



October 2016



Our Parent Council will meet on Tuesday Oct. 4th for our first meeting of the year. See more information later in this newsletter.

We had a very successful Terry Fox Run on Thursday Sept. 29th. We were able to raise over \$800 - a significant increase over the past couple of years...well done, Bayview!

The fall is off to a great start, with Cross country runners practicing for their meets, the grade 6s have already been to Forest Valley and the grade 7 and 8s are planning their overnight trips to Mono Cliffs. Thanks to all the staff members who give their family time to allow your children to enjoy these special experiences!

Finally, pizza lunches will be happening again. Without the support of you, our parents and guardians, we can't pull this off. Please consider giving a lunch hou, once a month, to help out. Look for order forms next week.

[Please be sure to check Bayview's website regularly - we are now updating it regularly and all newsletters and calendars, as well as other important information, will be available there.](http://schoolweb.tdsb.on.ca/bayviewms/Home.aspx)

<http://schoolweb.tdsb.on.ca/bayviewms/Home.aspx>

Ms. McFarlane and Mrs. Neiman

[Reminder to call school if your child will be late or absent](#)

One measure of keeping our students safe is to ensure we can account for any absences or reasons for being late to school. We would like to remind you that if your child is going to be absent or late for any reason, we ask that you contact the school immediately at 416-395-2055 and report the reason for the absence. If we are not informed about the absence, we will make attempts to contact you through our automated call-out system to determine the reason for the absence. To find out how this automated system works please visit <http://www.tdsb.on.ca/HighSchool/CaringSafeSchools/SafeArrivalProgram.aspx>

Please let the office know by calling 416-395-2050, if your contact information, including phone number, changes at any time throughout the school year.

Thank you for your continued cooperation to keep your children safe and accounted for.

The Bayview Brief

Character Trait of the Month: Responsibility



Character Counts!



Character Trait of the month: Responsibility

Your child can show responsibility by:

- taking care of himself or herself and others in the family
- getting up on time, getting ready for school, and having breakfast
- completing homework and keeping his or her school work organized
- helping with household chores without being asked
- keeping promises

Questions to discuss with your child:

- What is responsibility, and what does it mean to be responsible?
- What are some of your specific responsibilities at school, at home, and in the community?
- How can acting irresponsibly affect others?

Projects to do together:

- Assist your child with organizing his or her school notebooks and agenda.
- Plan family activities, and involve your child in the planning process.
- Set clear expectations for your child, and hold him or her accountable for his or her actions (for example, setting bedtimes, curfews, and wake-up times).
- Teach your child to be financially and environmentally responsible.

Encouraging Responsibility in Your Child:

- Remind your child about being responsible for his or her school work by checking his or her agenda and/or school work every day.
- Remember to be patient as your child learns to become responsible.
- Encourage and praise your child when he or she is responsible.

Share an example of a situation in which someone you know behaved responsibly.

Thank you for supporting our Character Development program.

**BUILD CHARACTER
BUILD SUCCESS**

Upcoming Events:

Holidays: Oct. 10;
Dec. 26 to Jan. 6;
Feb. 20; March 13 to
17; April 14, 17;
May 22

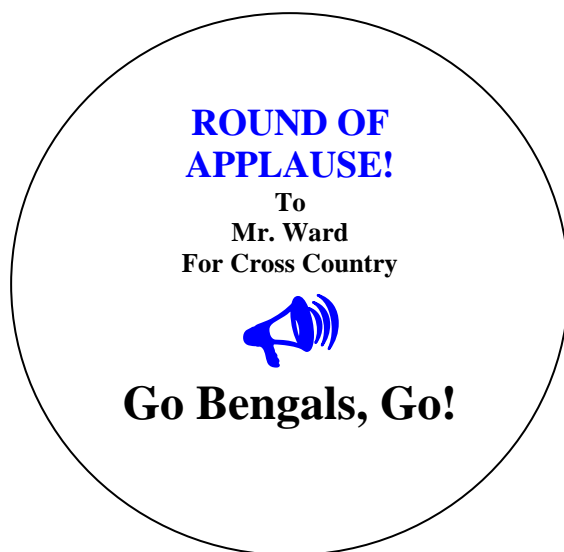
PA Days: Oct. 7;
Nov. 18; Dec. 2; Jan.
20; Feb. 17; June 9;
June 30



PARENT SCHOOL ADVISORY COUNCIL

Please join us for the next meeting of our Parent School Council on October 4, 2016 at 7 p.m. in the Library.

At this meeting, we will be electing the Executive Council for this school year. Please consider coming out to support your child's education by being an active member of Council.



Message from the Guidance Counsellor

Middle school can be a fun, engaging, and enjoyable time in a youth's life. However, some students may find this time in their lives to be academically, socially, and emotionally stressful. With homework, social issues and social media, some students may have difficulties dealing with their daily stress. Some stress is good for individuals as it can motivate us to finish tasks. However, too much stress may cause negative effects such as: sleep and eating issues, sadness, irritability, tiredness, stomach aches, head-aches, drop in school marks, and mood swings. If you suspect that your son/daughter is having a difficult time, please contact your family doctor to discuss. Also, please inform your son/daughter's core teacher or myself.

Here are some helpful tips that students can use to deal with stress.

- Physical activity... Find activities they enjoy and build into their routine such as yoga, walking/running, biking or swimming. The best types of physical activities are those that have a social component.
- Find other hobbies or activities that bring joy. This might be listening to music, going to the movies or drawing. Make a point to keep doing these activities even when stressed and busy.
- Adolescents should get eight to nine hours of sleep a night. To maximize their chance of sleeping soundly, have them cut back on watching TV or engaging in a lot of screen time in the late evening hours. All electronics should be off about one hour before bedtime.
- Website supports... www.kidshelpphone.ca This is a great resource youth can go to when needing advice on dealing with stress and other life issues.
- Talk to a trusted adult. Encourage your child to share their concerns with yourself, teacher, counsellor or doctor. Talking is sometimes the best medicine.