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Superintendent: Erik Khilji  
Trustee: Jaunita Nathan



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# Milliken Mills PS

## November 2016

## A Message From the Administrative Team

Dear Families:

It is hard to believe that we are already in November! We have had a busy start to the school year and have enjoyed some events already. Mr. Mio, Mr. Sainte and Mr. Jean-Pierre have been coaching our volleyball teams. Ms. Statten for organizing our Junior trip to the Richmond Hill Theatre. Mr. Kellman and Mr. Ritchie ran basketball clinics. Ms. Butler and Ms. Karimian organized play leaders. Ms. Hwang has been working with the bands. Ms. Boyd organized an author visit and we had several other field trips. Thank you all. I am delighted to be working with a dedicated staff who provide valuable experiences for our students.

This year, we will be focusing on the following three areas as part of our School Improvement Plan:

**Mathematics:** We will continue to engage students in meaningful, high quality interactions and problem solving in the math classroom. We will continue to foster a growth mindset in mathematics and support risk taking, collaboration and higher level thinking. Learning through inquiry in the math classroom will continue to be an area of focus for educators and students.

**Modern Learning :** We understand that the world keeps on changing and that we all must continue to learn in order to keep up. We (educators, students, and families) are all learners. Modern learning includes a focus on the digital dimension as well as the interpersonal attributes which are critical to being a successful citizen of the world of tomorrow.

**Mental Health :** We recognize the importance of noticing people, listening and connecting with each other. We know that resilience is key to success and we all have a role in fostering and developing resilience in our students. At Milliken Mills P.S. we strive for equitable and innovative practice to support mental health.

Please continue to partner with us to promote student success in the above areas.

As Remembrance Day approaches, I am reminded of how grateful I am to be living in Canada, and am thankful to my parents for bringing my sisters and I to this great country. It is our goal at MMPS to honor and respect the diversity that exists in our country by providing equitable and inclusive experiences for our students, staff and families. Thank you for helping us to do this!

Yours in education,  
Nandy Palmer & Padmini Padiachy



## Remembrance Day

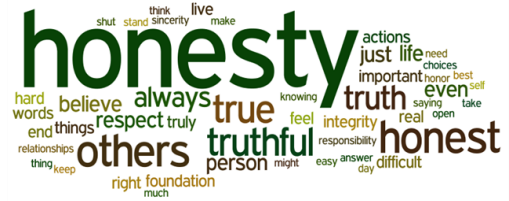
Milliken Mills P. S. will be honouring Remembrance Day (Le jour du Souvenir) with a school assembly (Grades 1-8) on **November 11th at 10:30 a.m.** Parents are welcome! We hope to see you there.

## Character Trait for November

### Honesty

"Honesty is the best policy. If I lose mine honor, I lose myself."

~William Shakespeare



### SCHOOL HOURS

Supervision:	8:05 a.m.
Entry:	8:15a.m.
School Starts:	8:20 a.m.
Recess:	10:00-10:20
Lunch:	12:00-1:00
Dismissal:	2:40 p.m.



## Behavioral Expectations

At MMPS, we believe in a HANDS-OFF policy. Students are expected to keep their hands and feet to themselves and avoid activities that involve aggressive play and/or touching. During recess breaks, students may play organized games such as basketball, soccer and foot hockey as well as activities such as skipping and tag.

## Cold Weather Reminder

As the cooler weather approaches, we ask that you ensure your child comes to school dressed appropriately. All students are expected to go outside during morning and lunch recesses. When severe weather conditions threaten the safety of our students, the School Board informs radio stations about bus cancellations by about 6:45 a.m. Cancellation of bus service does not mean that schools are closed. Buses cancelled in the morning will not be running in the afternoon. Parents who drive their children to school in the morning must also pick them up at 2:40 p.m. On days when school buses have been cancelled, it is up to parents to decide whether or not to send their children to school.



## Attendance

Please notify us as soon as possible if your child will be away from or late for school. A message can be left on our voicemail any time at (905) 475-8143. The number of students arriving late is also on the rise. Please help your child be successful by ensuring that he/she arrives at school on time and prepared. Being punctual is an important skill to possess.



## The Power of Positivity

Every week we announce Positive Affirmations to our children here. I have involved other staff members, e.g. Mr. Kellman, to join us in supporting the delivery of positive messages in our morning announcements. Some statements so far have been: "Be Brave", "I will learn from my mistakes", "Don't complain, be a problem solver". Positive self talk promotes mental wellness and health. I firmly believe our school is a breeding ground for positivity as our children are our future. Let's continue to spread positivity in everything we do!

Sincerely,  
Mr. Hanson

## Milliken Karate Club

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Our Milliken Karate Club has taken off quite nicely! We have a small and dedicated group of grades 6-8 students this year. Thank you so much for supporting our children in this dynamic activity. Each week, we work on a technical focus. This month we will be focusing on stances, as they are the foundation of all things. Martial Arts have proven to be an effective activity to foster character and stimulate intellectual activity in children. I look forward to growing and coaching this awesome team! Karate club shirts will be available soon! I am trying to keep the cost less than \$20. I will let you know when I hear back from my supplier.



Sincerely,  
Sensei Hanson, Milliken Mills Karate Club.

## Study Hall

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Mr. Hanson has created a study hall for Grades 6-8 students. It's been going great so far! Every week, I announce when the sessions will take place. Students can come a few times a week to my room, room 214, during lunch recess and bring any work they like so they can finish up, get extra practice on something, and seek extra help either from me or any other available teacher. Thank you to Ms. Beharry, who has volunteered her time. Any teacher can come and help. It is so important for students to take this opportunity at being successful. Even though I might not be your child's homeroom teacher, just getting another perspective on a lesson, or having some time to finish something will give your child an edge in success. I believe that as educators we should adopt a family approach in our practice. Please continue to encourage your children to come to study hall!

Sincerely, Mr. Hanson – Gr. 7/8 OCT Milliken Mills PS



Many intermediate students have approached me on this idea; so therefore, I have created a dynamic extra-curricular leadership opportunity for the intermediate students (grade 7-8) that I teach. It's called the Media Club. In order to expose them to real life experiences and the challenges of the job search, interested students have applied for this position and are now involved in the interview process. They will be interviewed by a panel of staff members (teachers and principals) for a position in the media club. Our club will be called the MMC, Milliken Media Club. The purpose of the club will be to deliver school and community related messages to our student and parent community. We plan to accomplish this by involving them in the following projects:

- Creating podcasts
- Designing public Service Announcements
- Creating thematic Art displays throughout the school
- Producing student short films conveying key positive messages
- Writing school newspaper articles

Sincerely, Mr. Hanson – Gr. 7/8 OCT Milliken Mills PS



We are glad to announce that this will mark our fourteenth Opus Celebration at Milliken Mills Public School. This year, Opus 2016 will be celebrated on our second to last day before our holiday break, Thursday December 22, 2016 from 8:30 – 12:00. Opus is a great work in progress, emphasizing a hope for world peace and understanding, through knowledge and appreciation of our diverse country, province, community, families and school.

Led by our grade 8 students and student council members, students from kindergarten to grade 7, will be participating by rotating from room to room. They will experience multicultural games, dances, songs and storytelling. **We are inviting any family member or friend who would like to either share a cultural skill, item, stories with us, or help run an Opus station, to please contact our office.**

One event, will be a "Taste of Opus" which means samples of food that demonstrates the cultural diversity of our school. We would greatly appreciate your help. If you are able to contribute by providing a cultural dish (nut free is a must), then please let us know. More information will follow!

## Council Corner..



We are pleased to announce our School Council for the 2016-2017 school year. Merci to these dedicated parents for working with each other and with the school to support student achievement and well-being. Our next meeting will be held on Monday, November 7th at 7:00 p.m. in the library. All parents/guardians are welcome!

<b>Principal</b>	Nandy Palmer	nandy.palmer@yrdsb.ca
<b>Vice Principal</b>	Padmini Padiachy	padmini.padiachy@yrdsb.ca
<b>Teacher Rep</b>	Sophie Momeni	sophie.momeni@yrdsb.ca
<b>Co-Chair</b>	Mary Massoud	massoudmary@gmail.com
<b>Co-Chair</b>	Angela Scrofano	nscrofan@rogers.com
<b>Co-Treasurer</b>	Fiona Veening	veening@hotmail.com
<b>Co-Treasurer</b>	Kashif Khan	kashif_aziz_khan@yahoo.com
<b>Secretary</b>	Kim Loftus	kloftus@sympatico.ca
<b>Member at Large</b>	Anders Rawlins	arawlins@gmail.com



# Strategies to Enhance the 5 Domains of Self-Regulation

Domain	Indicators that Support is Required	Classroom Strategies to Enhance the SR Domain
<b>Biological Domain:</b> the activity or the level of energy in the human nervous system	<ul style="list-style-type: none"> <li>Hypersensitive to sensory input</li> <li>Has difficulty sitting still</li> <li>Is overloaded easily</li> <li>Is often hyper-alert</li> <li>Is easily distracted by both visual and auditory stimulus</li> </ul>	<ul style="list-style-type: none"> <li>Drumming</li> <li>Nature sounds/music</li> <li>A predictable schedule</li> <li>Advanced warnings when transition is near</li> <li>Sensory outlets (e.g. disc cushion, worry beads, exercise bands, sensory bottles, play dough, pocket "fidget" toys, stress balls)</li> </ul>
<b>Emotional Domain:</b> feelings and moods, both in negative and positive realms	<ul style="list-style-type: none"> <li>Easily overexcited when receiving encouragement for an assignment</li> <li>Intense frustration when in a problem-solving situation</li> <li>Paralyzed with fear</li> <li>Intense negative emotions are exhausting, leading to a drain in energy and inability to pay attention</li> </ul>	<ul style="list-style-type: none"> <li>Kids Have Stress Too! (KHST) program</li> <li>Read stories that incorporate emotions of characters</li> <li>Yoga, breathing exercises and meditation</li> <li>Journaling feelings and experiences</li> <li>Stop Now and Plan (SNAP) framework</li> <li>Role play how to express and cope with a wide range of emotions</li> </ul>
<b>Cognitive Domain:</b> mental processes such as memory, acquisition and retention of information and problem solving	<ul style="list-style-type: none"> <li>Difficulty when asked to shift attention or focus</li> <li>Struggles to sequence thoughts and keep more than one concept in mind at the same time</li> <li>Unable to inhibit impulsive behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Set the stage for children to engage in socio-dramatic play experiences (dramatic play props, block play, sand and water)</li> <li>Fast ForWord and Proloquo2Go programs when auditory processing disorders are identified</li> <li>Treasure hunts, puzzles, obstacle courses, Simon Says, Just Dance game</li> <li>Class contracts focusing on respect, fair play and collaboration</li> <li>Consultation with families to identify a child's interests</li> <li>Break instructions down into simpler, smaller steps</li> <li>A cozy and quiet area in the classroom</li> </ul>
<b>Social Domain:</b> understanding, assessing and responding to social cues in a socially appropriate manner	<ul style="list-style-type: none"> <li>Finds it challenging to read cues of others</li> <li>"Social intelligence" is lacking</li> <li>Child struggles in cooperative play situations</li> </ul>	<ul style="list-style-type: none"> <li>Collaborative and/or group activities</li> <li>School choir or group music experiences</li> <li>Vocabulary and "mind reading" games</li> <li>Family nights</li> <li>"What Is this Person Feeling?" games</li> </ul>
<b>Prosocial Domain:</b> social acceptance, friendship, empathy and co-regulation in peer to peer interactions	<ul style="list-style-type: none"> <li>Finds it difficult to pay attention long enough to read social cues and gather relevant information in an interaction or social experience</li> <li>May be easily overwhelmed and become upset when peers are loud or screaming</li> <li>Is often too stressed to consider and process how others are feeling</li> <li>Is too overwhelmed to support a peer who is upset or in need of help</li> </ul>	<ul style="list-style-type: none"> <li>Adult and peer modeling</li> <li>Social stories</li> <li>Roots of Empathy Program</li> <li>Anti-bullying programs</li> <li>Movies that incorporate empathy (e.g. <i>Beauty and the Beast</i>, <i>Ice Age</i>)</li> <li>Researching empathy in animals</li> <li>Literacy experiences that focus on empathy development and anti-bullying (e.g. <i>Confessions of a Former Bully</i>, <i>The Mouse and the Motorcycle</i>)</li> <li>Integrating positive role models (e.g. Craig Kielburger, Ryan Porter)</li> </ul>



# **WeCare Café**

We invite all parents, grandparents and caregivers of **K-Grade 8** students to come and join us

## **Café Goal**

Building school-home partnership to improve student achievement and well-being

Time: 8:30am—9:30am

Place: Room 103

Languages: English (Chinese translation is available)

## **Upcoming WeCare Café Topics & Events**

Tea and Talk: Learning about your child's social development— Nov. 2nd

Tea and Talk: Learning about your child's emotional development— Nov. 9th

Tea and Talk: Bullying Awareness —Nov. 16th

Tea and Talk: Communicating with your child —Nov. 23rd

Make and Take: - Tools and Resources for supporting emotions—Nov. 30th





# Happy Halloween!



# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Take Our Kids to High School 8FI</i> 	3	4  Gr 4/5 ROM TRIP	5
6	7 School Council Meeting @ 7pm in the Library	8	9 <b>Gr 1 Fire Safety Presentation</b> 	10	11  10:30 Assembly Remembrance Day... 	12
13	14 Gr 4/5 FI REPTILLIA TRIP	15	16 	17	18  Gr 8Band Workshop	19
20	21	22	23 	24 	25 	26
27	28	29	30 			