

GARDEN AVENUE PUBLIC SCHOOL POSITIVE PLAY POST



WELCOME!! In recognition of **Anti-bullying Awareness Week**, we are issuing our **Positive Play Post** newsletter to inform you of the many Safe and Caring Initiatives that we have undertaken this year at Garden.

We are pleased to announce that our Safe and Caring Schools Committee that is made up of parents, staff and student representatives are meeting monthly to discuss many topics that are pertinent to ensuring that all within our school community feel welcome and safe. We will be planning for the many initiatives which are ongoing or upcoming at our school this year.

To date, we have established a new duty schedule for teachers and new entry procedures to ensure the safety of our students during unstructured times.

This month we will be launching P.A.L.S (Playground Activity Leaders in Schools) schoolwide. Our 27 trained P.A.L.S. leaders in grades 4, 5 and 6 will be supporting primary-aged students with organized games during recess.

On **April 13th**, we will be celebrating **International Day of Pink** in order to recognize diversity and efforts to end discrimination.

Our Junior Team is learning about **Restorative Practice** in order to support our students manage conflict resolution.

Students have been participants in workshops on **Cyber-bullying** and **Anti-bullying**.

Finally, the first week in May is **Mental Health Awareness Week** and we are planning learning experiences around mindfulness and stress reduction.

We are all doing our part to ensure the safety and well-being of all students at Garden. Please support our school at home by reminding your child about the importance of following our school rules:

1. There is always room for one more
2. Keep your hands and feet to yourself.
3. Treat others the way you want to be treated

DROP OFF AND PICK UP REMINDERS FOR PARENTS

Please be aware that **for the safety of all students**, parents should not be in the yard between the hours of **8:45 AM to 3:30 PM**. The exception is for Kindergarten pick up at **lunch and at 3:15 PM**. Please drop off your child **no earlier than 8:45 AM** at the gate. A teacher will be there to supervise. If you wish to see your child at any point through the day you **must visit the office first**. Please do not drop in on your child's classroom. It is extremely disruptive to all students in the room. If you are concerned about behaviours in the yard, please feel free to speak to your classroom teacher or the office. Let's all work together to keep our school safe. **-Ms. Hardy**

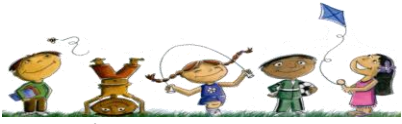
SAFE AND CARING SCHOOLS COMMITTEE

The Safe and Caring Schools Committee gathered for the first time in March. We are grateful to be joined by our parent representatives, Natasha Teoli, Heather Johnston, Erica Spencer and Katherine Ball. Our committee is fortunate to also have a student representative, Rosalia Van Schouwen, who is in Grade 5. Our staff representatives include our Principal, Ms. Hardy who is joined by Mrs. Umezawa and Ms. Cox.

We look forward to learning about issues concerning safety and well-being at Garden Avenue from the range of viewpoints of the committee members and re excited to work together to further develop supportive initiatives for Garden Avenue.



P.A.L.S



P.A.L.S (Playground Activity Leaders In Schools), is a playground leadership program offered by Toronto Public Health in collaboration with the TDSB and TCDSB that encourages all children to participate in activities regardless of their gender, size or ability. The objectives of this program are to: increase physical activity, decrease conflict and reduce the incidence of playground bullying, and provide leadership opportunities for students.

In March, our Public Health Nurse trained 27 junior students with leadership qualities to act as playground activity leaders for our primary students. These students will work with the junior teaching team to plan and lead fun and safe activities on the playground.

Lunch hour P.A.L.S. meetings are held on Tuesdays. During the last week of April and into May, our leaders will be taking turns attending primary gym classes to assist the younger students to learn playground games.

They will also be working in teams to lead the games during recesses. The P.A.L.S. launch promises to bring a welcome source of fun and activity to recesses at Garden Avenue!

INTERNATIONAL DAY OF PINK



International Day of Pink is Wednesday, April 13, 2016 – Remember to wear Pink!

The International Day of Pink is a day of action, born when a youth in high school in Cambridge, Nova Scotia was bullied because he wore a pink shirt to school. His fellow students decided to stand up to bullying; and hundreds of students came to school wearing pink to show support for

diversity and stopping discrimination, gender-based bullying, homophobia and transphobia.

Around the world discrimination continues to be the leading source of conflict. Discrimination includes ableism, classism, heterosexism, homophobia, racism, sexism, transphobia, among many other forms. Stereotypes (ideas) may lead to prejudices (attitudes/behaviors) which may lead to discrimination (actions) and affect how we work, study, and treat one another; they create barriers, bullying, harassment, hate and violence.

The International Day of Pink is more than just a symbol of a shared belief in celebrating diversity – it's also a commitment to being open-minded, understanding of differences and learning to respect each other.

Please remember to wear Pink.

John Malloy
Director, TDSB

RESTORATIVE PRACTICES

Our junior team recently took part in professional development to learn about Restorative Practices. This is a framework that can be used when supporting students through instances of conflict.

Becoming acquainted with the framework prompted us to reflect on our practice in the following ways:

“Is my practice?

-Respectful (distinguishing behaviour from the person)

-Fair (engaging, with explanations and clarifying expectations)

-Restorative (by repairing harm and building relationships)

Does my practice?

-Develop Empty (through reflection, insight and learning)

-Enhance responsibility and accountability
-Support positive behavioural change and the strengthening of relationships.”

The experience served to further develop our awareness of positive discipline and equipped us with tools to implement this approach that proactively builds positive school communities.

-Mrs. Umezawa

PARENT TIPS FOR CYBERBULLYING

What is Cyberbullying?

Using electronic means to intimidate, harm, exclude or ruin a reputation- includes the use of emails and instant messaging, text or digital imaging sent on cell phones, web pages and web logs (blogs), chat rooms and discussion groups.

How to Avoid It:

- Keep your home computer in an easily viewable place so that you can learn what your children are doing on-line.
- Encourage your children to come to you if they feel uncomfortable or threatened when on –line.
- Talk to your children about responsible internet use. Emphasize that they are not to give out personal information such as their phone number, on-line name, or email address.
- Explain that cyberbullying is harmful and unacceptable behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
- input, an on-line agreement or contract for computer use.
- Make sure that you know each of your child’s contacts.
- Learn computer “chat” language – www.netlingo.com

If your child is being cyberbullied:

- Save any harassing messages or photos so they can be forwarded to police and/or your Internet Service Provider.
- Contact your child’s school if the cyberbullying is occurring with another student or through a school website or email.
- Report the incident to police and your Internet Service Provider.

Excerpted from tdsb.on.ca; E16 (Tip Slips/Interpersonal Development/Cyber Bullying m 1515

MINDFULNESS

By Ms. Cox

“True happiness,” said Happy Panda gently, “comes from bringing all your attention to whatever you are doing right now. There is no need to think about what happened yesterday. Yesterday’s gone, over, done. And there’s no need to worry about tomorrow. Tomorrow isn’t here. But today is all around us. Bringing your mind back to this moment, right here, over and over again is called **mindfulness.**”

From Mindful Monkey, Happy Panda

Tips for getting centered

- Focus on taking a deep breath all the way down to your belly
- Blow out your breath gently like a balloon that is losing air



THE BULLY, THE BULLIED AND THE BYSTANDER

POETRY BY ROOM 207
FOR
ANTI-BULLYING WEEK

I AM
I am the bully.
I wonder how I can hurt them,
I hear no voices fighting back,
I see upset faces,
I want revenge,
I am the bully.

I pretend I'm playing when
the teacher walks by,
I feel better than everyone else,
I touch people's feelings,
I worry I'm going to get bullied,
I cry when I'm alone,
I am the bully.

I understand they're upset,
I say mean things,
I dream that I get bullied,
I try to say sorry,
I hope I hurt them,
I am the bully.

- by Annabel Alefounder



--

I Am...

I am the bullied.
I wonder how long this will happen,
I hear laughing, yelling and hurtful words,
I see people standing around me doing nothing,
I want to disappear forever,
I am the bullied.

I pretend that it never happened,
I feel like I am worthless and nothing,
I touch my tears and wipe them away,
I worry it will never end,
I cry every time it happens,
I am the bullied.

I understand that I have to stand up to them,
I say "Stop! I don't like this!",
I dream I'll have enough power to end this,
I try to calm down,
I hope someday it will end,
I am the bullied.

-by Adeline Cardoso Quinn

I Am

I am the bystander.
I wonder why people are so mean to each
other,
I hear people crying and other people
cheering the bully on,
I see someone being bullied,
I want to be included,
I am the bystander.

I pretend that nothing is wrong and
no one is hurt,
I feel included,
I touch people's previous wounds,
I worry that I will be bullied,
I cry that the bully shouldn't be doing this,
I am the bystander.

I understand that someone is getting hurt,
I say nothing,
I dream that the people being don't get hurt,
I try to help the bullied,
I hope that I don't get bullied,
I am the bystander.

-by Rosalia Van Schouwen

