



Taylor Evans Public School

GUELPH | ONTARIO | CANADA

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October 2018

Principal's Message

Thank you to all of the families who were able to make it out to our 'Meet the Teacher Night!' It is always exciting to meet parents and have the students share what they will be learning and how. September has been an exciting month with the Terry Fox Run, Intermediate Football Tournament, School Council Chocolate Bar Fundraiser, and the Book Fair. In addition to classroom learning, we are grateful that our staff provides so much to help to enrich your child's education. If you are interested in helping out – to volunteer on a trip, or come in and read, please contact your child's teacher or Mr. Keesmaat in the office. Please remember to recognize World Teacher's Day on Friday October 5th – you could have your child write a letter or note to their teacher!

Ken Keesmaat
Principal

Walk to School Day!

October is International Walk to School Month, which is a celebration of active transportation taking place around the world. This month, the Upper Grand District School Board will be celebrating with a **Walk to School Day on October 3rd**. Gather your family and neighbours and walk together to school on October 3rd, and any other day you can in October!

IB Information for Grade 8 Students!

Guelph C.V.I. is proud to be an International Baccalaureate Candidate School. A representative from G.C.V.I. will be coming to talk to our students on:

Thursday October 11th @ 9:30 am

Chocolate Bar Sales

We are asking for your support and participation to help raise funds! All funds raised will support improving technology and our greening fund. Payment for Chocolate Bars can now be made online @ <https://ugdsb.schoolcashionline.com>. There is a link on the school website at the bottom of the page. Sales end October 15th.

PA Days in November

There will be two PA Days in November: **November 2nd and 30th, 2018**
(NO SCHOOL for students)

Calendar

Please see the calendar on the website for upcoming events:
<https://www.ugdsb.ca/tevens/calendar/monthly>

Reminder

Thanksgiving is Monday October 8th. There will be **NO SCHOOL** on that day.



Dear Parents,

Your child's school has signed up for the Ontario Schools Battery Recycling Challenge October 15th, 2018 (Waste Reduction Week) and runs until April 19th, 2019 (Friday before Earth Day). The Challenge is bigger and better than ever, and every school has a chance to walk away with a prize!

WHAT IS THE OSBRC? The OSBRC is a recycling competition between 200 elementary and secondary schools across Ontario. Its purpose is to teach children and their families about the proper way to handle, store and recycle batteries at home and at school. Since 2014, OSBRC schools have recycled more than 5.5 million single-use batteries. The OSBRC prize pool has paid out more than \$60,000 to winning schools and every year, 10% is donated to the SickKids Children's Hospital.

STUDENT MISSIONS With your consent, your child can sign up for Student Missions. If they complete 3 missions they will be entered into a draw for one of ten \$50 VISA Gift Cards. If they complete all 5 missions by Family Day, they'll have a chance to win a family trip to Great Wolf Lodge in Niagara Falls! We also added three bonus missions this year to

give students extra chances to win! For more information and to register, please visit:
www.rawmaterials.com/ontario-school-recycling-challenge/student

YOU CAN HELP! Collect single-use alkaline batteries from your home, family, friends and work. Before you send them to school, please tape the terminals on all 6V, 9V and button cell batteries. To learn more about how to store batteries in your home and how to prepare them for recycling, please visit:

www.rawmaterials.com/page/education/prepare-batteries

Primary single-use alkaline batteries only. Alkaline batteries come in common sizes including AA, AAA, C, D, 6V, 9V and button cell. Primary "lithium" and rechargeable batteries are not part of this program. To recycle them and all other types, please visit makethedrop.ca Sincerely, Sarah Lacharity School Program Coordinator Raw Materials Company Inc. www.rawmaterials.com - osbrc@rawmaterials.com - 1 (888) 937-3382.

Talking About Mental Health - October 2018

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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!

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board
Follow me on instagram: ugdsb_mental_health*



Environmental Activities to Help Celebrate Our Planet

Wednesday October 3rd is INTERNATIONAL WALK TO SCHOOL DAY!

A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on Wednesday October 3rd, 2018!



In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children 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, only 24% of 5-17 year olds are walking/wheeling/rolling to school. 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

- *Outside activity 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 by walking, biking, skipping, or rolling too!*
- *Walking/biking/rolling 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.*

Encourage your children to get outside and get active!

ALL CANDIDATES MEETING!

10.11.18

7-8:30 pm @ Taylor Evans PS

Wheelchair accessible

Childminding & Refreshments!

pgng96@gmail.com 519-824-6340

 Parkwood Gardens Neighbourhood Group

pgng96@gmail.com
519-824-6340



PARENTS NIGHT OUT!

NOVEMBER 23

6:30-9:30PM

GATEWAY DRIVE PS

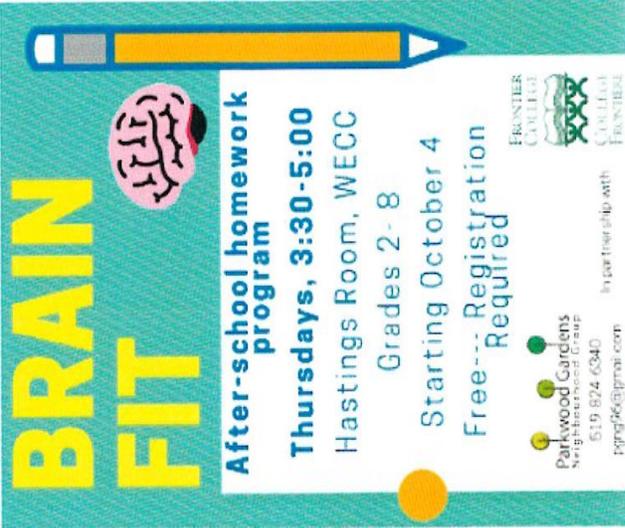
\$5 PER CHILD OR \$15 PER FAMILY

REGISTRATION IS REQUIRED! 519-824-6340 PGNG96@GMAIL.COM



Upcoming Events

Programs



BRAIN FIT

After-school homework program

Thursdays, 3:30-5:00

Hastings Room, WECC

Grades 2-8

Starting October 4

Free--- Registration Required

 FRONTIER COUNCIL

 Parkwood Gardens Neighbourhood Group

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519-824-6340

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In partnership with



indigo girls

guelph

- Tuesdays, 3:15-5:15 pm
- Gateway Drive PS
- Girls grades 5-8!
- FREE!
- Starting October 2, 2018

Indigo Girls is a program centered on educating and discussing issues surrounding girl's in society today both locally and globally. We offer a safe, non-judgmental, and supportive space to learn and engage together.

 Indigo Girls Guelph

 Parkwood Gardens Neighbourhood Group

<http://www.indigo-girls-guelph.com/>