



## *Beverly Glen's Le Gazette*

85 Beverly Glen Blvd., Toronto, ON M1W 1W4 Main Office: 416-396-6055

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M. Killackey, Principal

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Andrew Gold, Superintendent

Manna Wong, Trustee

### **November/December Message from the Administration** **Winter is on it's Way/Hiver Sur Son Chemin**

The vast array of autumn colours will soon give way to a winter wonderland with festive moments ahead. The rustle of crisp leaves blowing in the gusty wind and the children reluctantly wearing warmer clothing and footwear are all part of our days as winter approaches. Time to ready the supply of winter jackets, hats, boots, mittens and scarves!

November and December were an especially busy months. Report cards went home, Parent / Teacher interviews took place, PALS started, Basketball is full swing, we had the Power of 1 presentations for students, Power X Movement



I can't believe Christmas is upon us and 2017 is coming to a close! This time of the year is a special time for many as our community celebrates a myriad of festivals. Your BG School Council would like to wish everyone a Happy New Year! We hope everyone has a well-rested, enjoyable and safe break.

**PRO Grant:** The school won a \$1,000 PRO Grant this year to hold a Family Math Night.

**Chocolate sale:** Many thanks to all the parents and students who supported the fundraiser. The money will be used to enhance the technology in our school. The council is eternally grateful to all the parents/ staff who volunteered their time to ensure this fundraiser was successful.

and the Chocolate fundraiser. WOW!!

We are very proud to be implementing Zones of Regulation throughout the school this month. The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities.

We would like to welcome Mme. V. Beikhit who is filling in for Mme. Samaan, Mme. L. Dubrova who is filling in for Mme. Camara, and Mme. Musasa who is filling in for Mme. Gorab.

Happy Holidays !!

From the Staff at BG

#### **Dates to mark in your 2017 calendar:**

**February 15:** Our annual dance-a-thon will kick off on Wednesday, January 31, 2018. This much-loved event, will be held on February 15, 2018. There will individual and class prizes. Glow items will be available on day of the dance.

#### **Next School Council Meeting:**

**Thursday, January 11th, 2017 @ 7pm**

*Child-minding for school age children will be provided*

Please enjoy the final days of 2017!!

Nithya Caleb

**Chair of BG School Council**

### **School Hours**

School Office: 8:30 a.m. - 4:30 p.m.  
Monday to Friday.

**Visitors to the school,** please report to the office when you first Enter the school to maintain a safe and orderly environment at Beverly Glen.

A regular school day is as follows:

Morning entry: 8:40 a.m.

Morning program: 8:45 - 11:30 am

Morning recess: 10:05 - 10:20 a.m.

Lunch: 11:30 a.m. - 12:30 p.m.

Afternoon entry: 12:30 p.m.

Afternoon program: 12:35 - 3:20 p.m.

Afternoon recess: 1:55 - 2:10 p.m.

End of day dismissal: 3:20 p.m.

School bus dismissal: 3:20 - 3:35 p.m.

Remedial assistance: 3:20 - 3:50 p.m.



#### **Upcoming Dates:**

**Dec. 7th**

Ward Mtg. @ 6:30pm

Popcorn Fundraiser

**Dec. 15th**

Duffle bag Theatre

**Dec. 19th**

Holiday Concert

**Jan. 8th**

School Reconvenes

#### **Beverly Glen JPS Mission Statement**





We believe that learning is a life-long process which promotes: *Acceptance, Communication, Co-operation, Enjoyment, Problem-solving, Respect, Responsibility, Self-motivation.* Learners at Beverly Glen are stimulated and challenged in a safe, caring and student-centered environment.

**Please check our school webpage regularly for the latest information about Beverly Glen Jr. P.S.**

<http://schoolweb.tdsb.on.ca/beverlyglen>

# The Four Zones of Regulation

## The ZONES of Regulation

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

*The Zones of Regulation curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills.*



## **Winter's Back...**

We've got our first fresh cover of snow outside so there's no better time to talk about slips and falls than the present. We've all heard that "Slips and falls hurt us all" but not many of us truly understand the truth behind this statement.

To avoid a painful slip and fall remember these few simple measures that can help your chances of making it safely through the winter months:

### **Wear the Proper Footwear**

Always ensure that you have low, broad heels with non-slip soles when walking outdoors. Sure, high heels are nice but bring them with you in a bag and put them on for use indoors.

### **Watch Where You Walk**

Always be aware of where you are stepping. We do our best to have our walkways salted and cleared but always take responsibility for your own safety. Avoid parts of the walkway that look like they may not have been cleared. There is often a coating of ice hiding underneath that cover of snow.

### **Clear Your Ice At Home**

Do your part at home and ensure that your walkways are cleared and salted. As the saying goes, "Be nice and clear your ice".

### **Take Your Time**

When the weather outside is frightful, dashing through the snow is not a good idea. Take your time. Even your body movements can help improve your stability. Keep your body loose and spread your feet apart as you walk. Keeping your knees slightly bent will lower your centre of gravity and help keep you stable. Some people prefer to shuffle or drag their feet. This motion also helps to stabilize you but only if you place your whole foot down at once. Never tip-toe!

Remember these simple safety tips as you go through the winter.

**Stay alert, stay safe and give falls the slip this year!**

# Severe Weather

Regardless of the season, weather can have an impact on system-wide school board operations or individual schools, staff and students. Whether it's cold and snow or extreme heat, the Toronto District School Board has a number of practices and policies in place to manage the impact of this weather on the school board.

## **Snow/Cold Weather**

From time to time it is necessary to cancel student transportation, classes and/or programs due to severe weather. On rare occasions, severe weather makes it necessary to close schools, administrative offices or sites.

With approximately 245,000 students in our schools and sites each day, any decision to cancel buses, classes and/or programs or to close sites can have a significant impact on thousands of families across Toronto. This decision is not taken lightly. When schools remain open on days with inclement weather, parents/guardians make the final decision on whether to send their children to school and they can keep children home from school if they so choose.

## [TDSB's Procedure for Severe Weather](#)

### **How does the TDSB make snow day decisions?**

A number of factors are considered on days where severe weather is (or could be) an issue. Very early in the morning, a team made up of the Director, Associate Directors, transportation, and communications staff look at various pieces of information including current and forecasted weather conditions and road conditions. Should a cancellation or closure be necessary, information will be posted on the TDSB website, TDSB social media and provided to local media by 6:00 a.m.

### **Why are TDSB schools often still open when buses aren't running?**

The TDSB is unique when it comes to student transportation. Unlike other schools boards across the Greater Toronto Area, a vast majority of TDSB students — approximately 90 percent — do not use school buses. That means, if school buses are cancelled, it is still possible for students to get to school by walking or other means. However, if schools are closed, 245,000 students would not be able to go to school and thousands of parents are left to make childcare arrangements at a moment's notice — something we know will not be possible in every case.

### **How are daycare centres affected by weather decisions?**

The TDSB communicates any decision to close schools to daycare operators, which are independent from the school board. With that in mind, any cancellations or closures of daycares will be communicated to parents by the daycare and not the school board. Any questions surrounding daycares should be directed to the daycare operator.

### **How are decisions made for school recess being inside or out?**

From time to time, it is necessary to hold indoor recess or a shortened recess due to inclement weather (rain, extreme cold or heat, severe icy conditions). This decision is typically made at the school-level depending on local conditions which can vary widely across the city; however in some cases, a board-wide directive may be issued.

### **How can school activities be affected by weather?**

School activities including sport practices/games and rehearsals may also be cancelled due to severe weather. These decisions are typically made on a school-by-school basis; however in cases where board-wide activities and programs, such as Continuing Education classes, are cancelled, this will be communicated on the TDSB website and social media.

The Beverly Glen Girls Empowerment Club &  
The Aisling Discoveries, Child and Family Centre are  
pleased to announce:

# THE SPIRIT OF GIVING

## *Hamper Drive*

**Monday, December 4 to Friday, December 15, 2017.**



Please help out by donating a new toy, article of clothing or gift card towards a



*From The Staff at Beverly Glen*

## J New Music Stands Are Coming! J



Thank you very much to the support and generosity of the School Council this year! The Music department and especially the band classes will be looking forward to the arrival of 7 new music stands. We really appreciate the new additions and will be using them to accommodate the bigger classes.

Ms. Yip

## December's Character Trait: Caring and Kindness

### Kindness and Caring at the TDSB

Incredible acts of kindness happen across the TDSB in our schools and communities every day. Kindness and caring are at the centre of everything we do and are the foundation for positive relationships between staff, students, parents and the community.

Schools across the board recognize kindness and caring in many ways, including assemblies, special events, fundraisers and many other initiatives.

#### What is kindness and caring?

- Showing understanding and treating others with compassion, generosity, and a forgiving spirit
- Being gentle, friendly, considerate, and willing to help
- Showing concern or sympathy for others and being sensitive to the needs of others
- Offering support and giving your time, talents, and resources to help others
- Talking positively about others
- Considering the needs of others, not just your own

#### What does kindness/caring look like and sound like?

- Doing something nice for somebody--a random act of kindness
- Smiling at those you know and those you don't know
- Saying "Good Morning"
- Reminding someone how special he or she is
- Volunteering time to help others in need or donating to a charity
- Asking "How can I help?" or "How are you?"



#### What can families do at home?

Parents, guardians, caregivers and family members are the first and most important character educators of children. Working together with the school and community, we can guide our children towards common beliefs. When families reinforce kindness and caring at home, it becomes a way of life for children.

#### Tips for Supporting Character Development and Reinforcing Kindness and Caring

- Use kind and caring language at home with family members and friends
- Model and teach respectful manners
- Listen to your children and be clear about your ideals
- As a family, take part in community service projects or civic activities
- Establish family traditions and enjoy family celebrations together
- Identify and talk to your children when you witness a random act of kindness
- Teach your children to be responsible and discerning with their choices in media, entertainment and online interactions
- Teach your children how to resolve conflict in a respectful and caring way
- Encourage kindness, caring and empathy by asking: "How would you feel if...?"



[Kindness and Caring in the TDSB - Parent/Guardian Resources](#)