



# WAVERLEY DRIVE PUBLIC SCHOOL DECEMBER NEWSLETTER

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## Principal's Message

As we approach the holiday break I would like to thank our families for all of their support during the first school term. Time has really moved quickly which is a sign of a very busy term both at home and at school for our families. December continues to be busy with Waverley Letter Writing and Candy Cane Gram Sales Dec. 10-14. Donations to the ME to WE Adopt-a-family are due on December 14. December 21 is Sparkle and Shine day and our Lions Pride Assembly is at 9:00am.

As you are aware Bully Prevention Week was Nov. 19-23. Waverley had a lot of positive things going on as part of this week. We focused on treating everyone with respect as part of the school wide assembly and many activities with our colour groups happened throughout the week as well.

Grade 8 students and their parents/guardians are beginning to look at high school course selection options. There is a grade 8 Parent night on December 12 at 6:30 here at Waverley. Representatives from JF Ross and College Heights will be present to answer questions and provide information around these important decisions. Please look ahead at the January school calendar for upcoming high school information sessions and course selection due dates.

If I can be of assistance with any issue please do not hesitate in calling me at school.  
Happy Holidays to all our Waverley families.

Principal  
Blair Conrad



## DATES TO REMEMBER

Dec. 12	Gr. 8 Parent night @Waverley
Dec. 12	Cookie Dough Pick-up
Dec. 14	Donations to ME to WE due
Dec. 10	School Council Meeting
Dec. 21	Spirit Day – Sparkle and Shine
Dec. 21	Winter Holiday Begins
Jan. 10	College Heights Gr. 8 Parent Info night
Jan. 10	GCVI Gr. 8 Parent Info night
Feb. 7	Centennial CVI Gr. 8 Parent Info night



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### **Talking About Mental Health December 2018 – GIVE THE GIFT OF RESILIENCY**

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.

#### **REMEMBER:**

- eat well
- get good sleep
- don't over schedule
- stay connected to family and friends
- keep daily routines going
- avoid over-use of technology
- get outside and enjoy the crisp, fresh air

#### **HOLIDAY "CONNECTING & REFLECTING" IDEAS:**

##### **23 Days of Giving**

Every day in December have everyone put something that they don't use or need into a basket. Later in the month you can go as a family and donate to a shelter or community center

##### **Reflection Wall**

Have a wall in the house where everyone can add sticky notes of what they are grateful about from the year. Focus on lessons learned, new skills and strategies used throughout the year

##### **Rose, Bud, Thorn**

Have everyone identify one or two things that they feel were successes from the year (rose), something that was a struggle (thorn) and what they did to overcome the struggle, and something they are looking forward to in the new year (bud).

**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:



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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!

*Jenny Marino is the Mental Health Lead for Upper Grand  
District School Board  
Follow me on instagram #ugdsb\_mental\_health*



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Monthly environmental activities to help celebrate our planet

## December 10th is HUMAN RIGHTS Day!

*“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” –Jane Goodall*

### Celebrate Human Rights Day on December 10th!

Human Rights Day calls on everyone to stand up for 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 everyone to have access to 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!

- **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.

- **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.
- **Make a World Wishes Dove with your family.** Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
- **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.



*“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*



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