



SIR ISAAC BROCK PUBLIC SCHOOL

111 Colonial Drive • Guelph, Ontario • N1L 1R3
Phone: 519-824-1442 FAX: 519-824-8500

Principal: Natasha Skerritt
Vice Principal: Kathy Soule

Office Co-ordinator: Diane Tyszka
Office Assistant: Jennifer Campagnolo

September 2017

A Message from the office:

We would like to welcome back all students and parents for the 2017-2018 school year. We would also like to welcome all new students and their families to the Sir Isaac Brock Community. We hope that you have enjoyed the summer, finding time to relax and spend some time with family and friends. The school looks amazing thanks to Mr. Robinson and Mr. McGill. Their hard work shows throughout the school. We would also like to thank the teaching staff for their hard work as they have prepared their classrooms for the students' arrival. Everyone we have spoken to is excited about the first day of school and the upcoming school year. It promises to be an exciting year!

This year we have a new book and a new theme to guide our character education. We look forward to a year where all our students understand that they have the potential to make a difference in the world by using their "beautiful hands". We will continue to encourage students to demonstrate the SIB motto of *Show Respect, Include Others, and Be Responsible*. This year's theme "Beautiful Hands" by Kathryn Otoshi & Bret Baumgarten will be celebrated throughout the year. Please take the time to ask your children about this book and have them explain some of the messages discussed following hearing the story at school.



We are very excited about the year to come and look forward to connecting with each of you over the next few weeks as well as at the fall Open House on September 21st, 2017.

Natasha Skerritt & Kathy Soule

NEWS FROM SCHOOL COUNCIL

Our first school council meeting of the year is being held on Tuesday, September 19th at 6:45pm in the school library. We always welcome new faces and new ideas so please come out and join us.

SCHOOL STAFF

Here's how things are lining up for the 2017-2018 school year. Once we have final numbers this week, any reorganization changes will be made quickly. We will keep you posted as these unfold. Welcome to all the new staff joining Sir Isaac Brock.

Kindergarten:	Jessie Zandbergs, Katrina Proud, Marcia Piquette, Karen Higginbottom Alice Blyde, Kyla Norris
Grade 1:	Sandra Tapper-Howden
Grade 1/2:	Janie Munro, Sandra Graham
Grade 2:	Sherry Dube
Grade 2/3:	Aly Stam
Grade 3:	Claire Munro, Johanna Cottrill
Grade 4:	Shelly Lockhart, Dan Millar
Grade 4/5:	Katie Strimas (MacPherson)
Grade 5:	Karen Kelly-Miller
Grade 5/6:	Mark Alton
Grade 6:	Erika Smyth, Jill Coolman
Grade 7:	Kristi Arnold, Steve Rane,
Grade 7/8:	Rebecca Pike
Grade 8:	Carrie Nethery, Karen Hayhurst
Special Education:	Lauren Craigmile
Subject Staff:	Lisa MacPherson, Emma Lee, Michael Morrison, Angela Brnjas,
Core French:	Janet Bannerman, Carlos Navarro
Resource:	Terri Reeds, Lisa MacPherson, Kathy Soule
Librarian:	Tracy Muller
CYC:	Lisa Longtin
E.A.:	Susan Flood, Laura Byers, Carrie Sponga, Elizabeth Crane, Shelly Schram, Tamara McCormick, Lindsay Skidmore, Hailey Thatcher, Michelle VanKleef, Leah Nielsen,

Scouts!

The 7th Guelph Scouting Group that meets at Sir Isaac Brock Public School is having a registration night on Monday September 11th at 7pm in the parking lot at Sir Isaac Brock Guelph. We offer Beaver Scouts 5-7 Cub Scouts 8-10

Scouts 11-14 and Venturer Scouts 15-17. For more info email Paul at 7thguelph@w.scouters.ca

For info on other groups in Guelph go to Scouts.ca and click on the join Scouts button to find a group near you

MEDICATION

Please remember that all student medication must be stored and administered from the office. In order to give any medication we must have the appropriate form completed and signed by a parent or guardian.

If your child will require medication at school, please contact Mrs. Tyszka, in the school office so that she can make sure that you have the appropriate form to fill out. We require updated and signed forms each year.

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 school office. If your child has a life threatening medical condition, please call the school for more information and to set up a "Life Threatening Management and Prevention Plan".

BALANCED DAY SCHEDULE

Our school follows the Balanced Day schedule. Below are the timelines. Please note that there is no supervision at the school until 8:25.

8:25- 8:40	Supervision on the playground
8:40-10:20	Instructional Block
10:20 - 11:00	1st Nutrition Break
11:00-12:40	Instructional Block
12:40 - 1:20	2nd Nutrition Break
1:20-3:00	Instructional Block
3:00	Dismissal

SAFE ARRIVAL PROGRAM

It is very important that you notify the school office if your child is going to be late or absent for any reason. There is an answering machine on twenty-four hours a day so please use this system to keep us informed. Please help us ensure that all students arrive at school safely. We also require a note or phone call from parents if you will be picking up your child(ren) during school. Be sure to sign in at the office when dropping off or picking up your children during the school day.

New Communication Tool

We are pleased to announce that the Upper Grand DSB is introducing a new parent communication tool for your smart phone. Designed to streamline communication between schools and the communities they serve, the **Upper Grand Mobile App** provides parents with a simple interface with up to date information including news, calendars and social media feeds.

The Upper Grand Mobile App is available today for free at either the Google Play Store or at iTunes. Use the search term "Upper Grand" to find the app.

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.



Our board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more.

When students are at home they can go to this URL:

<https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/password they will enter the site and they can then click on any of the

resources and be taken directly to the individual resource without the need for any additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid them in their education, and may make your life easier when it comes to homework and projects. We are excited that students will be able to access information from anywhere and at anytime in this information age!

STUDENT PHOTOS

The school photographer from Edge will be here on Monday September 25th to take individual and class photos.

NEWSLETTERS & HANDBOOKS

Monthly school newsletters will continue to be posted online at the beginning of every month. Our school website is an excellent place to look for information about what is going on at school. Information posted in the news section of our website will automatically be sent to your mobile if you have downloaded the app. This year we will also continue to post information and updates on our school Twitter account. Follow us @SIBKnights to get up to date information about what is happening at school. (Don't have twitter? That's OK! You can see our Twitter feed on our school website.) <http://www.ugdsb.ca/sibps/>



We encourage you to use your child's agenda for ongoing communication and to read our Parent Handbook and Code of Conduct on our website for additional information.

STUDENT INFORMATION FORMS

A computer-printed form showing our current data for each child will be sent home with your child on Tuesday, September 5th. Please check the information carefully making any necessary corrections and additions. Please remember to sign and date the bottom line and return it to the school as soon as possible.

INSURANCE FORMS

Reminder for parents: Accidents happen - be prepared with Student Accident Insurance

Parents or 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 the second week of school with respect to Student Accident Insurance offered by Old Republic Insurance Company of Canada. You should receive the Director's letter, an Acknowledgment to be signed by parents (and returned to school) and a Student Accident Insurance application form (to be mailed directly to Old Republic). Old Republic offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents or guardians.

Subscription is directly through Old Republic by mail or on line. Questions should be directed to Old Republic at 1-800-463-5437 or 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.

EMERGENCY PROCEDURES

Here at SIB we have many plans and procedures in place to keep everyone safe. Throughout the year we will practice Fire Drills, Tornado Plans, and Lockdown Drills, so that all students know what to do in the case of an emergency. If there is a need to evacuate our building, students will evacuate to St. Ignatious and parents will be notified.

STREET PATROLS/CROSSING GUARD

There will continue to be an assigned crossing guard directly in front of the school. Therefore, any students needing to cross Colonial Drive will do so under the direct support of a city paid crossing guard. This means that our school safety patrols will support those students who are crossing the street along Colonial rather than across it.

- The City Crossing Guard will be on duty in front of the school from 8:10-8:40am and again from 2:55-3:25pm in the afternoon.
- School safety patrols will continue to support students in arriving and departing the school safely between 8:25 -8:40 a.m. and again at 3:00 - 3:15 p.m. We ask that students and parents respect the students who have taken on this huge responsibility.

Patrols are there to help make crossing safe for everyone!

BUSES AND ARRIVAL PROCEDURES

At Sir Isaac Brock we have approximately five buses taking students to and from school safely. All buses will be loaded and unloaded in front of the school. This zone is reserved for buses and special needs students. Each bus has a number associated with it and bus patrols have been assigned to help our younger students

get safely off and on the correct bus. Staff supervision at bus arrival and departure times is also a constant at Sir Isaac Brock.

Please remember that students need to enter the playground through the walkways, City Park or our Kiss and Drive designated area. Parents are asked to not park in the parking lot during arrival and departure times for students. Designated stopping and parking zones for our SIB families are available on Colonial Dr., Howden Cres., Clough Dr., as well as many other streets close to the school if you wish to drive your child and walk them onto the playground yourself. Further, we continue to work to support students "Powering themselves to School" to promote a healthy lifestyle. Thank you for your ongoing support with these practices and procedures.

TERRY FOX RUN

On Thursday, September 28th our whole school will be participating in our annual Terry Fox Walk (weather permitting). Students will hear about this Canadian hero and will be invited to bring a toonie to support the Terry Fox Foundation. Parents, grandparents and younger siblings are also invited to join us for our annual Terry Fox walk.

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### Immunization :

Below is a blog update with information about the upcoming immunization from Public Health.

<http://www.staywellwdg.ca/coming-to-a-backpack-near-you-immunization-consent-forms/>

### AGENDAS

Students in our grade 1 through 6 classes will be receiving agendas. (Kindergarten and Grade 7 & 8 Student have alternative forms of communication. Therefore it is not required for the Kindergarten and Intermediate students to pay for agendas.) Agendas are an excellent means of communication between home and school. We appreciate your contribution of \$6.00 for each agenda to help cover their cost. Agendas can be paid for through our School Cash Online program. If you are not able to pay online, \$6.00 can be brought in to the school office to pay for your child's agenda.

### VOLUNTEERS

Every year our children and staff have been supported by the many volunteers who generously donate their time. We truly appreciate this support. If you are interested in being a volunteer please contact your child's teacher or Mrs. Tyszka

in the office. You will receive information about our school and Board policies around volunteering and be asked to fill out a volunteer form.

## Back to School Blues

Although for many there is excitement and anticipation about going back to school, for some children transitioning back in September can be tough. Moving into a new classroom, having new teachers, new friends and classmates, and new schedules can all bring about a feeling of stress. The angst children feel, questions they ask, and worries they express about these changes are normal. Sometimes it can be the smallest detail that can be the most worrisome for children. As a parent, you may not know what to do about these butterflies, stomach aches or tears. For some of us, it may intensify our own stress. Here are a few things you might try the first few weeks into the new school year.

1. Listen carefully to your children and hear their concerns.
2. Remind them of previous times when they felt anxious, and discuss the strategies they used that helped make the situation better.
3. Review the daily routines they are experiencing at school, and what after school time and weekends look like.
4. Make a list of the things they like about school.
5. Remind them of all the things they are good at.
6. Ask about their friends.
7. Be patient and positive. You may need to have these conversations daily.

As a parent in our school, please know that you can always contact us if your child's worries persist. We are here to support your child's wellbeing and achievement, and getting off to a great start in September will help us all achieve just that!

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Monthly Environmental Activities to help celebrate our planet

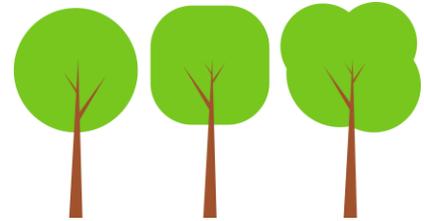
SEPTEMBER 27TH IS NATIONAL TREE DAY!

"Let nature be your teacher." William Wordsworth

Celebrate National Tree Day on September 27st 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"

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. “

UGDSB Program Department

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 a relationship 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

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. 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.
2. Set a goal for the day. Have each child or youth set a small goal to achieve each day.
3. 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.
4. 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