

Priory Park Public School Newsletter

275 Scottsdale Drive, Guelph, On N1G 3A1

Phone (519) 836-7710

Principal: Kim Kowch

Office Coordinator: Dianne Bott

OCTOBER 2



Principal's Message

We have been so lucky to have such wonderful weather as we wrap up September. Weather reports suggest that our luck may just continue! Although we hope for many lovely, sunny fall days ahead, please ensure that children are dressed for the cooler weather. Layers are a good way to handle the variability in temperatures from morning to afternoon. Children are reminded to bring in clothing they take off when on the yard, since our Lost & Found bin is already starting to fill up. Please try to label all clothing so we can find the rightful owners and avoid the Lost & Found bin altogether! During wet fall and winter weather, parents are asked to ensure that their children have suitable outer footwear for outside play and appropriate indoor shoes.

Priory Park staff and students have done a great job beginning their learning and work together, and co-curricular activities have started. Students are never at a loss for something to do or get involved in outside of the classroom during school hours. Active kids make for good learning so encourage your child to get involved in the fun that happens throughout the day.

Please remember that if you have any questions about curriculum, evaluation, assessment or other classroom issues, you can call the school and request to speak to your child's teacher. We are here to work with you to help your children learn and grow, and we look forward to continued focus on providing enriching experiences for our students.

Mrs. K. Kowch

Emergency Drills

Each year, schools are mandated to conduct regular emergency fire and lockdown drills to remind students about their roles and responsibilities should an emergency occur. We will continue to practice our safety procedures in the coming months.

Individual Education Plans (IEPs)

Individual Education Plans, or IEPs, are developed by schools when assessments show that a student needs special education programming and/or services. The development of the IEP should be a collaborative process that includes parents and the student (if possible). During the development phase, schools are required to seek feedback through consultation with parents. This is your opportunity to discuss and share information with the classroom teacher and/or special education teacher regarding your child's education. If your child had an IEP last year, you will see a copy of this working document come home within the first 30 school days.

Thank you to those of you who have already completed the Parent/Guardian IEP Questionnaire. Your input will be used to help us improve

the IEP process in our school, and help us provide parents/guardians with the special education information they are looking for.

Student Accident Insurance

The Board does NOT provide accident insurance coverage for student injuries that occur on school premises or during school activities. It is highly recommended that parents purchase student accident insurance, especially if their child(ren) participate in extra-curricular athletic activities. Under the Education Act, the Board is required to make available an accident and life insurance program for students, and the Upper Grand District School Board has selected "Insure My Kids" Insurance. You will have received the Director of Education's introductory letter, a Student Accident Insurance Acknowledgment form and an application form. Please be sure to send back the signed blue Acknowledgment form, even if not subscribing to the offer, so that we can be sure everyone has received this information and offer. More copies are available in the office if needed. You may apply online @ www.insuremykids.com or complete and send in the 2017 application form that you received.

Creative Playground Safety

As we enter autumn, students and parents are reminded that while the creative structure remains open until November 1st (weather permitting), playground equipment is off limits first thing in the morning from 8:30 - 8:45 because of dew, frost or rain. Also, students are not permitted to play chasing games on the structures. No bicycle helmets are permitted on the creative playground at any time. In the event of an injury, students and staff are reminded that the injured person should not be moved, and a supervisor must be notified immediately.

Please Sign In & Out

Please note that all visitors to our school are requested to stop at the office. If you are planning to stay a while, please remember to pick up a badge to wear and sign our Visitor and Volunteer Book located on the counter just inside the office. We also require students to be signed out if they are leaving at some point during the day. Thanks for your cooperation in ensuring a safe and secure environment for our students!

Books for Birthdays

At Priory Park P.S., we are very fortunate to have a "Books for Birthdays" program sponsored by Sifton Properties. Students' birthdays are announced on the morning announcements, and they have the opportunity to come to the cabinet at the front of the school to pick a book on his/her special day and get the gift of reading.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students.

Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain peanuts and nuts. We aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, our school has procedures in place to help manage anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in

ensuring an allergy-safe environment for all!

Life Threatening Management Plans

A Life Threatening Management Plan is required for any student who has a serious health concern such as severe allergies, epilepsy, seizures, etc. Parents/guardians have the responsibility to inform the school Principal and teachers of their child's life-threatening allergies. Forms are available from the office. Thank you to the many families that have already shared this important information.

Soy Butter

An Ontario company has created a product called "Wow Butter" (previously known as "School Safe Soy Butter"). Although it is meant as a safe replacement and alternative to peanut butter, it is difficult to tell the difference between a peanut butter sandwich and that of one made with "Wow Butter" or "School Safe Soy Butter". Because staff and students cannot tell the difference between the two, and because we have life-threatening allergies in our school, the Upper Grand D.S.B. has asked that this product not be allowed at school. Thank you for your consideration of this difficult issue.

Drop-Offs & Pick-Ups

Thank you SO much for the effort you've put into following our drop-off, pick-up and parking areas. We have seen a huge difference in supporting the safety of our students at the busiest times of the day. Please be reminded that there is no stopping or parking on Scottsdale Drive on either side of the street in front of the school, or in the school parking lot or the Sifton parking lot next door. Parking is allowed on the street further up Scottsdale or along Wilsonview Drive. We appreciate your support in working together to keep our students safe. A big shout out to our amazing PPPS Street and Bus Patrollers who are also doing their part to set a good example and help to safely get our students to and from school.

Safe Arrival and Pick-up

We appreciate the efforts of so many parents to contact the school office when their children are going to be late or absent from school. By doing so, you help ensure each child's safety on his/her daily journey to school and that our "Safe Arrival" program works.

A gentle reminder that parents/caregivers should not enter the building during drop off and dismissal time, but meet their child(ren) out back on the tarmac. At this stage in the year, even our younger students know the routines and where they need to go, and we want to begin to foster their independence. Our halls are very busy at this time and having even more adults in the building creates crowded and unsafe hallways. If you do need to speak with one of us, you are welcome to enter the school after the students have been dismissed.

Please remember that school corridors are made safer for all students, staff, and visitors when strollers, wagons, and sleighs are left outside. This will become even more important as winter approaches, as melted snow on the floors can be very treacherous. Everyone's efforts help make a safe environment at Priory Park!

Walking Trips

From time to time during the school year, classes will participate in a variety of short walking trips as part of their educational program. Such learning experiences could include visits to a local park or walk around the block as a DPA activity. A blanket permission went home to be signed and returned to the school. When walking trips are being planned, your child's teacher will provide you with written notice of the date, times, destination and purpose of the visit. This information could appear in classroom newsletters or specific announcement flyers informing you of the planned trip. If you do not wish your child to participate in such informal trips, please inform your child's classroom teacher. For all formal trips that require bussing, a separate blue trip permission form will be sent home.

Terry Fox Walk/Run

On Monday, September 18th, we had a very inspirational kick-off to this year's Terry Fox campaign when 15 year-old Centennial C.V.I. student Lara Turner came to speak to us about her year-long battle with osteosarcoma, the same cancer that Terry had. Thanks to the fund-raising dollars that the Terry Fox Foundation and Canadian Cancer Society have contributed to cancer research, huge gains have been made in treatments and ultimately survival rates. On Thursday, September 28th, the entire school and staff took part in the Terry Fox Walk/Run. It was so heart-warming to see community members come out to cheer us on, and we all had a little better understanding of what it may have been like for Terry to continue his journey in all types of weather. This year the Priory Park community far surpassed any amount ever raised at the school, and with a couple little incentives of additional recess time and a principal head shave, our school total was \$2,964.55... WOW! Many thanks to all for their involvement in making this event such a huge success!

Please Help to Eliminate Head Lice

Lice can be an issue in the fall and various times throughout the year. We want to keep this BIG problem down to a minimum. Remember that shampoos are only part of the job... the nits and lice must also be removed. Thank you to all the parents who keep checking their child(ren) on a regular basis, and calling into the school to let us know when your child has been treated so we can send a reminder lice check letter home to classmates.

Recycling/Boomerang Lunches and Snacks

Priory Park P.S. is now a Gold ECO school, which means we are trying to do our part to help with environmental sustainability. A big thank you to those who continue to use reusable containers, to sort and recycle, and minimize the use of plastic baggies and wrap. Our students are getting better and better at 'reducing, reusing and recycling'. Each classroom has been provided with bins for recycling paper products and recyclable containers, as well as compost for food waste. The garbage bins are only for items not able to be recycled or composted. We wish to thank all our students, families and staff for your continued participation in this endeavour. We are planning to continue our ECO school efforts and work toward platinum status!

School Council News

School Council will have its second meeting of the year on Wednesday, October 11th at 6:30 pm in the library. If you are interested in coming out to Council or you would like to be added to our email list, please call into the office and let us know. Thanks again for your continued support!

Join us on October 4 for Walk to School and Walk at School Day!

Wednesday, October 4th is Walk to School Day and Walk at School Day! On Walk to School Day students from more than 40 countries will walk, bike or wheel to and from school.

When the route to school is safe for walking or biking, the Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages students to walk, bike or wheel to and from school. This year to coincide with Walk to School Day, ASRTS is also promoting a *Walk at School* day which is geared to those students who ride a bus to school. For schools with bused students, encouraging students to take a walk around the school yard at lunch or before bell time is another way that students can participate in this fantastic event!

[Click here](#) for more information on Active & Safe Routes to School.

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



Changing Our Beliefs and Attitudes About Math

Myth of the Math Person

Most people believe that math is one of those subjects that you either “get” or you “don’t get.” This way of thinking cannot be further from the truth; there is no such thing as a math person. Everyone can achieve in any subject with hard work, perseverance, and someone to guide them. The key to shattering this myth is developing a growth mindset in our teachers and students, and a math classroom where students are challenged by engaging problems and supported in their learning.

The Evolving Classroom



“The reason so many people think math is the most difficult is the inaccessible way it is often taught.”¹ When we were math students our math teachers often taught us tips, tricks, and recipes for solving math problems. In the math classes of old there was only one correct solution. We could get the answer if we memorized and followed the teacher’s procedure, but if someone asked us the “why” behind our formula, most of us wouldn’t be able to answer.

Today, teachers are behind each solution. a variety of methods

different strategies, teachers can help students see the deepening their understanding of the concept being taught. to help students make connections and understand the



striving for students to have a solid grasp of the “why” This often means that students are encouraged to share and strategies to solve a single problem. By sharing common thread that connects each solution, thus The teacher’s role is no longer to teach procedures, but mathematical concepts behind the solutions.

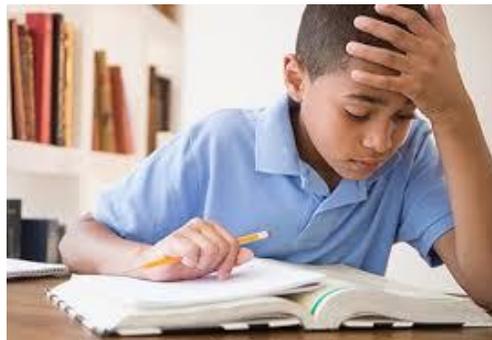
Growth Mindset Homework Help Tips

Let your child struggle with math problems.

- See if they have the perseverance to work myth that we need fast answers to be good

Never let your child hear you say: “I was never good

- Research studies have shown when parents child’s achievement is immediately affected.²



through their struggles. We need to break the math at math. at math.” tell their children they were not good at math, their

¹ Boaler, Jo. Mathematical Mindsets. Jossey-Bass: 2016, pg 96.

² Boaler, J. (n.d.). Parents’ Beliefs about Math Change Their Children’s Achievement. Retrieved September 22, 2016, from <https://www.youcubed.org/think-it-up/parents-beliefs-math-change-childrens-achievement/>

Ask your child if they can solve a math problem in another way.

- This shows that your child has multiple strategies at their fingertips and they are flexible with their math thinking.

Ask your child to explain the reasoning behind their response.

- "Why did you (add/ subtract/ multiply/ divide)?"
- "What does your drawing represent?"

Online Resources

Parents' Beliefs about Math Change Their Children's Achievement - <https://goo.gl/psL33d>

"We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them."

TL Talk: The Gift of Failure - Interview with Jessica Lahey - <https://goo.gl/oo7xFc>

"Jessica is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed*."

How to Learn Math: for Students - <https://goo.gl/OCywaf>

"How to Learn Math is a free self-paced class for learners of all levels of mathematics. It combines really important information on the brain and learning with new evidence on the best ways to approach and learn math effectively."

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*

Monthly Environmental Activities to help celebrate our planet

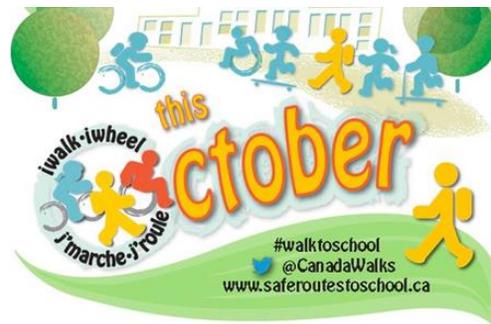


OCT 4th IS INTERNATIONAL WALK TO SCHOOL DAY!

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 school. Walking or cycling to school gets kids outside every environment. They arrive at school better able to concentrate



students to walk or bike between home and day actively enjoying their natural and learn.

"In the 2015 ParticipACTION Active Healthy Kids Canada and Youth, the overall grade for Canadian children and youth Overall, only 9% of 5-17 year olds are getting the 60 minutes And sadly, the grade for Active Transportation remains a D, walking/wheeling to school and 62% being driven by parents or over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health."

Report Card on Physical Activity for Children remains at a D- for the third year in a row. of heart-pumping activity they need each day. with only 24% of 5-17 year olds caregivers. Our tendency to constantly watch

<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.



PRIORY PARK P.S.

OCTOBER 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 *3:15-4:15pm-Primary Reading Circle, Library/Learning Commons	3 *Soccer Tournament at Centennial	4 *International Walk to School Day *3:15-4:15pm- Junior Reading Circle, Library *6:30pm-Gr.6 Camp Parent Info. Night, Library	5	6	7
8	9 THANKSGIVING HOLIDAY-no school 	10	11 *3:15-4:15pm- Junior Reading Circle, Library/Learning Commons	12 *Pizza Day	13	14
15	16 3:15-4:15pm-Primary Reading Circle, Library/Learning Commons	17 *Picture Day-wear your best smile! 	18 *3:15-4:15pm- Junior Reading Circle, Library/Learning Commons	19 *Pizza Day	20 *Dental Screening-Gr.JK-2	21
22	23 3:15-4:15pm-Primary Reading Circle, Library/Learning Commons *Gr.6-Tim Horton's Camp	24 *Gr. 6-Tim Horton's Camp	25 *Gr. 6-Tim Horton's Camp *3:15-4:15pm- Junior Reading Circle, Library/Learning Commons	26 *Pizza Day *Gr.6-Tim Horton's Camp	27 P.A.DAY- no school for students	28
29	30 3:15-4:15pm-Primary Reading Circle, Library/Learning Commons	31 *Black & Orange Day *9:00 - Panda Spirit Assembly & Treehouse Teams		Please remember to check the school's website for the latest and greatest Priory Park P.S. newsletter at: www.ugdsb.on.ca/priorypark		If you require a hard copy of the newsletter, please send your request in writing to Ms. Bott at the office. Thank you for being GREEN!

