



Aberfoyle Public School

16 Old Brock Road, Puslinch, ON N0B 2J0
519-763-7040 @AberfoylePS



Welcome to October! As you can imagine there are many things happening here. Read and enjoy!

All the best,
Paul Tribe, Principal

PA Days 2017-2018

Please note for babysitting purposes that there is no school for students on the following days (All Fridays):
October 27, November 24, January 26, April 27, June 8, June 29.

Let's Keep in Touch!

Now there is the Upper Grand Mobile App to Help

We are pleased to announce that the Upper Grand DSB is introducing a new parent communication tool for your smart phone. Designed to streamline communication between schools and the communities they serve, the Upper Grand Mobile app provides parents with a simple interface with up to date information including news, calendars and social media feeds.

The Upper Grand Mobile App allows parents to receive communications from their school(s) immediately on their mobile device. The Upper Grand Mobile App is free and available in both Android and iOS. Use the search term "Upper Grand" in either the iTunes store or Google Play.

iOS App -

<https://itunes.apple.com/ca/app/upper-grand-dist-school-board/id1242445465?mt=8>

Android - In the Google Play store search for Upper Grand

<https://play.google.com/store/apps/details?id=com.relianceco.cma.uppergrand&hl=en>

Once installed, your app should appear as an icon on your phone.

SEPTEMBER ACTIVITIES

DATE	EVENTS
03	Intermediate Cross-Country, Rockwood
04	Grade 7 Shots Junior Cross-Country World Teachers Day
06	Grade 6 OPP Kids VIP part 1 and 2
09	Thanksgiving Day – No School today
10	6:30 PM - School Council, Library Learning Commons
12	Grade 4 Eco Art – Arboretum Kindergarten to Springridge Farm
13	Gr. 6 VIP; OPP Kids Gr. 4 Eco Art – Arboretum Milk Orders Due
18, 19	Gr. 5 Eco Star Camp
20	Gr. 6 VIP Colour Day
23	Junior Cross-Country
24	Intermediate Soccer
25	River Run – Gr. 5 & 6
27	PA Day – No school for students today
31	Colour Day Intermediate Dance



Staff Assignments 2017-18

We now have our staff allocation settled. Even though we sent you the preliminary list in September, we thought you would enjoy having the finalized list for the school year 2017-2018.

Assignment	Name
Kindergarten A	Ms. Stewart
Early Childhood Educator	Ms. Dodington
Kindergarten B	Ms. Hayes and Ms. McCaig
Early Childhood Educator	Ms. Wozencroft
Kindergarten C	Mr. Hamilton
Early Childhood Educator	Ms. Gallen-Carrier
Grade 1	Mrs. Singh
Grade 1/2	Mr. Walkling
Grade 2	Ms. Mostyn
Grade 2/3	Ms. Mullin
Grade 3	Ms. Campbell
Grade 3/4	Ms. Partlow
Grade 4	Mr. Fiddes
Grade 5	Ms. Thistle
Grade 5/6	Mr. Hawkins
Grade 6	Mrs. Bertrand
Grade 7/8	Mr. Sehl
Grade 7/8	Mrs. Slater
Grade 7/8	Mr. Skeoch
Resource/Planning	Ms. Fisher
Resource	Ms. Nelles
Planning	Ms. Miller
Music & Arts	Ms. Gray
Library/Resource	Ms. Moldenhauer
Core French	Mme. Duncan-Martyn
Jr. Core French	Mlle. Milloy
Jr. Core French	Mlle. Campbell

Assignment	Name
Educational Assistant	Ms. Mitchell
Educational Assistant	Mrs. Broadhead
Child and Youth Counsellor	Ms. Fairfield
Office Coordinator	Mrs. Warden
Head Custodian	Mr. Wilson
Custodian	Mr. Laranjeiro
Principal	Mr. Tribe

Barbeque and Open House was a HUGE Success!

A sincere THANK YOU to all of our Aberfoyle P.S. parents who generously donated to our Gift Basket Auction, Bake Sale, BBQ and Book Fair at our school open house.

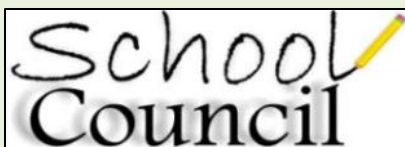
Together, we raised over **\$7000** for our Library thanks to your support, exceeding our targets and proving we have the best, little school around.

Our open house could not have been the success it was without our parents, teachers, community partners and the many, many volunteers who gave their time and expertise to organize such an amazing event.



A special Thank You to the Puslinch Optimist Club for providing all of the delicious food.

If you have any suggestions of other fundraising or social events you would like to see at Aberfoyle Public School please feel free to email Kelly Hodgson at kelly_hodgson@icloud.com



Participating in the Aberfoyle School Council is a great way to learn about what is happening in our school, news regarding academic strategies and ways for you to support the students in the school. Please consider joining the council and show your support for Aberfoyle PS.

The next meeting will be on Tuesday October 10th at 6:30pm in the library.

This is an important meeting as elections are held for council chair and other positions. See you there!

Here is the link to our Aberfoyle School Council Facebook group. It will give you access to what is happening with our School Council.
<https://www.facebook.com/groups/1509233629393288/>

If you would like to see the most recent minutes, just check out the Facebook page or our website
<http://www.ugdsb.ca/aberfoyle/>.

Volunteers



Aberfoyle considers its parent and community volunteers a special resource. Parents and community members are encouraged to help in the classroom, on school trips, assist in the library or with extracurricular activities and to participate on School Council. Being a volunteer is a wonderful way of participating in your child's education! Contact your child's teacher to find out how you can help.

Safe Arrival Program

If your child is going to be late or absent, please call the school at 519-763-7040, press extension 100, and leave a message. In order to ensure the safety of your children, if your child is marked absent and you have not called, we will call you. If there is any change in your child's end-of-day routine, please write a note in your child's agenda in the morning and Mrs. Warden will get that information from the classroom teacher.

Safe Departure

Please send authorization in writing if someone other than the legal guardian is going to pick your child up from school. The authorized adult may also be asked for photo identification.

If it is necessary for a child to leave early, or to leave for a period during the day for an appointment, a note must be sent to the teacher. For the safety of your child, we request that you come into the school to **sign him/her out at the office**. We cannot send students out to waiting cars.

Please also remember to sign your child off the bus using the bus lists located in the foyer if they are not taking the bus home. We appreciate your efforts to keep all students safe.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students.

Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to the school that contain tree nut and nuts, including peanuts. We aim to create an allergy safe environment at our school.

If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher.

Our school has procedures in place to help manage anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps.

Strong scents such as perfumes and certain deodorants can cause an allergic reaction in some of our students and staff who experience sensitivity to these products. Please be considerate of others in the building and try to use scent free products. Our noses thank you!

An Alternative to Fundraising



Sometimes, rather than getting involved with fundraisers, people

choose to support their school by giving to the **Upper Grand Learning Foundation**.

Donations of \$20 or more to your **School Fund** receive a tax receipt. Donate through the [UGLF website](http://www.uppergrandlearningfoundation.com) at www.uppergrandlearningfoundation.com

Explicit Consent



Canada's Anti-Spam Legislation (CASL) came into force on July 1, 2014. As a result, the Upper Grand District School Board, would like to ensure that we have your consent to receive newsletters, school and Board updates, announcements,

event invitations, and other electronic messages.

Some of these messages may contain advertising or promotions regarding school fundraisers, field trips, the sale of yearbooks, student pictures, or similar events.

If you wish to receive the above communications from us, please visit our CASL registration website at: www.ugdsb.on.ca/CASL

If you have any questions or if you wish to withdraw your consent at any time, please click the link at the bottom of email messages you receive from the school, or visit the same site and click on "Unsubscribe" to remove your name from our contact list.

For additional information on Canada's Anti-Spam Legislation you may visit our board's website at www.ugdsb.on.ca.



Puslinch Library Activities: October 2017



Story Time (3-5 years)
Our Story Times are created to help your child get ready for reading. Share stories, songs, rhymes, and

activities aimed at developing your child's early literacy skills. Parents and caregivers are encouraged to participate. Ages 5 and under with a caregiver. Please register.

Thursdays, September 7 - December 14, 11:00 - 11:45 am

PA Day Programme: LEGO Challenge (Grades K- 6)

Join us for a Hallowe'en LEGO challenge! Bring your imagination for an hour of building fun! Please register. Friday, October 27, 10:30 - 11:30 am

Make-and-Take: Hallowe'en Mask-off (All ages)

Check out a book and decorate a Hallowe'en mask for your name to be entered into a draw!

Tuesday, October 24 to Saturday, October 28, during branch hours

Monica North-Gibbons, MLIS

Branch Supervisor
Puslinch Branch – Wellington County Library

29 Brock Road South
Puslinch ON N0B 2J0

T: 519.763.8026

F: 519.763.4122

E: monican@wellington.ca

W: <http://www.wellington.ca/Library>

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.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child/youth is facing very painful events, help them look at the situation

in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

9. **Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

10. **Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

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

Follow me on twitter: @drlynnwoodford

Feedback Welcome on Draft Board Policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are the following two policies:

Policy 209 – Distribution of Materials in Schools from External Organizations

The policy and procedures for Distribution of Materials in Schools from External Organizations have been revised to clarify and update requirements, and to distinguish between the process of distribution to the system and distribution to a single school. The procedures for the distribution of non-curricular religious materials have been incorporated to centralize the policy directive concerning the distribution of all materials.

This policy is important to staff, students, school councils, and parents because it allows the board to support non-profit community groups in showing information about their activities and supports for students.

Policy 307 – Outdoor Play Spaces

The policy and procedures for Outdoor Play Spaces have

been revised to respond to the increasing practice of creating more naturalized playscapes on school yards, and the need to clarify the various levels of responsibility associated with playground construction, maintenance and the daily operations of outdoor play spaces.

The policy is important to staff, students, school councils, parents and community members because outdoor play spaces at UGDSB schools are used for play and learning during the school day, and after hours by the community.

You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is **October 12, 2017** at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.



**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/>

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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.

Changing Our Beliefs and Attitudes about Math

Myth of the Math Person

Most people believe that math is one of those subjects that you either “get” or you “don't get.” This way of thinking cannot be further from the truth; there is no such thing as a math person. Everyone can achieve in any subject with hard work, perseverance, and someone to guide them. The key to shattering this myth is developing a growth mindset in our teachers and students, and a math classroom where students are

challenged by engaging problems and supported in their learning.

The Evolving Classroom

“The reason so many people think math is the most difficult is the inaccessible way it is often taught.”¹ When we were math students our math teachers often taught us tips, tricks, and recipes for solving math problems. In the math classes of old there was only one correct solution. We could get the answer if we memorized and followed the teacher's procedure, but if someone asked us the “why” behind our formula, most of us wouldn't be able to answer.

Today, teachers are striving for students to have a solid grasp of the “why” behind each solution. This often means that students are encouraged to share a variety of methods and strategies to solve a single problem. By sharing different strategies, teachers can help students see the common thread that connects each solution, thus deepening their understanding of the concept being taught. The teacher's role is no longer to teach procedures, but to help students make connections and understand the mathematical concepts behind the solutions.

Growth Mindset Homework Help Tips

Let your child struggle with math problems.

- See if they have the perseverance to work through their struggles. We need to break the math myth that we need fast answers to be good at math.

Never let your child hear you say: “I was never good at math.”

- Research studies have shown when parents tell their children they were not good at math, their child's achievement is immediately affected.²

Ask your child if they can solve a math problem in another way.

- This shows that your child has multiple strategies at their fingertips and they are flexible with their math thinking.

¹ Boaler, Jo. *Mathematical Mindsets*. Jossey-Bass: 2016, pg 96.

² Boaler, J. (n.d.). Parents' Beliefs about Math Change Their Children's Achievement. Retrieved September 22, 2016, from <https://www.youcubed.org/think-it-up/parents-beliefs-math-change-childrens-achievement/>

Ask your child to explain the reasoning behind their response.

- “Why did you (add/ subtract/ multiply/ divide)?”
- “What does your drawing represent?”

Online Resources

Parents’ Beliefs about Math Change Their Children’s Achievement - <https://goo.gl/psL33d>

“We now know that the messages we give students can change their performance dramatically, and that students need to know that the adults in their lives believe in them.”

TL Talk: The Gift of Failure – Interview with Jessica Lahey - <https://goo.gl/oo7xFc>

“Jessica is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed.*”

How to Learn Math: for Students - <https://goo.gl/OCywaf>

“How to Learn Math is a free self-paced class for learners of all levels of mathematics. It combines really important information on the brain and learning with new evidence on the best ways to approach and learn math effectively.”

Terry Fox Rocked Our Socks!

Thank you for your generosity in supporting this wonderful cause. As you can see, children had a terrific day to walk and run.



Play Outside!

