



Administrator's Message

Another great start to the school year! September has been a busy month at Parkinson Centennial Public School!

The School Council has also had a very active month. Kimberly Zettle is returning as school council co-chair, and Jennifer Petryna-Brownrigg is our newly elected co-chair. Tanya Young continues as treasurer, and Megan Dolson will be our new school council secretary. Thanks to all the returning parent representatives. Our council kicks off their number 1 fundraiser – the sale of Laura Secord and Lamontagne Chocolates. Funds raised from this event are dedicated to our natural playground improvement project (a five year plan). School council meets the first Thursday of each month in our Learning Commons (Library) at 7:00. You are always welcome to attend!

This month has been filled with meetings and planning for school improvement and student achievement. Along with academic success, at Parkinson Centennial we are also concerned with the whole child. Character Education is a cornerstone of who we are and this is emphasized in class, in the halls, at our assemblies, and on the yard. We are continuing to encourage students to be gritty which means making an effort when things get tough and never giving up. Research shows that a child's ability to persevere in the face of challenges is a great predictor of future success, both academic, and life success. Be sure to praise your child for effort because effort matters!

Our junior and intermediate soccer teams, coached by Mr. van der Wijst, and Mr. Gammage participated in a tournament and demonstrated great heart and grittiness! We had two dozen soccer players come out and play. Cross Country runners, both Junior and Intermediate, will be participating in a tournament on October 4th. Thanks to Mr. Gammage and Ms. Firth who are their coaches.

I would like to acknowledge everyone from the staff, students, parents and community members who have helped to kick off a great year at Parkinson Centennial Public School. Your dedication, hard work, and enthusiasm are appreciated.

Enjoy the fall and the colours of the season!

Paola Argentino, Principal



Dates to Remember

Oct 4	Cross Country Running (rain date Oct. 11)
Oct 4	Walk to / at School Day
Oct 5	World Teachers' Day
Oct 10	MADD Presentation - Grade 7 and 8
Oct 11, 12, 13	Earthkeepers – Grade 5
Oct 24	JK – Grade 2 Dental Screening
Oct 25	Skills Ontario presentation – grade 7 and 8
Oct. 26	Big Crunch
Oct 27	PA Day



ON OCTOBER 4TH, UGDSB IS CELEBRATING WALK TO AND WALK SCHOOL DAY AT SCHOOL DAY!

Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bused students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and [pedestrian safety](#).

Visit www.saferoutestoschool.ca for more information and resources on active school travel.

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.

Talking About Mental Health October 2017 - Building Resilience

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association.

For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

1. **Make connections**

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

2. **Help your child/youth by having them help others**

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

3. **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

4. **Take a break**

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

5. **Teach your child/youth self-care**

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

6. **Move toward goals**

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

7. **Nurture a positive self-view**

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

9. **Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

10. **Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

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

Follow me on twitter: @drlynnwoodford



October is Child Abuse Prevention month in Canada. On October 24, 2017 many boards of education and schools across Ontario will participate in **Dress Purple Day** as a way of collectively speaking up and sharing the message that child abuse and neglect can be prevented and that help is available. This year for **Dress Purple Day** the Upper Grand District School Board is partnering with Family & Children’s Services of Guelph and Wellington County, and Dufferin Child and Family Services, who are key partners in keeping children and youth safe.

Dress Purple Day Classroom Resources have been designed by the Ontario Association of Children’s Aid Societies (OACAS) to support teachers from Junior Kindergarten to Grade Five to engage in important conversations with their students about safety and well-being, and how to identify helping adults in the community. The theme of Dress Purple Classroom Resources is “It takes a village to keep kids safe.” These classroom resources can be found on the OACAS website at www.oacas.org.

Your child’s class will participate in **Dress Purple Day** and learn how the village they live in helps to keep them safe. We hope that you will encourage your child to wear something purple on October 24 to help recognize the day. If this is not possible, your child’s teacher may also have other purple options available to students in the classroom.

If you would like to learn more about **Dress Purple Day** and the Child Abuse Prevention Month campaign, please visit the OACAS website at www.oacas.org. You can also visit www.fcsgw.org (Family & Children’s Services of Guelph and Wellington County) and <https://dcafs.on.ca> (Dufferin Child and Family Services) for more information on your local children’s aid society.

Thank you for your support.



Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

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Events

Walk with us on October 4!



Join **International Walk to School Day** Wednesday, October 4 to celebrate healthy school travel. Encourage students to walk to school, or consider an at-school walk for bussed students.

[Register](#) your school and download free posters and announcements to support your event. This event is promoted by the [WDG Active and Safe Routes to School committee](#) to encourage active transportation and road safety.

The Great Big Crunch

On October 26, host a special assembly, class or 5 minutes to support local food and healthy snacking.



[Register](#) your school by October 6 with Food & Friends and celebrate with a synchronized apple “crunch”!

Find resources to promote your event [here](#).

Grant Opportunities*

EcoLeague Action Project

[Funding](#) (up to \$400) is available for schools to engage students in an action project that addresses a local sustainability issue. The deadline to apply is November 17.

Canadian Garden Grants

The [program](#) provides \$2,000 to support new or existing edible gardens at elementary and secondary schools. Apply by November 15.

Announcements

Wellington-Dufferin-Guelph Public Health is pleased to deliver its second edition of the School Health e-Bulletin for school staff in partnership with the Upper Grand District School Board. We hope you find the October edition informative. Please share the e-bulletins with your school colleagues.

Health Resources & Services

Indoor and Outdoor Safety

Health Canada has two activity books to help children learn about behaviours and environmental factors that can impact their safety during physical activities in the home and outdoors. Request an electronic copy [here](#). These are appropriate for Grades 1-4.

Have a Happy, Healthy Halloween

Are your students buzzing with excitement about trick or treating? The real trick is balancing treats with healthy foods and eating them in moderation. This [article](#) gives teachers tips to help students have a happy and healthy Halloween. It includes creative ways to celebrate Halloween and recipes for healthy spooky treats.

24 Hour Movement Guidelines for Children and Youth

Canada's Physical Activity Guidelines have changed! New research shows a need for activity recommendations that address the whole day. The new [24 Movement Guidelines](#) encourage children and youth to “Sweat, Step, Sleep and Sit” each day. A healthy 24 hours includes:

- 60 minutes per day of moderate to vigorous physical activity;
- Several hours of a variety of light physical activities;
- 9 to 11 hours of sleep for 5-13 year olds; 8 to 10 hours of sleep for 14-17 year olds; and
- No more than 2 hours per day of recreational screen time.

School Health Resource Collection

Looking for a creative way to teach your students about the 4 food groups and portion sizes? Borrow our **Portion Plate kit** for free from one of your local public libraries:

- [Guelph Public Library](#)
- [Wellington County Library](#)
- [Orangeville Public Library](#)
- [Shelburne Public Library](#)
- [Terry James Resource Centre](#)





Contact us

For information and support with H&PE curriculum topics, resources and school health initiatives contact our:

School Health Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us

 [@WDGPUBLICHEALTH](https://twitter.com/WDGPUBLICHEALTH)

 [@WDGPUBLICHEALTH](https://www.facebook.com/WDGPUBLICHEALTH)



 [@LetsTalkParents](https://twitter.com/LetsTalkParents)

 [@LetsTalkParenting](https://www.facebook.com/LetsTalkParenting)

Healthy Schools

What is a Healthy School?

A Healthy School is one where school staff, parents, students and community agencies work together to share ideas, plan and take action to create an environment that will have a positive impact on a child's health and learning.



Schools can create or use an existing team (e.g. athletic club) to develop and plan activities on a health topic that is important to them.

Contact Public Health to learn more and for ideas and support along the way. Call 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca. Visit our [Healthy School webpage](#) for more information.

And don't forget...

Apply to Public Health's NEW Healthy School Grant

Ten grants of \$100 are available to the first 10 eligible schools. Visit our [Healthy School webpage](#) to learn more and to complete the online application form. The deadline to apply is November 17.



You can also register your school with [Ophea](#) to become certified. The registration deadline is October 27.

Have comments or suggestions for the School Health e-Bulletin? Let us know what you think by emailing schoolhealth@wdgpublichealth.ca.

For more information about Public Health's school services, visit our [For Schools](#) webpage.

Monthly Environmental Activities to help celebrate our planet

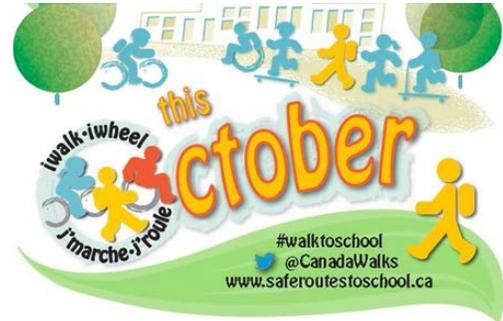


OCT 4th IS INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 4th 2017!

In October we celebrate active travel by encouraging students to walk or bike between home and school. Walking or cycling to school gets kids outside every day actively enjoying their natural environment. They arrive at school better able to concentrate and learn.



“In the 2015 ParticipACTION Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, the overall grade for Canadian children and youth 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, the grade for Active Transportation remains a D, with only 24% of 5-17 year olds walking/wheeling to school and 62% being driven by parents or caregivers. 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

- **Walking 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 too!
- **Walking 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.

Attention drivers!



When there is an adult school crossing guard
in the crosswalk with their stop sign

drivers must stop

before reaching the crosswalk

and remain stopped

until all pedestrians, including the crossing guard,
have cleared the roadway.

The fine for failing to stop for a crossing guard is \$150 to \$500
and three demerit points (Highway Traffic Act).

Keeping our community safe