

## Basket Door Prize Donations

for Sharon Public School's 10<sup>th</sup> Annual

### Elf Day

As part of our fundraising initiative for this year, School Council is targeting to raise sufficient funds to contribute towards providing our students with enhanced learning at Sharon P.S. Our Elf Day Basket door prizes help substantially towards raising these funds.

We have created themed baskets, and are asking each student to donate an item representing their theme. **The items will be collected from each classroom on December 9<sup>th</sup>, 2019.** The completed baskets will be on display during Elf Day, December 14<sup>th</sup>, 2019. Tickets are available for purchase at Elf Day any time up until 2 p.m. The draw will take place at 2 p.m. on December 14<sup>th</sup>, 2019, and winners of the baskets, if not present for the draw, will be contacted that afternoon/evening.

JK/SK	Mrs. Jones – Spa & Beauty Basket
SK/Grade 1	Mrs. Brown – Movie Night Basket
Grade 2	Mrs. Bick – Arts & Crafts Basket
Grade 3	Mrs. Diakos – Game Night Basket
Grade 4	Mrs. Dennys – Italian Night Basket
Grade 5	Mrs. Cooper – Sports Basket
Grade 6	Mrs. Martin – Bakers Delight Basket
Grade 6/7	Mr. Ballantine – Everything Chocolate Basket
Grade 7	Mr. Baxter – The Rugged Basket
Grade 8	Ms. Baxter – All Decked Out – Holiday Décor Basket
Community Classes	Mrs. Winch & Mrs. Patenaude – Reading Basket
Staff	SPS Staff – BBQ Basket

ITEMS WILL BE COLLECTED FROM THE CLASSROOMS ON DECEMBER 9<sup>TH</sup>!

Thank you for your support!



November 18th, 2019

### Urgently needed: School 'Lunch Hour' Assistants Wanted

We are seeking School Lunch Hour Assistants at Sharon Public School. This is a paid position. If interested please contact our main office at 905-478-4952.



Visit us on Twitter!

**@SharonPublic**

### Pause to Ponder...

Look for this feature periodically, with links below to media to provoke thoughts and conversation about current ideas and issues in our school, the YRDSB, public education and beyond..

This week's edition by Bruce Feiler, author of the book 'The Secret of Happy Families' "Research backs this up: Children who plan their own goals, set weekly schedules, and evaluate their own work build up their frontal cortex and take more control over their lives."



*Thank you to our Sharon Parents and Guardians for joining us at our teacher interviews this past week! If you missed booking an interview please contact your child's teacher to schedule.*

Telephone: **905-478-4952**

*Learning to make our dreams come true*

**Inspire** Learning!

## Coping with Stress

Everyone experiences stress regardless of age, it is a normal part of everyday life. Limited amounts can motivate us to achieve our goals, but excessive stress can have an overwhelming and debilitating effect on our lives. This is why it is so important to have the right tools to positively cope with life's stressors.

### What can you do as a parent to help your child positively cope with stress?

- Spend time with your child and try to understand how they are feeling
- Do activities as a family: physical activity is an excellent way to burn off stress
- Give your child a chance to calm down: teach them different breathing exercises to relax
- Implement a bedtime routine to help your child wind down at the end of the day
- Ensure your child gets the recommended amount of sleep based on their age: tired children get stressed easier

### Some other great ways to cope with stress are...

- Talking to a friend or trusted adult
- Deep breathing
- Physical activity
- Playing with a pet
- Creativity: playing music/painting/drawing/dancing
- Staying on top of schoolwork: prioritizing workload
- Asking for help



For more information please visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)



(above) Grade 8 student leaders remind commuters passing by our school to honour our Canadian Flag and our soldiers on Remembrance Day! Thank you Ms. Motiar and Ms. Baxter for your support!  
(below) Thank you to our students, staff and parents for participating in our Remembrance Day Assembly.



## *This coming week at Sharon PS...*

<b>Mon. 18 Day 1</b>	<b>Intermediate Girls Area Volleyball Tournament</b>  <b>Intermediate STEM with EG Public Library in Learning Commons</b>
<b>Tues. 19 Day 2</b>	<b>Pizza lunch</b> <b>FDK Observations</b>
<b>Wed. 20 Day 3</b>	<b>Zucca's Hot lunch day</b>
<b>Thurs. 21 Day 4</b>	<b>Bus Safety</b>
<b>Fri. 22 Day 5</b>	<b>Intermediate STEM with EG Public Library</b>

## Sharon Public School

**Principal:** Bruce Baynham 905-478-4952

**Elementary Office Administrator:** -Deidra McPhail

**Secretary:** - Andrea Priebe

**School Council Chair:** Cortney Cassidy

**Superintendent of Schools:** Erik Khilji- 905-895-5155

**Trustee:** Elizabeth Terrell-Tracey

Need Bus Information?

Please visit:

[www.schoolbuscity.com](http://www.schoolbuscity.com)

## 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,

YRDSB Active School Travel Team



Please visit our front foyer lost and found display to claim 'lost' items.