised for Music and Language Resources.** Student can bring along a few extra dollars on March 10<sup>th</sup> to buy some glow sticks and other fun items at the event.

2. Pizza Day - The current cycle will be extended by one week (April 13<sup>th</sup>) due to the school closure last Thursday. School Council will be organizing one more pizza cycle from April - June. Sign up for the last pizza cycle of the year will come late in March.

Thank you to the school community for all of support council has received this year.

## **End of Day Bell Time Change NEXT YEAR**

Beginning next year, our school day will end at 3:05 p.m., ten minutes earlier than our current time of 3:15 p.m. This change will be made as a result of our forty-five-minute breaks, during both the morning and afternoon, becoming forty-minute breaks. The start time of the school day and the Ministry mandated three-hundred-minute instructional day will not be impacted by this change.

## **Wellness Works! - Self Compassion**

This month we remind ourselves that we too deserve the same kindness, compassion and care that we give to so many others. This is especially true as we all work individually and collectively to make our way following the pandemic. Here are some ways to help yourself with your own self compassion:

1. Remember it's okay to say, "this is really difficult right now". What do you need to take care of yourself? What does your self-care look like? Is it a walk outside? A few minutes of deep breathing in a quiet space? A conversation with a friend or family member? Writing down your thoughts? There are so many different things we do to take care of ourselves. Find your "thing" and give yourself permission to do it. You deserve it.
2. Are you judging yourself? Your situation? Your decisions? Try and notice when you are self-judging and hit the pause button. Can you try being gentle with yourself? Give yourself a moment of compassion and kindness. Words can be very powerful. What you say to yourself has an impact. Speak and think kindly of yourself.

Here are some family activities that you can explore this month alongside your child/ren.

1. Have everyone write a letter to themselves. You can choose to share it with the rest of the family if you want or just spend the time writing together and keep your letter in a special spot
2. Have everyone go around the table and do "rose, bud, thorn". What is one thing you really like/appreciate about yourself (rose), What is one thing that you are working on for yourself (bud) and what is something that you are finding difficult (thorn).
3. Have everyone brainstorm ways to be kind to yourself. You can make a big chart or picture and put it up on the fridge. When someone is needing some self-care they can always go to this and choose something that works for them in that moment There is no doubt that these are difficult times. It is so important that we are kind to ourselves.

Remember to reach out to someone if you are feeling alone and look out for others as well.

Remind your kids that they can talk to you when they are feeling sad or down or confused.

If you are in crisis and live in Wellington you can call Here247 at 1-844-437-3247 (HERE247) or COMPASS distress line at 1-888-821-3760

If you are in Dufferin and are in crisis you can call Dufferin Child & Family Services at 519-941-1530

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

2SLGTQA+ Text or Call 226-669-3760

## **Vision Health**

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams, is available free of charge, for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are several accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies.

## **Your Child's Hearing is Important!**

Seventy-five percent of a child's day is spent listening; listening to complex language, directions and instructions which need to be comprehended. Being able to hear peers is important for developing social skills and friendships. That is why it is important that any hearing difficulty be discovered as soon as possible because

even mild hearing loss can put a child at risk for academic and communication difficulties. **Audiologists** are experts who assess hearing sensitivity and functioning that provides a window into the language/listening parts of the brain. Since listening is a critical learning skill, test results can be helpful in planning a program of intervention. Students who wear hearing aids, cochlear implants, or use personal FM systems should routinely visit an Audiologist to have their equipment checked. If you suspect your child has difficulty with hearing or attention it is recommended that you have your child tested by an **Audiologist**. To find an Audiologist in your community, visit the website of the College of Audiologists and Speech Language Pathologists of Ontario ([www.CASLPO.com](http://www.CASLPO.com)) and click on “Find an Audiologist” and search for Private Practice. At UGDSB, you can call 519-941-6191 ext. 231 for information.



## MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

### March 25<sup>th</sup> is Earth Hour!

*It is vital to teach our children to respect and take care of the environment.*

**Join the global Movement! Celebrate Earth Hour on March 25<sup>th</sup> at 8:30pm.**

Earth Hour’s mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

*“Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then, it has grown to engage more than 172 countries and territories worldwide.”*

*Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.”*

### **Ideas for your family to do for Earth Hour!**

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 25<sup>th</sup> from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*

The possibilities are endless!

Quotes and information taken from: <https://www.earthhour.org/>