

Waverley Drive Public School

October, 2017



Principal: Blair Conrad

Vice-Principal: Amy Ewing

PRINCIPAL'S MESSAGE

September has been a busy month as all of our students have settled into their new routines and classes. I am very impressed with the way our students have handled the few class changes that we have faced as well as the construction which a school community.

As you may be aware this coming Friday, October 6 is ROAR Day for our Intermediate students. It is a day full of workshops on topics of interest to our intermediate students. Q Mack will lead off the day with a keynote address to our students on respect and perseverance. Students will then have workshops to choose from including Making Box improve, yoga, cartooning, basketball. WeVideo, drug and alcohol awareness, baking and an escape room/puzzle. A big thank you to our community agencies and business that are helping to support this event.

Our sports program is in full swing with practices taking place at lunch break. The Waverley boys' and girls' football teams represented our school in fine fashion at the recent county tournament. Our girls' team went undefeated! Cross country and soccer practices for both intermediate and junior students are taking place during lunch break throughout the week. Students and staff are working hard to improve skill and fitness levels of each player. Thank you to the teachers who give their time to coach and organize our extracurricular activities.

Please remember that Friday, October 27 is a PD Day. Students do not come to school that day and staff will be at school for Professional Development workshops.

Waverley is very proud to be a Silver Ecoschool and as a school community we are looking for ways to continue with our growth as an ecoschool. With this in mind we want to reduce the paper that goes home. This school year we will not send home a paper copy of the newsletter. The newsletter will be posted and viewed on our website. Please go to our school website at www.ugdsb.on.ca/wav. Follow Waverley on twitter @waverley_ps for up to date news and information about what's happening here at school.

Way to go Lions!!
Blair Conrad

ABSENCES OR LATES

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. You may leave a message on ext 100. 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 or after school. Be sure to SIGN IN at the office when dropping or picking up your children during the school day.

VISITORS AND VOLUNTEERS

Anyone visiting or volunteering the school (including parents) MUST SIGN IN AT THE OFFICE and wear a Waverley Drive identification badge when you are in the school. Our students recognize those who are wearing the school badge as members of our school community.

ELECTRONIC DEVICES IN THE SCHOOL



At Waverley Drive P.S., personal technology is allowed for use within our classrooms for the purpose of enhancing student learning. Devices such as smartphones, laptops, chromebooks, iPads and other tablet devices are welcome for educational use at the discretion of the classroom teacher. Our BYOD (Bring Your Own Device) policy has been explained to students, as well as the rules and responsibilities.

1. Technology is allowed with direct supervision at the discretion of the teacher.
2. Technology is not allowed in unsupervised areas or areas that are not directly supervised (washroom, hallways, lunchroom, outside at recess).

RAISING MONEY FOR CANCER

Congratulations Waverley! Once again, families, students and staff generously donated money to the Terry Fox Foundation for Cancer Research. Our Terry Fox Day was this past September 28 and students had a fun morning participating in our walk/run. Waverley has a strong tradition of school spirit and empathy for this cause; many of our families and friends have been afflicted by this disease and our efforts are meaningful to us all. **Congratulations to the Waverley Drive PS community for raising over \$2900.00 in this year's campaign.**

Talking About Mental Health October 2017 - 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:

- 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.

Monthly Environmental Activities to help celebrate our planet

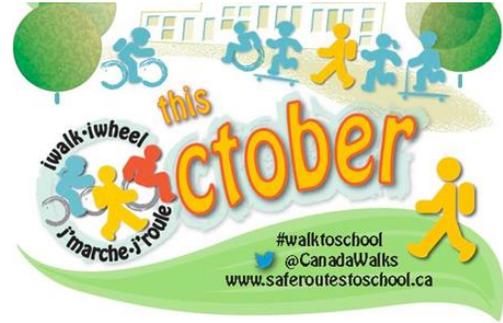


OCT 4th IS INTERNATIONAL WALK TO SCHOOL DAY!

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.