

Whitney Word

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school dates for october

- 27** Monday, 8am (*Repeat weekly*)
Choir Rehearsal
- 31** Friday, 11:55am (*Repeat Weekly*)
Choir Rehearsal
- 31** Friday, 2:45pm (NEW TIME)
Halloween Parade

school dates for november

- 7** Friday
SPA Day Theme: Empathy (Gr 4/5 Rm 303)
- 10** Monday Through Thursday
Grade 5 Island School Trip
- 11** Tuesday, 10:30am
Remembrance Day Assembly
- 11** Tuesday
Progress Reports Home
- 13** Thursday, 3:30-7:30pm
Parent/Teacher Interviews
- 14** Friday
P.A. Day
- 14** Friday, A.M. Only
Parent/Teacher Interviews

from the principal



Please join us in the school yard at the NEW time of 2:45pm on **Friday October 31st** for our annual Halloween Costume

Parade. All parents are welcome. Don't forget to bring your cameras as this is a sight to be seen!

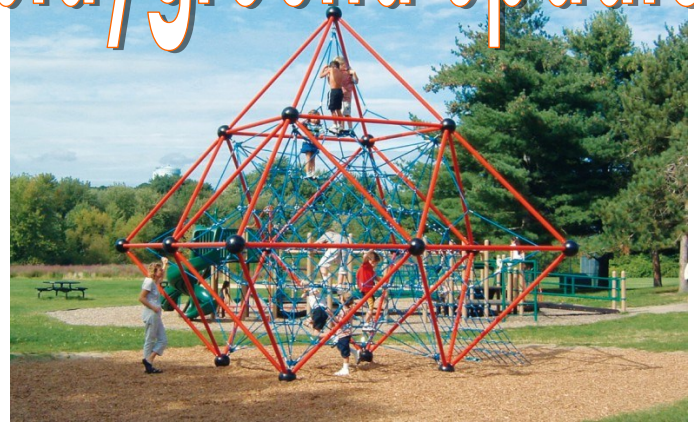
As the children are excitedly talking about and preparing costumes for Halloween, please be reminded that replicas of weapons or toy weapons are not permitted at school. As always, if your child's class is having a party please remember to send snacks to share that are nut free. This is part of the Safe Schools policy and we ask for your support in helping us ensure everyone's comfort, safety and well-being.

Debbie Stern

Want to report a student absence? Want to know when the deadline is? Need a copy of a field trip form?

Save yourself a call and program allison.walker@tdsb.on.ca in your smartphone and email Allison in the office for any of your Whitney School needs.

playground update



The TDSB began work on the Whitney playground revitalization this week. Please join us in thanking our donor families who funded the Whitney Playground Improvement Project back in March 2014. Without their tremendous generosity, this revitalization would not be possible.

The project includes:

- Large net climber at the top of the hill for children ages 5-12
- Multi-use, grass field created by replacing the limestone baseball diamond with sod
- New baseball backstop, which will be shallower and repositioned to maximize our field for multiple uses
- Two new basketball standards in the northeast part of the playground
- New wooden planters in the kindergarten garden

The TDSB is beginning with the net climber (estimated 2-3 weeks to complete) and then will be moving on to the field. During this first phase, the net climber installation area will be fenced off and kids will have access to all the rest of the play equipment at the top of the hill, as well as the field.

The Playground Committee

Marcia Moffat, Diana Parsons, Andrew Pollock, Sean McNamara



Last week, we asked you to vote on your preferred time for the Halloween parade.

The results are in and there is a strong preference for the 2:45 PM time slot. Thank you for voting — we had over 120 responses, which is terrific.

Thank you for your input!



8th Annual
Parent Involvement Makes a Difference Conference
Increasing Knowledge and Enhancing Confidence
Saturday, November 15, 2014
8:00 a.m. to 3:45 p.m.
Earl Haig Secondary School
100 Princess Avenue, Toronto, Ontario




Register Now! www.tdsb.on.ca/parentconference



Registration Details

Mental Health and Well-Being Belongs to Us

Mindful and Centering Practices: The Art of Calming and Coping (Part 1)



OCTOBER 2014

Issue #2

Mindfulness for Stress Management



Mindfulness is now widely being used as a tool to manage stress and anxiety in a variety of settings including schools, hospitals, universities and large organizations like Google. Thirty years ago, Jon Kabat Zin, author of *"Full Catastrophe"* defined mindfulness as "paying attention in a particular way, on purpose, in the present moment non-judgmentally". So, how can this deceptively simple practice help our students manage stress and support academic performance?

According to leading researchers, including neuroscientist Dr. Ritchie Davidson, Centre for the Investigation of Healthy Minds and Dr. Patricia Broderick, Penn State psychologist, the brain is the primary organ of stress. How we think about an event determines our response to it as well as our level of stress and anxiety. For example, being in a new situation where we don't know anyone, can be stressful for some, but a source of fun for others. Different people have different responses to the same situation and varying levels of tolerance to stress. The physiological responses to stress, are similar, i.e. accelerated heart rate, sweaty palms, shallow breathing etc. The resulting actions are also generally similar, fight, flight or freeze.

Why Mindfulness?

Mindfulness works its magic to mitigate stress by training our minds to develop a more flexible response to stressful situations rather than an automatic habitual reaction. The practice involves engaging our attention on an object (breath), noticing when our mind wanders and redirecting our attention back to our breath. This process is repeated over and over again. We are training our attention to engage with an object (breath) sustaining attention and inhibiting distractions. In so doing we are strengthening the pre-frontal cortex (top down) and modulating the physiological response (bottom up) triggering the relaxation response. The prefrontal cortex we know, is responsible for reasoning and thinking, therefore as this is strengthened, attention and focus is also strengthened. As a bonus, the bottom up physiological response to stress is also modulated and emotional well-being supported.

"[Mindfulness] has you feeling like a new person. You feel refreshed." - R. B. Gr. 10

Mindfulness Practice Tip

The 5-minute Breath Awareness practice. This is something that can be done anywhere, anytime.

- Sitting in an upright posture, either in a chair with your feet comfortably touching the ground, or on the floor in a comfortable position. Simply become aware of your breathing. You can notice sensations around your nose or belly or elsewhere in your body.
- Do not get too focused on any one type of sensation but simply and gently become aware of your breathing.
- When you notice that your mind has wandered (and it will), gently bring your awareness back to your breathing.

(R. Davidson, *Life Ed: Making Meditation Part of Daily Life* – NBC News.com)

(By Marjorie James, TDSB Social Worker – Area D)

wittenberg's wall

sports | house leagues | wildcats

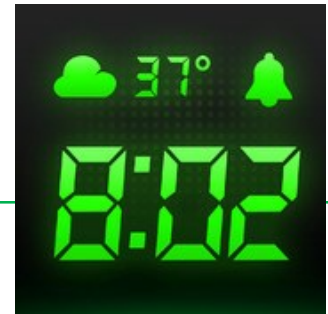


Cross Country

Congratulations to the 24 students who competed in the Cross Country South Conference Finals on Monday. Despite the wet and chilly weather, our student athletes performed extremely well. Four students, **Beate, Rebecca, Robbie and Noah** have advanced to the City Finals which will take place on Monday October 27th at Centennial Park. Good luck!

Thank You

The first round of sports has nearly come to an end, and I would like to send out a big thank you to **Sean, Kathy, Janice, Brian, Taite and Ben** who helped coach many of our fantastic teams this year. Your help with the cross country, football and slo pitch teams was fantastic and greatly appreciated!



MONDAY

**Cross Country
City Finals**

(good luck to Beate, Rebecca,
Robbie and Noah!!)

TUESDAY

Girls Basketball Practice (Gr 4-6)
7:30 a.m. in the gym.

WEDNESDAY

Boys Volleyball practice (Gr 4-6)
7:45 a.m. in the gym

THURSDAY

Girls Basketball practice (Gr 4-6)
7:30 a.m. in the gym

FRIDAY

Boys Volleyball practice (Gr 4-6)
7:45 a.m. in the gym