



October 2014



Hartman Public School

130 River Ridge Blvd

Aurora, Ontario

L4G 7T7

Principal

Tim Dunn

Vice Principal

Elizabeth Lue-Kim

School Phone: 905-727-5938

Superintendent

Gayle Brocklebank-Vincent

905-884-4477

Trustee

Peter Adams-Luchowski

416-906-0937

School Website

<http://hartman.ps.yrdsb.ca>

School E-mail

hartman.ps@yrdsb.ca

Hartman Herald

Administrators' Message

Welcome back to another exciting school year! September has just flown by and there are lots of exciting things happening at Hartman.

We'd like to extend an invitation to parents to come out on October 2nd, to our "Meet the Teacher" open house and BBQ. Please take a moment to say hello to us either at the BBQ or later as you are touring your children's classrooms. Our Hartman staff is dedicated to meeting the needs of each student in their care. A strong relationship between the school and home is a proven benefit for student achievement and well-being. Over the course of the year, we encourage you to feel free to speak to your child's teacher to discuss any concerns or questions that you may have. However, due to the public nature of this event, we request that you do not engage in a conversation about how your child is doing in class.

At Hartman, we are continuing our focus on learning through the Arts, and on engaging our community in environmental and healthy initiatives. Students will be involved in the IWalk program in the months of October and November to encourage students and families to walk to school each day. Keep an eye out for the growing fall leaves on the IWalk Tree in the south hallway. Students add leaves when they walk to school.

We look forward to a positive, purposeful and exciting year of learning for your children.

Tim Dunn and Liz Lue-Kim

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Parents...Get Involved and Join the School Council!

The School Council acts as an advisory committee to the Principal and is actively involved in supporting the school. Meetings are held to discuss school plans, set goals and to provide advice to the school administration. All parents are welcome to attend School Council meetings. Please come out to the first meeting on Wednesday, October 15th at 6:30pm in the library.

Interested parents wanting to in serve on the 2014-2015 Hartman School Council completed the Self-Nomination Form which was found in the "School Start Up Package". Since we received 20 or less nominations, the Council members will be considered acclaimed New members will begin their terms on **Wednesday Oct. 15th** at the School Council Meeting. At the Oct. 15th meeting, elec-

tions will be held for the Executive positions: Chair and Vice-Chair, Treasurer and Secretary. Please join us!



"The attitude you have as a parent is what your kids will learn from more than what you tell them. They don't remember what you try to teach them. They remember what you are." ~ Jim Henson

First Stop is the Office

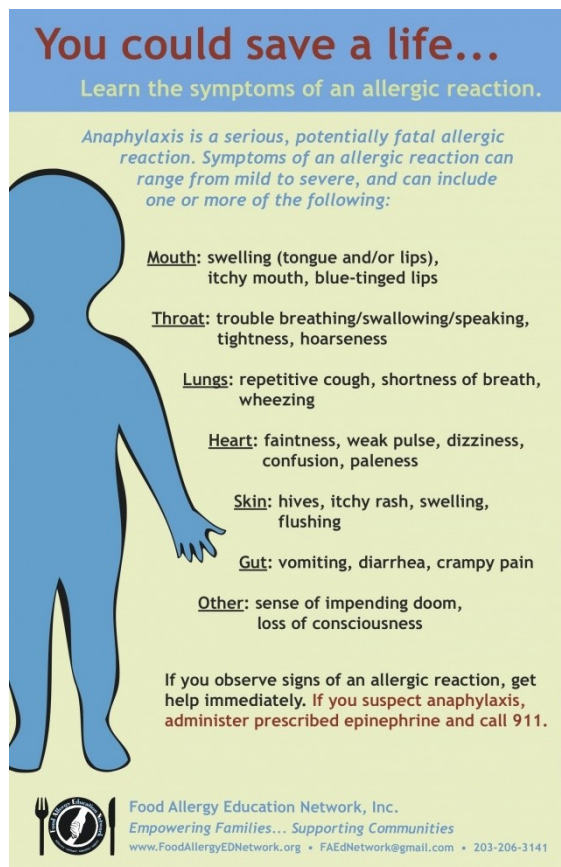
The only way that we can ensure the safety of all students is with your full participation! All visitors and volunteers are required to sign in when entering the building. A "Sign-In" book is located in the office. Please sign in at the office and obtain a "visitor" sticker so that you can quickly be identified by staff in the halls. Going directly to your child's classroom only causes clutter and confusion in the hallways. Make arrangements to meet your children at specific doors. Your cooperation is greatly appreciated and makes it easier for staff to identify anyone who should not be in the school!

Search and Seizure Reminder to Parents

Protocol between the York Region Police and York Region District School Board mandates that school administrators remind parents of the search and seizure policy at the commencement of the school year. The Police Protocol states that "the school community needs to be made aware of the right of the school administrators to search school property, such as lockers and desks, without notice to or permission of any person. School administrators shall also make the school community aware that police may from time to time be invited onto school premises to conduct their own searches. These searches may be conducted without notice to or permission of any member of the school community other than the school principal."

Student Late or Absent?

If your child is going to be away from school for any reason, please give the office a call at (905) 727-5938, and leave a message. On a busy day with many absences, confirming the whereabouts of every absent child can take quite a while and could result in a child missing for some time. **The York Region District School Board has been advised by the police that if a student has not arrived at school, and after all steps have been taken to contact the parents, emergency contacts etc., the police wish to be informed immediately and will be contacted.**



No Peanuts, Tree-nuts or Nut by-products at Hartman

School staff, students and parents are responsible for creating a safe and healthy environment for all of our students. This is an additional challenge for schools attended by children with life threatening allergies to nuts and other allergens. If they smell or come into contact with these foods, they may have an anaphylactic reaction. These life threatening allergies include peanuts and nuts (such as almonds, cashews, hazelnut, and walnuts). Some other common anaphylactic allergens include dairy products, eggs, fish, wheat, shellfish and insect stings. While it is impossible to create a risk-free environment, together we can take important steps to minimize potentially fatal allergic reactions. We ask all students not to bring nut or nut products to school. We strongly encourage parents to avoid the use of substitute peanut butter products. Also, please avoid chocolate spreads that are made with hazelnuts. **No sharing** of food or eating utensils is allowed. The children at risk may also be made aware, on a regular basis, that they should not take any food other than what has been sent by a parent or guardian.

If your child has a severe allergy, please contact the office staff to let them know. You will be required to fill out a medical care plan and provide the school with **two Epi-pens**.

In keeping with this policy, please **do not send baked goods or products for the class to share to school with your child to celebrate his or her birthday**. An alternative to food would be to send in a pencil or any loot bag type object to share with classmates. An "Allergy Safe" environment can only be achieved when everyone is committed. Your cooperation is appreciated.

Grade 8 Secondary School Information Sessions for September 2015 Enrolment

Dr. GW Williams SS—
November 13, 2014

Aurora HS—January 15,
2015

Bill Crothers SS—
October 16, 2014

Alexander Mackenzie HS—
Arts Alexander Mackenzie
@ The Richmond Hill Per-
forming Arts Centre
October 22, 2014

@ Your Library

BOOKS! BOOKS! BOOKS!
and more BOOKS!

Mark your calendars for our first Scholastic Book Fair this year; Mon. Sept. 29 - Fri. Oct 3. Students will have the opportunity to view and/or purchase during their scheduled class visit. The book fair will also be open Thurs. Oct. 2 during the BBQ.



Take Note...

PA Day

Please note that the second Professional Activity (PA) Day of the school year is on **Monday October 27, 2014**. Teachers will be involved in professional activities at the school on this day, and students do not attend school.

Meet the Teacher Night/BBQ

Our annual BBQ and Meet the Teacher Night is planned for **Thursday, October 2, 2014**. Please join us with your family.

Making a Difference @ Hartman Terry Fox Run

We had a great day for our annual Terry Fox Walk on Wednesday, October 1st. Not only did we raise over \$5000 towards the fight against cancer, but our students got exercise and had lots of fun doing so. It was wonderful to see how our students came together as a community. Although, every student, teacher and support staff was part of this endeavor, we couldn't do it without our parent volunteers. Thank you to all families who donated funds to this important cause.

Hartman Heroes—Cross Country Team

Our Cross Country team has been working hard in preparation for the Area Cross Country Meet. Student-athletes in Grades 4-8 have been attending four practices each week in order to conquer the 1-2 km run. Our meet will be held Thursday, Oct. 2nd at Fleury Park.

We have enjoyed great success in the past, and anticipate several of our athletes qualifying for the Regional competition on Friday, October 10th. Parents and spectators are welcome to attend!

Go Hartman Heroes!



Physical Contact at School

In order to prevent physical injury and because of our concern for student safety, students at Hartman P.S. are expected to avoid activities that involve aggressive play and touching. Activities that are not acceptable include wrestling, piggy-backing, tripping, pushing, shoving, body-checking, poking, punching, and other forms of play in stairwells, hallways and playgrounds. During recess breaks, students are able to play organized games such as basketball, soccer and foot hockey, as well as activities such as skipping and tag.



"UNLESS someone like you cares a whole awful lot, nothing is going to get better. It's not." ~The Lorax

Parking Reminders

Hartman parents, let's work together to keep our children safe! Please follow the new rules for our parking lot. Please do not park in the drop off zones or in the parking lot unless in a designated spot.

We have 2 Kiss n Ride areas. The first is for Kindergarten which is at the front of the school. The second is found along the back part of the parking lot by the portables. This area has signs designating, it is a Kiss N Ride Zone.



Upcoming Events

*October 6th
Milk Orders Begin*

*October 6 & 7th
Bus Safety*

*Friday October 10th
Pizza Days Begin*

*Monday October 13th
Thanksgiving-No school*

*November 7th
Picture Retake Day*

Hartman WEE HEROES

WEE HEROES is off to a great start here at Hartman! Four days a week at first recess primary students are encouraged to participate in fun, cooperative games like; jump rope, wall ball, ball hockey, tennis and other wide games. The purpose is to get physically fit and for older students to gain leadership skills through peer led active games at recess. It creates leadership opportunities for grades four, five and six students as they learn about conflict resolution, communication, respect, fairness, safety and how to lead students in games. Way to go Wee Heroes!



I-Walk to School

Hartman students and parents are doing a great job walking to school. The class with the most students walking to school will win the "GOLDEN SHOE AWARD!".

October's I-Walk theme is "Fall a Tree".

November's I-Walk theme is "Walk of Fame"

Students that walk to school will trace their shoe, colour it, cut it out and put it on our Walk of Fame wall.



Thank-You Summer Gardeners for your Green-Hearts!

Thanks to the families who volunteered over the summer months, Hartman's edible gardens were a huge success! We proudly grew delicious tomatoes, zucchini, bell peppers, lettuce, spinach, carrots, eggplants, basil, parsley, cauliflower, broccoli along with a few unplanned pumpkins.

We decided to take advantage of the beautiful weather and held a workshop in honour of our volunteers. We had some fun planting garlic and learned how to collect the seeds from a variety of plants so they will be ready for our spring planting.

At the end of the October, a workshop will be offered to students who are interested in helping to "Put the Garden to Bed". At this time, the final items will be harvested and we will be able to calculate the total mass of our produce.

Are you are interested in getting involved with our Edible Garden Initiative?

Please join Jen, our Garden Coordinator from *Seeds For Change*, in the garden on **Sundays between 1:00 - 2:00**. For any additional information, please email Ms Shillolo at gina.shillolo@yrdsb.ca

Let's Grow Together!





LDAYR and Evoke Learning Present:

Mindful Parenting

A workshop for all parents and caregivers

Time:

November 26, 2014
7:00pm — 9:00pm

Location:

York Catholic District School
Board Office
320 Bloomington Road West
Aurora, ON
L4G 0M1

Cost:

\$50 LDAYR members
\$65 Non-LDAYR
members

Workshop fees are transferable, but
non-refundable.

How to Register:

905-884-7933 x 23
info@ldayr.org

www.ldayr.org

While parenthood brings immense amounts of joy, pride, personal growth and other good things to those with children, it can also bring a lot of challenges. Researchers are beginning to find that these challenges can take a toll; parents have significantly higher levels of depression than adults who do not have children.

A recent study from Mt. Sinai hospital in New York highlighted that the greatest source of childhood and adolescent stress is not school work, extracurricular activities, or peer pressure, but parental stress.

Recent research has also demonstrated the positive impact that mindfulness-based techniques can have on the ability to enhance parental/caregiver presence. This in turn increases attunement between the parent/caregiver and the child, by reducing stress and reactivity in both.

This workshop will provide an introduction to the foundations of mindfulness and look at the effects of mindfulness based practices on emotional regulation and stress reduction, which has been shown to create healthier relationships between family members.

This experiential workshop will teach parents and caregivers the art of being fully present with children. Mindfulness-based techniques will be shared and experienced to help parents improve their emotional regulation skills. These techniques allow parents to step out of reactive patterns and move into a place of skillful responses that can enhance the child/parent relationship during unplanned and stressful moments.

Active listening skills will be reviewed highlighting the importance of learning how to place our attention fully on the child. As parents and caregivers we can learn to respond (versus react) with empathy and compassion. In turn, our children can learn to respond with the same traits, which are the keystones of a mindful life.

About the Speaker — Sarah Kinsley BA (Hons.), BEd, MEd Counseling Psychology

Sarah Kinsley is the coordinator of the Embodied Mind stream of the Applied Mindfulness Meditation program in Continuing Education at the Factor-Inwentash Faculty of Social Work at the University of Toronto. She has been a Primary school teacher, and a Special Education Resource Teacher (SERT) in Ontario and abroad. Most recently she served at Native Child and Family Services of Toronto (NCFST) as a Child and Family therapist.

In addition, Sarah works as a facilitator and therapist at The Mindfulness Clinic, The Centre for Mindfulness Studies, Outward Bound Canada and Mindfulness Without Borders, where she utilizes her training in Mindfulness-based interventions (MBIs) including extensive training in Mindfulness-Based Cognitive Therapy (MBCT).

Sarah teaches classes, workshops and retreats in Canada and abroad, aiming to make each experience unique and accessible to all learners.



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Association of York Region

The right to learn, the power to achieve

