



# Weekly Newsletter Email

## Friday November 18-22, 2019



### **Hello Meadowbrook Families,**

### **Bully Awareness Week**

#### **Bullying is defined...**

From the Ontario Education Act bullying is defined as being;  
Aggressive and typically repeated behaviour by a pupil  
where;

- (a) the behaviour is intended by the pupil to have the effect of, or the pupil ought to know that the behaviour would be likely to have the effect of,
  - (i) causing harm, fear or distress to another individual, including physical, psychological, social or academic harm, harm to the individual's reputation or harm to the individual's property,
  - or
  - (ii) creating a negative environment at a school for another individual; and

(b) the behaviour occurs in a context where there is a real or perceived power imbalance between the pupil and the individual based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, gender identity, gender expression, race, disability or the receipt of special education; ("intimidation").

In addition, for the purposes of the definition of "bullying" above, behaviour includes the use of any physical, verbal, electronic, written or other means

**Cyber-bullying**, involves bullying (as defined above), by electronic means including,

- (a) creating a web page or a blog in which the creator assumes the identity of another person;
- (b) impersonating another person as the author of content or messages posted on the internet; and
- (c) communicating material electronically to more than one individual or posting material on a web-site that may be accessed by one or more individuals.

#### **Let's STOP Bullying - Tips for Youth**

- ⇒ Remember that being bullied is not your fault, and there's nothing wrong with you—no one deserves to be bullied!
- ⇒ Bullying isn't just physical violence—threatening someone, laughing at them, taunting them, starting nasty rumours about them or not letting them hang out with you or your friends is all bullying.
- ⇒ Tell an adult you trust if you are being bullied, or someone else is. Keep telling until you get help.
- ⇒ Call the **Kids Help Line 1-800-668-6868** for support—it's free and confidential.
- ⇒ Don't bully the bully. Using insults or fighting back will make the problem worse.
- ⇒ Use humour—say something funny to take the sting out of teasing; try not to take it personally, get upset or show hurt feelings.
- ⇒ If the bullying is making you afraid or very upset, have a teacher or an adult help you with a safety plan. You may have to change your route home, or avoid being where the bully is, until the problem is solved. Don't think of it as acting scared—think of it as acting smart!
- ⇒ Refuse to go along with bullying—bystanders who laugh, agree or cheer only encourage the bully's bad behaviour. Instead, take the victim's side; if you feel safe doing so, tell the bully to stop. Report what you see or hear to an adult.
- ⇒ Ask your school to form an anti-bullying committee with representation from teachers, parents and students.
- ⇒ Treat people the way you want to be treated.

**Remember, you have the right to be treated with respect and feel safe!**  
**For more information about bullying visit our website at: [www.redcross.ca/RespectED](http://www.redcross.ca/RespectED)**

### **Tips for Parents to Deal with Bullying**

- ⇒ Teach your child to report bullying to a trusted adult.
- ⇒ Let children know that you will take concerns seriously and take action to protect them.
- ⇒ Find out about the bullying and harassment policy in your children's school, clubs and sport teams. If there isn't one, offer to form a group to collaboratively create one.
- ⇒ Teach your child online safety and internet etiquette.
- ⇒ Teach your child to be a positive bystander. If they see someone being bullied, they should not watch, laugh or join in. Instead, they should make it clear that they are on the side of the victim, not the bully—and they should tell an adult what they saw or heard.
- ⇒ Model respectful behavior at home and in your daily interactions – children often emulate the behaviors of adults close to them.

### **If your child is being bullied:**

- ⇒ Assure your child that bullying is not his/her fault, and that everyone deserves respect.
- ⇒ Explain that using fists or insults as protection against bullying is not a good solution—it could make things worse (and get your child in trouble).
- ⇒ Remind children to ignore teasing by turning their heads or walking away. Humor can sometimes defuse the situation, too.
- ⇒ Teach assertiveness skills ... your child should know he or she has the right to stand up to the bully and say "Stop it!" without being aggressive. You could explain it like this: "Say it like you mean it, but not in a mean voice."
- ⇒ If bullying is happening at school, let the school know—they may be unaware, and insist that they follow their policy guidelines.
- ⇒ If your child is cyber-bullied, instruct your child to not respond. Messages should be saved and reported to your internet, instant messaging or mobile phone provider. Inform police.
- ⇒ Talk with the child about ways to avoid the bully. Making a plan of action can make the child feel empowered, even if at first it seems unfair to have to.
- ⇒ Help your child with their self-esteem by valuing their contributions and achievements. If they are socially isolated at school, get them involved in community activities that will allow them to socialize and build confidence.



## **Cyberbullying Awareness**

The Government of Ontario has designated the week of November 18 as Bullying Awareness and Prevention Week. During this week, schools across York Region will be focused on addressing cyberbullying. York Region District School Board has been working collaboratively with York Regional Police and the York Catholic District School Board to develop resources to support school-wide cyberbullying awareness initiatives.

Cyberbullying is the use of electronic devices and or the internet to threaten, embarrass, socially exclude and harass.

Cyberbullying can occur through various forms of social media, including: texting, email, chats, websites, instant messaging, cell phones and through pictures/video clips. Cyberbullying is often aggressive behaviour that can be intentional or unintentional, direct or indirect. It may include: mocking, insults, threats, racist, homophobic comments, gossiping, spreading of rumours, excluding, humiliating and shunning.

How to tell if your child is being cyberbullied?

- Computer avoidance
- Computer obsession
- Change in behaviour at home
- Change in behaviour at school/school avoidance
- Kids will either want to be on the computer to see if anything else is being written for others to see or not want to be on the computer at all
- May experience nightmares

source: [YRP.ca](http://YRP.ca)

If you'd like to learn more, watch our [Change The Culture of Cyberbullying](https://www.youtube.com/YRDSBMedia) video on the Board's YouTube channel, <https://www.youtube.com/YRDSBMedia>. Join us in saying **#yeswewill** change the culture of cyberbullying through your favourite social media tools.

As a reminder, you can also report instances of bullying using our [Report it!](#) tool available on our website.

## Reducing/Preventing Bullying Resources

The following organizations have developed extensive resources that support the YRDSB philosophy of relationship focused strategies to reducing/preventing bullying through the development of positive climates for learning and working.

[Kids Help Phone](#)

[Peaceful Schools International](#)

[Canadian Children's Rights Council](#)

[Sesame Street: Bullying](#)

[Canadian Safe Schools Network](#)

[Safe@School](#)

[Ontario Ministry of Education](#) (search bullying prevention)

[Ontario Teacher's Federation](#)

[PrevNet](#)

[Red Cross Respect Ed](#)

[Roots of Empathy](#)

[Character Community Foundation of York Region](#) (search York Region Bullying Prevention Partnership)

[CAMH](#) (Centre for Addiction and Mental Health)

[CASEL](#) (Collaborative for Academic, Social and Emotional Learning)

[NSCC \(National School Climate Center\)](#)

[MyGSA](#)

[IIRP Canada](#) (International Institute for Restorative Practices)

[Bullying.org](#)

## Let it Snow

With the winter season upon us, people of all ages are looking forward to the joys of snow. Most children rank snowballing high on the list of fun winter activities. We have instructed all of our students that for **SAFETY REASONS SNOWBALLING IS FORBIDDEN**. There may be times where a teacher may supervise a snow activity such as snow/ice sculpture building if conditions are appropriate; however, with the exception of these activities, and the making of snowmen or snow forts, **SNOW MUST STAY OUT OF HANDS AND ON THE GROUND** at all times.

Students are aware of the following consequences:

- 1<sup>st</sup> incident: a warning with letter home and loss of recess privileges (1 day);
- 2<sup>nd</sup> incident: a call home and/or letter with loss of recess privileges (up to 1 week);
- 3<sup>rd</sup> or repeated incident: may result in suspension;
- Injury to a student or flagrant disrespect to supervisors could result in a suspension even for the first incident.



## Lost and Found Clothing

- 1) **Remember to dress for the weather.**
- 2) **Label all clothing.**
- 3) **Check the Lost and Found as soon as something goes missing!!!!**



## Top 5 Things to Know about Pick Ups and Drop Offs



- 1) Entry through South Driveway only. No exceptions. Please obey posted signs.
- 2) Exit through North Driveway only. No exceptions. Please obey posted signs.
- 3) Drive slowly for the safety of all of the children
- 4) A.M. drop-off is a Kiss 'n Ride only. There is no parking in the bus loop. Park only in designated spots.
- 5) Follow the direction of the staff on duty. They are there to keep all of the children safe and congestion to a minimum.



**Prevent Infection by Hand Washing!**

### **Hand washing reduces the risk of illness**

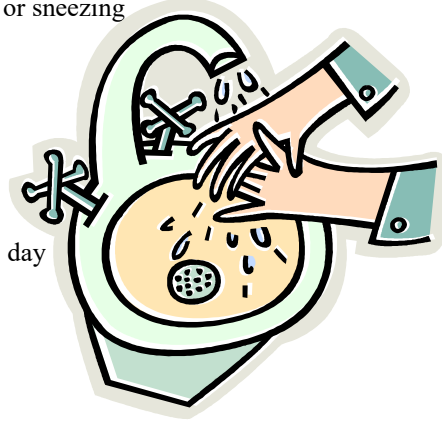
Hand washing plays a key role in reducing the risk of illness in your family. Washing for at least 15 seconds with soap lifts dirt, oil and germs off hands. To help your child judge the length of 15 seconds, have them sing a song like the *ABCs* or *Happy Birthday* while lathering their hands.

**Wash:** Before eating, drinking or touching food

The six steps to proper hand washing are:

- cooking or serving food

1. Wet hands with warm water after · blowing your nose, coughing or sneezing
2. Apply liquid soap when playing outside or with animals
3. Lather hands for at least 15 seconds after going to the washroom
4. Rinse hands back and front after handling garbage
5. Dry hands with a paper towel. If hands look or feel dirty
6. Turn water taps off with paper towel



#### **How you can support proper hand washing at home:**

- Reinforce the hand washing message several times throughout the day
- Establish routines at home that involve hand washing
- Be a hand washing role model and children will follow your lead

### **CHILD ABSENT OR LATE?**

**Please call the school.**

If your child is going to be away from school for any reason, please make sure that you report their absence. Please give the office a call at 905-895-3081 and leave a message between the hours of 4:00 p.m. and 8:00 a.m. You can also use Edsby to report an absence. On a busy day with many absences, confirming the whereabouts of every absent child can take quite awhile and could result in a child missing for some time. If you are sending an email to report an absence or late please ensure that it is sent to both [lauren.malcolm@yrdsb.ca](mailto:lauren.malcolm@yrdsb.ca) and [Shannon.dollery@yrdsb.ca](mailto:Shannon.dollery@yrdsb.ca).

**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, by the school, to contact parents, emergency contacts etc., the police wish to be informed immediately.**



Therefore, **“we will contact the police “**

*if we cannot reach the family or the emergency contacts.*



# Substitute Peanut Butter



A substitute peanut butter product is being marketed to consumers as a safe alternative for children to bring to schools in place of peanut butter. We ask that parents refrain from including these kinds of products in your child's lunches or snacks. These products tend to look, taste, and smell very much like peanut butter. While the product is nut free, it mimics a known allergen that causes anaphylaxis in some children to the degree that it is indistinguishable from the allergen. It is a convincing substitute, opening up the possibility that it can be confused as peanut butter, or worse yet, peanut butter could be confused as this soy-based product.

The safety and well-being of our students is our first priority, which is why our schools have procedures in place to minimize risk of anaphylaxis reactions in our students. We sincerely appreciate your cooperation in avoiding the use of these products to assist in our continued efforts to create a safe, caring and inclusive learning environment for all students.

## VISITORS TO THE SCHOOL

Board Policy requires all visitors (including parents) report to the office upon arrival. The "Sign-In" binder, in the office, is to ensure the safety of your children.

### Wadoka Martial Arts:

If your child is in Wadoka and you already have a uniform, please let the school know. If you have a uniform that your child no longer uses, we appreciate donations. Due to the large number of students, we have changed the groupings and days so that all students can participate:

Grade JK - Monday

Grade SK - Tuesday

Grades One- Eight - Wednesday

### Upcoming Events: Important Dates to mark in your calendar

- November 21, Grade 2 To Sibbald Point
- November 22, Grade 4 to Sibbald Point

Bob Sandiford

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Jennifer May

Vice Principal

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