

école publique Princess Elizabeth Public School

November 2017



<http://www.ugdsb.on.ca/PrincessElizabeth/index.asp>
51 Elizabeth St., Orangeville ON, L9W 1C5 519 941-0220



Fairness, Honesty, Respect, Compassion and Responsibility.

Principal and Vice-Principal's Message



Dear Parents & Guardians:

On **November 16th**, you will receive an Elementary Progress Report for Grades 1-8 and the Initial Observations for Kindergarten that outlines how your child is progressing towards achievement of the curriculum expectations.

These progress reports are just a 'jump off' spot for discussions with parents/guardians. Parents are seen as partners in education; students become more engaged and motivated to strive for their very best at school.

Our goal is to ensure that students are happy, healthy, engaged, and experiencing positive interactions on a daily basis. If you would like more information about the progress report, please use this Ministry website link.

<http://www.edu.gov.on.ca/eng/parents/reportCard.html>.

Parents/Guardians and teaching staff are able to get together on the evening of November 23rd and all day November 24th to discuss the progress reports and their child's progress thus far. We look forward to continued home/school connections and communication.

Together as a school, we also take time in November to review and reflect on student progress. As a staff we are spending time analyzing EQAO data and reviewing individual student progress over the past 2 months. This analysis helps inform our instructional practice to support student learning.

The month of November provides us with an opportunity to reflect. The idea of reflection links to a variety of events at school and the world around us. On November 11th we are asked to remember those who fought and continue to fight for our freedom. Taking time to reflect on the term "freedom" help us to remember how fortunate we are at PEPS. With our character education focus of RESPECT, we work hard to consistently promote and recognize the importance of showing kindness, respect and being thankful.

Mr. Huddleston-Principal

Ms. Tomkins-Vice-Principal



We Need Your Cooperation!

A few reminders for our school community. Thank-you for keeping our students safe.

- *Please do not park in the bus loading/unloading area in the front of the school, the Kiss n' Ride zone or the staff parking lot when dropping off your children.*
- *Please observe the one-way flow in our parking lot for our Kiss n'Ride. Entry (off Clara St.) and exit (onto Elizabeth St).*
- *We have a fenced-in Kindergarten area. In order to keep students safe, we would ask that adults dropping off and picking up students remain outside the fenced area. Staff on duty will be wearing safety vests so that they are easily recognizable to our students.*
- *Dogs should not be brought on school property during school hours, including pick-up and drop-off time for safety and health reasons. We ask that if you walk your dog to school, you wait at the edge of the property.*
- *There is no smoking allowed, either in the school or on school property.*
- *Students and family members are asked to **walk** bikes, skateboards, scooters etc... on school property and on sidewalks in front of the school during bus times to avoid injury.*
- *Parking lot spaces are for staff only. Thank you.*

Milk Tokens

Just a reminder milk tokens are to be purchased online only. We do not keep money at the school and are therefore not able to make change for students bringing cash in for milk. Please also keep in mind that milk tokens are distributed to your child's teacher on Mondays only.



School Cash Online



Just a reminder that ALL payments i.e.. Food, milk tokens, trips etc. must be paid using the school cash online system. If you have not already registered please go to:

ugdsb.schoolcashionline.com

Parents are asked to not send cash or cheques to the school for payment. Please contact Allyson Emmons x221 if you are unable to access technology so we can help accommodate your need.

BOOK FAIR

COMING SOON!

Library Learning Commons

NEWS UPDATE

The Scholastic Book Fair is coming to PEPS! This is an opportunity to purchase new books at school, with a percentage of the proceeds going back to our School Library Learning Commons.

There will be a variety of both English and French books available, with many of the latest and greatest titles - check out the Scholastic flyer that will come home soon for some examples.

The Book Fair will be open Thursday, November 23rd 8:30 a.m.-8:00 p.m. (Interview evening), Friday November 24th (PD Day) 8:30 a.m.-3:00 p.m., Monday, November 27th, 8:30 a.m.-4:00 p.m. and Tuesday, November 28 8:30-10:50 a.m. for last-minute purchases.

Please stop by when you are in the school and see what we have to offer - books make excellent Christmas and birthday gifts!

Mme. Foster would appreciate some volunteers to run the Book Fair during her teaching times - if you are available, please write a note in your child's agenda or stop by the Library and she will follow up with you. Thank you!





Bully-proofing show that reviews the roles of Bully, Target, and Bystander, children that everyone has the Power of One, the power to report and deal with bullying when they see it. Captivating, memorable, strong imagery.

Date: November 8th @ 1:15pm Both shows are 40 minutes in length
And @ 2:15pm

A very ***special thank you*** to the YMCA students and teachers for making our P.E.P.S. garden look so beautiful. Make sure you take the time to admire the flowers planted in the garden at the front of the school.



CHARACTER EDUCATION

It is important for teachers, parents and the community to help raise our children to become kind, respectful and successful adults. During the months of November and December, students will be learning about the character trait, COMPASSION. They will participate in a variety of lessons and activities that support students in showing compassion towards others on a regular basis. As parents, you may want to ask your child(ren) about what they are learning and encourage and praise their efforts in this way at home. Students will receive a "Compassion Ticket" when observed showing compassion towards others throughout the months. Students whose names are drawn will have their names on the announcements and picture taken for our hall TV. At the end of each month, we will draw a name from each division to win a prize. The more tickets they receive, the better chances they have to win a prize.

Congratulations

***To our P.E.P.S Students
for demonstrating
respect for others and
their environment!***

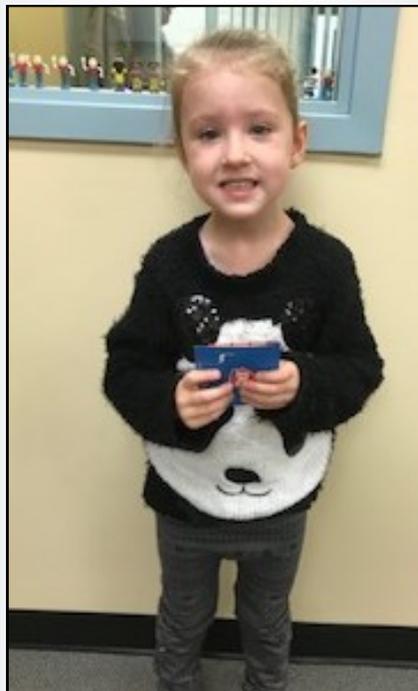




Winners



Thank you
for being
Respectfull Student's



Congratulations



Enjoy your Dairy Queen Gift
Cards... Yummy!!!!



Special Class Placement in UGDSB

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement. Parents and the Consultant would discuss whether a placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.



Public Health

Wellington-Dufferin-Guelph

Public Health

1-800-265-7293

www.wdgpUBLICHEALTH.ca

info@wdgpUBLICHEALTH.ca

Get Your Flu Shot

The flu is a respiratory illness that spreads quickly from person to person. Common flu symptoms include fever, cough, sore throat, muscle pain, joint pain, and weakness.

The flu is more serious for the very young and elderly. They can get the flu from school aged children who don't seem sick but may have a mild case. Get your free flu shot.



It protects everyone. Visit www.wdgpUBLICHEALTH.ca to find a flu



Did you know plastic markers can be turned into energy? PEPS is participating in the Crayola ColourCycle program which is in pilot status in Canada. We have a box in the front hall to collect used up markers. Ms. Ellis, our ColourCycle Champion will coordinate this program.

The ColourCycle program collects markers that are dried up. Those "garbage" markers are then used, in combination with a "unique technology" to create a usable fuel. How does it work? The markers are all thrown in a large vat to melt the plastic. The liquefied plastic is then put into a reactor which breaks the long molecular chains of the plastic into shorter ones using intense heat. The shorter molecules are a vapour which is cooled to turn it to a liquid state. That is how plastic markers become a clean burning liquid fuel.

We encourage PEPS families to bring their used up markers to the school and drop them in the ColourCycle bin in the front foyer.





How to get your Child Cooperating without Yelling, Threats or Punishment

Tired of battling with your child? Wish you knew how to get your child cooperating without yelling and threats? Wondering how to help your child become more self-disciplined?

Dr. Laura Markham, founding editor of AhaParenting.com to the rescue, with practical everyday strategies to help you raise a self-disciplined child who WANTS to cooperate!



Dr. Laura says that earning her PhD in clinical psychology at Columbia University was just the beginning of her education as a psychologist. The mother of a teenager and a young adult, says it was becoming a mother that convinced her that parents need more support. Her aspiration is to change the world, one child at a time, by supporting parents.

She assists parents in transforming their relationships with their children. Dr. Markham includes a long question & answer session with every presentation, so her sessions are customized to fit each audience's unique needs. She guarantees that you'll leave energized and inspired, with a plan to create lasting change in your home.

JOIN US FOR THE OPPORTUNITY TO LEARN:

- Your secret weapon to get your child cooperating.
- Why Yelling, Threats and Punishment actually create more misbehaviour.
- How children develop self-discipline.
- The most important parenting habit to create good behavior.
- Strategies to handle your own strong emotions so you can help your child.

LOCATION & EVENT DETAILS

Wednesday November 8, 2017
at Centennial Collegiate Vocational Institute
289 College Ave W, Guelph, ON N1G 1S9

Thursday November 9, 2017
at Westside Secondary school
300 Alder St, Orangeville, ON L9W 5A2

6:15pm: Information booths & light refreshments
6:45pm - 8:45pm: Presentation followed by an opportunity to ask Questions

This is a FREE Event - but registration is required.
Access your tickets by going to www.ugdsb.ca/pic/
or contact your UGDSB Principal.

BROUGHT TO YOU BY

UPPER GRAND DISTRICT SCHOOL BOARD'S PARENT INVOLVEMENT COMMITTEE
and ONTARIO MINISTRY OF EDUCATION

Helping Your Child With Difficult Situations

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. "Resiliency" is what helps adults and children to "bounce back" from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby's smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: "I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away."
5. Instead of making your child say "sorry", talk about his or her feelings and the feelings of the other person involved in the event.
6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child's strengths: "Hey you rode that bike by yourself!"
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to <http://www.reachinginreachingout.com/resources-parents.htm>



REMEMBRANCE DAY



On **Friday November 10th**, we will have two school assemblies. The Gr 4-8 assembly will be at 11:00 AM in the gym, followed by the Kindergarten to Gr 3 assembly at approximately 11:45 AM. Parents/Guardians are welcome to attend – just sign into the office upon arrival. We will also provide poppies for students for a small donation.

Parking Lot

Just a reminder for parents / visitors, the PEPS parking lot is for staff Parking only. Please be aware of the One Way signs. Thank you for your cooperation.



Monthly Environmental Activities To Help Celebrate Our Planet

November 24th is BUY NOTHING Day!

Don't buy, **give**. "No one has ever become poor by giving", Anne Frank

Celebrate Buy Nothing Day on November 24th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>

"We are also consuming and trashing clothing at a far higher rate than our planet can handle.

Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption." *Dr Kirsten Brodde of Greenpeace Germany-* <https://www.telegraph.co.uk>

Repair, Reduce, Re-Use, Recycle – 4 R's Are Best!

It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new model. <https://www.theguardian.com>

Some Great Ideas For Your Family On Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.



TALKING ABOUT MENTAL HEALTH

NOVEMBER 2017

TALKING TO YOUR CHILD/YOUTH

ABOUT TRAGIC EVENTS

When a tragic event occurs, children and youth will hear about these events through media, peers or other sources. These are difficult topics to talk about and your response will shape your child/youth's core beliefs.

Tips for talking to children/youth about tragedies

You know your child/youth best, and you'll have a good idea of how much information your child/youth is ready to hear. Consider these tips as a guideline:

Don't allow young children to watch the news.

Watching news footage can be very disturbing to young children so it's important to keep it off when they're around.

Keep your message simple.

Say something like, "That person decided to hurt other people." For young children, this may be all the information they need. Older children are likely to ask more questions. Stick to the simple facts. It's OK to say you don't know all the answers.

Focus on the steps that are being taken to keep people safe.

Talk about how police officers, government officials, and other first responders are helping. Spend more time talking about the good work people are doing, rather than the horrific event. This can help reduce your child/youth's anxiety about safety.

Empower your kids to become helpers.

Discuss how they can take positive action in the wake of a tragic event. Volunteering in the community and donating allowance money can go a long way toward helping children/youth see that they can always take steps to make the world a little better. Children/youth who feel like they have a little bit of control are less likely to feel helpless in the wake of a tragic event.

Send a healthy message to your child

No matter how many conversations you hold or how much you decide to share, keep the message the same, bad things happen but there are good people out there helping and we're strong enough to get through it.

Sharing with your child/youth messages that fosters resilience and teaches your children/youth they're able to cope with whatever bad things come their way in life and there are caring adults in their lives to talk to and who will support them.

(This information is taken from Psychology Today: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201710/how-talk-kids-about-the-las-vegas-shooting>)

Have a mentally healthy day!

Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board Follow me on twitter: @drlynnwoodford

Stop a bully

ONLINE REPORTING TOOL

Did you know that in the majority of cases, bullying stops within 10 seconds when peers intervene or don't support the bullying behavior?

The Upper Grand District School Board takes all incidents of bullying seriously. That's why we developed an online bullying reporting tool. **Stop a Bully** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to your school principal for follow-up. We will follow up on your report.

You'll find the Stop a Bully button on our school's website and the board's website (www.ugdsb.on.ca/stop-a-bully).

If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use the **Stop a Bully** tool. For more information, contact the school.



Safe, Equitable and Inclusive Schools

November 20-24th, 2017 is Bullying Prevention Week

"Bullying" means aggressive and typically repeated behaviour and...

- A)** the behaviour is intended by the pupil to have the effect of, or the pupil ought to know that the behaviour would be likely to have the effect of,
- i) causing harm, fear or distress to another individual, including physical, psychological, social or academic harm, harm to the individual's reputation or harm to the individual's property, or
 - ii) creating a negative environment at a school for another individual, and
- B)** the behaviour occurs in a context where there is a real or perceived power imbalance between the pupil and the individual based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, gender identity, gender expression, race, disability or the receipt of special education; (intimidation)

Bullying takes different forms and contexts with age. It can be physical, verbal, social / emotional or through electronic means (cyber-bullying). Bystanders contribute to bullying by doing nothing to prevent it or by becoming actively involved in supporting it.

Not all conflicts are classified as bullying. Many students have disagreements or issues that are part of being at school. At PEPS we use NO, GO, TELL to solve big disagreements (any "hands on" or "name-calling" etc) and Rock, Paper, Scissors to solve small disagreements (was that a goal? whose turn is it next? etc.)

What can you do as parents/guardians?

*Talk to your children about the impact of bullying and make it very clear that you will not tolerate bullying.

*Help your children get involved in watching for bullying. Bystanders have responsibilities. Explain why they need to report any bullying they witness to school staff. Remember, NO, GO, TELL!!

Read ***Bullying. We Can All Help Stop It– A Guide for Parents of Elementary School Students***

www.ontario.ca/safeschools

Please take a look at our school website for our bully prevention Plan.





November 2017 novembre

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Day 	2	3 Hot Lunch 
6 Sub Day School Council 6:30pm-8:30pm 	7 Grade 3 Skating  <small>shutterstock - 24855277</small>	8 Pizza Day 	9	10 Remembrance Day Assembly  <i>Lest We Forget</i> Hot Lunch 
13 Sub Day 	14 Grade 3 Skating  <small>shutterstock - 24855277</small>	15 Pizza Day  Photo Re-Take Day (in the morning)	16 Mrs. Riddell & Mr. Mall to Theatre O'ville 9:15am	17 Hot Lunch 
20 Sub Day 	21 Grade 3 Skating  <small>shutterstock - 24855277</small>	22 Pizza Day 	23 Parent/teacher inter- views 3:20-7:50pm Smoothie  Day Book Fair 	24 PD DAY Parent/teacher Interviews all day 
27 Sub Day  Book Fair 	28 Book Fair  Grade 3 Skating  <small>shutterstock - 24855277</small>	29 Pizza Day  Book Fair 	30	