

Paisley Road Public School

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Newsletter for December 2022

From the Principal's Desk

A big thank you to parents who supported the School Choir at the November 25th Guelph Storm hockey game. The choir did an amazing job of singing the national anthem and are to be commended on a job well done! A special thank you to Madame Gareau for all her work preparing the Choir for their big event.

A feeling of the Holiday Season is definitely in the air and another calendar year is almost over as we approach 2023! Please note that the last day of classes prior to the holiday is Thursday, December 22nd. The school will re-open on Monday, January 9th, 2023. On behalf of the staff and students, I would like to wish everyone in the Paisley Road Public School community a peaceful, restful, and joyous holiday season. Have a great holiday and may the New Year bring prosperity, good health, and happiness to all!!

K. Runciman
Principal

School Council Updates

School Council has been busy in November. Thank you for all of the support!

1. Winter Outerwear Sale - We were able to make warm outerwear and indoor shoes available to many school families. We also raised over \$400 for the School Nutrition Program.
2. Planet Bean Fundraiser - Reminder orders are due December 1st. We can accept last minute orders by 9 AM on Friday December 2nd at the latest.
3. Winter Craft Sale - An email was sent to families by Mr. Runciman with all the details. Details are also posted on Twitter. Crafts will be accepted December 5th to 16th. The sale is on December 20th. If you'd like to volunteer at the craft sale, please email Karie atsound_expressions@hotmail.com
4. Pizza Day has been a success. The next order will open next week on School Cash Online. Please order ALL the pizza your student will need. Same day orders are limited and will be kept for students who have not pre-ordered.
5. Members and volunteers - We would welcome more members and volunteers. Please email paisleyroadparentcouncil@gmail.com to learn more. As always, EVERYONE is welcome!

Students Repeatedly Arriving Late

We continue to have a number of students arriving late to school each day. A helpful strategy for students who are often late to school is for parents to set their alarm clock ten minutes earlier each morning. Students who arrive late not only impact their own learning but also that of their peers as they disrupt classrooms upon entering, when they are in session. Please be mindful of the fact that being on time is an important life skill. Assisting our students to be on time helps them develop a sense of responsibility, which will benefit them as they grow and mature into adults. Thank you for helping to ensure the timely arrival of our students to their jobs!

Let it Snow, Let it Snow, Do Not Throw!

As the season changes to winter, we are faced with an issue that over time has remained the same...the inherent danger in throwing snowballs. For everyone's safety, Paisley Road Public School does not allow the throwing of snowballs. We encourage students to let 'gravity do its thing' and keep the snow on the ground. Students will be acquainted with the phrase, "If you pick up snow, you pick up trouble." Please reinforce this message at home, helping to remind our students about the dangers of throwing snow.

Children's Reading Room

Children's Reading Room, located at 210 Silvercreek Pkwy North, a non-profit family resource organization that promotes early literacy and a love of books and reading! Each time anyone visits the Children's Reading Room, they will go home with a free children's book! It's theirs to keep, read, love, and cherish. No need to sign up for a membership or return the books. A welcoming, accessible, and comfortable place where families can socialize, browse books, read to their children, participate in planned literacy-focused activities, and of course, build up their home library!

Cold Weather and Warm Clothing!

Now that winter is finally upon us, students should be wearing hats, mitts, boots and a winter coat while on the yard during recess. Proper attire during the winter months will help ensure our students enjoy their time outside while being comfortable in the process.

Holiday "Connecting and 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 is 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:

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 – Mental Health and Addictions Lead (Upper Grand District School Board)



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



STRESS BUSTERS PROGRAM

Help support your child's stress management and well-being

Strong Minds Strong Kids, Psychology Canada is delivering a virtual after-school program for kids ages 8-12 in the Upper Grand District School Board community.

Stress Busters was designed from our evidence-based Kids Have Stress Too! (KHST!) program with an added peer-to-peer support component to help kids put their learning into practice. This program has had a positive impact on children's ability to identify and manage their stress. It provides children and their families with education and support to help them build stress management skills and to foster resilience.

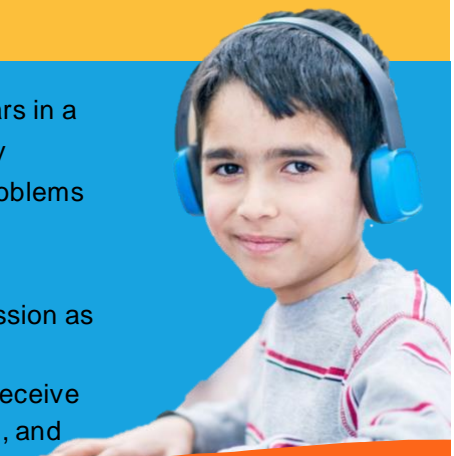
"If you feel stressed, and can't really control it. You need to join the stressbusters after school program. It really helps, and I can confirm that because I have been stressed too. But when I joined I felt a lot better."

—Participant, 10 years old



Themes

- What stress is and how it impacts our mind, body, emotions, and behaviour
- Reflect on stressful situations and think about ways to cope
- Learn simple breathing exercises to help manage stress
- Learn to react to situations in a more positive way
- Think about worries and fears in a realistic and productive way
- Kids learn to break down problems so they can address them proactively
- Explore creative self-expression as an effective stress buster
- Kids learn how to give and receive support by talking, listening, and connecting



Register Now

[CLICK HERE](#) to register your interest for Group 1:

- Thursdays: January 12th-March 2nd, 2023 (4:30 pm-5:30 pm EST)

[CLICK HERE](#) to register your interest for Group 2:

- Thursdays: January 12th-March 2nd, 2023 (6:00 pm-7:00 pm EST)

Space is limited and registrants will be notified if their child is entered into the program or added to a waiting list.



We would like to thank the Quinn Family Futures Foundation for their generous support of this program

For more information on our programs and services, please visit

www.strongmindsstrongkids.org



