



# PARKINSON CENTENNIAL

## SEPTEMBER 2016 NEWSLETTER



PAOLA ARGENTINO, PRINCIPAL • WAYNE PEETERS, VICE PRINCIPAL • ATTENDANCE (519) 941-2461 EXT. 100

### Vice-Principal's Message



Welcome back!

I hope that everyone had a fun and safe summer! My name is Wayne Peeters and I am excited to be back at Parkinson as your Vice-Principal. After transferring to Parkinson from Peel in 2003, and 13 years later arriving back as the Vice-Principal, my career has come full circle. As I arrived on the last day of school for a visit, I couldn't help but feel the positive and caring energy that I remembered many years ago. I look forward to working with and learning from everyone, and continue to make Parkinson a great place to learn, grow and inspire.

Before coming to Upper Grand, I spent many years with the Peel and Scarborough Boards of Education teaching a combination of instrumental music, and classes from Kindergarten to Grade 8. I am a firm believer in building an inclusive, resilient learning community using music, character education and sound instructional pedagogy. If you are in the building, please stop by to say hello, my door is always open!

Walking through the halls, the teachers have done an outstanding job prepping their class for the first day of school. The rooms are arranged purposefully, and the walls are ready to showcase the great learning that will happen in the class. Sharon and her custodial staff have also done an exemplary job cleaning furniture and waxing the floors. Thanks Sharon for the great work you do here at Parkinson.

As we start the school year, just a reminder that our instructional day begins at 8:40am. Since supervision on the yard begins at 8:25am, we ask that students not be dropped off prior to this time. Our Nutrition Break times have not changed. First one begins at 10:40 am and the second at 1:20pm. The students will have 20 minutes eating time and 20 minutes outside for recess for both breaks. Please keep in mind, when preparing lunches and snacks, that we have a number of children in our school who have anaphylactic allergies towards nuts. See the information found in this newsletter.

Please contact the school if you have any questions or concerns.

Yours in education,

Wayne Peeters  
Vice-Principal

**To find out about the most current events at Parkinson Centennial:**



**Follow us on  
Instagram**  
Parkinson\_Centennial

Please Note: the school only posts items on Twitter and Instagram and does not follow any other users.

## Paperless Newsletters

In an effort to reduce paper consumption and costs, Parkinson Centennial will be going paperless for newsletters starting with our October newsletter. All newsletters are currently available online, but by signing up for the electronic notification, you will receive an alert when they are posted and you can then easily view them online. We will also inform you about important school events or news in this same manner.

The Upper Grand District School Board is CASL (Canada's Anti-Spam Legislation) compliant. Please be aware that by registering for this service you are expressly consenting to the possible receipt of commercial messages from the school (e.g., information on school trips, fundraisers, year books, team uniforms, photo-days, pizza days etc.)

**If you wish to receive the above communications from us, please visit our CASL registration website at:**

<http://www.ugdsb.on.ca/CASL>

If you have any questions or if you wish to withdraw your consent at any time, please visit the same site and click on "Unsubscribe" to remove your name from your contact list.

**If you wish to continue receiving a paper copy of the newsletter, please inform your "youngest or only" child's teacher and we will be sure to send a copy home with them.**

# Don't Forget!

If your child is going to be late or absent, please remember to call

the attendance line before 8:40.

**519-941-2461 extension 100.**

Your child has received several items that need to be reviewed, corrected or completed, signed, and returned to the school as soon as possible. They include:

- **Consent to Share Personal Information** – (green paper) without this signed form, your child's photo or video cannot be taken during classroom activities or special events and shared outside the school (Twitter, school website, newsletters). The school does not share students' last names or other personal information.
- **Report Cards** – if you did not pick up your child's June report card, it has been sent home with your child this week.
- **Student Verification** – this form contains the information we have on file for your child. Please carefully review this information, make necessary corrections and sign. It is very important that we have correct contact information on each student in case of emergency.
- **Student Accident Insurance Acknowledgement** – (blue paper – to be sent home next week) complete and sign this form and return it to the school. **Please note**, application forms and cheques are to be sent directly to Old Republic Insurance Company and not the school. For those who wish to purchase accident insurance, the following is some information to consider.

## Accident Insurance

**Reminder for parents: Accidents happen - be prepared with Student Accident Insurance**

Parents or guardians are responsible for expenses related to student injuries on school premises during school activities. Accidents can and do happen and the costs involved might not be fully covered by Provincial Health Care or employer group insurance plans.

The Upper Grand District School Board is empowered under *The Education Act* to offer Accident and Life Insurance for students.

Information has been sent home with respect to Student Accident Insurance offered by Old Republic Insurance Company of Canada. You should receive the Director's letter, an Acknowledgment to be signed by parents (and returned to school) and a Student Accident Insurance application form (to be mailed directly to Old Republic). Old Republic offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents or guardians.

Subscription is directly through Old Republic by mail or on line. Questions should be directed to Old Republic at 1-800-463-5437 or [www.insuremykids.com](http://www.insuremykids.com).

For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable.



## [Back to School Blues](#)

Although for many there is excitement and anticipation about going back to school, for some children transitioning back in September can be tough. Moving into a new classroom, having new teachers, new friends and classmates, and new schedules can all bring about a feeling of stress. The angst children feel, questions they ask, and worries they express about these changes are normal. Sometimes it can be the smallest detail that can be the most worrisome for children. As a parent, you may not know what to do about these butterflies, stomach aches or tears. For some of us, it may intensify our own stress. Here are a few things you might try the first few weeks into the new school year.

1. Listen carefully to your children and hear their concerns.
2. Remind them of previous times when they felt anxious, and discuss the strategies they used that helped make the situation better.
3. Review the daily routines they are experiencing at school, and what after school time and weekends look like.
4. Make a list of the things they like about school.
5. Remind them of all the things they are good at.
6. Ask about their friends.
7. Be patient and positive. You may need to have these conversations daily.

As a parent in our school, please know that you can always contact us if your child's worries persist. We are here to support your child's wellbeing and achievement, and getting off to a great start in September will help us all achieve just that!

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## [Life Threatening Allergies](#)

While many children have allergies, some children have life-threatening food allergies. We understand that many parents are becoming increasingly concerned about foods that can cause severe, adverse, allergic reactions and rely on your support to ensure the safety of all students.



**Please help us to maintain a safe and healthy environment for all students, by *not* sending any snacks or lunches that contain nuts or nut products.**

*We appreciate that it is difficult at times to find a variety of items for student lunches, however, we ask for your understanding and support in this situation.*

<https://www.ontario.ca/page/sex-education-ontario>.

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## [FSLAC September 2016](#)

The UGDSB is establishing a French Second Language Advisory Committee (FSLAC). The Committee will serve in an advisory role and make recommendations with respect to the FSL Action Plan and the French Immersion JK Registration Process for 2017 and beyond.

Eleven Committee members will be selected from all areas of the Board, and will be parents of current elementary or secondary FSL students in either French Immersion or Core French programs. Interested parents may forward an application to Superintendent Tracey Lindsay which includes the following:

1. A statement explaining why they are interested in serving on the FSLAC.
2. The current grade their children are in, in what FSL programs and attending which school.
3. A brief outline of your school and/or community volunteer experiences.

Applications may be emailed to Tracey Lindsay at [tracey.lindsay@ugdsb.on.ca](mailto:tracey.lindsay@ugdsb.on.ca).



# Upper Grand District School Board

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September, 2016

Message from the Human Resources Department

RE: SCHOOL ORGANIZATIONS

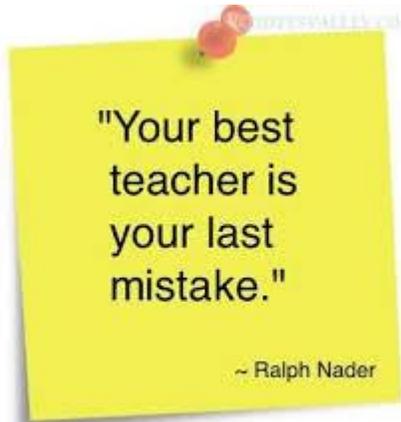
Schools have built class lists based on their tentative organizations. Changes may be necessary at your child(ren)'s school in order that our Board remain compliant with Ministry parameters (see below). Any changes would be implemented by Monday, September 19<sup>th</sup>. Principals do not have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes affect your child(ren), you will be informed by the school.

## **Ministry of Education Parameters**

- Full Day Kindergarten Class Size Average for the Board is 26 students
- 90% of the Board's primary classes with 20 or fewer students
- 10% of the Board's primary classes up to a maximum of 23 students
- Grade 3/4 classes have a cap of 23 students
- Junior/Intermediate Class Size Average for the Board is 25.2 students to 1 teacher

## [Safety Reminder](#)

The roundabout in front of the school is a no parking zone. The circular drive is meant for school busses. We would appreciate it if parents could encourage students to walk, and if this is not possible, please park/stop along the road to drop off your child. Busses are often unable to enter or exit our roundabout because it is being used as a parking area. For the safety of all our children please refrain from doing so!



### *The Benefits of Making Mistakes*

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, "making mistakes is part of life—and a really big part of growing up. It's how you learn who you want to be" (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children's lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book *Mathematical Mindsets* (p. 12) when the brain is challenged and mistakes are made, that is the time when "the brain grows the most."

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn't it be wonderful if all of our students followed these ideas? It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, "[everyone] will make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit."

UGDSB Program Department

## [Feedback Welcome on Draft Policies and Protocols](#)

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are Public Concerns #215 (closing Sept. 27) and the Police / School Board Protocol for the Investigation of School-Related Occurrences (closing Sept. 30). You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy).

Some parents have expressed concerns about establishing morning routines for their children to make the day go better for the whole family. Based on these conversations in past years, you might want to review your morning routine with some of suggestion below.

- 1. Consistency.** Having a routine that is the same each day allows everyone to stay on track and on time. Expectations are clear, confusion is limited, and less time is wasted in the morning. For example, 7:30 am eating at the table every morning, or times for showers, or be dressed and ready at the door by 8 am, ready to walk to the bus.
- 2. Wake-Up Time.** The time to wake up is based on how much time it takes to roll out of bed and get ready for school. Once the necessary amount of time has been identified, add a cushion of perhaps 15 minutes, establish the wake-up time, and stick to it. Determine whether you or the alarm clock will provide the wake-up message.
- 3. The Night Before.** Gathering books, papers, supplies, and backpacks the night before streamlines the morning scramble. Placing these items in the same place every evening reduces confusion. Picking clothes and placing them in the same location each evening may make the morning more peaceful. There may be more time for the struggles of decision making in the evening. If lunches need to be packed, they can be planned or organized in the evening. This is especially important if you have morning sports, swimming, hockey practice or school sports.
- 4. Breakfast.** The morning eating routine needs to be determined. The reports are consistent that breakfast is important in school performance. Determine who will make breakfast. Set guidelines for what constitutes a nutritious breakfast a quick smoothy in the morning or eggs and toast, planning helps.
- 5. Good-Bye.** Start the day on a positive note. Tell your daughter/son that you love them as you say good-bye. You can set the tone for a successful day.
- 6. After School.** Keep the above tips in mind as you discuss your routines for the end of the day. These habits will help your child reach their goals.

We hope these tips are helpful to you while you plan/review your morning routines!



### Orangeville Children & Youth Courses

#### **Parent/Child Art Experience - \$75.00** Ages 10-13

Orangeville District High School – Room 613  
4 classes - Wed Nov 9 – Nov 30 6-8pm

#### **Acoustic Guitar for Youth - \$70.00**

Orangeville District High School – Room 313  
10 classes - Wed Oct 5 – Dec 7 6-7pm

#### **Babysitting Bootcamp - \$50.00**

Dufferin Centre – Portable 1  
1 class - Fri Nov 25 8:30am-4:30pm  
Princess Elizabeth - Library  
2 classes - Wed & Thu Nov 9-10 4:30-8pm  
Island Lake – Library  
2 classes - Mon & Tue Nov 21-22 4:30-8pm

#### **Zumba Fitness (Family Class) - \$40.00**

Westside Secondary School – Gym  
6 classes – Wed Oct 19-Nov 23 6:30-7:15pm

#### **Home Alone - \$27.00** (Ages 10-12)

Princess Elizabeth – Library  
1 class - Mon Oct 17 4:30-7:15pm  
Island Lake – Library  
1 class - Tue Oct 18 4:30-7:15pm

*For full course description and to register go to [www.learningforyou.ca](http://www.learningforyou.ca) or please call 519-941-2261!*

## [Talking About Mental Health Sept 2016 – Keeping Your Cool as You Head Back to School](#)

Hope that you had a good summer and enjoyed some fun, relaxation and down time. As the children and youth get ready to head back to school, it is important to plan a mentally healthy school year. Some simple steps will help to make this year more positive and less stressful.

### **1. Start Each Day With A Positive Thought**

- a. "Today is going to be a good day"
- b. "I am going to have a good day"
- c. "I can do this"
- d. "I have what it takes"
- e. "I feel happy"
- f. "I am strong"

### **3. Practice Relaxation**

- a. Start the day with some body stretches.
- b. Take three deep breaths each time you go through a doorway.
- c. Be present: Notice 3 things you can see, hear and touch.
- d. Tense and relax your muscles, releasing tension in your body.
- e. Imagine a place that makes you feel relaxed.

### **5. Seek Support**

- a. Talk to your family or friends.
- b. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
- c. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
- d. Call KidsHelpPhone 1 800 668 6868.  
<http://www.kidshelpphone.ca/>
- e. Talk to your family doctor.
- f. Contact community mental health services:

### **2. Start Each Day With A Positive Thought**

- a. "Today is going to be a good day"
- b. "I am going to have a good day"
- c. "I can do this"
- d. "I have what it takes"
- e. "I feel happy"
- f. "I am strong"

### **4. Take Breaks Before You Are Stressed**

- a. Walk to school.
- b. Get outside at lunch or breaks.
- c. Listen to music to relax.
- d. Eat a good breakfast and lunch.
- e. Hang out with your friends
- f. Think of 3 things you are grateful for.

CANADIAN MENTAL HEALTH ASSOCIATION WW CMHAWW):

### **Dufferin Child and Family Services (DCAFS):**

Tuesday Talk In – 1:00-7:00 pm,  
655 Riddell Road, Orangeville.

To access services for Children and Youth in  
Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

### **Family Counselling and Support Services:**

Walk-in, Wednesday, 1-7, sliding scale, based on  
ability to pay, but will not turn anyone away. 109  
Surrey St E, 519 824-2431 & 400 Tower Street,  
Fergus (opening Sept 1, 2016).

<http://familyserviceguelph.on.ca/>

Have a wonderful and mentally healthy school year!

*Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board*

*FOLLOW ME ON TWITTER: @DRLYNNWOODFORD*

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## [SCHOOL COUNCIL ELECTION INFORMATION FOR PARKINSON CENTENNIAL P.S. 2016-2017](#)

Have you ever wished that you could make a great difference in your child's education experience and get involved with our school? Have you ever wanted to express an opinion on how our school council dollars are spent? How about a gaining a great understanding of the events going on within our school? If you answered YES to any of these, or if you are interested in more information we encourage you to attend one of our school council meetings, or even better become a voting member.

Our council is made up of Chair, Co-Chair, secretary, treasurer, community representative, 2 teacher representatives and 5 or more parent representatives. All executive and parent positions are held for one year. In September of each school year the council holds an election after collecting nominations from the school community for positions.

**The executive positions available on School Council are: Chair, Co-Chair, Secretary, Treasurer, and at least 5 Parent Representatives. The remaining positions are appointed by council.**

If you know of anyone you would like to nominate for any of these positions (provided he/she is willing to be nominated) please fill out the form below and send it into the school office. You may also nominate yourself. Please attach a short paragraph about who you are and the position you would like to hold on School Council.

*Please note: executive school council members may not be employees of the board and must have a child attending Parkinson P.S.*

**Please forward nomination forms to the school office by: Monday September 12, 2016**

Elections will occur at the next School Council meeting on: Monday September 12, 2016

Childcare will be available; please notify Tammy Filsinger-Sproule via email if you require babysitting.

Thank you in advance.

Current Parent Council Acting Chair, Tammy Filsinger [tamfilsinger@gmail.com](mailto:tamfilsinger@gmail.com)

### ***School Council Self-Nomination Form***

( ) I wish to nominate myself for \_\_\_\_\_ on the School Council.

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address: \_\_\_\_\_

I am the parent/guardian of \_\_\_\_\_ who is currently registered at Parkinson Centennial P.S.

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Candidates: Please include a "brief" biography of yourself along with this form. Please return this form to the school office by Monday, September 12, 2016. Thank you for your interest.

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### ***School Council Nomination Form***

( ) I wish to nominate \_\_\_\_\_ for \_\_\_\_\_ on the School Council.

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address: \_\_\_\_\_

\_\_\_\_\_ is parent/guardian of \_\_\_\_\_

who is currently registered at Parkinson Centennial P.S.

Nominator's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nominee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_