



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

OCTOBER 2017

A message from the office!

We have had an amazingly smooth and exciting start to our year at Sir Isaac Brock. It was wonderful to see so many of our families come out to meet their teachers at Open House. The halls were filled with families. Many stopped in to pick up their "Big Box of Cards" to kick off our first fundraiser or took some time to browse and purchase books at the book fair.

A highlight this month at SIB was our Terry Fox Walk. Special thanks to Mrs. Muller and all the students involved for their amazing leadership. Thanks also to Mr. Alton and his grade 5/6 class for organizing and selling tickets to the teacher versus student football team. This addition to our Terry Fox day raised over \$600, which was then added to the money raised to support cancer research. This year we are so proud to say that Sir Isaac Brock was able to reach our goal and raise even more than we thought possible. We surpassed last year's funds raised by more than double. The final amount raised will be announced next week when the last minute donations have been added in. Thank you all for your support. Way to go SIB!

In the month to come there are many exciting events happening for our students. Junior soccer, Junior cross country, and Intermediate Cross Country are underway, primary choir practices are every Tuesday at first break, we have a number of upcoming class trips, and much more. We have added an additional section "Leadership and Extra-Curricular Opportunities" to our newsletters to keep parents informed on what is happening at school. With your encouragement we hope to continue to see many students come out to these opportunities. If you would like to get involved in the school, please do not hesitate to contact the office as it would be great to have more of our parents involved in helping out around the school. There are many ways to help out from sports, clubs, career talks, reading with students, playing math games and much more.

Please join us in celebrating all our teachers this October 5th. The United Nations' (UN) World Teachers' Day celebrates the role teachers play in providing quality education at all levels. This enables children and adults of all ages to learn to take part in and contribute to their local community and global society. Thanks to all our amazing teachers for all that they do everyday!

We hope you all have a wonderful October and we look forward to seeing you with your children in the SIB community.

Natasha Skerritt and Kathy Soule

October 27th P.A. Day

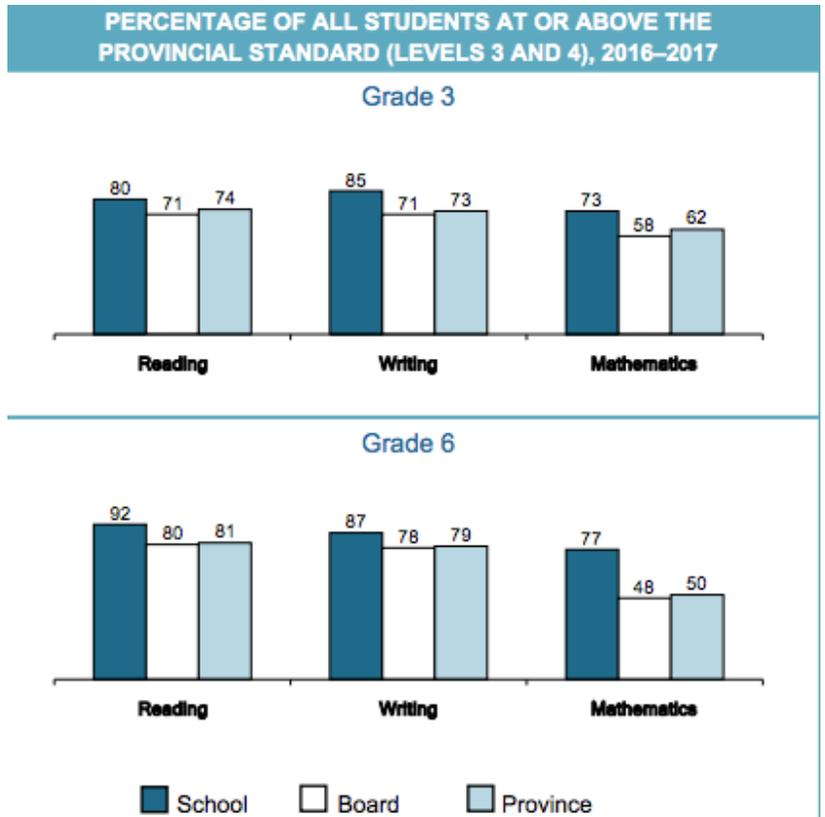
Please be aware that students will not have school on October 27th as it is a P.A. Day.

Lunch Orders!

Orders for pizza, Pita Pit, Booster Juice, and Milk are still being accepted until October 1st. Don't miss out on a chance to order lunch for this term. Two additional lunch days will be added shortly. Starting soon we will be having Zoup on Mondays and Montana's on Fridays.

2017 EQAO RESULTS

In May and June of 2017, Grade 3 and Grade 6 students in the Upper Grand District School Board participated in the EQAO province wide testing. The tasks that the students are asked to perform are based on the expectations from the Ontario Curriculum for Language and Mathematics. The chart beside outlines the percentage of students in our school, board and province who achieved a level 3 (meets the provincial standard) and level 4 (exceeds the provincial standard) on the EQAO evaluation this past spring.



PICKING UP AND DROPPING OFF STUDENTS DURING SCHOOL HOURS

Thank you for diligently using the sign-in and sign-out procedures and wearing visitors badges when at SIB. Please also note the additional safety procedures we have in place at SIB.

1. All visitors and volunteers need to check into the office and obtain a visitor badge.
2. When leaving the school, all visitors and volunteers must sign out and return their visitor badge to the office.
3. All parents are asked to **drop off and pick up** their children during the school day at the school office. Our office staff will have your children come to the office to meet you. If you need to leave a message for a teacher please feel free to leave the message with any of the office staff, we will make sure the teacher gets it.
4. Any parents visiting the playground need to check into the office and obtain a visitor badge. They will also be asked to identify themselves to the staff on yard duty.

SCHOOL COUNCIL NEWS

Parent Council is off to a fantastic start this school year! We had a great turn out to our first meeting of the year. It is so nice to see so many parents involved with SIB. We hope to see even more parents at our October meeting. It will be held Tuesday, October 17th at 6:45 pm.

October brings our annual dress up dance-a-thon so please stay tuned for details as we get closer to the date! Spirit wear and grad wear will also be on sale during the month of October.

“Big Box of Cards” Fundraising continues until October 11th. Thanks for taking the time to sell cards to friends and family.

FIRE SAFETY AND LOCKDOWN DRILLS

During the next few months we will be practicing our fire safety and lock down procedures. During these drills everyone in the school is asked to follow the same procedures as the students and staff. If you happen to be in the school at this time, school staff will support you to follow our school based procedures. I appreciate all that the staff at SIB do to ensure the students are always safe.

Leadership and Extra-Curricular Opportunities

During the month of October there will be many opportunities for students to become involved at SIB. Some the events occurring are:

- Junior (Grade 4,5&6) Soccer
- Intermediate (Grade 7&8) Rock Band
- Me to We Club
- Homework club for Grade 7 & 8 Students everyday at first break
- Grade 8 Band (Grade 7 Band will start in Novemeber)
- Intermediate Cross Country
- Primary Choir
- Classroom Lunch Helpers

PETS

Please understand that due to safety reasons no pets of any kind are allowed at school or on school property without permission. Teachers may give permission for pets to be brought to school as part of a special display or project, although they must be consulted first. Some children are highly allergic to certain animals, while others are sometimes fearful of them due to prior experiences. While walking your dog or playing in the playground with your children, please encourage all who use our school and city walks and grounds to be sure and scoop whatever is left behind. We appreciate your understanding in this matter.

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



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 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.



“In the 2015 ParticipACTION Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, the overall grade for Canadian children and youth remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, the grade for Active Transportation remains a D, with only 24% of 5-17 year olds walking/wheeling to school and 62% being driven by parents or caregivers. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <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.

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 striving for students to have a solid grasp of the “why” behind each solution. This often means that students are encouraged to share a variety of methods and strategies to solve a single problem. By sharing different strategies, teachers can help students see the common thread that connects each solution, thus deepening their understanding of the concept being taught. The teacher’s role is no longer to teach procedures, but to help students make connections and understand the 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 through their struggles. We need to break the math myth that we need fast answers to be good at math.

Never let your child hear you say: “I was never good at math.”

- Research studies have shown when parents tell their children they were not good at math, their child’s achievement is immediately affected.²

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)?”



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/>

- “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.”

Wellington-Dufferin-Guelph Public Health October 2017

WDG Public Health is pleased to provide elementary and secondary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below two inserts you can include in your school newsletter and/or announcements if you wish. Images can be included or excluded as they meet your needs. If you have any questions please contact us at 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca



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

Information from Public Health

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 reactions 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>