

BRANT AVENUE PUBLIC SCHOOL

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Conquering Math Anxiety

Thanks to Karen Chisholme for sending me this article to share!

Math anxiety is an all too prevalent problem, and a [recent study](#) showed that math anxiety is definitely transmittable from parents to children[1]. If an adult feels tense, apprehensive or even fearful when they're trying to work with numbers or solve complex numerical-related problems, that anxiety is likely to be fostered in their children. The study, which looked at children in the first and second grade, found that the primary circumstance in which the anxiety is passed on is when parents are helping their children with homework. In fact, the longer that parents who get frustrated with math helped with homework, the more anxiety they induced.

One way to counter the stress of working on homework together is to establish a different relationship toward math in the home. In the same way that being exposed to more words at an early age helps to improve children's literacy with language, gaining more exposure to numbers and numerical computations can enhance children's math literacy.

How Math Is Everywhere

Every family has to use math, problem-solving and pattern recognition throughout their entire day, and fostering a love of math could start as early as when children are toddlers by including them in all the math-related decision-making daily life requires. Parents can help young children with shape recognition by teaching

them it's not just the words on traffic signs, but also their shape – such as octagons for stop signs and triangles for yield signals – that help drivers determine what they need to do.

When parents are cooking from recipes, if they need change the proportions of ingredients, depending on whether they're feeding more or less than the recipe calls for, they can include their children in the calculations of how to increase or lower each amount. When shopping and paying with cash, parents can have their children help determine if the items they want to buy will add up to an amount equal to or less than the money they're carrying in their pockets.

Show the Fun Side of Math Proficiency

Many games can enhance math skills. Even a toddler can play Jenga, and it fosters a deeper understanding of principles like gravity and loading that structural engineers rely on in their work. Hobbies like cross-stitching or weaving can enhance a child's understanding of patterns.

There are many books parents can share with their children or simply leave around the house for their children to discover on their own. The books by Japanese children's author Mitsumasa Anno feature gorgeous illustrations and puzzles and games that make entertainment out of learning about math concepts that range from order sequencing to factorials. The Phantom Tollbooth has become a children's classic with its hero a young boy who, bored with school, goes on a magical journey that reveals that value of all the things, like math, that he has been learning. The fantastical world in the children's classic Alice in Wonderland relies heavily on playing with numbers and traditional mathematical concepts.

Keep Children Invested in the Outcome of Computations

As children get older, you can include them in trip planning. Have them calculate how much gas the family car will need, given the distance your family travels and your car's mileage, which your children can also compute if you reset the trip odometer to zero after every refill. You can even set aside the GPS for a moment and bring out maps to have them help plan the best routes. Figuring out how to reach a destination has the additional benefit that children learn more when they have a motivation to find a solution. Math as a mere exercise is never fun. The more invested children are in an outcome, the better the "lesson" involved in any activity will stick.

As children get older, parents can continue fostering the fascination with math by engaging in discussions about items in the news that have a mathematical component – from managing government budget deficits to using leap years to align the calendar with the earth's rotation around the sun.

Dispel the Gender Stereotypes

At a time of year that also coincides with Women's History Month, it is also important to note that the stereotype that women are less proficient at math than men is absolutely false. All the studies show girls are just as adept at math as boys. Girls may have an edge because numerous studies have shown they mature faster and are often more studious than boys. But the stereotypes persist, even sadly sometimes among teachers.

Still, there is much parents can do to prevent their daughters from falling to the low expectations of them when it comes to math. Giving girls exposure to women who are statisticians, engineers, programmers, games designers or involved in any of the myriad of careers that require mathematical ability can provide inspiration. Organizing talks at your school, town library or an organization like the local YWCA will provide girls with opportunities to hear from women who could become role models for them.

Let Children Know About Great Math Heroes

Regardless of your children's gender, you can take advantage of plenty of opportunities to let your children discover the enormous difference people with mathematical ability have made in their lives.

Scratch beneath the surface to find the great stories behind the transforming achievements of historical figures like Pythagoras, Copernicus, Galileo and Einstein. Popular culture has begun offering more documentaries, films and books about the impact of mathematical breakthroughs. The movie *The Imitation Game* shows how a team led by the mathematician Alan Turing helped to win World War II by breaking the German's Enigma Code. Numerous books, including *The Emperor's Codes* by Michael Smith, tells the lesser-known but equally dramatic story of the team that deciphered the Japanese military's Code Purple – a breakthrough that led to the decisive victory for the U.S. Navy at the Battle of Midway.

Such stories let children see a pursuit of mathematics is not just admirable but even heroic. So let this year's Pi Day be the inspiration that changes your family's relationship with math.

[View article online at:](https://www.linkedin.com/pulse/use-pi-day-help-conquer-math-anxiety-arthur-steinmetz)

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MOVING

Planning for the 2016-2017 school year is underway. If you will be moving this summer, or know of someone moving into the school area, please notify the school office as soon as possible. This will help with the organization of teachers and classrooms at Brant.

INFORMATION UPDATES

Have you changed your home phone number or work location recently? This is just a reminder to please inform the office (824-2671) of any changes in your information i.e. telephone number, place of work, emergency number, babysitter, etc. It is important that we keep this information up to date so that we are able to contact you if necessary.

MISSING BOOTS

We have a student at our school that brought her boots to school and had them go missing by the end of the day. We are asking students and parents to please have a look at home in case your child has a similar pair and accidentally brought them home. They are Bog boots, all black with grey and purple stripes.



NEIGHBOURHOOD GROUP SNACK PROGRAM

The Neighbourhood Group is offering extra school snacks for school aged children JK-12. Families in the BRANT AREA are able to access the snack program twice monthly Tuesday, Wednesday or Thursday from 1-3 pm. School snacks include fresh fruits and vegetables, yogurt, cheese, and grain products. Please call or drop by Friendship Place for more information. If you are interested in helping with the snack program, please let us know at 519-821-9243.



Sometimes parents don't know what to prepare that would be safe in a lunch. It is particularly challenging in schools where there are several life threatening allergies. Eat Right Ontario provides free access to a Registered Dietician who may be helpful in these situations. They are very familiar with allergies, Sabrina's Law and PPM 150. They even have budget friendly resources. To speak to a dietician, call 1-877-510-5102 or visit the Eat Right Ontario website at www.eatrightontario.ca.

JUNIOR KINDERGARTEN

We continue to register children for our September 2016 Kindergarten classes. If you have a child who will turn **4 (Junior Kindergarten)** or **5 (Senior Kindergarten)** on or before December 31st please call the school.

SNACK PROGRAM

Our snack program continues daily for those who need a snack throughout the day. Food donations such as fruit, apple sauce and peanut free granola bars are always welcome. Please see Amy Fonte for more information.



to run healthy Healthy cups,

EQAO DATES

The EQAO assessments will be administered this year for grade threes and sixes from May 25th – June 4th. Please plan to ensure your child is present during this time frame.

BUILDING SELF-ESTEEM

High self-esteem helps children cope with challenges in school and beyond. You can't bestow self-esteem on your child, but you can nurture its three key elements:

1. **Acceptance.** Tell your child you love him/her all the time, not just when he/she is good or successful. Compliment your child more and criticize less. Help your child develop friendships and social skills.
2. **Confidence.** Emphasize his/her strengths. Accept, don't dwell on weaknesses. Point out the progress made and make him/her see that their actions do make a difference.
3. **A sense of purpose.** Help your child to set attainable goals. Be positive about his/her ability to succeed. Help your child see that he/she can overcome difficulties. Provide incentives and rewards.

CROSSWALK AND SCHOOL SAFETY

Please ensure safety by not stopping at the crosswalks when dropping off or picking up your **Please do not drive into the parking lot.** Keep our kids safe!



child.

COUNCIL MEETING

Next council meeting will be April 28, 2016 at 6:30 PM

DISMISSAL

Just a reminder to parents that school dismisses at 3:15 pm. **Students are expected to be picked up by 3:15 pm.** Unfortunately, staff are busy with preparations for the next day, meetings etc. and cannot supervise children after 3:15 pm. Your support with this matter would be greatly appreciated.



PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.



**FREE DENTAL CARE FOR CHILDREN
AGED 17 AND UNDER**

If you don't have dental insurance and can't afford care, we have free services for your children at Public Health. At our dental clinics, we help children prevent cavities and disease. We also make sure that children with urgent problems get the treatment they need.

For more information about our dental services, call our Dental Line at 1-800-265-7293

ext. 2661 or visit www.wdgpUBLICHEALTH.ca.

Wellington-Dufferin-Guelph Public Health
1-800-265-7293 www.wdgpUBLICHEALTH.ca
info@wdgpUBLICHEALTH.ca

Wellington-Dufferin-Guelph Public Health will be offering a

Free Dental Screening and Cleaning FOR CHILDREN 1 TO 17 YEARS OLD

Monday May 9th and Tuesday May 10th, 2016 at New Life Church, 400 Victoria Road North Guelph ON

Services include dental screening, cleaning, fluoride, and sealants.

The Parent Outreach Worker and a nurse will be available on Monday.

If you cannot afford dental care for your child please call to book an appointment:

Dental Intake Line: [1-800-265-7293](tel:1-800-265-7293) ext.2661

TWO FOR TWO IS WHAT YOU DO!

Brushing your teeth two times a day for two minutes each time helps prevent cavities.

If you don't have dental insurance and can't afford care, we have free dental services for your children at Public Health. At our dental clinics, we provide free cleanings for children. We can help children with cavities and other urgent problems get the treatment they need. For more information about our dental services, call our Dental Line at 1-800-265-7293 ext. 2661 or visit www.wdgpUBLICHEALTH.ca

**CELEBRATE THE EARTH!
BE CREATIVE AND ENTHUSIASTIC!**



Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. Earth day was a day founded as an environmental teach-in first held on April 22, 1970. While this first Earth Day was focused on the United States, an organization took it international in 1990 and organized events in 141 nations. Earth Day activities in 1990 shone a spotlight on important environmental issues like species extinction, water and energy conservation and pollution on the worldwide stage. Earth Day is now coordinated globally by the Earth Day Network, and is celebrated in more than 180 countries every year. Numerous communities also celebrate Earth Week, an entire week of activities focused on environmental initiatives.

Earth day is a very special day that allows us to participate with millions of other people all over the world in reflecting on the importance of protecting our planet. We can show our creativity for this event by coming up with posters to promote Earth day or by writing a reflection in our journal about what Earth day means to us personally. We can write a poem about our favourite thing in nature or we could write a letter to the government asking for better environmental laws. We could come up with more creative ways to conserve energy, or reduce, reuse or recycle items we personally use. We can show our enthusiasm for our planet by researching topics that interest us and coming up with new ideas on how to spread the word about the environmental issues that we are passionate about.

Make Earth Day last all year! - Let's go green, everyone!

CONCUSSION INFORMATION

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time. Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion. To address the risk of concussion and to assist parents and students to

identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

Wednesday April 20th 7-8:30 pm Westside SS, Library, 300 Alder St, Orangeville

Tuesday May 10th 7- 8:30pm Norwell DSS, Library, corner of Main and Cumberland St, Palmerston

Wednesday May 11th 7- 8:30 pm Centennial CVI, Lecture Room, 289 College Ave W, Guelph

April Environmental Theme: ECOSYSTEMS

In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about

all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

Slogan of the month: *Go outside and explore an Ecosystem today!*

What is RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as major loss, relationship problems, serious health problems, or financial stressors. It means “bouncing back” from difficult experiences.



~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today's world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids' lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience**. **This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don't” list but rather a set of prompts to begin reflecting on ways we

can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants



- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else

has it.”

- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways

such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

Light it up BLUE! - World Autism Awareness Day

The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!

<https://www.autismspeaks.org/liub>

[Autism Ontario](#)

[Kerry's Place Autism Services](#)





**“Show What *YOU* know on EQAO”
Tips For Your *Child’s* Success!**

What is EQAO:

EQAO undertakes research for two main purposes:

- 1) to maintain best-of-class practices and student improvement
- 2) ensure high standards of education quality

Standardized tests provide different information. A standardized test is essentially a snapshot in time using one method of assessment. Teachers assess their students using a broad range of tools. A more holistic and complete picture of a student's performance can be seen from various types of assessment that the teacher does throughout the year. (tvoparents.tvo.org)

TIPS FOR SUCCESS

- **There is no need to study.** The EQAO assessment does not count towards a child's marks in grades 3 and 6, so there is no need to increase anxiety by cramming. If you are curious about the questions your child will be asked, check out the [EQAO site](#) and run through [some practice tests](#) yourself so you have some understanding of the structure of the assessment and can better reassure your child.
- **Remember this is practice.** Let your child know that this is a way to show off what he or she knows and to practice test-writing skills so your child can be prepared for tests in later grades.
- **Be supportive.** It is normal and natural to get nervous and this is a big deal for your child. Do not downplay fears or dismiss them as silly. Instead, encourage your child to talk about these fears
- **Talk to the Teacher.** If your child is experiencing severe anxiety, there are things the teacher or school can do to help.
- **Set the alarm.** The best thing you can do for your child the day of the assessments is to make sure your child is well rested, fed and gets to school on time.
- **Read more.** For more on EQAO assessments and what they mean for your child, check out our [Parent's Guide to EQAO Assessments](#).
- **Understand the Test.** Don't use your child's EQAO test scores to measure overall achievement. You're better off relying on regular contact with the teacher who can show you your child's portfolio, which is being updated all year long. You'll have a more clear and accurate picture of your child's progress.

EQAO resources

<http://tvoparents.tvo.org/article/understanding-standardized-testing>
www.eqao.com



The Friendship Place

35 Algonquin Drive
Guelph, Ontario N1E 3P2
Tel: 519-821-9243 Fax: 519-821-7519
Email: brant.ave.ng@gmail.com
Website: www.brantave.org
Office Hours: Tues -Thu, 9-12 & 1-3

☀️ April 2016 ☀️

Ontario Electricity Support Program

Low-income households can receive a credit on each electricity bill. The amount will depend on how many people live in your home and your combined household income. Find out more at OntarioElectricitySupport.ca. Forms can also be completed at The Friendship place by a registered OESP agent. Please call us for more details and to book an appointment time at 519-821-9243

Polar Bear Club:

Youth Programming (2 different age group sessions)

SK- Grade 3(MONDAY 3:15PM-4:30PM)
Grades 4-6(MONDAY 4:45PM-6:00PM)
@ Brant Ave. Public School

Coffee Hour

Please join Dianne, Public Health Nurse and Katie, Parent Outreach Worker at Friendship Place on April 7th from 1:00 until 3:00pm during coffee hour. Discussion around healthy eating and nutrition. More dates to follow in regards to a 4 week nutrition workshop.



BRANT COLLECTIVE KITCHEN

Cost is \$4 per one serving of all 4 dishes. Child care and subsidy are available. Please call to register. Next Date April 22nd

9:00am at New Life Church.

2015 TAX SEASON SUPPORT

PLEASE CONTACT LYNNE AT THE NEIGHBOURHOOD GROUP IF YOU NEED HELP WITH YOUR TAX PREPARATIONS TO SEE IF YOU QUALIFY FOR FREE ASSISTANCE!

Parent Child Place at Brant Ave Public School:

Looking for a place to spend some time with your child (ages 0 – 6)?

A free drop-in program that includes free play, creative activities and a circle time with songs and stories.

Also find parenting information on topics such as child development, toilet training, nutrition and more.

Mondays from 9:30-11:30 in the community room.



Brant Zumba:

Our great Zumba leader would love to have more Brant neighbours joining her for *free* Zumba! **Tuesdays evenings, 6:30-7:30 pm, Brant School Gym.** Young or older, singles or families, any level of fitness or ability – come out and move to the music at your own pace. A great way to have fun, make new friends, and get fit.



Brant Yoga - Every Monday 6:15-7:15pm

Stretch, tone, and relax your body at free weekly Yoga, Mondays from 6:15-7:15pm, at Brant Avenue Public School

Please Like us on Facebook

<https://www.facebook.com/BrantAvenueNeighbourhoodNews/?fref=ts>

Youth Empowerment Program

This free program runs from 6pm-9pm on Thursdays at Brant Avenue Public School for youth in grades 7 to 12. The program consists of life skill building sessions along with fun activities such as



team building games, cooking, art, drama and yoga.

To sign up for more information please contact:

Andrew Gillette at 226-500-4212 or drew.gillette@gmail.com

Neighbourhood Group Morning Meal Program

The Friendship Place is offering extra school snacks for school age children JK – grade 12. Families are able to access the morning meal program twice monthly on Tuesday, Wednesday or Thursday between 1 and 3pm. These include fresh fruits and vegetables, yogurt, cheese and grain products. Please call or drop by for more information.



Brant Avenue Indigo Girls Club (Grade 6 – 8)!

Indigo Girls is a program centered on educating and discussing issues surrounding girls in society today both locally and globally. We offer a safe, non-judgmental, and supportive space to learn and engage together. Through interactive workshops, visiting local speakers, open discussions, and facilitated activities the girls will learn about the many topics surrounding the Indigo Girl's mission of 'inspiring the young female leaders of today.'

To learn more check out our website at: <http://indigogirlsguelph.wix.com/indigogirls>

Brant Community Garden:

It's never too early to think of Spring! Let Lynne know if you want to be part of the 2016 Brant Community Garden – we have already started planning!

Wandering Chefs

400 Victoria Rd North At New life Church

April 20th from 4:30-6:30

Come out and enjoy good food with your neighbours, learning cooking skills, and turn a garden Fresh Box into a healthy delicious meal!

Please call Peggy or Kelsey at 519-821-6638 to resister.

Parenting Corner:

April is National Oral Health Month. Remember "2 for 2" means brushing your teeth twice a day for 2 minutes. Follow this rule to rock your smile! Don't forget to floss as well! For more information on proper brushing and flossing techniques http://www.cda-adc.ca/en/oral_health/cfyt/dental_care/flossing_brushing.asp

Wellington-Dufferin-Guelph Public Health is offering a Free Dental Screening FOR CHILDREN 1 TO 17 YEARS OLD



Monday May 9th and Tuesday May 10th, 2016 at

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