



# Walter Scott Public School

500 Major Mackenzie Dr. E., Richmond Hill, Ontario L4C1J2

*"A Place Where Everyone Belongs"*

[www.yrdsb.ca/schools/walterscott.ps](http://www.yrdsb.ca/schools/walterscott.ps)



**OCTOBER  
2015**

**From Your Administrative Team!**

It is hard to believe that the entire month of September is already behind us and we are now in October! We would like to thank the Walter Scott community for a wonderful start to the school year. The energy of students, staff and our families is evident every morning. Smiling faces and friendly greetings abound, as we arrive at school ready to begin each new day!

We are pleased to let you know that our school enrolment over the summer has remained constant and the actual number of students who are with us is very close to our projected number of students. As a result, we have not needed to change our school organization. There have been a few adjustments to the number of students within some classrooms, in accordance with Ministry of Education expectations and guidelines. We are pleased to report that students have adjusted quickly and have settled into their learning. Thank you to everyone for your support as we worked through this process.

This month, we are asking families to consider the importance of students coming to school prepared for learning. This includes, getting to bed on time each night, so that children wake up each morning feeling rested. Remember this is a period in their lives when their young bodies and brains are developing quickly, so they need lots of rest. If your child appears tired in the morning, try adjusting the bedtime until you find the right amount of sleep. A good night's sleep will help to make mornings easier at home and will ensure they arrive at school ready to learn. It is recommended that children aged 6-13 years need 10 hours of sleep every night, and 3-5 year olds need 12 hours.

We know that regular attendance is linked directly to academic success. Simply put, students who come to school everyday, do better! We are looking for students to be at school everyday. Arriving at school on time is important, as much Literacy and Math instruction occurs at the start of the school day. Students who come late, miss instruction and find it hard to catch up to classmates who are already moving on to the next thing.

We are looking forward to sharing with you in our newsletters, the current and upcoming happenings at the school and also to provide you with information about our school wide initiatives.

We wish everyone a great October and a Happy Thanksgiving!

Sincerely,

Andrea Welburn  
Principal

Deanna Durfy  
Vice-Principal



### School Administrative Team

Principal: Andrea Welburn  
Vice-Principal: Deanna Durfy

### Administrative Assistants

Gale McCarthy  
Trish Adams

### Superintendent of Schools

Michael Cohen  
(905) 884-4477

### Trustee

Corrie McBain  
(416) 219-7426

### Transportation

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

**Thanksgiving  
Holiday**

**Monday,  
October 12<sup>th</sup>**

**No School**

## Halloween Reminders...



As Halloween is fast approaching, we wanted to share information with you so your child will come prepared to participate in our school activities.

Our Halloween tradition includes a parade at the school. Our Kindergarten and Grade 1-3 students will parade on Friday, October 30th.

As you begin to plan your children's Halloween costumes, please remember that children are not permitted to wear full masks or bring in weapons or toy/replica weapons as part of their costume.

As part of our Healthy Schools initiative, please do not send in candy or "treats" for students on Halloween. If you want to support your child and his or her classroom consider healthy alternatives like a veggie or fruit tray.

The parade will take place first thing in the morning (8:30 am to 9:30 am), following O' Canada. Parents are welcome to line the foyer/hallway for photo opportunities. Following the Halloween Parade, we will be inviting students in each division down to the gym for a Halloween Dance.

At this time, it is important to remember that the York Region District School Board's Policy, #668 Caring and Supportive Schools:

*Students are expected to demonstrate behaviours that positively impact the learning environment by following the Caring and Safe Schools policy and related procedures. Inappropriate behaviour that must be avoided at all times includes: .*

- *Being in possession of a weapon or replica weapon, including firearms.*

**Please be aware, this policy applies to all students at all levels, including Kindergarten.** Thank you for your support!

**We are looking forward to having an enjoyable and safe Halloween!**



## Electronic Communication

In keeping with our eco-theme, we use email to send notices and monthly newsletters. Newsletters are emailed at the beginning of the month.



Please be sure that we have your email on file and let us know if your email address changes.

If you do not have access to a computer, let the office know and we will send home a paper copy of the newsletter.



Last year, out of over 400 students, we had fewer than ten paper copies being sent home!

## Family Contact Information (Office Index Card)

A copy of the Family contact information, we currently have on file was sent home in September. This includes your cellular, work, and home telephone numbers, as well as the names and telephone numbers of your child's emergency contacts (e.g. the people to call if we can't reach you). If you have not already done so, please return this printed sheet as soon as possible.

This information is very important, as we rely on it when we need to contact parents. Having current telephone numbers or e-mail contact, is vital in the case of an emergency or injury.

If your information has changed (e.g. a new work or cell phone number) please let us know. Write the change on the sheet and return it to the office or call us (905) 884-2693.



## School Visitors

**ALL parents and visitors must sign in at the office and wear a visitor's badge.**

As well, we ask that families wait outside for their children at the designated exit door. If you wish to speak to your child's teacher, send a note or call the office to schedule an appointment.

Please do not ask to speak to staff at entry times as they are expected to ensure that all students have a smooth start to the school day with a focus on promptly beginning instructional time. Staff cannot stop to have individual conversations, while the rest of the class is waiting.

Following these procedures also a greater degree of safety for all.

## Cell Phones and PDAs

Cell phones and personal digital assistants (PDAs) are an unnecessary intrusion on the school environment, and it is expected that students not use these devices during the school day unless instructed to do so by their teacher as part of the instructional program. While at school, we want students focusing on their learning and directing their energy in this regard.

Students and families are expected to establish routines for communication that do not involve the use of cell phones or PDAs during the school day. Students may bring a cell phone or PDA to school, but they must not use the device anywhere on school property between the time of their arrival at school and the end of classes at 3:00 p.m.

If a student is using a cell phone or PDA during the school day, it will be confiscated and given to the office. Parents may pick up the phone from the office.

Parents may contact the office to get a message to their child and are asked not to send texts or emails to students during the school day. This may result in discipline for the student. As well, please be aware the school is not responsible for lost or stolen devices.

Your support in making our school environment, a place that values learning, is much appreciated!

## Safe and Healthy Schools for People with Allergies

School staff and parents are responsible for creating safe and healthy environments for students and staff. This is an additional challenge for schools attended by children with life threatening allergies. While it is impossible to create a risk-free environment, school, staff and parents can take important steps to minimize potentially fatal allergic reactions as there are implications for the whole school, not just individual classrooms.

**It is especially important that parents communicate a life-threatening allergy to the school as soon as they are aware of it.** Please notify the office and your child's teacher so we have accurate records and establish the protocol to follow with your child.

*What you can do?*

- Read labels of foods sent to school.
- Remind your child not to share food.
- Pack nut free foods, free from nuts or nut by-products. Even tiny amounts of nut residue on containers can be harmful.
- If there is a risk a food contains or has been in contact with nuts, do not send it to school.
- Life-threatening allergens may be "hidden" in foods (e.g. chocolate/granola bars, cookies, play dough, stuffed toys, bird seed feeders, etc.).
- Be aware of cross-contamination — when a safe food comes into contact with an allergen. This causes the safe food to become unsafe and is a frequent cause of anaphylactic reactions
- Remind your child not to share items involving oral contact, such as a musical instrument mouthpiece, water bottle, cup, knife or fork, etc.

We appreciate your support of our efforts to provide a safe environment for all of our students.



## Attendance Matters!

When children are absent, they miss lessons. When they return to school, they are unprepared for the next learning. They return with the added pressure of trying to catch up on missed work, as well as trying to cope with new material. This can create learning gaps and limits their academic progress.

All students, Junior Kindergarten to Grade 8, need to be with us everyday to build a solid foundation for their learning. Daily attendance is necessary for academic progress.

Punctuality and attendance are lifelong skills that are developed in the formative years. As parents, we play a key role in fostering this development.

**Set your child up for success,  
have them at school every day!**



**Call Us!**  
to report  
your child's  
absence  
**(905) 884-2693**

When you know your child is going to be absent, please send a note to the teacher in advance. When the absence or late arrival is unplanned, please call the office.

The answering machine is always on, so you can leave a message any time - day or night. Press 1 to leave a message. By calling, you let us know that your child is safe. It saves us from interrupting your day, calling you at work, trying to locate you, or calling all the emergency contact phone numbers to ensure your child is safe.

When a child is not accounted for, we will :

- Call home to see if the child is there, then
- Call the parent/guardian at work/mobile, then
- Call the emergency phone numbers, and finally (if we are unable to speak to anyone to confirm the child's safety),
- Call the York Regional Police.

**This call is a safety check; in accordance with the YRDSB Safe Arrival Policy #665.**

## Safety Awareness

**September 28<sup>th</sup> to October 2<sup>nd</sup>**

The start of the school year is a great time to remind students about being safe at school and in the community.

We celebrated Safety Awareness Week throughout the school in a variety of ways with students in Junior Kindergarten to Grade 8. Safety topics such as: traffic; walking in the community; internet; personal; school bus; school playground; and bicycle safety; were some of the topics discussed.

Safety Awareness Week provides an opportunity to practice our safety drills and to ensure our staff and students are well prepared to respond in the event of an emergency. Students and staff practiced a number of drills and are well prepared!

"I don't feel that this is unfair. That's the thing about cancer. I'm not the only one, it happens all the time to people. I'm not special. This just intensifies what I did. It gives it more meaning. It'll inspire more people. I just wish people would realize that anything's possible if you try; dreams are made possible if you try."

-Terry Fox



## Buses Only

To keep students safe, the bus loop and parking lot are closed in the morning at 8:15 a.m. and in the afternoon starting at 2:45 p.m. This allows the children to safely get on and off their buses.

It also keeps the students who walk to school out of the way of moving vehicles. There are staff members on duty in the bus loop to ensure vehicles are moving safely through the parking lot area. Please park along the boulevard beside the school or on the side streets near the school. Be mindful of the parking restriction signs!

Your cooperation in keeping the children safe is appreciated!



## Lunch Drop Off

Lunches are dropped off on the shelf outside the office. Be sure your child's name is on it so they know it's theirs. Students are called to the office when lunches are not picked up.

## Lost and Found

**Please label your child's belongings so items can be returned.** Lost and found bins are located in the Primary and Junior/Intermediate hallways. Check the bins during the year. You'll be surprised by what you find!

## Phones

Cellular phones are not permitted to be used on school property. If you need to get a message to your child, please call the office and we will ensure the information is passed on.

## Before and After School Daycare

Our before and after school program is run by the YMCA. This program is available for students in Kindergarten, up to the age of 12. The hours of operation are from 7:00 to 8:30 a.m. and from 3:00 p.m. to 6:00 p.m. For information, call (416) 843-1004.



## School Year Calendar

November 5	Picture Re-Takes
November 13	Kindergarten Earth Ranger presentation
November 16-20	Bullying Awareness & Prevention Week
November	Progress Report Cards
November 27	PA day
December 21 to January 1, 2016	Winter Break
January 14	Grade 7 Menactra vaccinations
January 15	PA day
February	Term 1 Report Cards
February 1	PA day
February 2	Term 2 Begins
February 15	Family Day Holiday
March 14 to 18	March Break
March 25	Good Friday Holiday
March 28	Easter Monday Holiday
April 27	Grade 7 Hep B & Grade 8 Girls HPV
May 23	Victoria Day Holiday
May 25 to June 8	EQAO
June 3	PA Day
June 21	Grade 8 Graduation
June 22	Grade 8 Luncheon
June	Term 2 Report Cards
June 29	1/2 Day AM only - Early Dismissal
June 30	PA Day



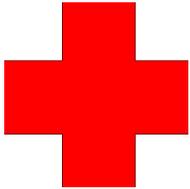


## Breakfast Club

The Breakfast Club offers breakfast to children every morning. There is no charge as the program is funded by a grant from the Ontario Breakfast for Learning Fund and from individual donations. Students are welcome to come, enjoy breakfast and then go outside to play.

A healthy breakfast meal is served by volunteers each morning starting at 8:00 am. and we are always in need of volunteers to help prepare and serve the food. If you are able to volunteer one morning a week, please contact Enid Mann at 905-884-8868 or let the school office know of your interest.

We appreciate any financial contributions for which a tax receipt will be given. Cheques are made payable to: Richmond Hill United Church (Breakfast Club).



## \*\*\* Medication \*\*\*

If your child requires medication (e.g. inhaler, Epi-pen), please bring it to the office immediately or call the office to let us know you are sending it with your child.

It is important that these medications are on hand and available to your child in the event of an emergency. We also need you to complete the required documentation for the administration of the medication. You can pick the form up from the office, or we will send it home to you.

Any medications sent to school must be stored at the school office.



## Birthday Celebrations

We sometimes receive requests to hold birthday celebrations at school (e.g. hand out doughnuts, cake, pop, McDonald's, etc.), with families offering to bring in treats for the class. As we will explain, birthday celebrations need to be held at home.

When students are at school they are working to develop academic skills. Celebrating every child's birthday would result in a significant loss of instructional time. Our focus is to ensure students meet their academic potential. To put it in perspective, celebrating the birthdays in a typical class would result in cake, doughnuts, cookies, candy, chips, pop, etc. at least every other week. As well, we must ensure the safety of students, including those students who have life-threatening allergies. We also want to promote the health and nutrition of all students. We want our students to eat the healthy snacks their families send, in order to promote the development of their growing minds and bodies.

Birthdays are important and we encourage you to celebrate this important milestone at home. Please do not send in food for birthday celebrations as we will not distribute it. Alternate options could be pencils or stickers. Rest assured that we will acknowledge your child's birthday and honour this special milestone with them. Thank you for your support and cooperation!

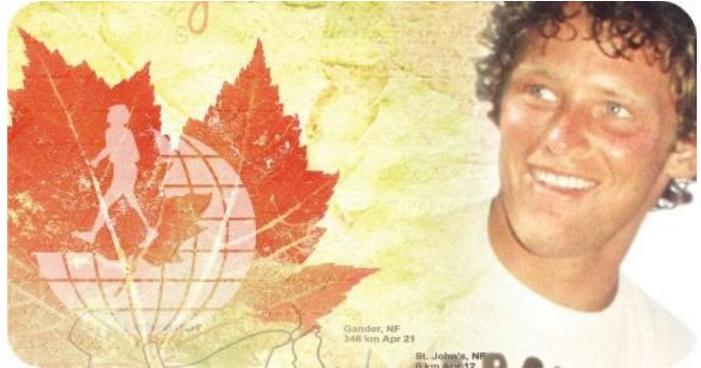
## Toonies for Terry



Our school wide Terry Fox Walk was held on Tuesday, September 29th. Notwithstanding the somewhat wet weather, we were able to adjust the scheduling and we had a very successful event! Staff and students participated with energy and enthusiasm in this annual event, in memory of Terry Fox's heroic run in 1981. The funds raised from the Terry Fox Walk go towards cancer research and the event itself helps raise cancer awareness.

## Terry Fox

**Terrance Stanley "Terry" Fox** (July 28, 1958 – June 28, 1981) was a Canadian athlete, humanitarian, and cancer research activist. In 1980, with one leg having been amputated, Terry embarked on a cross-Canada run to raise money and awareness for cancer research. Although the spread of his cancer eventually forced him to end his quest after 143 days and 5,373 kilometres (3,339 miles), and ultimately cost him his life, his efforts resulted in a lasting, worldwide legacy.



The annual Terry Fox Run, first held in 1981, has grown to involve millions of participants in over 60 countries and is now the world's largest one-day fundraiser for cancer research; to date, over \$650 million has been raised worldwide in his name.

Fox was a distance runner and basketball player for his Port Coquitlam, British Columbia, high school and Simon Fraser University. His right leg was amputated in 1977 after he was diagnosed with osteosarcoma, though he continued to run using an artificial leg. He also played wheelchair basketball in Vancouver, winning three national championships.

In 1980, he began the Marathon of Hope, a cross-country run to raise money for cancer research. He hoped to raise one dollar from each of Canada's 24 million people. He began with little fanfare from St. John's, Newfoundland in April and ran the equivalent of a full marathon every day. Terry Fox had become a national star by the time he reached Ontario; he made numerous public appearances with businessmen, athletes, and politicians in his efforts to raise money. He was forced to end his run outside of Thunder Bay when the cancer spread to his lungs. His hopes of overcoming the disease and completing his marathon ended when he died nine months later.



In 1980, Terry made Canadian history with his **Marathon of Hope**.

*"Even if I don't finish, we need others to continue. It's got to keep going without me."*

**35**  
years

## School Bus Transportation Eligibility

In accordance with Board policies, transportation is provided for students who live within their designated Home School attendance area and outside their grade appropriate Non-Transportation Zone. Transportation eligibility changes throughout a student's school career. **Please note students currently in Grade 3 and Grade 8 who use school bus service may see a change in their eligibility as they transition to Grade 4 and Grade 9.**

### **Eligibility JK- Grade 8**

- All YRDSB students in JK - Grade 3 who live within 1.2 km of their school are **not eligible** for transportation.
- All YRDSB students in Grades 4 - 8 who live within 1.6 km of their school are **not eligible** for transportation.

### **Eligibility Grade 9-12**

- All YRDSB students in Grades 9 - 12 who live within a transit served area are **not eligible** for transportation.

Parents of students entering Grade 4 and Grade 9 who are eligible for transportation may review bus stop information by visiting [www.schoolbuscity.com](http://www.schoolbuscity.com). Grade 9 students not eligible for transportation who wish to obtain York Region Transit information should visit their website at [www.yrt.ca](http://www.yrt.ca) or phone 1-866-668-3978.

## It's Time to Remind Children About Being Safe in Our Community.



With the start of another school year, it's a good time for families to remind children about personal safety.

Here's what children need to know:

- Their name, age, telephone number, address, city and province. This can be done through rhyme or song.
- How to contact their parents at any time, by memorizing cell or work numbers.
- How and under what circumstances to call 911.
- To never approach or enter a stranger's vehicle. A responsible adult would never ask a child for directions or any other question for that matter.
- Make sure they know they have a right to say "no" to an adult, especially when the adult is asking them to do something they have been taught is wrong or feels uncomfortable. Reminding children of this right is important because they are taught from a young age to respect adults.
- Always tell parents where they will be and to never enter someone's home without their parent's permission.
- If home alone, never admit it when answering the phone. Never answer a knock at the door or speak through it. Adults can be very persuasive. Teach your child to call you if there is a knock at the door and if they fear for their safety, teach them to call 911. Make sure they know that police officers are there to help them and would not get mad if it were a false alarm.
- If they think they are being followed or are in danger they should run home or to a public place. If someone grabs them, they should try to get away, yelling and screaming while doing so.
- It is important to play in safe areas, never take shortcuts and stick with a buddy when possible.

It is never too early or too late to teach children the importance of personal safety. Common sense, communication and consistency are the keys. Remind children to alert a responsible adult if something strange happens that makes them feel uncomfortable. Remember, crime prevention is everyone's responsibility.

For more information on this subject, visit [www.yrp.ca](http://www.yrp.ca).

# Ontario Students get FREE online Homework Help



MINISTRY OF EDUCATION

Ontario.ca | Français



**Are you in grades 7 to 10? Need help with math homework? Then why not get live, online math tutoring from an Ontario teacher?**

**It's free and easy to sign up.**

## **Setting up your account**

To log in and register, you'll need your Ontario Education Number (OEN), found at the top of your report card near your name. *Note: Homework Help is offered in English and is only available to students at publicly funded schools.*

Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.

## **Live online tutoring**

You can log in between 5:30 p.m. to 9:30 p.m. from Sunday to Thursday for one-on-one tutoring. You can also join your grade's tutor room to see what questions other students are asking and then watch teachers walk through problems on the group whiteboard. And since only the tutor sees your username, no one will have to know who you are!



<http://www.edu.gov.on.ca/elearning/homework.html>

# News From the Library

Mrs. Sebald

## 📖 LIBRARY PROCEDURES 📖

📖 All Library books are due one week after signing them out. If students want to keep the book longer, they need to renew the book after one week.

📖 Any lost books need to be replaced either with a new copy of the exact book or by paying for a replacement.

Our Kindergarten students have been working to choose 'just right' books that interest them. A great book for a kindergarten student would have many pictures and little text. It's important that these books are read daily with someone at home to encourage reading skills. Kindergartens will begin taking home books this month so please ensure they are returned on their library day so that they can choose another book.

## Library Helpers

Mrs. Sebald has been very grateful to all the Grade 7 and 8 library helpers. Please check the board for your day of the week and listen to announcements for library updates.



# Research and Inquiry Resources Available at Walter Scott P.S.

## Login Instructions

*At school, links to all these resources can be found by clicking on the Student Tools tab. No passwords are required.*

*At home,*

1. Visit the Walter Scott Public School site
2. click on the Library tab
3. locate links to all resources under the heading Virtual Library; any that don't appear are found by clicking "more..." at the bottom of the page
4. if required, enter the User ID and Passwords listed on this page

*Remember to speed up your next visit to the Walter Scott site by bookmarking it as a "Favourite"!*



Password: york

Note: All of these Gale resources have on-line training tutorials which may be found by clicking on this link:



Canadian  
Encyclopedia

<http://www.thecanadianencyclopedia.com>



Encyclopedia Britannica

<http://school.eb.com/>

User ID: dsbyork

Password: dsby7692



Research  
Databases

<http://search.ebscohost.com>

User ID: ns018912

Password: password

**WALTER SCOTT P.S.**  
**LIBRARY**  
**ONLINE CATALOGUE:**

<http://www.walterscott.ps.yrdsb.edu.on.ca/library/>

# Research and Inquiry Resources Available at Walter Scott P.S.



## Research and Inquiry Resources for School and Home



**Kids InfoBits** is designed for research by students in Kindergarten through Grade 6. It has a graphic interface, and subject-based search for finding full-text magazine, newspaper and reference information on current events, arts, science, health, people, government, history, sports and more.



**Junior Edition - K12** is for students in grades 6 through to high school students, with magazines, newspapers and reference books for information on current events, the arts, science, pop culture, health, people, government, history, sports and more.



**Canada In Context** covers a broad range of Canadian topics. Its information is written from a Canadian perspective, and includes magazines, academic journals, news, primary source documents, images, videos, audio and links to approved websites organized into a user-friendly portal.



**Science In Context** has information on hundreds of today's most important science topics. It has encyclopedia-type reference information combined with magazines, academic journals, news articles, experiments, images, videos, audio files and links to great websites.



**GREENR (Global Reference on the Environment, Energy, and Natural Resources)** focuses on physical, social, and economic aspects of environmental issues like energy systems, health care, agriculture, climate change, population, and economic development. It includes news, primary source documents, statistics, and multimedia.



**Gale PowerSearch** lets users conduct research with ease and quickly produce relevant search results. Features include Search Assist including "Did You Mean?...", recommendations and limiters for every search, language translation options and Read Speaker, which reads non-English documents.



**Encyclopedia Britannica** has three levels - Elementary, Middle, and High - that make it easy for students to select information best suited to his or her reading level. Information selections are written, edited and updated regularly by experts. Thousands of new articles, images, and multimedia items are added every three months.



**The Canadian Encyclopedia** has more than 30,000 multimedia items, curated exhibits, interactive timelines, immediate updates of important events and a user-generated content map that invites Canadians to share their stories. A learning centre for teachers and parents contains classroom resources, quizzes and study guides.

**WALTER SCOTT PUBLIC SCHOOL  
ONLINE LIBRARY CATALOGUE**

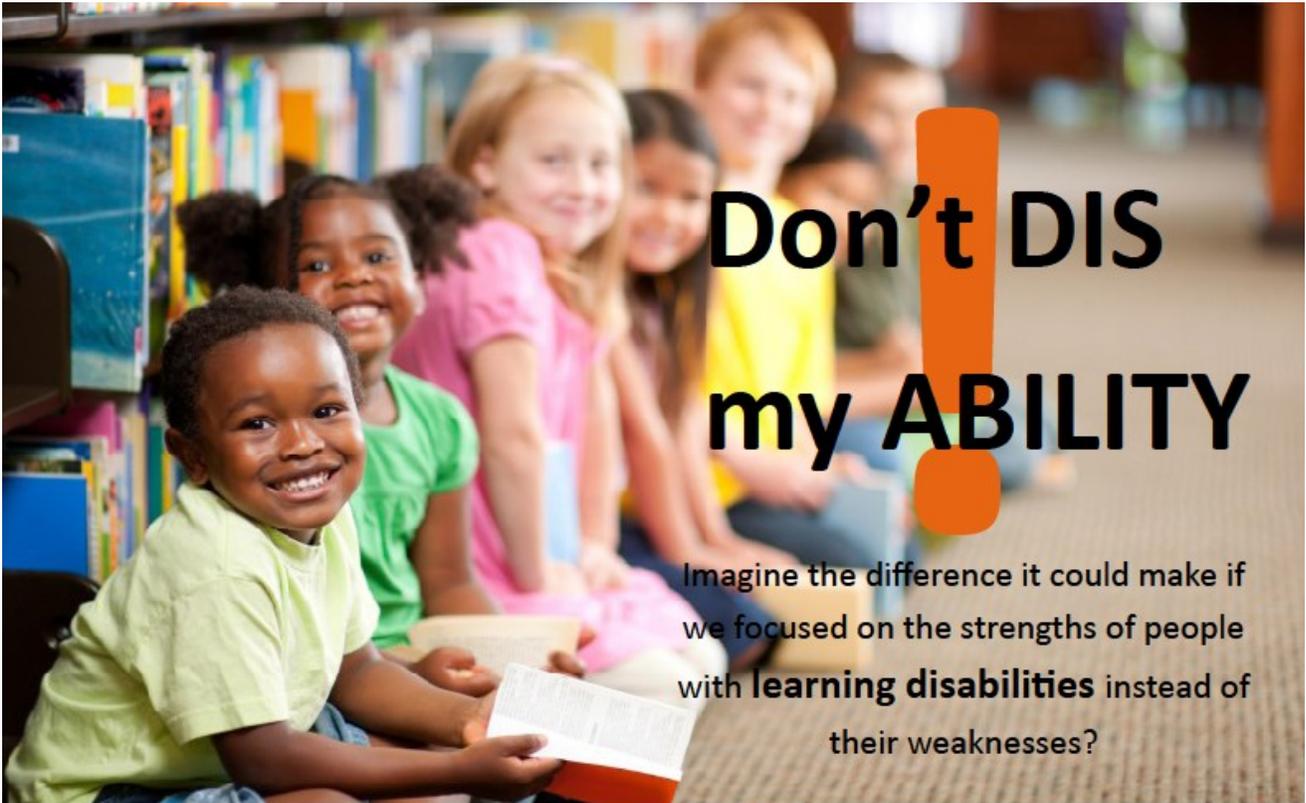
The **Walter Scott P.S. Online Library Catalogue** enables users at school or home to search the Walter Scott library collection for reading and research materials that can be found in our library.

*If you have questions or concerns about online resources, or are having difficulty gaining access, please contact your school's teacher-librarian, Mrs. Sebald.*



"As parents, grandparents, uncles and aunts we need to start getting out into nature with the young people in our lives. Families play a key role in getting kids outside."

-David Suzuki



# Don't DIS my ABILITY

Imagine the difference it could make if we focused on the strengths of people with learning disabilities instead of their weaknesses?



**OCTOBER** is Learning Disabilities Awareness Month.

**Help stop the stigma and realize the ABILITIES!**



**Ldayr** • Learning Disabilities Association of York Region

*The right to learn, the power to achieve*



**Ldao** • Learning Disabilities Association of Ontario

LD Association of Ontario

**905.884.7933** [www.LDAYR.org](http://www.LDAYR.org)



LD is **NOT** who I am, it's what I have.

**OCTOBER** is LD Awareness Month

**Help us set the record straight.**

Visit our website or give us a call to find out how:

[www.LDAYR.org](http://www.LDAYR.org)

**905.884.7933 x23**



**Ldayr** • Learning Disabilities Association of York Region

*The right to learn, the power to achieve*



**United Way York Region**  
Partners Agency

# INCREASING RESILIENCY AND WELL-BEING IN OUR CHILDREN

## PARENT WORKSHOP

Learn techniques to assist your children in becoming more resilient

A PRESENTATION FOR PARENTS  
OF ALL STUDENTS BUT IN PARTICULAR  
THOSE IN GRADES 7-9



**Sponsored by**

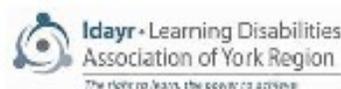
The York Region District School Board Resiliency Committee and  
The Learning Disabilities Association of York Region

No cost

**Monday November 2, 2015**  
**Richmond Green Secondary School**

7:00 p.m.-9:00p.m.

**RSVP – [chris.mcadam@yrdsb.ca](mailto:chris.mcadam@yrdsb.ca)**





## News from the Walter Scott Parenting and Family Literacy Centre

The Parenting and Family Literacy Centre is a place where you can bring your children (0-6 years of age) to play, learn, sing, read and explore together from 8:30 a.m. – 12:30 p.m. every day that school is open.

There is **no registration and no cost** for the program.

Come to Room 13 and see Parent Worker, Saima Khan, as well as all the new toys and equipment that are waiting for you and your child.

For those children not yet in Kindergarten coming to the Walter Scott Parenting and Family Literacy Centre is a great way to start school today!



**Parent Worker: Saima Khan**  
No cost or registration required

**Open: Every school day between 8:30 a.m. – 12:30 p.m.**  
Snacks are provided for the children



### Positive Parenting TIP



Autumn is a great time of year to get outside and get active with the whole family!

In fact, the 2015 ParticipACTION Report Card on Physical Activity for Children and Youth cautions that “we may be so focused on trying to intervene in our children’s lifestyles to make sure they’re healthy, safe and happy, that we are having the opposite effect.” They call this the **protection paradox**. We might have a tendency to “overprotect kids to keep them safe, but keeping them close and keeping them indoors may set them up to be less resilient and more likely to develop chronic diseases in the long run.”

And studies have proven that when children are outside, “they move more, sit less and play longer – behaviours associated with improved cholesterol levels, blood pressure, body composition, bone density, cardiorespiratory and musculoskeletal fitness, and aspects of mental, social and environmental health.”

For more information, please go to <http://www.participaction.com/report-card-2015/report-card/>



# October 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Day 2	2 Day 3	3
4	5 Day 4	6 Day 5	7 Day 1	8 Day 2 Area Cross Country Meet School Council Meeting 6:30 p.m. in the Hive	9 Day 3	10
11	12 Thanksgiving Holiday 	13 Day 4 Pizza Day 	14 Day 5	15 Day 1 Regional Cross Country Meet	16 Day 2	17
18	19 Day 3 Federal Election	20 Day 4 Pizza Day 	21 Day 5	22 Day 1	23 Day 2	24
25	26 Day 3	27 Day 4 Grade 7 Hep B & Grade 8 Girls HPV Vaccinations Pizza Day 	28 Day 5	29 Day 1	30 Day 2 Bus Safety Presentation	31 Happy Halloween ! 



**Walter Scott Public School**  
(905) 884-2693

