

Volume 1.3 September 26, 2016

Staffing Update!

Please join me in welcoming our newest staff member to join us here at Park Avenue PS. A special welcome to Ms. Hong who is a Designated Early Childhood Educator (DECE) who will be supporting Mrs. Henderson's classroom.

Lockdown / Hold and Secure Procedures

Once again school staff and students will participate in YRDSB 'Lockdown' and 'Hold and Secure' drills intended to practice school responses to emergency situations. The purpose of the 'Lockdown' response is to minimize risk to students and staff to the presence of an armed or dangerous intruder or other similar violent threat within the school. The purpose of the 'Hold and Secure' response is to have students stay inside the school, lock all exterior doors, and resume business as usual in our school. The 'Hold and Secure' response would be used if an armed or dangerous intruder was in our neighbourhood. We will practice our first Lock Down drill during this coming Safety Week (week of Sept. 26).



Terry Fox Run @ Park Avenue PS today keepin Terry's dream alive! Way to go Panthers!

Office Index Cards Need to be returned ASAP

Parents / Guardians are asked to return the office index cards sent home last week asap. Please make any changes (eg. Updated phone #'s, emergency contact info) or indicate 'no changes needed' if the information is up to date and return these sheets to our main office. **This information is critical to us at the main office.** Thank you!

Triple P Tip of the Month - Coping with Stress

Being a parent is busy and demanding and it's normal to feel stressed at times. However, if parents have a high level of stress, it can be hard for them to deal with their children's behavior calmly and may be less likely to spend time with them. Children are likely to grow up happy and learn what's expected of them when parents are consistently calm.

KEY STEPS:

- Think about helpful changes you can make to your lifestyle
- Try to notice tension early
- Find a relaxation technique that suits you and use it when you feel tense
- Think of coping statements to say to yourself when stressful situations arise
- Make sure you believe what you are saying to yourself
- Catch and challenge any unhelpful thoughts that increase your stress and replace them with more realistic or helpful ways of thinking about the situation



Don't forget to check out the new Triple P Ontario website for online resources and podcasts for parents of children from birth to teens. www.triplepontario.ca

Web <http://parkavenue.ps.yrdsb.ca>.

Twitter [@parkavenueps](https://twitter.com/parkavenueps)



The Park Avenue Post



This week at Park Ave

Mon. Sept. 26th Day 0	PA day –no school for student!
Tues. Sept. 27th Day 5	-Sr. Girls and Sr Boys 3 Pitch 7:30 am -Jr. Boys Pitch 3-4 pm
Wed. Sept. 28th Day 1	-Glee, 7:30 am in gym -Respect Assembly, 1:30 pm -Jr. Boys and Jr. Girls 3 Pitch 3-4 pm -Int Boys and Girls 3 pitch areas at the ROC
Thurs. Sept. 29th Day 2	-Jr-Girls 3-Pitch 7:30 am -Meet the Teacher Pm (5-7pm) -Jr. Boys and Girls 3 pitch areas at the Roc
Fri. Sept. 30 Day 3	-Jr-Girls 3-Pitch 7:30 am Pizza day Milk program begins

Scholastic Book Fair

The **Scholastic Book Fair** will be open next week! Please note that Tues. and Wed. are **preview** days, and Thurs. and Fri. are **sales** days. As usual, the book fair will also be open during the MTT BBQ 5-7 p.m. on Thursday. We are planning to put some of the profits from the fair toward new learning materials for the Makerspace activities in the library, such as Lego coding and robotics kits, puppets, and Lightbulb Lab building materials and tools. Thank you, in advance, for supporting literacy and learning at Park!

Per./ time	Tues. Sept. 27 Day 5	Wed. Sept. 28 Day 1	Thurs. Sept 29 Day 2	Fri. Sept 30 Day 3
1&2 8:30	Hughes	Marshall/Semk. & Norwood	Marshall/Semk.	Stoltz
3 9:20		St-Amour	Ploder	Frans & McAlear
4 10:30	Jagoe & Jeffers	Stoltz	Moreira	Stanojev
5&6 11:20	Moreira	Henderson	Henderson	Jagoe & Jeffers
7 1:10	Wiley/Antolak	Ploder	Hughes & St-Amour	closed
8&9 2:00	Stanojev	McAlear & Frans	Wiley/Antolak	Norwood

Park Avenue Public School

Trustee: Lorelea Carruthers- 905-953-0562

Superintendent of Schools: Paul Carew- 905-895-5155

Principal: Bruce Baynham

Elementary Office Administrator: Kim Eikeland

Secretary: Hilary Purdham

School Council Chair: Karen Sherman

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Need bus information? Visit www.schoolbuscity.com

Telephone **905-836-5951**

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