Dear Goldcrest Families,

Thank you to for your participation in our Photo Fundraiser! We raised approximately $1,000 for student learning resources. This event was supported by our School Council. If you would like to participate in School Council please listen for messages about meeting dates, check the calendar on our website, or contact the school office to be put on the council's email list. In November our council hosted a meeting with our trustee, Carrie Andrews, to learn more about her role and the importance of school councils. We would like to thank Trustee Andrews for her generous donation of $500 to our healthy breakfast/snack program. Please join us for the next Council meeting if you are able.

Thank you!
Mrs. E. Jackett, Principal

IMPORTANT DATES
December 4 – Samosa Day
December 5 – Santa Photo Fundraiser
December 6 – Pizza Day
December 6 – School Council
December 11 – Samosa Day
December 13 – Pizza Day
December 18 – Samosa Day
December 18 – 1:20 Kindergarten Winter Concert
December 20 – Pizza Day
December 21 – 9:00 SOARS Assembly
December 22 - January 6 – Winter Break (no school)

SCHOOL SUCCESS
At the December SOARS Assembly Goldcrest recognized the following students for their demonstration of the character trait STRIVING TO SUCCEED:

Kindergarten: Avijodh, Bryan, Arjanpartap, Samreen, Aarav, Liam, Lilian, Charlie, Jacob, Manha, Willow
Grade 1: Aikamjot, Philip, Tanveer, Tye, Zohaib
Grade 2: Agshaan, Alakay, Alisha, Jadon, Leann, Sarah
Grade 3: Hunter, Jordyn, Saisan, Seerat
Grade 4: Jenna, Paavni, Papa, Sukhman
Grade 5: Brielle, Joshua, Josiah, Komal, Kye, Vinod

SHOW SCHOOL SPIRIT BY DRESSING IN THEME AND GIVING TO OUR COMMUNITY
For the week of Dec. 18-21, Goldcrest students are invited to dress in the following themes to show their school spirit. They are also invited to bring in non-perishable food items to donate to a local food bank.

These are the themes for the week:
Tuesday, Dec. 18 – holiday/winter hat or hair wear
Wednesday, Dec. 19 – holiday/winter socks & bling wear
Thursday, Dec. 20 – holiday/winter sweater day
Friday, Dec. 21 – pajama day

REMINDER TO K-3 PARENTS TO RETURN YOUR STUDENT CENSUS QUESTIONNAIRE
Please remember to return your completed Student Census questionnaire to your child’s teacher, if you haven’t already done so.

Be sure to place your questionnaire in the provided envelope, removing the middle page with your child’s name on it. Seal the envelope closed and return it to your child’s teacher.

Your responses will help us better understand and capture the voices of all students and their families. The more responses we receive, the more effective the data will be to help inform and improve programming and instruction.

For more information, please visit www.peelschools.org/studentcensus

WINTER BUS SAFETY
The following winter school bus safety tips will help to keep your child safe throughout the winter months.

• Allow extra time to get to your bus stop.
• Wear bright clothing so the bus can see you in the early morning and late evening.
- Stand away from where the bus stops. Buses need extra room to stop when there is snow and ice.
- Use the handrail when boarding or exiting the bus to prevent slipping on wet or icy steps or road surfaces.
- Dress appropriately—winter clothing, hats, and boots will keep you warm.
- Don’t throw snowballs at the bus or other children waiting for the bus.
- Don’t slide on the snow or ice patches in driveways or on the street.
- Don’t push or shove around the bus. Someone could fall down on the ice and get hurt.

Talk to your child about what to do if the bus is late. Here are some suggestions:
- When possible, wait with your child for the bus.
- Make sure your child knows a phone number where he can reach you or another trusted adult.
- Teach your child how and where to get help. Talk to your child about what a "safe" stranger is.
- Help your child set up a bus stop buddy system so your child has someone to wait with for the bus.

**BUS CANCELLATION AND CLOSING SCHOOLS DUE TO BAD WEATHER**

During the winter months, we may need to cancel buses or close schools because of inclement weather. Information regarding details of cancellations or closures will be available on Twitter @Peelschools, Facebook at www.facebook.com/peelschools, www.peelschools.org and www.stopr.ca or by calling 905-890-1010 or 1-800-668-1146. It is usually also announced on the radio and television stations listed below:

**VIRGIN RADIO:** FM99.9  **BREAKFAST TELEVISION**
**NEWS AM680**  **CFNY FM102.1/AM640**  **CJCL AM590**
**CHF1 FM98.1**  **NEWSTALK1010 AM**  **EZ ROCK FM97.3**
**CJBC (FR) AM860**  **FM Z103.5**  **FMQ107**
**CHIN FM100.7/AM1540**  **CBC99.1**  **CITYPULSE**
**GLOBAL NEWS**  **CITY NEWS**  **CTV**  **CFRB**
(Bell Media)

One of the following messages will be announced:

**Peel District School Board buses are cancelled**

This means that schools remain open for students and staff, but buses are cancelled. Bus cancellations could occur in all or parts of municipalities. Buses will remain cancelled all day. All activities that require busing will also be cancelled. Permits, night school classes, child care and other activities in schools will operate as usual.

**All Peel District School Board schools and board offices are closed**

This means that all schools and Peel board offices are closed to students and staff. All activities in schools and board offices are also cancelled, including child care, night school and permits.

**All evening programs and permits at the Peel District School Board are cancelled**

This means that all activities in schools and Peel board offices are cancelled, including continuing education courses and events. The buildings will be closed.

**All weekend programs and permits at the Peel District School Board are cancelled**

This means that all activities in schools and Peel board offices are cancelled, including continuing education courses and events. The buildings will be closed.

**APPLY FOR FRENCH IMMERSION BY JAN. 25, 2019**

If your child will be starting grade 1 in September 2019, one of the important choices you will make is whether you want to consider grade 1 French Immersion (FI).

The application form for grade 1 FI for the 2019-20 school year will be available online at www.peelschools.org/French as of Friday, Nov. 23, 2018 at 1 p.m. The deadline to apply is Friday, Jan. 25, 2019 at 4 p.m. Applications received after the deadline will not be included in the random selection process and will be placed on the school's waitlist.

The FI school for our area is Folkstone Public School. The phone number is 905-792-2266.

**Enrolment cap and random selection process**

The Peel board has a limited number of spaces available for students interested in grade 1 French Immersion. At this time, the grade 1 FI enrolment cap is set at 25 per
cent of all Peel students enrolling in grade 1. A random selection process is used to determine which students will be offered spaces in the grade 1 FI program.

It is important to note that applicants are not offered space in grade 1 FI on a first come, first serve basis. A computerized random selection process will randomly assign a rank to each application that is received by the deadline.

Once students have been assigned to all available spaces, remaining students will be placed, again in rank order, on the school's waitlist. Each school has its own waitlist.

How to get more information
- Visit the Peel board website—www.peelschools.org/French.
- Call Folkstone Public School at 905-792-2266
- Visit the Canadian Parents for French website at http://on.cpf.ca/.

TRAIN MORE. REHEARSE MORE. LEARN MORE.

PEEL DISTRICT SCHOOL BOARD PROGRAM OFFERS FLEXIBLE SCHOOL OPTIONS FOR STUDENT ATHLETES, ARTISTS

Does your child/teen have an intense sports or arts training and competition schedule that makes it difficult to attend school regularly? The Peel District School Board’s Peel Region High Performers Program will offer flexible timetabling to accommodate student athletes and artists with demanding practice, competition, rehearsal and/or performance schedules.

The Peel Region High Performers Program is available to students in grades 4 to 12 at Britannia Public School, Dolphin Senior Public School and Mississauga Secondary School.

Applications are open
For more information and applications, visit www.peelschools.org/HighPerformers.

TIME FOR SCHOOL - A PARENT’S GUIDE TO REPORTING SCHOOL ABSENCES

All parents/guardians of elementary students need to report their children's absences or late arrivals from school via our automated School Messenger SafeArrival system.

Use one of the following methods to set-up your new SafeArrival account. Please ensure the number and email address that you are using to report your child’s absences are those that we have on file at the school.

SchoolMessenger app (free from Apple or Google Play)
1. Download the SchoolMessenger app
2. Tap Sign Up to create your account

Web and Mobile Web: go.schoollmessenger.ca
1. Go to the above website
2. Click Sign Up to create your account

Interactive Toll-free Phone
1. Call the toll-free number: 1-855-209-6155
2. Listen to and follow the instructions to report an absence

As always, please report your child’s absences before the start of the school day. Late arrivals and/or early departures should be reported as soon as possible. If your child’s absence is not reported in advance, the automated notification system will contact you and will provide an opportunity to verify the absence. By reporting your child absent in advance on the SafeArrival toll-free number, website or SchoolMessenger mobile app, you will not receive a call.

As always, if you have any questions or require any assistance, please contact the school.

The Attitude of Gratitude
From the PDSB Mental Health Resource Team
What is Gratitude?
Gratitude is all about focusing on what’s good in your life. It is paying attention to the things that we can sometimes take for granted, especially when we are feeling stressed. There are many different words that can describe feelings of gratitude, including feeling thankful, lucky, or fortunate.

An attitude of gratitude involves actively choosing to acknowledge and appreciate the things you are thankful for in life. By making a focused effort to reflect on the positive parts of your day, the stressors you face can begin to feel a little less overwhelming.

**Why Does Gratitude Matter?**

Practicing an attitude of gratitude can make a BIG difference on your overall outlook on life. Gratitude has been shown to BOOST both physical and mental health outcomes by helping people to:

- Improve their self-worth and esteem
- Balance their negative emotions
- Experience other positive emotions linked with gratitude (e.g., happiness)
- Build better relationships with others

**Give Gratitude A Go**

Feel like an attitude of gratitude could benefit your family? Here are a few suggestions to get you started!

1. **Keep a Journal:** Each family member should write down three things they are thankful for each day (big or small). As a family, make a little time each week to review some of the entries. When an individual family member feels stressed or overwhelmed, encourage them to reflect on their recent journal entries.

2. **Create a Photo Album:** Take photos of things that make you and your family happy. Regularly add the photos to an album. Schedule a little relaxation time each week to review your entries.

3. **Fill a Jar:** Reflect on the things you and your family members are grateful for at the end of each day. For each reflection, add a marble to a jar to symbolize your gratitude. Monitor how long it takes to fill the jar.

4. **Pay It Forward:** Put together a gratitude box for someone else...why not one for each family member? On colourful pieces of paper, write several entries to let the person know what you appreciate about them. Try: ‘Thank you for…’ or ‘I love you because….’ Once the box is complete, wrap it and present it as a gift.

5. **Say Thank You:** As often as you can! Make a concerted effort to say thank you to other people. By thanking others, you will begin to notice things that you appreciate in the moment.

**Remember!**

Like any skill, gratitude is one that needs to be practiced. Anyone who spends time with children and youth knows that they are are mimics and they learn by watching how we deal with life’s stresses and opportunities. By mindfully modelling gratitude and bringing our children and youth into this practice, we are promoting their healthy development for life!

For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.

*Adapted from Reach Out Australia (2018) and The Optimistic Child (1995).*

**HELP YOUR FAMILY STAY WARM THIS WINTER**

Canada Safety Council recommends the following tips for staying comfortable and preventing hypothermia when working or playing outdoors:

- Wear a warm hat—most body heat is lost through the head. Children should keep an extra hat at school.
- Wear layered clothing. Layers allow warm air to stay trapped around the body.
- Protect your feet and hands. Wear loose waterproof boots. If the boots have liners, carry an extra pair to replace damp ones or take an extra pair of socks. Invest in thick socks to keep your feet warm. Mittens are warmer than gloves. Carry an extra pair of mittens to school, on outings, etc.
- Prevent dehydration and exhaustion, which can lead to hypothermia. Drink plenty of fluids and pace yourself when doing vigorous activities.
- Stay fit by exercising and eating well—people who are fit are less susceptible to hypothermia.
- If you stay indoors, avoid moving from a hot environment to a cold one. Excessive sweating
caused from an extreme change in temperature increases the risk of developing hypothermia.

- Eat high-energy food such as nuts and raisins. A balanced diet will also help keep you warm and healthy in the winter.
- If you are travelling (on the road or in the wilderness) carry emergency supplies.