



# Waverley Drive Public School

## October 2019



### PRINCIPAL'S MESSAGE

September has been an incredibly busy month, as all of our students have settled into their new routines and classes. We have been very impressed with the way our students have handled the numerous class changes that we faced as the school year began.

As you are aware, our **Fresh From the Farm** fundraising campaign is now underway. Please remember to hand in all orders by **Tuesday, October 15<sup>th</sup>**. Late orders will not be accepted!



Our club and sports programs are in full swing with meetings and practices taking place during Nutrition Breaks. The Waverley boys' and girls' football teams represented our school in fine fashion at the recent tournament. Cross country and soccer practices for both Intermediate and Junior students are taking place. Students and staff are working hard to improve the skill and fitness levels of each player. Students in our ME to WE club attended We Day in Toronto and our Student Council has started organizing future activities and events. Thank you to the teachers who give their time to coach and organize our extracurricular activities.

Please remember that our **parking lots are for staff and taxis only** and not for student pick up and drop off. If you need to drop off or pick up your child before or after school, please arrange an alternative place to meet and park.

Pets bring a lot of joy to their owners. However, they can sometimes react unexpectedly to other strangers, loud noises or the sudden movement of children. To safeguard the well being of our students and your pets, we ask that people refrain from bringing pets onto school property at the beginning and end of the day. Thanks for your cooperation.

Please continue to visit the Waverley Drive P.S. website at [www.ugdsb.ca/wav](http://www.ugdsb.ca/wav) for up-to-date information about school activities and events.

Thank you again for a great start to the school year. We'll continue working hard to stay on this positive path. Way to go Lions!!

Amy Ewing  
Principal

### ABSENCES OR LATES

It is very important that parents/guardians notify the school office (**519-824-7742**) if a 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 extension 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.

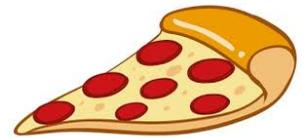
## ELECTRONIC DEVICES IN THE SCHOOL

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 (e.g., washroom, hallways, lunchroom, outside at recess).

## ORDERING PIZZA

Pizza continues to be available for purchase through School Cash Online. The options for pizza are cheese or pepperoni and the cost is \$1.50 per slice. It will be sold on a month to month basis. For example, to purchase pizza for the month of November, parents and guardians will place their order on-line during the first three weeks of October. Pizza will be delivered to the students in their classroom at lunch time on Tuesdays and Fridays.



Please be aware, that pizza cannot be purchased at the school with cash. There will be no refunds if a student is away on a day they have ordered pizza.

Money raised by pizza sales is used to support student trips, sports and special events. Pizza days will take place on Tuesdays and Fridays.

School Cash Online is available **now and closes October 24<sup>th</sup>** for our November order.



## 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!**

## Talking About Mental Health

I hope that you had a wonderful summer and start to the new school year! Even with the fun of summer and the excitement of the first day of school behind us, returning to school can be a stressful and exciting time for both students and their families. Add to that new teachers, new friends, new schools and for some even a new community: that adds up to a lot of change and potential stress!

While a little stress can be motivating and help us to focus, too much stress can tip the balance and trick our bodies into thinking that we are in danger. This leads to a release of adrenalin and keeps you and your body on full alert. So what can you do? Here are some proven ways to manage stress and take care of yourself from the inside out:

**VISUALIZATIONS:** According to research, when you visualize something your brains respond to the images in the same way they would to real-life action. So if you take 5 minutes to visualize yourself in a favourite place your brain will think you were really there! That's right! It's literally a 5 minute vacation with all the benefits!

**JUST BREATH:** Practice slow, deep breathing. Although we are all familiar with the "take a deep breath" suggestion when we are panicked or over stressed, you may not know that this has to do with the brain's "pacemaker" for breath. The research into the impact of breathing on our brains simply confirms what we already know: the simple act of breathing is connected to our emotional state. Slow breathing really can calm you down!

**REACH OUT:** Of course sometimes we just need to reach out to someone, write in our journal or scream into the ocean. Getting your feelings out and identifying that you are stressed can actually alleviate some of your stress as well. Connecting with others and asking for help if you are overwhelmed is a great way to manage stress. Also, if you see someone who looks a bit overwhelmed, reach "in" (check in) and see how they are doing. It can go a long way to know you are surrounded by people who care.

And of course, if your stress begins to impact your daily activities and you continue to struggle, reach out for help.

**Here24/7:** 1 844 437 32477 (HERE247) TTY: 1-877-688-5501 (Guelph and Wellington)

**Dufferin Child and Family Services:** 519.941.1530 (Dufferin)

**KidsHelpPhone:** Text CONNECT to 686868 or call 1-800-668-6868

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