



Taylor Evans Public School

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November 2018

Principal's Message

We have had a very exciting and action packed month of learning during October! Sports, Take me outside Day, EcoStars for grade 5 students, Green Legacy Tree planting for intermediate, choir, drama, Student Council, and so much more! One of the things that Mr. Gouk and I are passionate about is trying to encourage our children to get outside to play (Take Me Outside Day). It is important for us as adults (and especially parents) to monitor the recreational use of screens. Children are missing important developmental steps (physical, social, and mental wellness) when outside play time or imaginary play is limited, for instance. Remember to read, count and talk with your child(ren). Here is some information from the Health Unit:

The 24-Hour Movement Guidelines say that:

- Children under the age of 2 should not have any screen time
- Children ages 2-4 should have less than one hour of screen time per day
- Children and youth ages 5-17 should have no more than 2 hours of recreational screen time per day

For more information on ideas and alternatives to screen time read the full article here: <https://www.wdgpulichealth.ca/blog/let%E2%80%99s-all-take-some-time-power-and-play>

There are many good strategies and ideas on page 4 of this newsletter too! Feel free to contact Mr. Keesmaat or Mr. Gouk, as well.

Ken Keesmaat
Principal

Alan Gouk
Vice Principal

Battery Recycling Continues!

Did you know that when dead batteries are thrown into the garbage, most of them make their way into landfills? These batteries can leak harmful heavy metals, such as nickel, cadmium and lithium into the ground. This contaminates our local soils, groundwater, and streams. It is not good for our environment, or for us. However, it's easy to help! Our 2018/2019 Battery Recycling Challenge is underway. Please participate! Send us your dead batteries, help us earn points for our school, and raise money for Sick Kids. If you have a large number of batteries to recycle, call or email Mrs. Cornish to arrange a convenient drop off time (Phone: 519-766-4544 | Email: lisa.enrightcornish@ugdsb.on.ca).

PLEASE: Remember to tape the terminals of 9 volt batteries before you send them into us! Do you have questions about how to prepare your batteries for recycling? Click on the link below.

How to Prepare Your Batteries for Recycling:

<https://www.rawmaterials.com/page/education/prepare-batteries/>

Mrs. Cornish

Environmental Club Message

Many of our household purchases end up in landfills when we are bored of the item we have purchased. This has a very negative impact on our environment. In order to raise awareness about consumerism (how we buy things), and encourage people to make informed choices on how and why we buy anything, we encourage the community of TEPS to celebrate Buy Nothing Day on **November 23rd**. Enjoy a relief from your spending, and take a day off from buying things and reflect on your spending habits. Instead, focus on the important things in life that have nothing to do with spending money!

Important Dates in November 2018

On November 9, at the second break – we will be selling popcorn for \$1 to help raise funds to purchase new school jerseys for our Sports Teams and Clubs!

<https://www.ugdsb.ca/tevens/calendar/monthly/>

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November 2 - PA Day – Math!

November 5 – 9 – Treaty Recognition Week

November 9 – 11 am – Remembrance Day Assembly

November 13 – Grade 8 and 7 Leadership Training

November 15 – School Council 7 pm

November 16 and 22 – JK/SK, Grade 2, Gr. 7 Dental Screening

November 19 – 23 – Bullying Prevention (Increase The Kindness Week)

November 20 – Progress Reports Come Home

November 21 - Rainbow Spirit Day

November 23 – Buy Nothing Day!

November 26 – Picture Retakes

November 28 – Grade 8s to College Heights in the afternoon

November 29 – Interview Evening

November 30 - PA Day - Interview Day

Your Future, Your Choice - Career event on November 14th, 2018

On November 14th, 2018, the Career Education Council is hosting their annual education, career and community resources fair at Centennial CVI. Everyone is welcome and UGDSB students and their families are encouraged to mark your calendars with plans to attend between 6-8pm. Exhibitors representing high school programs, community resources, future career opportunities and volunteer possibilities will be on hand to speak directly to students and their families. This event is geared to students in grades 8-12.

Talking About Mental Health – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much needed downtime from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if you have it) to go outside and enjoy nature.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then **GO OUTSIDE!** Take your kids outside! Enjoy and be a part of nature.

Try this:

Go for a walk

Head for the woods – make a scavenger hunt

Go birdwatching – make it a game to find the names of all birds you see

Go on a bug hunt Watch the clouds float by

Make a game of identifying all the sounds you hear outside

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>
<https://www.grandriver.ca/en/grand-river-parks.aspx>
<http://headwaters.ca/experience/parks-conservation-areas/>
<https://www.uoguelph.ca/arboretum/>

Jenny Marino, *Mental Health and Addictions Lead for the UGDSB*
Follow me on Instagram #upper_grand_mental_health



Environmental Activities

Don't buy, give. "No one has ever become poor by giving." Anne Frank

Celebrate Buy Nothing Day - November 23rd!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States.
<https://en.wikipedia.org>



Image from <https://www.permaculture.co.uk>

"We are also consuming and trashing clothing at a far higher rate than our planet can handle.

Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption." *Dr. Kirsten Brodde of Greenpeace Germany-* <https://www.telegraph.co.uk>

Repair, reduce, reuse, recycle – 4 R's are best!

It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, reuse, recycle' could be the new model. <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about! <https://www.daysoftheyear.com/days/buy-nothing-day>