

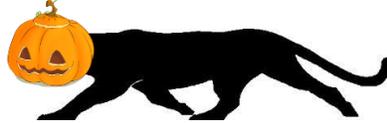
PONSONBY PUBLIC SCHOOL

#5923 Wellington Road 7, R.R. # 5
Guelph, ON N1H 6J2

Phone: (519) 824-9447 FAX: (519) 824-9041

Lisa Doering, Principal Amanda MacKenzie, Office Coordinator

SCHOOL WEBSITE: www.ugdsb.on.ca/Ponsonby



October 2018

We have had a fabulous start to the school year, with amazing weather to greet us for most days. More recently we seem to be experiencing more seasonable autumn temperatures. Please remind your children to come prepared for the day's weather, so that they can fully enjoy outdoor recesses.

Thank you to all the families who came out for Open House – it was a great success. The whole school was bursting with pride as students took their parents on classroom tours to meet their teachers. This is a wonderful community and your support is greatly appreciated. We encourage you to continue to actively participate in your child's education as follows:

- Show support and participate in school events.
- Volunteer in the classroom, join school council, or go on a fieldtrip.
- Actively support your child's homework, by setting aside a regular homework time and being available for questions.
- Read to, or read with your child for 20 minutes every day.
- Set aside one-on-one time with your child to go over the day's events, or to discuss activities that are coming up.

We also encourage you to keep the lines of communication open with your child's teacher. Contact them about concerns, or to give them positive feedback too!

Lisa Doering

STUDENT INFORMATION

Throughout the school year changes often take place pertaining to a family's telephone, address, contact people and custody issues. Please inform Ms. MacKenzie in the office with any updates. This is particularly helpful if your child becomes ill or injured while at school.

TERRY FOX RUN/WALK

On Thursday, September 27th, Ponsonby staff and students participated in the annual Terry Fox School Run/ Walk Day. The weather was fantastic and we had a great afternoon honouring Terry Fox and continuing his Marathon of Hope. Donations were collected and this year Ponsonby raised over \$1328.00 **WOW !!!** The money raised will be sent directly to the Terry Fox Foundation in order to help find a cure for cancer. Thanks to everyone who participated!



INDOOR AND OUTDOOR APPROPRIATE DRESS

Eventually our beautiful weather will change and become wet and cold. It is VERY important that your child dresses warmly since they spend two 40 minute blocks outside. Please help us help your student find missing belongings by labeling items with your child's name. Please be sure to check our lost and found area. Non-marking indoor shoes are required for physical education.

END OF THE DAY PICK UP

If you are picking children up at the end of the day we ask that you wait in the foyer until 3:20 as students are working in class work right up until this time. If you need to pick up your child earlier on a regular basis, please inform the office by phone call or note so that we do not have to disturb classes and so that your child can be ready. Thank you for understanding.



OCTOBER LIBRARY LINK

This year we have had a busy start but now that we have settled into the school year the students will have opportunities each week to sign out books from the Library. If books are not returned a reminder note will be sent home in agendas/chat bags. Kindergarten students are allowed to sign out one book at a time and Grade 1-6 students are able to sign out two books. Sometimes books do go missing and if this happens to you please just send in a note to let me know. In most cases the books are found during the school year. By the end of June, if books have not been returned, I will send home notices for payment of lost and/or damaged books.

BOOK FAIR

Thank you to everyone who supported the Book Fair! The book fair was a great success and as a result there will be new books in the Library for the students. As well, supplies for our Makerspace will be ordered from our profits. Each year I am amazed at how excited the students are when the book fair arrives. It is such a pleasure working in a school where students love books and families are so supportive. Thanks again to everyone!

Mrs. Cruikshank
Teacher, Librarian

parent advisory council

October Council blurb

Welcome back to Ponsonby from your School Council. Our first meeting was held on Sept. 24 where elections for all positions were filled. Your council team for the year 2018/2019 are:

Laurie Kaczmarczyk, Council chair appointed by Lisa Doering

Darcy Studer, Treasurer. Voted in

Gina Xintavelonis, Secretary. Voted in

Parents at large voted in are Cindy Heron, Amy Jessop, Lindsay Wideman, Krista Chappell and Carly Moore.

Please note council is looking for a person to co-chair this year to assist as this will be my last year at Ponsonby PS. Interested persons may speak to myself or Mrs Doering.

Our next meeting is Oct 22 @ 6:30. The yearly budget will be decided at this meeting as well as fundraising for the school year. We would love to hear your ideas on both! Everyone is welcome to join our meeting. Childcare will be provided during this time. If you are unable to attend and have an idea to pass along please email me at kaczgirl@gmail.com so we may present on your behalf.

Council is running their first fundraiser soon. We have paired up with a local bee farmer and will be selling jars of honey thru SCO. Together we can help our school raise funds and shop local! Please watch SCO for details launching on Oct. 9th.

First movie night of the school year is coming soon. (Oct. 19) We will be showing Hotel Transylvania 3 in the gym. Watch for a flyer to come home soon with all the details. Hope to see you there!

There is a council sign up sheet in the front hall of the school. If you would like to be informed of council events that need volunteers throughout the school year please leave your name and email address. (Or you can email me to join the list) Events can be movie nights, bbq, turkey dinner etc.

“ join us on Facebook.... search Parents of Ponsonby “

Laurie Kaczmarczyk, Council chair

“Greatness starts within a community”

NUMBER TALK

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from 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 one 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. It has been stressed in face-to-face PD sessions that we have to provide students with opportunities to independently practice the documentation of their own thinking. Once a week, instead of conducting a number talk, have your students answer a similar question on GOOS paper or a whiteboard.

October



2018

Ponsonby Public School



Monthly Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Term 1 milk starts	2	3	4 <i>School Photos</i> Term 1 Pizza Starts	5
8	9	10	11 Junior Soccer Tournament Elora PS	12 <i>Junior Soccer</i> <i>Raindate</i> Hot Dog Day
15 Kindies go to Mapleton Organics	16 Cross Country Meet	17 12A & 12B to River Run	18 Bus Patrol Seminar John Black PS	19 SC-Movie Night <i>Hotel Transylvania</i> 3
22 School Council Meeting 6:30-8:00PM	23	24	25	26 Grilled Cheese Lunch
29 Brent & Sarah Magic Show	30	31 		

Environmental Activities to help celebrate our planet

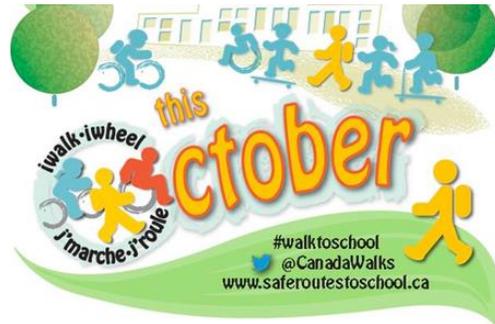
OCT 3th IS INTERNATIONAL WALK TO SCHOOL DAY!



A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 3th 2018!

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!

Talking About Mental Health October 2018- 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:

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.

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.

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.

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.

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.

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.

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.

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.

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.

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!

Jenny Marino is the Mental Health Lead for Upper Grand District School Board

Follow me on instagram: ugdsb_mental_health

Ontario Regulation 243/07 (Schools, Private Schools and Child Care Centres)

Communications for Changes Effective July 1, 2017

Article

The following article is for use in child care centre and school communications (e.g., newsletters, websites, and letters to parents). It is intended to help inform parents about enhanced testing for lead as a result of updates to *Ontario Regulation 243/07*.

PROTECTING CHILDREN FROM LEAD IN DRINKING WATER

Ontario is continuing to protect children's health with new regulation changes aimed at improving drinking water testing in child care centres and schools to minimize children's exposure to lead.

New amendments to *Ontario Regulation 243/07* that take effect July 1, 2017 will now require lead testing within these facilities for all fixtures used to provide drinking water and/or prepare food or drink for children under 18.

Studies¹ show that lead levels in drinking water from plumbing can vary substantially between individual taps or fountains. Only by testing each drinking water fixture can child care centres and schools be sure that they are not exposing children to lead through any of the plumbing within their facilities.

Since 2007, the Ontario government has been requiring child care centres and schools to flush the plumbing in their facilities and to test their drinking water for lead. Flushing has been shown to reduce lead levels in water at a tap or fountain.

Ontario Regulation 243/07 also requires testing to measure the presence of lead in drinking water against the provincial drinking water quality standard of 10 micrograms per litre, based on a national guideline set by Health Canada.

For more information about flushing and sampling for lead in child care centres and schools, visit www.ontario.ca/drinkingwater or call the Ministry of the Environment and Climate Change's Public Information Centre at 1-800-565-4923.

¹ World Health Organization: Lead Poisoning and Blood. <http://www.who.int/mediacentre/factsheets/fs379/en/>