



SIR ISAAC BROCK PUBLIC SCHOOL

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December 2017

A Message from the Office:

It has been another exciting and busy month here at SIB. Some of the many exciting things to happen this month included visits from Guelph Storm players, Guelph Police Services, Guelph Fire Prevention Services, and many field trips. We also had a fantastic Pajama day, Pink Shirt day, Chapters Fundraising event, and a successful Toy Drive during November.

Our Remembrance Day Assembly was once again incredible. Thank-you to all the Scouts, Cubs, Brownies, Guides, Beavers, and Sparks who participated in our Remembrance Day Assembly, you wore your uniforms proudly. To recognize Anti-Bullying week, a team of students visited classrooms to read a story and to brainstorm with students how to solve conflicts and how to be a good friend. This information was then compiled into a new poster for each classroom. A copy of the poster can be found below in our newsletter. We are so very proud of all of our SIB students.

During the month of December we have many exciting events planned. During the last week prior to the holidays there will be an assembly on each of the days. Various classes will perform throughout the week; information will be shared from each class as to the date and time if the class is performing.

As we head into December, we wish you all the best for the holiday season, best wishes to you and your families for the New Year to come.

Natasha Skerritt and Kathy Soule

HAPPY HOLIDAYS FROM ALL OF US AT S.I.B.

Happy Holidays everyone! Whether you celebrate Eid, Hanukkah, Christmas, Ramadan, Bodhi, Kwanzaa, or Diwali or other celebrations we wish you health, happiness and peace. To live, work and play in peace is something we can all celebrate regardless of our beliefs and customs. Respect, care of self and others, and healthy choices know no boundaries. As a staff, we are proud of all our students and all the work they do each and every day to learn and grow as responsible, respectful citizens. We wish you a peaceful and healthy 2018. See you on January 8th.





Sir Isaac Brock Public School

A good friend is...

- nice, kind, helpful, caring, funny,
- someone who shares
- knows when to say sorry
- someone who uses positive words
- someone who gives hugs, shakes hands, gives high fives or props
- someone who is not a bystander and not a bully
- someone who “Stands up and Speaks out!”
- respectful to others

How to solve a conflict with a friend?

- talk it out
- walk away
- use an “I” statement
- tell a trusted adult
- compromise
- be the bigger person
- tell the truth
- think before you speak
- listen with your heart
- treat each other the way you want to be treated
- help others make smart choices
- put yourself in their shoes



THANK YOU PARENTS and COMMUNITY VOLUNTEERS

Thank you to all the parents and the community volunteers who have worked to support children's learning during our first term at school. On a typical day at S.I.B., parents help to organize fundraising, volunteer in classrooms, attend trips, and work behind the scenes doing School Council work. We so appreciate all that you do to support students and their learning at S.I.B.



Lost & Found

Our two lost & found bins are full of unclaimed clothing such as mitts, hats and shoes. Please encourage your child to take a look through the bins for items they might be missing. All items will be put out in the hallway during the last week of school. If you are in the school to see a Holiday Concert or to pick up your child for an appointment, please have a look for items that belong to your child.

All unclaimed items will be donated to charity on December 22.

NO BUS DAYS

If at all possible parents of bus students are encouraged to drive their children to school if the busses are not running. Classes proceed as normal on no bus days, and although your child is not marked as absent, they are missing important school work. In many classes, there are only a few students who do not attend. The only time your child should not attend is if the school is closed. Please listen to your local radio station or check the transportation website for additional information. (www.stwdsts.ca)

JUNIOR & INTERMEDIATE SKATE

We are looking into continuing our Annual Junior/Intermediate Skate. We have just confirmed December 19th (from 1:00 – 2:00 pm) Students from Grade 4-8 will be bused to Sleeman Center to skate. If your child is a junior or intermediate student, **please note that it is mandatory that everyone skating wear a CSA approved helmet to keep them safe on the ice.** Unfortunately, it will not be possible for us to find and borrow helmets for students, so students would need to have their own helmet or borrow one on their own from someone they know. We will do our best to help find skates for any children who do not have them if they are able to find a helmet to use. More information about our Junior/Intermediate Skate will be sent home shortly.

Kiss n' Drive Thank you!

Thank you to the many families who have been following the Kiss and Drive procedures. If you need to accompany your child into the school, please park on one of the many available side streets and carefully cross onto the school grounds at the cross walk where the crossing guards are located. For all other kiss and drive families, valet service will be provided by our very dedicated staff and student patrols! Thanks again for your efforts to keep all our children safe!

TIMELY REMINDERS



A reminder for the New Year that our school day begins at **8:40 am**. Classroom activities begin before the announcements and teachers need to have everyone in class promptly. Thank you for your help in having your children arrive on time. This one small detail makes a great deal of difference to starting the day off right!

Number Talks: Teaching students flexibility and efficiency in math

Teachers at SIB are helping to change the way students talk and think about math.

Gone are the days of believing that someone is simply good or bad at math or that there is only one way to solve a problem. They help learners to realize that, while there may only be one right answer to a math problem, there are many strategies they can use to reach that answer.

What Number Talks Look Like

Number Talks are short, daily exercises that ask students to think through different strategies for solving a math problem, visualize their solution, and develop flexibility and efficiency in their number thinking.

During a Number Talk, students put their pens and paper away. The teacher writes a problem on the board and asks students to quietly solve the problem on their own. When a student has an answer, they quietly place their thumb up on their chest and waits for others to come up with a solution.

The teacher will then ask students to provide their answer and writes all of the answers on the board. Students will take turns explaining their method for reaching their solution – all the while the teacher writes down on the board all of the steps the student used.

In going through the different ways students solved the same problem – whatever strategy they happen to use, like friendly numbers, decomposing numbers or the give and take method – students realize there are many ways to get the answer. And in telling the teacher how they solved the problem, they are communicating what and how they are thinking.

Another interesting thing that happens, is that when students talk through their strategy and visualize different methods for solving the problem, they often realize where they made a mistake and can easily then come up with the correct answer

Here is a grade 6 example of a number talk. Strategies shown include Round and Adjust, Break Apart, Take and Give, and Add Up.

Math - 1

Take + Give: $160 + 174 = 160 + 170 + 4 = 334$

Round + Adjust: $160 + 170 = 330$, $3 + 4 = 7$, $330 + 4 = 334$

Break Apart: $100 + 100 = 200$, $60 + 60 + 10 = 130$, $200 + 130 = 330$, $330 + 4 = 334$

Add Up: $163 + 37 = 200$, $200 + 100 = 300$, $300 + 34 = 334$

Start from the Left: $100 + 100 = 200$, $60 + 70 = 130$, $3 + 1 = 4$, $200 + 130 + 4 = 334$

163 + 174

1. MR
2. Number talk
3. Gym
4. Daily 3

Additional Strategies can be found on the post about number talks on our website.

KINDERGARTEN REGISTRATON

Please note that the **registration process for the upcoming school year has changed.**

Between Jan. 9-19, 2018, pre-register your child online at www.ugdsb.ca/kindergarten

1. Check for a confirmation email indicating you've successfully completed pre-registration
2. Once you have pre-registered, go to your child's home school to drop off required documentation to complete your registration.
3. Required documentation:
 - Proof of Age (child's birth certificate or passport)
 - Proof of Immunization (Health Record card)
 - Proof of residency identifying parent/guardian's current home address (e.g. utility/tax bill, bank statement, purchase/lease agreement)
 - Verification of date or arrival/immigration documents (if child was not born in Canada)

If you require any assistance with the online registration, please see Mrs. Tyszka in the office.

For more information about French Immersion and to find the time and date of our JK FI registration process information nights at a school near you, please visit www.ugdsb.on.ca/jkfi



Sign up for email communication from Sir Isaac Brock by clicking on the link on our school website that looks like the image below. Scroll to the bottom of the website to find the link.



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NOTIFICATIONS**

Monthly environmental activities to help celebrate our planet



December 10th is HUMAN RIGHTS Day!

“For to be free is not merely to cast off one’s chains, but to live in a way that respects & enhances the freedom of others”
- Nelson Mandela

Celebrate Human Rights Day on December 10th!

Human Rights Day calls on everyone to stand up someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for all of us to have access clean water, unpolluted air and healthy food.
<http://www.un.org/en/events/humanrightsday/>

Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!



for
to

- **Learn about how children live in other parts of the world.**
- **Read the book: We Are All Born Free: The Universal Declaration of Human Rights in Pictures** by Amnesty International.
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Talk to someone you know who is from another country.** Where are they from? What was their life like there? What language did they speak? Did they go to school? What do they miss? What do they like about their new country?
- **Start a tradition of doing a family service project on Human Rights Day.** There are many opportunities to volunteer, such as preparing and serving meals at a local homeless shelter or simply gathering enough to put together a bunch of care packages of simple needs and necessities. <https://humanrightswarrior.com>

“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience” by Melissa Breyer

Talking About Mental Health December 2017 – Taking Care of Ourselves and Our Families

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year. Here are some tips and resources to make sure that you and your family have a safe and mentally healthy holiday season.

Self-care

What you do to support or take care of yourself? What do your children/youth do?

It is important to look after yourselves:

- exercise
- sleep well
- eat well
- reach out to and spend time with family & friends
- reading, writing
- music, art
- spend time with pets
- spend time outside

Stay connected

- Have dinner together as a family, no phones or devices
- Plan a family outing to a friend's or a park or a local event
- Have friends or family over for a game night
- Have a family movie or game night
- Take a few moments each day as a family to say what you are all grateful for
- Volunteer at the foodbank or other community organization as a family

Signs to look for that someone is struggling

- *Sometimes it's hard to tell that someone is suffering. Here are some signs that someone is struggling.*
- not coming to school or work
- not engaging with friends or family
- not participating in activities that they used to enjoy
- withdrawing
- feeling hopeless
- increase use of drugs or alcohol
- changes in behaviour
- anger/irritability

Getting help

If you, your child/youth or someone you know is struggling, it is important to know where to reach out for help.

Who would you talk to if you were distressed, overwhelmed or struggling? Take a moment to make a list of at least 3 people or resources you would reach out to.

Who would your child/youth talk to if they were upset, overwhelmed or struggling? Take a moment to sit down with your child/youth and ask them who they would talk to. Put the kidshelpphone and HERE247 or DCAFS number in their phones (see below).

All children and youth need caring adults in their lives to talk to about their feelings. Parents/guardians can be some of those caring adults, but it is important for the children/youth to have other caring adults in their lives such as:

Family members, friends of the family

School staff (teachers, guidance counsellors, principals, child and youth counsellors, social workers, librarian, custodial staff)

Coaches, instructors

Spiritual or religious community

Community members (police, family doctors, librarians, etc.)

Who you can call for mental health support:

- Here 24/7 (for crisis and support with mental health or addiction concerns in Guelph/Wellington) <http://here247.ca/> 1.844.437.3247
- Dufferin Child and Family Services (DCAFS) (for crisis and mental health supports for children/youth in Dufferin) <https://dcafs.on.ca/> 519 941 1530
- Kids Help Phone <https://kidshelpphone.ca/> 1 800 668 6868
- Your family physician or family health team

Have a mentally healthy holiday season!

*Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford*