

Salem Public School
“A Rich Learning Environment”

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PRINCIPAL'S OCTOBER MESSAGE

Welcome Fall! We have had a wonderful, busy September with our students participating in a variety of activities. Outdoors our gardens look healthy and the students are enjoying them. There are many games being played on our yard, including soccer, baseball, mini sticks and fort building, just to name a few. We have another month to enjoy our play structures on the yard and look forward to enjoying many new and exciting outdoor activities as the fall progresses. Our Cross Country runners have been practicing and are looking forward to the meet in Fergus on October 2nd in the afternoon.

On September 28th we participated in the annual Terry Fox Walk. Salem has been participating in this annual event for 17 years now and has raised well over \$10 000. It was a perfect day for our walk and we thank everyone for their contributions as well as those who came and walked with our students during the event.

Thank you to all of the families for coming to our OPEN HOUSE. It's always nice to meet everyone and share the great things we are doing here at Salem. Always feel free to contact us if you have any questions or things you would like to share. A great way to get involved in our school community is to volunteer in the classroom or library. We have an active School Council and have many great activities planned for the upcoming year. Consider joining us for our meetings which are the first Tuesday of the month.

To keep up to date with all things SALEM PS please visit our school website at <http://www.ugdsb.on.ca/salem/index.aspx>. For information relating to the school board you can go to <http://www.ugdsb.on.ca>. School Council has also set up a closed group on Facebook that you can join once it has been verified that you are a parent or guardian of a Salem PS student(s). Please check out **Salem Public School Family Forum** to join. We also post updates on our Twitter page using the address @SalemPS. From this month onward the monthly newsletter will be posted on our website. We are trying to do our part to save paper and reach as many families as possible.

Have a Happy Thanksgiving weekend with your families and take time to enjoy the beauty of the season.

Sincerely,

Kathy Gossling-Spears,

Principal

MORNING AND AFTERNOON DROP OFF

Please be reminded that the front of the school is not to be used for parking. Please park your car in a designated parking spot in the side lot where you are not on the grass or hanging over onto the sidewalk. There has been some concern lately that this has been occurring and it makes it difficult for our students and other walkers to travel safely along the sidewalk. Also, walkers should be using the sidewalks at all times and not walking up the front driveway. If the small parking lot is full please park across the road on Millford and use the crosswalk. All of these measures will ensure the safety of our students and create safe traffic flow in our school area. Also, may students continue to arrive early in the morning. Please note that students are not to arrive before 8:30 A.M as there is no supervision until that time. Thank you for your help in keeping our students safe.



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.

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.

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

SAFE DEPARTURE

Please send authorization in writing if someone other than the legal guardian is going to pick your child up from school. The authorized adult will be asked for photo identification.

If it is necessary for a child to leave early, or to leave for a period during the day for an appointment, a note must be sent to the teacher. For the safety of your child, we request that you come into the school to **sign him/her out at the office**. We cannot send students out to waiting cars.

Please also remember to notify us if your child is not taking the bus home. We appreciate your efforts to keep all students safe.

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.

FIRE SAFETY AND LOCKDOWN DRILLS

During the next months we will be practicing our fire safety and lock down procedures. During these drills everyone in the school building is responsible for following the same procedures as the students and staff.

SCHOOL COUNCIL NEWS

FIRST SCHOOL COUNCIL MEETING

Everyone is welcome to join us at School Council. The first meeting will be held on Tuesday, Oct 3rd starting at 6:30pm. Elections will be held to form the executive for the 2017-18 school year. Child care services are provided by three high school students during the meeting at no cost. We will also have a guest speaker, Bill Mackenzie, who will present the one-stop shop for everything school related in the new Upper Grand District School Board mobile app

CARVED PUMPKIN CONTEST

We will be having a carved pumpkin contest again this year. Your *already carved pumpkins* should be brought into the school by 5:30pm on Oct 26th for entry into one of the categories.

The five categories are: Most Unique; Best Carved; Best Decorated; Most Adorable; Scariest

Judging will be done at the Halloween Social between 6 & 8pm. All pumpkins should be taken home at the end of the event or first thing Fri. (Oct 27th) morning. Any pumpkins left at the school will be composted Friday afternoon.

FAMILY FUN NIGHT: HALLOWEEN SOCIAL

School Council would like to invite families to join us for an evening of Halloween fun. There will be games, crafts and maybe even a Halloween snack. You can also pick up a ballot to be a judge at the pumpkin contest. Come out for the fun dressed in costumes or as yourself. The Halloween Social will be held on Thurs, Oct 26th 6pm to 8pm.

We are also looking for volunteers to help out during this event. If interested, please contact Jane Beaudoin at saleparentcouncil@hotmail.com or leave a message in the school office.

DATES OF INTEREST

Tues. Oct 3rd – School Council meeting at 6:30pm

Fri. Oct 6th – Fresh from the Farm & Elmira Poultry orders due

Wed. Oct 11th – Salad Bar lunch for all students, send bowl and

Tues. Oct 24th – Elmira Poultry order pick up 5 – 6pm.

Thurs. Oct 26th – Halloween Family Social (including carved pumpkin contest judging) 6 – 8pm

Family Social (including pumpkin contest judging) 6 – 8pm

Information from Public Health

Have a Happy, Healthy Halloween

Are your kids buzzing with excitement about trick or treating? The real trick is balancing treats with healthy foods and eating them in moderation. The article below gives parents and teachers tips to help kids have a happy and healthy Halloween. It includes creative ways to celebrate Halloween and recipes for healthy spooky treats. Read the article here: <http://bit.ly/2wcAUHe>
For more information visit www.wdgpUBLICHEALTH.ca



Are you frustrated by your child's eating? Would you like them to enjoy more vegetables?

Join us for **Getting to Yum: How to get kids to enjoy eating a variety of fruits and vegetables**. In this presentation, scientist and author Karen LeBillon will help you teach your kids to explore and enjoy eating. **Learn the 7 secrets of raising eager eaters and change dinnertime from yuck to yum!**

Saturday October 21, 2017

2-4 pm Bishop Macdonell Catholic High School, 200 Clair Road W. Guelph

Cost is \$10 which includes the book "Getting to Yum"

Register by October 9th at <http://bit.ly/2wce1nh>



TALKING ABOUT MENTAL HEALTH-PROMOTING MENTAL HEALTH

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!

It is vital to teach our children to respect and take care of the environment.

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.

Fundraising for School Projects Made Easy



Has your school been thinking of fundraising for a new project? Have you been thinking of fundraising for instruments, library books, or classroom supplies? The Upper Grand Learning Foundation (UGLF) is a registered charity that accepts and holds funds raised by schools for projects while their fundraising efforts continue. By using your **School Fund** through the UGLF, donations to the project are eligible for charitable tax receipts! Tax Receipts are provided for donations of \$20 or more. For more information visit the [UGLF website](http://www.uppergrandlearningfoundation.com) at www.uppergrandlearningfoundation.com



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.

