

LEGACY PUBLIC SCHOOL E-BULLETIN



DATE: November 8th, 2019

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Principal: Shelley Jones

School Email: legacy.ps@yrdsb.ca

Vice Principal: Leeanne Hoover-Joy

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ANTI-BULLYING

November is Anti-Bullying Month.

On Tuesday, November 12, 2019 Sara Westbrook will be presenting and performing for our students. She will connect her presentation to the work that we are doing in the classrooms to bully prevention and belonging and mattering. Her UPower presentation has been widely viewed and received with rave reviews and high impact. She will provide teachers with follow up material to integrate into their teaching after her presentation. Parents are welcome to attend one of the performances to hear Sara Westbrook's messages to our students. The K - 3 presentation will be at 11:50 and the Grades 4-8 presentation will be at 2:00pm.

SARA WESTBROOK *Presenter*



Using personal stories and songs I share skills and activities that will help your students create a mindset of confidence, resilience, respect, & mutual belonging.



"UPower is our personal power to choose our actions, reactions and beliefs regardless of the circumstances."

An open and honest conversation

Healthy, Resilient Minds Matter	Superheroes for Respect
Grade 4 - 8 Students	JK - Grade 2 Students
<ul style="list-style-type: none"> Leaves a GROSS MESSAGE female giving them the skill to fight and set logical boundaries. Discovers how to bounce back from challenging circumstances and emotions. Realizes the importance of releasing emotions in healthy ways. Understands that choices and character matter. 	<ul style="list-style-type: none"> Leaves their activities that promote respect for themselves and others. Celebrates their uniqueness and the uniqueness of others. Wishes that SPORTS says off. Understand the importance of asking for help.

NOVEMBER 11TH

Armistice Day is on the 11th of November and is also known as **Remembrance Day**. It marks the day World War One ended, at 11am on the 11th day of the 11th month, in 1918. A two-minute silence is held at 11am to remember the people who have died in wars.

Staff and students will gather in the gymnasium on Monday morning for a formal ceremony to remember those who fought for our rights and freedoms and recognize those who continue to defend Canada's security and protect its citizens at home or abroad.



STUDENT COUNCIL

Congratulations to our 2019-2020 Student Council!

We are happy to announce our 2019-2020 Legacy Student Council Executive. Our Co-Prime Ministers are Erika and Ira. Our Deputy Prime Minister is Elham. Our secretary this year is Caitlin. Our Co-Treasurers are Nicky and Zachary. And our Co-Sports and Spirit reps are Pranavi and Alexander. We are looking forward to planning activities and getting involved in the school this year.



UPCOMING KEY DATES

- Nov 11th-Remembrance Day
- Nov 12th-Sara Westbrook Assembly
- Nov 11th-15th- Legacy Book Fair
- Nov 13th-Progress Reports go home
- Nov 14th-15th-Parent-Teacher Interviews
- Nov 15th-PA Day -No School

Please check our Calendar at:

<http://bit.ly/2DdPcaJ>





We are looking for parent volunteers to help out in the school during the day. If you are available to:

1. Support in the Library
2. Read with primary students
3. Supervise a primary and junior Games Club during lunch hour
4. Or running a club

CALLING FOR HIGH SCHOOL STUDENT VOLUNTEERS

We are looking for High School students to provide homework help after school on Thursdays from 3:45 pm-4:30 pm in our Legacy Learning Commons.

If you are interested in running a club or an activity, or know of a High School Student that would like to volunteer, please call the school to discuss it with Ms. Jones or Ms. Hoover-Joy or send an email to:

legacy.ps@yrdsb.ca

PARENT-TEACHER INTERVIEWS

Parent - Teacher Interviews will be held in the evening on November 14th and the morning of November 15th.

Legacy PS will be using EDSBY to book meetings with teachers.

Many of our families have created EDSBY accounts. You will need to create an Edsby account to access the online appointment scheduler for your child's teacher for Parent - Teacher Interviews. **Only families who create an Edsby account prior to the schedule being opened on November 8th will have access.**

For help signing up for Parent - Teacher Interviews, please visit

<http://bit.ly/edsbyfamilies>.

You should have received an email from York Region District School Board with instructions on how to create an Edsby account. If you do not see the email, please check your junk mail folder to ensure you do not miss this opportunity.

If you have any questions , please contact our main office.

Important Timelines:

Oct 31st	EDSBY invitations sent to families to create an account
Nov 8th-13th	Parents can schedule an interview on EDSBY
Nov 13th	Progress Reports go home
Nov 14th-15th	Parent-Teacher Interview days

Interviews are scheduled with homeroom teachers through EDSBY. You may schedule an interview for French with Ms Kondro or Ms Kollias, but only if your child is having difficulty in French as they teach over 100 students in the school.

WHAT IS GOING ON IN THE SCHOOL?

Me to We Club (Grade 7-8)	Intermediate girls and boys volleyball
School Council (Grade 6-8)	Lunch Buddies (Gr 5 and 6)
Office Helpers	Peer Mediators (Gr 5-8)
Class Economy (Gr 8)	Intramural Basketball (Gr 4-8)
Announcement Teams	Stacking Club (Gr 1-8)
Walk to School -Active School Travel	Legacy Talent Club (Gr 4-8)

November 2019 ACTIVE SCHOOL TRAVEL NEWSLETTER

Dear Families,

Why Is Strong Mental Health Important for Children?

Strong mental health allows children and youth to:

- think more clearly,
- develop socially and emotionally, and
- learn new skills more effectively.

It also helps to:

- build confidence,
- increase self-esteem, and
- provide a **positive** mental outlook on life overall.

All of these factors benefit children as they grow and enter different phases of life. A child with strong mental health is a child more likely to succeed in all aspects of life, including transitions into high school, college/university and work or starting their own family one day.

Active Transportation and Mental Health

Did you know that **Active Transportation** can strengthen child and youth mental health, which helps children and youth perform better academically, form social relationships, promote positive emotional feelings that increase self-confidence and overall make healthier lifestyle choices?

Children's Mental Health Ontario reports that as many as **1 in 5 children and youth** in Ontario will experience some form of mental health problem and that 70 per cent of mental health problems start during childhood or the teenage years.

Use Active School Travel To Stay Mentally Fit!

Active School Travel (AST) is an easy way for families to strengthen the mental health of children and youth and it's good for you too! Simply walking or wheeling to and from school leads to increased social connectedness, which can boost confidence and self-esteem and encourage positive behavior and skills. In adults, it also helps manage stress and promotes wellness.

Active School Travel is simple and can easily be added into your daily routine!

- Walk and/or wheel to school or to the bus stop.
- Park and walk a block to school.
- If Active School Travel every day is a challenge, choose one or two days a week to try and make a change.

Be proactive and help to strengthen your child's (and your own) mental health!

Sincerely,

[Legacy PS](#)

YRDSB Active School Travel Team



Bully Prevention Bulletin

November 7, 2019

Issue #1

November is Bully Prevention Month at Legacy PS

Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week to help promote safe schools and a positive learning environment. At Legacy we spend the month of November talking about Bully Awareness and Prevention in classrooms, on announcements and in assemblies.

You might wonder when your child talks to you about issues with another child whether or not it might be a bullying situation.



When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**

If I think my child is being bullied at school, what should I do?

1. Listen to your child and ask them if they have talked to their teacher about the problem. If they say no, tell them to talk to the teacher tomorrow. If they say yes, ask what happened and how the teacher handled the problem.
2. If you are not sure about how the problem has been handled at the school level, call your child's teacher to talk about the problem. You can say to the teacher "My child is coming home and talking about this." And then say: "This is how it's impacting my child."
3. If after working with the teacher, you find your child is still concerned about interactions with the student you should speak with Ms. Jones or Ms. Hoover-Joy in the office. You can call the school and ask for the Principal or Vice Principal. You can also email at shelley.jones@yrdsb.ca or leanne.hoover-joy@yrdsb.ca and set up a meeting.
4. The administrator you speak to will do an investigation. They will talk to your child, the child who your child is concerned about and other children who can help us to understand what is happening. The administrator will get back to you to let you know what steps they have taken.

Bully Prevention Events and Activities at Legacy Public School

Throughout the month, teachers will be sharing picture books and short stories that deal with bullying as the theme. They will be exploring the idea of belonging and mattering and how it pertains to bullying:

Here are some possible questions our learners will be exploring:

- Who in the story feels like they belong?
- How can we change the story to ensure the main character feels like they matter?
- What can we learn from this book about bullying?
- How will this story change what you say or what you do in the hallway, at recess time and at other times when an adult is not directly supervising you such as recess time?

They will also be exploring the ideas of uniqueness and how each of us are unique as this will help build our students' appreciation for each other in order to build empathy skills.

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SARA WESTBROOK *Presents...*

Using personal stories and songs I share skills and activities that will help your students create a mindset of Confidence, Resilience, Respect, Emotional Well-Being.

UPower
PRESENTATIONS

"UPower is our personal power to choose our actions, reactions and beliefs regardless of the circumstances."

As seen and heard on

Global > SiriusXM > ROGERS TV > CIBC > CTV

Healthy, Resilient Minds Matter	Superheroes for Respect
<p>Grade 4 - 8 Students</p> <ul style="list-style-type: none">▶ Learn a CHOICE MAKING formula giving them the skill to think and act beyond emotions.▶ Discover how to bounce back from challenging circumstances and emotions.▶ Realize the importance of releasing emotions in healthy ways.▶ Understand that choices and character matter.	<p>JK - Grade 3 Students</p> <ul style="list-style-type: none">▶ Learn three activities that promote respect for themselves and others.▶ Celebrate their uniqueness and the uniqueness of others.▶ Realize that EFFORT pays off.▶ Understand the importance of asking for help.