



Peel District School Board

# Lougheed Middle School

475 Father Tobin Road, Brampton, ON L6R 0J9

TEL: 905-789-8751 FAX: 905-789-8754

<http://schools.peelschools.org/1486>

## December 2018 Newsletter

**Ruth Wedderburn-Shelton**  
*Principal*

**Mateja Drinovac**  
*Vice-Principal*

**Katrina Laforest**  
*Office Manager*

**Pat Noble**  
*Superintendent*

**Harkirat Singh**  
*Trustee*  
647-209-8000

**Transportation**  
[www.stopr.ca](http://www.stopr.ca)  
905-890-6000

**Attendance Check**  
1-855-209-6155

*SafeArrival Parent Portal at*  
[pdsb.schoolconnects.com](http://pdsb.schoolconnects.com)

[twitter.com/LougheedMiddle](https://twitter.com/LougheedMiddle)

### Apply for Extended French by Jan. 25, 2019

If your child will be starting grade 7 in September 2019, one of the important choices you will make is whether you want to consider Extended French (EF). To find out more about the program, visit [www.peelschools.org/French](http://www.peelschools.org/French)

#### Online application

The application form for Grade 7 EF for the 2019-20 school year will be available online at [www.peelschools.org/French](http://www.peelschools.org/French) on **Friday, Nov. 23, 2018 at 1 p.m.**

The **deadline to apply is Friday, Jan. 25, 2019 at 4 p.m.** Applications received after that date will be put on a waiting list.

Please note that if you are currently enrolled in grade 6 French Immersion, please do not apply for grade 7 Extended French as you will continue grade 7 in the French Immersion program.

#### For more information

- visit [www.peelschools.org/French](http://www.peelschools.org/French)
- call your nearest Extended French school
- talk with parents who have children in the Extended French program
- 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](http://www.peelschools.org/HighPerformers).

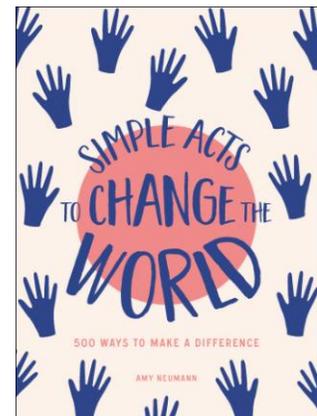
## Important Upcoming Dates



**Ugly Christmas Sweater Day: Dec 14<sup>th</sup>**  
**Food Drive: Dec 17<sup>th</sup>**  
**Buy Out (AM): Dec 21<sup>st</sup>**  
**Hall Crawl (PM): Dec 21<sup>st</sup>**  
**Winter Break : Dec 24<sup>th</sup> – Jan 4<sup>th</sup>**

## Change The World – Inquiry Projects

Ms. Boddy's class is working on Inquiry Projects where students have picked an issue to Change The World. They have chosen bullying, pollution, making kids feel welcome, gardening, kindness and littering as the main issues for their year long projects. They hope to Inspire students and "Change The World" in which they live.



## The Attitude of Gratitude:

From the PDSB Mental Health Resource Team



#WELLinPEEL

### 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 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).*

## 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.schoolmessenger.ca](http://go.schoolmessenger.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.

## 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.

## 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](http://www.facebook.com/peelschools), [www.peelschools.org](http://www.peelschools.org) and [www.stopr.ca](http://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 RADIOFM99.9	BREAKFAST TELEVISION	NEWS AM680
CFNY FM102.1/AM640	CJCL AM590	CHFI FM98.1
NEWSTALK1010 AM	EZ ROCK FM97.3	CJBC (FR) AM860
FM Z103.5	FM93.1	FM Q107
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.

## ***Celebrating Faith and Culture***

**December 2018**

December	Lut'aa and Little Spirit Moon	Indigenous
December 2	First Sunday of Advent	Christianity
Sunset of December 2 to 10	Chanukah	Judaism
December 8	Bodhi Day (Rohatsu)	Buddhism
Sunset of December 11 to 30	the month of Masa'il	Bahá'í
December 13	Birthday of Imam Aga Khan	Islam
December 17	Amitabha Buddha's Birthday	Buddhism
December 19	Maun Agiyaras	Jainism
Eve of December 20 to 21	Yule/Winter Solstice	Wicca
December 21	Tohji-taisai	Shinto
December 22	Sanghamitta Day	Buddhism
December 25	Christmas	Christianity and Canada
December 26	Boxing Day	Canada
December 26	Zarathosht-no-diso	Zoroastrianism
December 26 to January 1	Kwanza	African-Canadian communities
December 31 to January 18	the month of Sharaf	Bahá'í
December 31 to January 4	Ghambar Maidyarem	Zoroastrianism

## December 2018 Lougheed Middle School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2.	3. <b>Day 1</b> 	4. <b>Day 2</b>	5. <b>Day 3</b>	6. <b>Day 4</b>	7. <b>Day 5</b>	8.
9.	10. <b>Day 6</b>	11. <b>Day 7</b>	12. <b>Day 8</b>	13. <b>Day 9</b>	14. <b>Day 10</b> Ugly Christmas Sweater Day 	15.
16.	17. <b>Day 1</b> Food Drive 	18. <b>Day 2</b>	19. <b>Day 3</b>	20. <b>Day 4</b>	21. <b>Day 5</b> Buy Out- AM Hall Crawl- 1:00- 2:45 	22. 
23.	24. Winter Break-----> December 25th to January 5th	25. -----> Winter Break <b>Christmas Day</b>	26.  Winter Break	27. -----> Winter Break	28. -----> Winter Break	29.
30.	31. -----> Winter Break					