



2020-2021 STUDENT HANDBOOK

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At Silverheights, we SOAR when we:

Share a safe and supportive school
Own our choices of attitude and behaviour
Achieve academic and personal goals
Respect ourselves and others.

School Motto:

At Silverheights we are soaring to new heights by spreading our wings,
opening our eyes, aiming high and reaching out!

SCHOOL DAY SCHEDULE	
Before School Supervision	8:30-8:45
ENTRY BELL	8:45
Period 1	8:45-9:15
Period 2	9:15-9:45
Period 3	9:45-10:15
Period 4	10:15-10:45
NUTRITION BREAK	10:45-11:25
Period 5	11:25-11:55
Period 6	11:55-12:25
Period 7	12:25-12:55
Period 8	12:55-1:25
NUTRITION BREAK	1:25-2:05
Period 9	2:05-2:35
Period 10	2:35-3:05
DISMISSAL BELL	3:05
After School Supervision	3:05-3:15

Welcome back to Silverheights Public School and the 2020-2021 school year!

Communication between home and school is essential. We know that the paper notes we send home about picture day or a field trip don't always make it out of the backpack and into your hands. Electronic communication has become the most common way to share ideas and information in work and social settings. We want to update school communication in two ways. We are reducing the large amount of paper we use as a school for the good of the environment and our school budget. We are using School Day as our main source of communication. **Sign up for School Day**, at www.school-day.com and click 'Register'. You will need the student's OEN# that is found on report cards.

Once registered you must use your smartphone/computer to order and pay for pizza lunches, fill out permission forms, and get class newsletters. You never need to worry about a lost note again. For more information or help with signing up for School Day call the office 519 658-9023. Mrs. Herteis will be happy to assist you.

Silverheights is now on **Twitter**. Please follow us [@silwrdsb](https://twitter.com/silwrdsb) as we post school event information,

updates, as well as pictures of events.

SCHOOL HOURS

Our teacher supervision in the morning begins at 8:30 a.m. and we would ask that **students not arrive** at school prior to this time (unless they are coming for a pre-arranged meeting or practice.) The morning bell rings at 8:45 a.m. If students are not at their entry door at **8:45 a.m.** they are **late** and will need to report to the office. Opening exercises will begin shortly after entry. The first nutrition break is from **10:45-11:25**. The second nutrition break is from **1:25-2:05**. The first nutrition break is designated as the "go home" break for students in grades 7&8 who have written parental permission to go home for lunch. Dismissal is at 3:05 pm and students are expected to leave the property immediately.

ATTENDANCE

Regular school attendance is a key to student achievement. Good teaching these days is all about the activities that happen in the classroom. However, we know that on occasion a student has to miss school due to illness or appointment; **parents are asked to telephone the school at 519 570-8128 ext. 3745** before the school day

begins to leave a message. This answering machine is available 24 hours a day and seven days a week. The message should contain the name, date and time, student's full name, grade, classroom teacher and reason for being late or absent and the estimated period of time that the student will be away. We want to make sure that all of our students are safe, therefore, as part of our safe arrival program the school will attempt to call all parents who have not informed the school of their child's absence. When you make a call to leave a message you save our secretaries a great deal of time every morning and afternoon, so we really appreciate it when you take the time to call.

Most school staff members have a voice mailbox. The number is (519) 570-8128 plus an extension number. Teachers will share their extensions with parents early in the new school year. This allows you to leave non-urgent messages for your child's teacher. For important or urgent issues please call the **regular school office number at (519) 658-9023.**

Morning attendance is taken as soon as the students enter the classroom. Students who do not arrive to their entry door at 8:45 a.m. are considered late and must report to the office to sign in and pick up an admit slip. Whenever a student arrives after school has started they need to buzz in and report to the office before going to their classroom. Ongoing issues of lateness or absence will be referred to the office, the WRDSB attendance counselor or Family and Children's Services. When students are absent for five days or more on a planned absence, parents or guardians are required to tell the school in advance. There is a form to fill out and parents should communicate with the student's teacher.

Students who are being picked up or dropped off by parents during the school day must be signed in or out at the office. Parents must come in to the office with their child to sign them in or out. Students who are going to be absent for an extended period of time (5 days or more) should contact the school office for the appropriate forms in order to keep the student registered at Silverheights.

We use **The Safe Welcome Program** as directed by the Ministry of Education. All school doors are routinely locked. There is a buzzer and camera at the school's front door. All visitors to the school are required to ring the buzzer, be let into the school and then sign in at the office.

INCLEMENT WEATHER

If you think school or bussing might be cancelled due to poor weather conditions please consult the WRDSB via **Twitter @wrdsb** or **www.wrdsb.ca** or listen to a local radio station. The school will be open unless there is a board wide inclement weather day. Please avoid calling the school as this ties up phone lines for other business. If you decide to have your child attend school even though busses are cancelled, remember that you need to pick up your child as busses are cancelled for the entire day.

MEDICATION

Please be sure to advise the office if your child has a special health issue. It is the policy of the WRDSB that school staff may not administer medication unless a consent form has been completed by parents. Medication must be prescribed by a physician and in its original prescription container. All medications are secured in the office and administered by office staff.

INJURY OR ILLNESS AT SCHOOL

In the unlikely event that a student is seriously ill or injured at school we will call 911 and then call you. **If your child becomes ill or has a minor accident at school we will contact you or your emergency contact(s) and ask you to take them home.** It is very important that you keep us updated on any changes in telephone numbers, babysitter's names or changes in address. You never know when your child might need you.

ALLERGIES

Several students in the school have severe, life threatening nut allergies. We want every child in the school to have a safe environment in which to eat. When sending lunches to school for your child, we ask that you take this into consideration and do not send any foods containing nuts of any kind- this includes **all** peanut butter alternatives i.e., Wildbutter. There are many items available now that are manufactured in a nut-free facility. Please notify the office of any serious allergies or food sensitivities.

HEAD LICE

Head lice are a common problem for school-aged children. The best way to keep head lice controlled is careful regular monitoring at home. If head lice are found, please notify the school immediately so we can alert other parents to check their children's hair at home and seek treatment if found. **Head lice are highly contagious and so children having head lice must be treated and their head checked before returning to classes.**

DROPPING OFF AND PICKING UP

The best choice for dropping off and picking up students is to develop a meeting spot just beyond the school area on Poplar Drive, Dawn Crescent or Memory Lane. There are a number of different entrances or "catwalks" onto the school yard that are accessible from the side streets.

We are concerned about the safe arrival and departure of everyone in our community. Scott Road is a very busy street, especially just before or after school. We often see students jaywalking, crossing unsafely and walking across busy parking lots. Please help us keep our students safe. **Parents are not permitted to enter the school parking lot or daycare parking lot to drop off or to pick up their children at arrival and/or dismissal time.** Our parking lots are WRDSB parking lots and are for staff use only. Please ensure if you are parking on the street you are following the no stopping and no parking signs.

We all need to work together to keep students and other members of the school community safe at busy times.

By-law officers do patrol the school area and will ticket illegally or unsafely parked cars.

VOLUNTEERS AND VISITORS

Volunteers are always welcome at Silverheights School and we value our many volunteers. As with any visitors to the school we ask that all volunteers sign in at the office. We are pleased to have volunteer help in classrooms, on field trips and school programs such as **Strong Start and School Council**. If you know someone who would have time to give to our school, please call the office.

SCHOOL COUNCIL

School Council meets several times over the year on the **fourth Wednesday of the month in the school library at 6:30p.m.** All parents are welcome to attend the meetings. School Council is a great way to give back to the school community. For more information about the meetings and events, see the School Council bulletin board, the School Council corner, just inside the main entrance to the left of the big TV screen. **It is a good time to join!**

PLANNERS

Student planners are a valuable tool for home and school communication. Planners are also used to help students learn organizational skills and to keep track of assignments, test dates, and other important events in the life of the school. Planners are sold, for \$5 each and are available at the school.

NUTRITION BREAK PROCEDURES

There are two nutrition breaks built into our school day. Students eat for twenty minutes and play for twenty minutes at each break. Students are encouraged to bring a healthy meal or snack for each break. **We have reorganized our staggered breaks to make the best use of our playground area. Grade 3 to 6 students play the first 20 minutes and eat the second 20 minutes. The Grade 1, 2 and Grade 7 and 8 students will eat first and play second.** In order for all students to get a chance to play on the creative playground equipment and use the soccer field area as often as possible we have a Day A and B schedule that allows all grades a tum each day. Respectful, safe and responsible behaviour is expected at all times during our Nutrition Breaks.

It is our expectation that all students stay at school for the day. **However, if you would like your child in grade 7 or 8 to come home to eat, it will be at our first break from 10:45-11:25.** Please note that you are giving permission for your child to go to **your home**, therefore, bus students are not eligible to go home at nutrition break as they would not have enough time to walk home and back. If you would like to pick them up and take them home then they may go home during the first

break. Parents will need to come into the office to sign their child out and then back in again. Parents are asked to indicate at the beginning of the year if they want their child to come home for nutrition break. Students who do not have written permission from their parents must remain at school during break times.

During the eating part of nutrition breaks students are expected to sit in their assigned seats and to clean up after themselves. There are no microwaves for student use. Any necessary utensils should be sent to school in student's lunches and should be made of plastic when possible. We appreciate your efforts to provide nutritious snacks with a minimum of litter.

LOST AND FOUND

Students are encouraged to frequently check the Lost and Found for lost items. The only lost and found box is outside of the office. All personal items should be clearly marked with the student's name or family name so they can quickly be returned to their owner. A helpful tip: use a black sharpie on most items, or silver sharpie on dark coloured items. Unclaimed lost and found items are donated to a charity at the end of each term. Lost valuables such as keys and eyeglasses or earrings are kept at the main office.

VALUABLES AND BREAKABLES

We strongly discourage students from bringing fragile or expensive items such as smartphones, electronic games, mp3 players, cameras, family heirlooms, jewelry or collectable cards and so on, to school. These items can become the target of theft and could easily be damaged or lost in play on the schoolyard. Parents can contact their children (and vice versa) through the office in an emergency and thus phones are not necessary at school. **Should a parent provide a cell phone to their child for safety purposes on the journey to and from school, it is the policy of the WRDSB and our school that they be powered off and stored out of sight for the duration of the school day, including nutrition/activity break times.** The school is not responsible for the loss or damage of any valuable items brought to school. Occasionally teachers may allow students to bring a device to school to work on a project during class time. The same rules of safety and responsibility are expected and students must use their devices as instructed.

BUS EXPECTATIONS

The rules and regulations for student transportation were developed by the Student Transportation Services of the Waterloo Region. The school bus is to be considered an extension of the classroom or school. Safe and appropriate behaviour is expected. Inappropriate or unsafe behaviour may result in a student losing the privilege to ride the school bus. JK and SK students must be met at the bus stop by an adult when they are dropped off. If an adult is not present it is our policy that young students are returned to the school and parents must come to the school to pick up the student.

PHYSICAL EDUCATION

Physical Education builds healthy bodies and encourages a lifelong love of fitness. Students will have daily physical activity, either DPA in the classroom or P.E. in the gym. Our gym floor is made of special material that is shock absorbent and good for sports, but it is sensitive to damage by dirt and water, so running shoes are the only footwear permitted.

Students must wear appropriate clothing in the gym. In Kindergarten through Grade 2, appropriate clothing consists of running shoes that do not mark the gym floor and that are not worn outside. In the later grades, students are to wear a gym uniform of a loose-fitting I-shirt, shorts, socks and running shoes that are for indoor use and do not mark the floor. For hygiene, it is expected that older students will not wear the same clothes to gym as to class. We encourage all students to buy our school uniform sold at cost and available for purchase from the P.E. Dept. in September.

Students unable to participate in Physical Education due to illness or injury need to bring a note from parents and/or a doctor. If a student is injured in a sport outside of the school please let the school know about it so we can monitor what sports activity is safe for them at school.

For safety and security, we have a no jewelry policy in place for P.E. class. Earrings, necklaces and bracelets or watches may get caught during games. (Medic Alert bracelets are allowed) **Therefore, students are to leave all jewelry, as well as, any valuable items or money in student lockers or at home on days in which they have P.E. class.** The school cannot assume responsibility for valuables left in the gym or change rooms.

CONCUSSION

Silverheights will follow the concussion protocol outlined by WRDSB. Caregivers must inform the school if there is a suspected/confirmed concussion experienced by their child.

TRAVELLING ON WHEELS

Travelling to school on a bicycle, skateboard or scooter is a great form of exercise. In order to prevent accidental collisions with other people, students are not permitted to ride bicycles, skateboards, scooters or rollerblades onto school property. We say "walk your wheels on school property". Bicycles must be stored and locked in the bike racks while other wheeled items should be stored as directed by classroom teachers.

HOMEWORK

The amount and type of homework that students have will vary with the grade, subject and individual work habits of the student. At Silverheights we do not assign a set amount of homework by grade or class. Teachers make this decision based upon the idea that homework should support the learning in the classroom. Parents should check the planner and School Day every night for messages or information. If you have concerns about a homework assignment contact your child's teacher. For more tips go to, <http://edu.gov.on.ca/abc123/eng/tips/homework.html>.

LIBRARY BOOKS

It is the student's responsibility to return all library books in good condition. A student must replace a lost or damaged library book at cost. It is imperative that families pay the replacement cost as we do not have a replacement budget. We have 760 students in our school, if all students lost one book and did not pay to replace it, we would have no books left in our library. Should students not replace a library book or pay the replacement cost they will not be permitted to sign out a library book the following September until this has been taken care of.

REPORT CARDS

Teachers assess student achievement on a daily basis. Assessment may include observation, projects, tests and daily assignments. There are three reporting periods in the school year in grades 1-8. The first report is a Progress Report and the other two reports are formal Provincial Achievement Report Cards. Kindergarten students have only two report cards a year in February and June. All parents are invited to attend parent/ student/ teacher conferences and interviews throughout the year. Parents with questions or concerns about their child's progress should contact the classroom teacher.

STUDENT BEHAVIOUR

We are Silverhawks who soar to new heights when we:

- Share a safe and supportive school
- Own our choices of attitude and behaviour
- Achieve academic and personal goals
- Respect ourselves and others.

**At Silverheights we are soaring to new heights by spreading our wings,
opening our eyes, aiming high and reaching out!**

All students, staff, parent and visitors have a right to be safe in their community school. Respectful and safe behaviour is key in this.

From time to time any child may make a poor choice. We work with our students to talk things out and learn how to solve problems in an effective manner. When necessary, we work through a progressive discipline model where the severity of the consequence changes based on the number of incidences and/or the severity of the situation. The

purpose of progressive discipline is to help students to regulate their behavior and make positive decisions which keep themselves and others safe.

In an effort to keep everyone safe:

- Any game or activity that involves tackling or excessive rough play is not permitted on school grounds. We have a "hands off" policy.
- Any inappropriate or offensive language will be dealt with immediately and if it continues will result in progressive discipline.
- Students are expected to comply with reasonable requests from any staff member and a failure to do so will result in progressive discipline.

How to Solve a Problem

The following diagram is used with students as a reminder of strategies to use when having a problem in class or on the playground.

1. Use your friendly words- be respectful
2. Walkaway
3. Tell a teacher or a caring adult

BULLYING AND HARASSMENT

We deem bullying and harassment to be serious offenses. Physical and verbal bullying or intimidation has no place at our school. Harassment in the form of sexual, ethno cultural or racial abuse etc. will not be tolerated. Immediate consequences will apply and may include suspension from school for a period of time.

Bullying has been defined by the Ministry of Education as:

"...a form of repeated, persistent, aggressive behaviour that is directed at an individual/s that is intended to cause (or should be known to cause) fear, distress and/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."

The following chart helps provide an assessment tool to help define the issues that might arise within a school setting.

ROUGH PLAY	CONFLICT	BULLYING
Usually friends or friendly towards each other. Often repeated. Same players.	Acquaintances or friends. Occasional. Usually issue-centred, until resolved; could centre around misunderstanding, misinformation or no common ground.	Typically not friends, however may have had a relationship previously. Intentional target. Repeated and persistent.
Balance of power. Equal, consensual reaction.	Power relatively equal. Equal or near equal emotional reaction.	Unequal power. Bully's reaction meets own intrinsic need for power and control (consciously or unconsciously). Strong emotional, mental and physical reaction for target.
Not seeking power or attention.	Not seeking power or attention.	Attempt to gain power and control, possessions or popularity.
No intention to harm.	Intention to sort out who is right.	Intentionally harm-doing.
Intention is fun. If goes wrong, then remorseful.	Remorse - takes responsibility.	Bully may or may not show remorse. May or may not know what they are doing is wrong. May blame target or believe the target deserves it.

If a child is bullied or bullies another, it is important that school staff and parents work together to help stop the behaviour and develop strategies to prevent the behaviour from happening again. We will not tolerate bullying at Silverheights or any other behaviour which is in violation of our code of conduct. Internet bullying is an increasing phenomenon in the community and inappropriate online behaviour may lead to police involvement.

It is also important to celebrate great student behaviour that we see at school. We celebrate great student behavior on a daily basis.

APPROPRIATE ATTIRE

We ask that you help your child make good decisions about what to wear to school. Clothing should be clean, neat, appropriate and safe. Our dress code is a set of guidelines about what is acceptable to wear to school.

This means:

- Shorts and skirts should be an appropriate length for a school setting
- Clothing should not be overly revealing
- T-shirts should not have suggestive or offensive sayings, logos or images
- Shoulder straps should be a minimum of 2 fingers wide
- No underwear of any kind should be showing
- No bare midriffs should be showing
- Hats and hoods may not be worn in school
- Bandanas or other gang identification may not be worn in school

If a student is dressed inappropriately they will be required to change their clothes which may result in the student having to go home to change. We want to foster a sense of school pride and responsibility as well as encouraging a positive learning environment. Thank you for your support in this.

ACCEPTABLE USE POLICY AND HANDHELD DEVICES

All families should consult the WRDSB website and review Procedure 4070 (Responsible Use Procedure for Information, Communication and Collaboration Technologies) with their child(ren).

Handheld devices (smartphones, mp3 players, tablets and laptops) are becoming more popular every year. From time to time teachers may allow students to bring for use in learning activities. These devices can be very powerful tools for learning. However, they can also be distracting to teaching and learning in classrooms and require responsible use.

The following rules for use of devices need to be followed:

- Cellphones must remain in lockers or backpacks for the entire school day unless supervised by a teacher for learning purposes
- Students may not use devices for picture capturing, audio recording or video recording unless directed by their teacher
- Students may not post any images or recordings to websites or attach them to messages
- Students may not use devices in ways which interfere with the teaching or learning in the classroom
- Students will demonstrate respect for and adhere to the school rules and digital citizenship guidelines of the WRDSB when using devices

Failure to follow the rules will result in the device being held in the office for the remainder of the day for the first infraction. For a second infraction the parent will be required to come and pick up the device at the end of the school day. For a third infraction, we will ask that the device go home and not return to the school for the remainder of the year.

We also want students to have healthy online interactions and so the WRDSB reminds students to **THINK before they post** an email or social media message. The letters stand for five simple questions for them to ask themselves before they press 'send'. **Is the message true, helpful, inspiring, necessary and kind?** The key message to students is 'Be Respectful.'

CHRONIC LATES AND ABSENCES

All students are expected to be in regular attendance once registered at school and to be punctual and adhere to school hours.

Consistent attendance is important to your child's overall progress and continued absence undermines the benefits that a school experience can provide. If your child has medical reasons to justify frequent absences, please let the office know as soon as possible. Your child's teacher will make you aware when absences have reached beyond **10** school days. If absences go beyond **15** days in a school year, administration would like to meet with students and families to discuss solutions to resolve the issue. Absences of **20** days or more will be directed to our school's social worker and/or Family and Children Services. Our goal is to work with families to minimize the days away other than those needed due to illness.

Lates significantly reduce the quality and quantity of learning time the student receives. As well, arrival on time is an important life skill that all students need to learn and will use throughout their lifetime. It is the expectation that all students arrive promptly at 8:45 a.m. at their entry door and they enter with their class unless they are attending an appointment with a parent.

Habitual lates will be looked at by a case by case basis, so that as a team we can create health attendance.

LEARNING SKILLS AND WORK HABITS

In Grade 1-8 Learning skills and Work Habits are assessed and reported on in each report period over the year. The learning skills are graded using letters that represent; N for needs improvement, S for satisfactory, G for good and E for excellent. There are six areas of learning skills that are assessed based on a teacher's observations of the students' overall work habits. These learning skills play a crucial role in your child's success.

Responsibility

The student:

- fulfills responsibilities and commitments within the learning environment;
- completes and submits class work, homework, and assignments according to agreed-upon timelines
- takes responsibility for and manages own behaviour.

Organization

The student:

- devises and follows a plan and process for completing work and tasks;
- establishes priorities and manages time to complete tasks and achieve goals;
- identifies, gathers, evaluates, and uses information, technology, and resources to complete tasks.

Independent Work

The student:

- independently monitors, assesses, and revises plans to complete tasks and meet goals;
- uses class time appropriately to complete tasks;
- follows instructions with minimal supervision.

Collaboration

The student:

- accepts various roles and an equitable share of work in a group;
- responds positively to the ideas, opinions, values, and traditions of others;
- builds healthy peer-to-peer relationships through personal and media-assisted interactions;
- works with others to resolve conflicts and build consensus to achieve group goals;
- shares information, resources, and expertise and promotes critical thinking to solve problems and make decisions.

Initiative

The student:

- looks for and acts on new ideas and opportunities for learning;
- demonstrates the capacity for innovation and a willingness to take risks;
- demonstrates curiosity and interest in learning;
- approaches new tasks with a positive attitude;
- recognizes and advocates appropriately for the rights of self and others.

Self-regulation

The student:

- sets own individual goals and monitors progress towards achieving them;
- seeks clarification or assistance when needed;
- assesses and reflects critically on own strengths, needs, and interests;
- identifies learning opportunities, choices, and strategies to meet personal needs and achieve goals;
- perseveres and makes an effort when responding to challenges.

CHILD AND YOUTH WORKER (CYW)

The CYW provides services for students whose school success is at risk due to social, emotional or behavioural problems. If a teacher is concerned about a student the teacher will communicate this with parents first. The teacher will then bring the student forward to School Based Team where the concerns will be discussed.. Following this meeting the CYW may see the student for a short term on his/her caseload. Our CYW does not do long term counselling, however, the CYW can provide contacts in the community for parents to access.

LOCKERS

Students in Grades 7&8 are assigned lockers in which to keep their personal property and school materials. Students will be required to give their combination to their homeroom teacher. A record of all locker numbers and locks is kept at the office.

Students must have a combination lock on his/her locker at all times and the locker is to be kept locked at all times.

All contents of the locker are the responsibility of the individual student. In the interest of security, it is essential that students do not share their lockers and lock combination with any other students. Locks or lockers may not be exchanged or traded. All lockers remain the property of the Waterloo Region District School Board and the administration has the right to search lockers at any time.

Guidelines for the Use of Lockers

- The locker is to be used to store a student's books, other school material and personal clothing and belongings
- It is the responsibility of students to maintain their locker in a neat, clean condition. The homeroom teacher, or other staff member designated by the principal, will periodically inspect lockers.
- No student should enter another student's locker unless they are sharing one.
- No breakable or items which may spill are to be kept in the locker.
- Students who tamper with locks and lockers belonging to other students may lose the privilege of having a locker at school, and will face disciplinary action.

ADDITIONAL RESOURCES

The Ministry of Education Website has a wide variety of resources and ideas for parents to support their children's learning. When you go to the Ministry of Education home page, you will see a tab called parents at the top, when you click on it you will see a number of links.

- Parent Information
<http://edu.gov.on.ca/eng/parents/multiLanguages.html>
Important information for parents, in many languages.
- School Information Finder
<http://www.edu.gov.on.ca/eng/sift/>
Search for any publicly funded school in Ontario and learn more.
- Healthy Schools
<http://www.edu.gov.on.ca/eng/parents/healthyschools.html>
Healthy children learn better.
- Safe and Accepting Schools
<http://www.edu.gov.on.ca/eng/parents/safeschools.html>
A safe learning environment is essential if students are to succeed in school.
- Parent Engagement
<http://www.edu.gov.on.ca/eng/parents/involvement/>
As parents you play a vital role in the development and education of your children and in their success at school. Learn more about how to get involved.

The WRDSB website at <http://www.wrdsb.ca>, also has many things of interest to parents. For example, at <http://www.wrdsb.ca/le2ming/>, you can find the Board Improvement Plan that outlines all of the goals we are working on as a school board and as schools.

GROWTH MINDSET

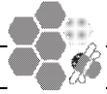
Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success a simple idea that makes all the difference.

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting

their intelligence or talent instead of developing them. They also believe that talent alone creates success without effort. They're wrong.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work-brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.

Developing a Growth MINDSET	
INSTEAD OF ...	TRY THINKING ...
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



Students using computers are expected to follow the **Waterloo Region District School Board's** Conduct guidelines.



Code of Digital Conduct

Acting responsibly in the digital world means that:

I Respect Myself

- I never share my name, age, phone number, or address over the internet
- I always ask a trusted adult for help if I feel uncomfortable about something I see or read on the internet

I Respect Others

- I never ask my friends to share their email, game accounts or passwords with me
- My internet messages are always respectful and polite

I Respect Property

- I will always reference the web sites that I use in my research
- I will take care of school technology and use it properly



*I understand that failing to follow this code will include consequences consistent with the school's code of behaviour and the WRDSB Responsible Use Procedure (RUP).
<http://www.wrdsb.ca/rup>*



Notes

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