

Westwood Public School

Newsletter – November 2017

PRINCIPAL'S MESSAGE

Students and staff have had another busy month and the time has flown by! There has been a lot of outdoor learning for students in addition to learning in the classroom. Our Cross Country and Soccer teams represented Westwood in October and a Food Drive to “Scare Away Hunger” was organized by our Shameless Idealists. A huge thank you to Student Council who have been fabulous leaders in the school and continue to plan fun events for everyone. The Halloween assembly and parade was spook-tac-ular!!

Thank you parents and families for supporting our QSP magazine and cookie dough sales. We have \$9500.00 in sales and a large portion of that will come back to the school to pay for a new slide for our playground as well as technology for classrooms.

Students go outside for extended periods of time each day. As the temperatures continue to drop, please ensure your children have enough warm outdoor clothing. Also encourage them to check the lost and found for anything they may have left behind. Our lost and found area is full of sweaters and clothing that needs to go home.

As always, please don't hesitate to contact the office if you have any questions, comments or concerns.

Sincerely,

Tara Topping
519-823-5450 ex. 223

READING BUDDY PROGRAM:

The Reading Buddy Program is off to a wonderful start. Our volunteers have been matched with students, however we do require a few more volunteers. If you are interested please contact Mr. Cloutier at the school office 519-823-5450 ex 224.

SCHOOL COUNCIL MEETING:

There will be a School Council meeting on Thursday November 2 at 6:45pm in the Community Room. **Everyone** is welcome to attend.

PROGRESS REPORTS:

Progress Reports will go home with students on November 14. Parent Teacher Interviews will be during the day on November 24. More information will follow shortly regarding booking interview times.

GREEN HORNET NEWS:



Our Organic Recycling is in full swing! All organics and paper towels are going into green bins and are picked up weekly. This has significantly **reduced** our garbage output!

The Green Hornets are continuing to encourage students to walk to school. By walking to and from school, you are **reducing** gas emissions that pollute our air.

Our November challenge is “Boomerang Baggies”. We are asking students to take any baggies, brought in lunches, home for **reuse**. It takes 10-20 years for baggies to break down in a landfill. If you have old batteries, pens or markers at home, please send them to school with your children and we will ensure they are **recycled**.

Buzz Buzz Hornets

LIBRARY NEWS:



By now, your child(ren) will be bringing books home weekly from the library. Please be sure to help them take good care of their books and to return them on time. Students who do not bring back their books can not take out another one until the previous ones have been returned.

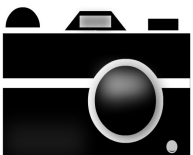
There are free books in the library that need a new home. Please check out the tables outside of the library and take some books home.

STUDENT COUNCIL NEWS:

Congratulations to all those who were chosen to be on Student Council this year. We have a great team with lots of enthusiasm and leadership. We are looking forward to an exciting year!

Student Council did a great job organizing the our Guelph Storm Spirit Day and our Halloween Assembly and costume parade. It was wonderful to see so many students dress up. Participation was high! Each class also decorated a pumpkin. There was a variety of carvings, paintings and add-ons to make an AWESOME Halloween pumpkin display!!

Zest is our school theme for November and December. We are encouraging students to show their enthusiasm for learning by setting goals and getting involved with teams and clubs at Westwood.



PICTURE RETAKES:

Lifetouch will be back for Picture retake day on November 17th.



OUR WESTWOOD SAFETY PATROLS:

Students on our Westwood Safety Patrol Team perform a very important duty each and every day of the school year. It is their responsibility to look out for the safety of our students as they walk to and from school. In order for this to happen, patrollers need the respect and cooperation of all Westwood students. As parents, you can help by encouraging your child to obey safety patrols at all times and use the patrolled crosswalks.

Safety Patrol Students patrol at the following crosswalks at the following times:

Rhonda & Willow and Westwood's Parking Lot at 8:35-8:50 & 3:10-3:25. Patrols can look forward to hot chocolate in the mornings starting later this month and a Guelph Storm game in December.

Thank you to our amazing patrols!

Parking Lot Access:

Please remember that vehicle access to the parking lot is strictly prohibited 15 minutes before and after school for the safety of our students. Safety Patrols are located in the parking lot to direct students and parents to use the path to walk around the parking lot and to help monitor vehicle access to the parking lot. Please respect and obey our Safety Patrol Students, they are there to ensure the safety of all our students.

Crossing Guards

We all play an important role in keeping our community safe and this includes safety around school crosswalks.

When there is an adult school crossing guard in the crosswalk with their stop sign, drivers must stop before reaching the crosswalk and remain stopped until all pedestrians, including the crossing guard, have cleared the roadway. The fine for failing to stop for a crossing guard is \$150 to \$500 and three demerit points.

Pedestrians play an important part in keeping our communities safe as well, by obeying crossing guards and at signalized crossings, only crossing when the pedestrian walk signal is displayed.

Thank you for your assistance in keeping our school communities safe!

INTERMEDIATE SOCCER TOURNAMENT:

On October 25th, the Intermediate Girls and Boys Soccer Teams went to College Heights/Centennial for the annual tournament. The teams played hard and showed tremendous sportsmanship throughout the tournament. We are very proud of how everyone represented Westwood!

JUNIOR BOYS' AND GIRLS' SOCCER TOURNAMENT:

Congratulations goes out to all members of the junior boys and girls soccer team. They did a great job representing Westwood at the tournament. All the students worked hard during practice and showed their amazing skills on

game day. Go Hornets!!

VISITORS/VOLUNTEERS:

If you are a visitor or volunteer at our school, please come into the office to sign in and get a badge to wear while you are in our school. If you would like to volunteer in the school for programs such Run and Read, Breakfast club, Reading Buddies or classroom help, please contact the office. Anytime you have to give will be greatly appreciated. Thank you!

SAFE ARRIVAL PROGRAM:



If your child will not be in attendance at school or will be late arriving to school, we ask that you let us know. This procedure is in the interest of your child's safety. You may call anytime and leave a message on the answering machine (ext. 100). If we do not hear from you we will begin making phone calls to determine your child's whereabouts (home number, work and cell numbers, then emergency contact numbers). Students arriving late are expected to check in at the office to get an admit pass.

If you are picking your child up early, we ask that you please come into the office to sign your child out. Please keep your contact information up-to-date, so we are able to reach someone in case of illness or an emergency.

DATES TO REMEMBER:

Nov 3	School Council - 6:45 in the Community Room
Nov 8	River Run trip Gr 7/8
Nov 10	Police Presentations for JK/SK, Gr. 1 and Gr. 5
Nov 11	Remembrance Day
Nov 13	GCVI to visit Gr 7/8 classes
Nov 14	Progress Reports go home
Nov 17	Photo Retakes
Nov 17	Galaxy Theatre Grade 4-6
Nov 19	Choir singing at the Guelph Storm Game
Nov 20	Bully Prevention Week
Nov 24	Parent Interviews- no school for students
Nov 27	Division Assemblies
Nov 29	Cookie Dough Delivery
Nov 29	River Run trip Gr. 1/2

Environmental activities to celebrate our planet:

November 24th is BUY NOTHING Day!

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

Celebrate Buy Nothing Day on November 24th!

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>

“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, re-use, 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, re-use, 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>

Talking About Mental Health November 2017

When a tragic event occurs, children and youth will hear about these events through media, peers or other sources. These are difficult topics to talk about and your response will shape your child/youth's core beliefs.

Tips for talking to children/youth about tragedies

You know your child/youth best, and you'll have a good idea of how much information your child/youth is ready to hear. Consider these tips as a guideline:

Don't allow young children to watch the news. Watching news footage can be very disturbing to young children so it's important to keep it off when they're around.

Keep your message simple. Say something like, "That person decided to hurt other people." For young children, this may be all the information they need. Older children are likely to ask more

questions. Stick to the simple facts. It's OK to say you don't know all the answers.

Focus on the steps that are being taken to keep people safe. Talk about how police officers, government officials, and other first responders are helping. Spend more time talking about the good work people are doing, rather than the horrific event. This can help reduce your child/youth's anxiety about safety.

Empower your kids to become helpers. Discuss how they can take positive action in the wake of a tragic event. Volunteering in the community and donating allowance money can go a long way toward helping children/youth see that they can always take steps to make the world a little better.

Children/youth who feel like they have a little bit of control are less likely to feel helpless in the wake of a tragic event.

Send a healthy message to your child

No matter how many conversations you hold or how much you decide to share, keep the message the same, bad things happen but there are good people out there helping and we're strong enough to get through it.

Sharing with your child/youth messages that fosters resilience and teaches your children/youth they're able to cope with whatever bad things come their way in life and there are caring adults in their lives to talk to and who will support them.

(This information is taken from Psychology Today:

<https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201710/how-talk-kids-about-the-las-vegas-shooting>)

Have a mentally healthy day!

Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford