



Principal: Barbara Martinez  
Vice Principal: Shelley Potvin  
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**Bridlewood Community  
Elementary School**

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**Attendance Line:**  
**613-591-0397**

<http://bridlewoodes.ocdsb.ca/>

**Dates to Remember:**

**Friday October 6**

*PA Day – no school  
for students*

**Monday October 9**

*Thanksgiving  
Holiday*

**Thurs October 12**

*Orange Shirt Day*

**Tuesday Oct 17**

*IEPs come home*

*7:00 p.m. School  
Council Meeting in  
the library*

**Wed. Oct 18**

*Cross country  
competition*

**Thurs. Oct 20**

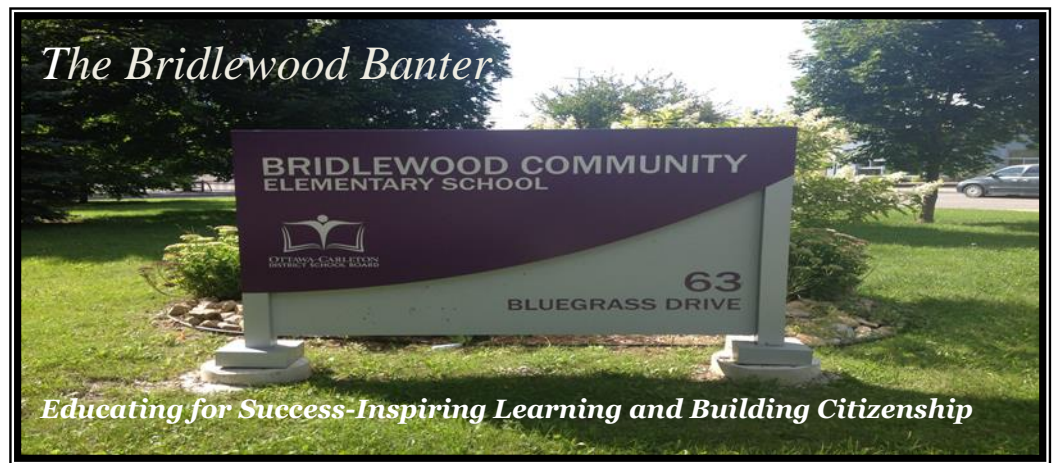
*Photo Day*

**Friday Oct 27**

*Rice Krispie Day*

**Sat. Oct 28**

*School Council Event  
More information to  
come!*



**October 2017**

**Principal and Vice Principal Message**

Here we are in October already! It has been a very smooth transition into the new school year.

All parents should be receiving an email from me each Friday. If you are not receiving these emails, please contact the office and make sure we have your current email on file. These messages let parents know of the events for the week ahead and hopefully help you to feel involved in the school news on a more regular basis.

A reminder that the school website has a calendar that shows upcoming school events and should be the first place you check when looking for information. Individual class trips etc. are not on this calendar but communicated through teachers directly.

The school council elections have taken place, and Ryan Jaecques is returning as chair of the school council. Thank you Ryan for your continued contributions to Bridlewood school. The other council executive members are: Leslie Froome (Vice Chair), Stacy Krahn (Treasurer), Denise Nap (co-secretary) and Julie Brazil (co-secretary). Thank you all for stepping into these positions. Other parents are members at large, and they round out the team that will make up the school council. We have a great team in place! All parents are invited to attend School Council Meetings and we encourage you to come.

One free resource that you might be interested in is the "Virtual Immersion Campus". You can access the Virtual Campus and receive help from online teachers in French, English and Math. Visit [voilalearning.com](http://voilalearning.com) and click on "My school board is registered" and enter code OCDSB0. The virtual immersion campus will be open Monday to Thursday from 5 pm to 6:30 pm for homework help and from 6:30 to 8:00 pm for French practice. Your children can also practice their French and play French games on the platform (riddles, pictograms and much more).

The empty seat allocations have all been approved, and you can find the time and stop location for your child online at [ottawaschoolbus.ca](http://ottawaschoolbus.ca). If you have any concerns please call OSTA directly.

Orange Shirt Day was officially September 20. At Bridlewood we will recognize Orange Shirt Day on Thurs. Oct 12, and encourage students to wear the colour orange. Here is a brief explanation of the meaning behind Orange Shirt Day and I hope it will spur you to show your support of the indigenous communities.

Honour the experiences of 150,000 Indigenous children who suffered great harm at residential schools by raising awareness on Orange Shirt Day.

Residential schools were established with the purpose of assimilating Indigenous peoples into mainstream Canadian society by attempting to erase their cultures and force them into Christianity and speaking English or French. Students were discouraged from speaking their first language or practicing native traditions. If they were caught, they would experience severe punishment.

Throughout the years, students lived in substandard conditions and endured physical and emotional abuse. One in twenty-five Indigenous children died while attending residential schools. There have also been convictions of sexual abuse. Students at residential schools rarely had opportunities to see examples of normal family life. Most were in school 10 months a



year, away from their parents; some stayed all year round. All correspondence from the children was written in English, which many parents couldn't read. Brothers and sisters at the same school rarely saw each other, as all activities were segregated by gender.

When children returned to the reserve, they often found they didn't have the skills to help their parents, and became ashamed of their native heritage. The skills taught at the schools were generally substandard; many found it hard to function in an urban setting. The aims of assimilation meant devastation for those who were subjected to years of abuse.

Popcorn Days - will run every Friday except Rice Krispie Day (October 27<sup>th</sup>). The cost of popcorn is \$1.00 / bag and the funds go towards subsidizing the junior end of year fieldtrip.



## Dr. Dweck's discovery of fixed and growth mindsets have shaped our understanding of learning

Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behavior of thousands of children, Dr. Dweck coined the terms fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement. To read more please go to the following link <https://www.mindsetworks.com/science/>

At home, here are 10 questions to try in order to develop a growth mindset in children:

- What did you do today that made you think hard?
- What happened today that made you keep on going?
- What can you learn from this?
- What mistake did you make that taught you something?
- What did you try hard at today?
- What strategy are you going to try now?
- What will you do to challenge yourself today?
- What will you do to improve your work?
- What will you do to improve your talent?
- What will you do to solve this problem?

## Parenting an Anxious Child

Monday Oct. 30, Nov. 6 and Nov. 13 6:30 – 8:30 p.m. at 2 MacNeil Court

You can register at <https://parentingyouranxiouschildseries.eventbrite.ca> or call 613-591-3686 ext. 5

How do you know if a child's worries are part of normal development or if there is a more serious problem? How can you help your child learn to handle his or her worries? What can you do to reduce the factors that contribute to anxiety? Where can you get help if necessary? This three-evening series will give you simple and practical strategies that you can use in your family right away.

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