



Helen Detwiler School



Hamilton Wentworth District School Board - Respect, Creativity, Excellence, Citizenship

From the Principal & Vice-Principal's Desk



As we prepare for a change in season in November, we recognize that there will be an adjustment period with daylight savings time and colder temperatures. We encourage students to dress appropriately to ensure they are comfortable when outdoors during Nutrition Breaks. We also look forward to our Character Education focus learning about courage and giving students the opportunity to demonstrate this trait in classrooms and throughout the school environment.

With Progress Reports sent home on Tuesday October 30th, we had the opportunity to welcome our families to attend parent-student-teacher conferences last week. We had a great turnout with many families who had scheduled in time to have collaborative discussions that help promote the importance of open communication, building a strong home-school connection and planning for future growth and improvement into the end of the first term.

Extra-curricular activities are well under way at Helen Detwiler with the volleyball season upon us. Our coaches and teams are spending time practicing to prepare for their games and upcoming season. We wish our athletes the best of luck this year! Our Cross Country team participated in the HWDSB meet at Christie Conservation area and we had many great finishes. Overall our team showed great sportsmanship and continue to be great ambassadors for Helen Detwiler.

In November, Helen Detwiler will be honouring the many brave people who stood up for their beliefs and sacrificed their lives in service to our country. Our upcoming Remembrance Day ceremony will be held on Friday November 9th at 11:15 a.m. in the gymnasium. Parents are welcome to join the ceremony paying tribute to all those that have devoted their lives for our freedom. We value this day and honour this month by focusing on the Character trait of "Courage" for November. Students are challenged to rely on their inner strength to make appropriate choices in all types of situations demonstrating their courageous attempts to show leadership at Helen Detwiler.

We recognize that the month of November leading into the holiday season will be a busy time for our families. We hope that you have an enjoyable month ahead and look forward to your ongoing support for our students.

Sincerely,
Ms. Radojevic & Ms. Francis

NOVEMBER 2018

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hwdsb.on.ca/helendetwiler

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Ms. Radojevic - Principal

Ms. Francis - Vice-Principal

UPCOMING EVENTS

Thursday, November 1st

Character Education Assembly

Friday, November 2nd

Professional Activity Day - No School
Parent-Student-Teacher Conferences

Sunday, November 4th

Turn your clocks back one hour.

Friday, November 9th

Remembrance Day Ceremony
@ 11:15 a.m. in our gymnasium

Monday, November 12th

Junior Swim Meet - McMaster Pool 1pm

Wednesday, November 14th

Bulldogs Game - First Ontario Place Gr.4-6

Wednesday, November 14th

Gr8 Start @ Henderson Secondary

Friday, November 16th

Photo Retake Day - a.m.

November 19th-23rd

Bullying Awareness & Prevention Week

Thursday, November 22nd

School Council Meeting 6:00 p.m.

Friday, November 30th

Pita Pit Day

LOOKING AHEAD...

Monday, December 3rd

Character Education Assembly 11:10 a.m.

Friday, December 7th

Professional Activity Day - No School

Character Builds - THE WORD ON THE STREET!



In order to build upon our students Character development, at Helen Detwiler we are focusing on educating our school community on the Character Traits that will support our students success in life and build upon a positive school culture.

Last month our Character focus was Self Control/Regulation This month's Character Focus is Courage where we are sharing its' meaning of having the strength to take on challenges to do the right thing even when it may be unpopular.

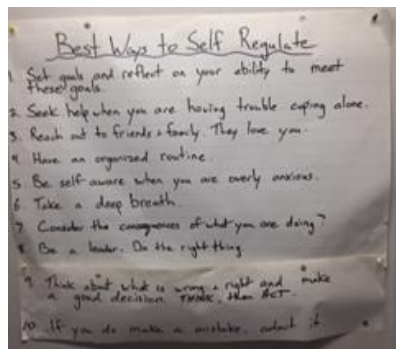
Monthly Focus

September - Respect & Belonging	February - Empathy
October - Self Regulation	March - Honesty
November - Courage	April - Acceptance
December - Caring	May - Integrity
January - Responsibility	June - Citizenship

Sharing our Work on Self-Regulation



Grade 2 students practise chill time



Grade 7/8 students created a list of the best ways to self-regulate



Advisor 6B played a Game Show to learn about various ways to self-regulate

Upcoming Remembrance Day Ceremony



Helen Detwiler's Remembrance Day Ceremony will take place on Fri. Nov. 9th at 11:15 a.m. in our gymnasium. Parents/Guardians and other Community guests are invited to attend.

Bullying Awareness & Prevention Week November 19th-23rd

To honour the spirit and intention of Bullying Awareness & Prevention, we encourage that you take the time to talk to your child about bullying and its definition:

*Bullying is typically a form of repeated, persistent, and aggressive behaviour directed at an individual or individuals that is intended to cause fear and distress & or harm to another person's body, feelings, self-esteem, or reputation. Bullying occurs in a context where there is a **real or perceived power imbalance**.*

Further Information online is available through:

- ◆ www.bullyfreehamilton.ca
- ◆ www.PrevNet.ca
- ◆ www.maccura.ca
- ◆ www.canadiansafeschools.com

School Lost & Found

Our school lost & found bin has many articles of clothing that need to get back to their home. We have reminded students to ensure they check the lost & found for their belongings each month. By the end of each month the lost & found bin is emptied to provide room for new articles of clothing that have been found. Please remind your child to check the lost & found regularly. Thank you



Inclement Weather

The decision to cancel School and Board Administrative Operations is often a difficult call to make. Please be assured that the decision to remain open or to close is always made with the safety and security of our students and staff in mind. Please check the Board's Website (www.hwdsb.on.ca) or listen to local media (CHML900) for notice of school closure. **School Closure Hotline # 905.521.2535.**

Students and Medication

For the safety of all of our students, we ask that students not carry any medication on them or in their locker unless it is an Epi-Pen for emergency treatment. Students with Asthma can carry a puffer with their parents permission. The office must be made aware of any student that may require emergency treatment. Other medications are over-the-counter medication, such as cough syrup and pain relievers. These should **not** be brought to school by students of elementary school age, or stored at school. Prescription medication requires signed authorization of a parent or guardian and signed direction by the prescribing doctor before it can be administered by school personnel. These forms are available at the office.

"I Can, You Can!" Featuring Robert Pio Hajjar

The Council for exceptional children is pleased to invite you to a Parent-Educator Speaker Series entitled, "I Can, You Can." His message will inspire caregivers & educators to "realize ability in disability and to empower champions of inclusion and change." Born to be a champion, he makes a difference in the world by celebrating life in a way that motivates others to reach their full potential.

Tuesday November 27, 2018

6:30 - 8:00 p.m.

HWDSB Education Center

20 Education Court, Hamilton

Room 180 A - Cost: \$ 5.00 (pay at the door cash only)

Register by Nov. 13th by emailing:

brownl@hwcdsb.ca or

browntr@hwcdsb.ca

Child minding available please request when registering.

HWDSB STRINGS PROGRAM

The HWDSB Strings Program is looking for students from Helen Detwiler to join our program! The program is for students in grade 4 through grade 8 and lessons will commence January, 2019.

Violin lessons are 30 minutes in length and occur once a week on the same day. Lessons are private or small group (3-5 students) and occur during the instructional day. We also offer violin and cello lessons on Wednesday evenings at Nora Frances Henderson Secondary School, 75 Palmer Road (just off Upper Gage).

There is an opportunity for all violin and cello students to join Orchestra which also takes place on Wednesday evenings at Nora Frances Secondary School (6:30-7:30). Orchestra lessons provide further skill development and learning and enhance team participation for our students.

All students are invited and encouraged to perform at our two concerts. The students and concerts are amazing!

The winter concert will be held on Wednesday December 12 and the Spring Concert is planned for Wednesday June 5, 2019.

For lesson costs, more information and to register your child, please contact Lorraine Barberstock, Strings Administrator at lbarbers@hwdsb.on.ca or call Lorraine at 905-561-2190 ext. 770.

School Council Corner

Our 2018-19 school council executive has been elected for this year:

Co-Chairs - Sukhi Dhillon and Kim Ward

Secretary - Cara Healy

Treasurer - Heather Shenton

All parent/guardians are welcome to join us for our November meeting on Thursday November 22nd at 6:00pm in the library.

Understanding Youth with Safety and Risk Concerns

Wednesday November 14, 2018 6:00-7:30 pm
HWDSB Education Centre (20 Education Court)

An opportunity for families to learn about:

- Suicidal thoughts and behaviours
- Myths and misconceptions
- Local treatment options
- Advocacy and coping strategies

Presented by:

Dr. Khrista Boylan, a child and adolescent psychiatrist and assistant professor in the Department of Psychiatry and Behavioural Neuroscience at McMaster Children's Hospital.

Joanne Ryan, (MSW, RSW), Registered Social Worker with the Child and Youth Mental Health Program at McMaster Children's Hospital.

RSVP to: Gabriella Mauro gmauro@hwdsb.on.ca
(905)-527-5092 X2342

Parents for Children's Mental Health

Upcoming Parent Sessions:

Nov. 15, 2018 - "Emotional Regulation - The Ups and Downs" with Carrie Stevenson from the Youth Wellness Centre.

Dec. 4, 2018 - "Mindfulness Strategies for the Whole Family"

Dec. 20, 2018- "Cannabis and Youth" with Sarah McAuley from Alternative for Youth

For more information regarding location and times or to register, visit www.pcmh.ca email at hamilton@pcmh.ca or call/text 905-536-9323

