

# Salem Public School

## “A Rich Learning Environment”

23 Woolwich Street, SS4, Elora, Ontario N0B 1S0

Principal: Kathy Gossling Spears

Office Coordinator: Dana Shantz

Website: [www.ugdsb.on.ca/salem](http://www.ugdsb.on.ca/salem)

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### PRINCIPAL'S MESSAGE

SEPTEMBER 2017

Welcome to Salem. We are looking forward to another great school year. Thanks to all of our staff for working so hard to prepare their classrooms and other spaces within the school. This is what makes Salem the warm and welcoming place that it is, a place we are all proud of.

I am pleased to welcome our new staff members to the Salem team. As you can see on the following page we have a lot of new staff members and we are excited to have them join our team this year.

We would like to send a special welcome to our new Kindergarten students who begin their student careers this year. We wish them lots of success and enjoyment here at Salem. We also welcome the many new students starting in September to the Salem Public School community. You are going to love it here.

The Custodial Staff, under the supervision of Mr. Behling, deserve a big thank you in getting all the classrooms cleaned and ready for the first day. They have put many hours in during the summer to make sure things are shiny and clean.

A reminder that, once again, classes may change after the second week. This is to ensure that all classes in the province meet Ministry of Education parameters for maximum class size. No matter what class your child is in, we are committed to making sure that this is a fantastic year of learning.

Kathy Gossling-Spears

Principal



## 2017-2018 Salem Staff



***Please keep in mind this is a tentative list of teachers and classes and that changes still may occur due to reorganization.***

Kindergarten – Tessa Heffernan and Holly Diljee

Kindergarten –Heather VanMilligen, Christine Armstrong and Kirsty Robinson

Grade One Teacher – Sara Slater

Grade Two Teacher –Lauren Katsuno

Grade Three Teacher – Ashley Switzer

Grade Three/Four Teacher – Carmel McIntyre

Grade Four - Bryan Farnworth

Grade Five/Six Teachers – Courtney Campbell and Heather Freamo Beirnes

Grade Six Teacher- Pat Jeppesen

Teacher/Librarian – Christine Armstrong

Planning Teachers – Christine Armstrong, Sally Martinez, Angela Clayson

French Teacher – Matthew Rappolt

Educational Assistants –Trudy Matusinec, KC McDevitt, Shelley Matson and Kathy Cunningham

Child and Youth Counsellor-Danielle Cellucci

Office Coordinator – Dana Shantz

Custodians – Rob Behling, Marilyn Behling

## SCHOOL HOURS

8:50	School Entry
8:50-10:30	Instructional Time
10:30 – 11:20	1 <sup>st</sup> Break (10:30-11:00 outdoors 11:00-11:20 nutrition break inside)
11:20-1:00	Instructional Time
1:00 – 1:50	2 <sup>nd</sup> Break (1:00-1:30 outdoors 1:30-1:50 nutrition break inside)
1:50-3:30	Instructional Time
3:30	Dismissal



### SAFE ARRIVAL

During the school day, your child's safety is of utmost importance to us. It is IMPERATIVE that you call the office before 8:50 a.m. if your child is going to be absent or late to school. For your convenience, we also have voice-mail which allows you to contact the school at any time during the night or over the weekend. The school phone number is 519 846-5363 extension 100. When you call please note your child's name, teacher and reason for absence.

If a child is absent and we have not heard from a parent or guardian we will attempt to contact a parent or guardian to ensure your child is safe. If a parent cannot be reached we will contact the emergency contacts you have provided.

It is very important that you let the office know if there is any change in personal information: home or work number, emergency contact, address changes and changes in custody agreements.

If your child is late arriving at school he/she must check in with the office before proceeding to class.

If your child's dismissal procedure is going to change in any way, any day, please send a note in with your child. Parents who are picking up their child before the end of the day must report to the office.

Please use the gravel parking lot at the side of the school for dropping off and picking up students. The front of the school must be kept clear for buses. ***In order to keep congestion at a minimum in our hallways at dismissal time we ask that you wait for your child outside beside the gravel parking lot and do not come into the school. This process will help us keep the students safer and ensure that they depart to the appropriate place. Thank you.***

Supervision of our students begins at 8:30 a.m. Before 8:30 a.m. children cannot be in the school and will not be supervised outside of the school. Students who are walkers must leave school immediately at 3:30 p.m. as supervision is only provided for bus students after this time. By abiding by these time lines you will assist us in keeping all our students safer. Thank you.



## Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board has a policy to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year.

## Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

## 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.

Our school has procedures in place for the prevention and management of 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 of our students.

## MEDICATION AT SCHOOL

Please remember that all student medication must be stored and administered from the office. In order to give your child any medication we must have the appropriate form completed and signed by you. Forms must be updated each school year. Please contact Mrs. Shantz in the office for forms.

Children requiring medication such as EPI-PENS for life-threatening medical conditions are required to carry this medication with them at all times. We suggest a fanny pack. Additional EPI-PENS may be kept in the office. If your child has a life-threatening condition, please call the school for more information and set up a "Life Threatening Management and Prevention Plan" as soon as possible.

## SCHOOL SECURITY AND SAFETY

All parents and visitors entering the school must do so through the front doors and sign in at the office. For safety reasons, we must know who is in the building at ALL TIMES.

## PIZZA DAYS

We will be having pizza days on Mondays and Fridays. Our first pizza day will be Friday September 22nd. Funds raised are used to purchase a variety of materials, resources and equipment.

## FIRST DAY FORMS (on coloured paper)

- 1) **Permission to participate in off-site walking excursions throughout the school year.** Please sign and return by Sept. 11<sup>th</sup>.
- 2) **Student Verification Forms** - please read over the information, include email address, make necessary corrections and sign and return by Sept. 11th.
- 3) **Volunteer Form** - this form must be completed by any person who is interested in volunteering in our school, including field trips and so on. Rather than complete a form for every trip or any other volunteering opportunity, we are asking that all parents who think they might (we will not hold you to this, if you get too busy!) want to volunteer at the school this year, complete a form, and we will keep it on file in the office - please return to the school by Sept. 11th.
- 4) **Freedom of Information** - please read carefully, sign and return by September 11<sup>th</sup>.
- 5) **Bus Code of Conduct** – Please read this with your child, sign and return by September 11<sup>th</sup>.

\* Milk and Pizza order forms will be coming home later this week. Please return by September 13<sup>th</sup>.

## NEWSLETTERS AND COMMUNCIATON



@SalemPS



We have many different ways of sharing information with our school community. We have sent the September Newsletter home as a paper copy with each family. For the rest of the school year **the newsletter will be available online at <http://www.ugdsb.on.ca/salem>**. If you would like to receive an email letting you know when future newsletters have been posted as well as receive other electronic communication from the school please sign up on our website (bottom toolbar/ subscribe to email notifications) or at <http://www.ugdsb.on.ca/CASL>.

School Council has a page on Facebook. This is a closed group and moderated by our School Council as well as the Principal. You can request to join the group "Salem Public School Family Forum".

Please contact the office if you do not have access to the newsletter online so that we can provide you with a paper copy.

## Reminder for parents/guardians: Accidents happen – be prepared with Student Accident Insurance

Parents/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 will be sent home with respect to Student Accident Insurance offered by Old Republic Insurance Company of Canada. You should receive:

1. The Director's letter and an Acknowledgment to be signed by parents/guardians and returned to school. Attached to the Director's letter is a translation sheet for your reference.
2. An InsureMyKids application form

Old Republic offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents/guardians.

Subscription is directly through Old Republic by mail or online. 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.*





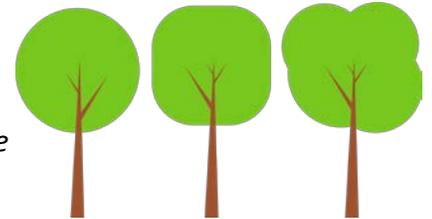
## Monthly Environmental Activities to help celebrate our planet

SEPTEMBER 27<sup>TH</sup> IS NATIONAL TREE DAY!

*“Let nature be your teacher.” William Wordsworth*

### Celebrate National Tree Day on September 27<sup>st</sup> 2017!

*“National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature.”*



<http://www.nationaltreeday.ca/>

*“Children today spend less time outdoors than any generation in human history.”*

<http://getbackoutside.ca/>

*“For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination.”* <http://30x30.davidsuzuki.org/>

### Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Download a bird app and start to help your child learn to identify the colours and songs of birds in your neighbourhood
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

### For more ideas:

- ✓ Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: “What to do on a nature walk” or “Arbour Day activities”

## Talking About Mental Health Sept 2017 – Heading Back to School

Hope that you had a wonderful summer! As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year.

1. Start each day with a positive thought.

Everyone in the family choose a positive thought for the day.

2. Talk about what they like about school and what they are good at.

Have them name 1 thing they like about school.

Have them name 1 thing they are good at.

3. Set a goal for the day.

Have each child or youth set a small goal to achieve each day.

4. Brainstorm ideas of how to deal with challenges.

Have your child or youth make a list of ways they can deal with challenges at school. At the end of the day, ask them which strategies they used to deal with challenges. Encourage them to try out different strategies to build their coping tool kit.

5. End the day by being grateful.

Name three things you are grateful for today.

Have each child or youth name three things they are grateful for today.

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*



## Transitions to School in the Fall

Returning to school is both an exciting time as well as one that can be challenging for some of our students. As our students get ready for new September routines, here are some tips to support parents on things to consider when the new school year is beginning again:

- If you are new to the school community, make an appointment to meet your child's school team so that you can develop relationships with the school and learn the school based routines alongside your child.
- Connect your child with neighbourhood friends that are in their class to help them get to and from school with a peer to make the transitions more fun.
- Consider adapting your child's bedtime routine by returning to an earlier 'school day' schedule before school starts, aiming for 10 hours of sleep a night.
- Sit and plan what your child would enjoy eating as part of a healthy lunch while at school. Including kids in these routines helps them build their independence in packing a well-balanced lunch and snacks.
- Sometimes when kids are older and have more things to remember like locker combinations and schedules for classes, they can get worried about remembering it all. Talk through their concerns and make some plans for how they can remember these items during a busy day.
- Walk with your child to school to remind them of the safety rules and routines. The summer is a long time and this needs to be refreshed from time to time.
- Spend time each night checking in on how the first few weeks of school have gone. If your child is facing some concerns that do not seem to be ironing out, connect with the school to see if together something can be done to support them to be happy in their new school year.

Adapted from KidsHealth.org



miStAkEs  
are proof  
that you are  
TRYING

### 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. “