



Brisbane Public School

March Newsletter

9426 Wellington Rd. 124, R.R #2, Erin, Ontario NOB 1T0

Tel. 519.833.9621

Principal: Reena Anand, Vice Principal: Shan Robertson, Office Coordinator: Jodi McKenzie

Principal's Message

We have a busy month of exciting trips and events coming up in March. Our colour house traits are on integrity and empathy and we encourage our students to display these qualities while we reinforce what it means. With this interesting Spring-like weather, it has been quite muddy so please send in extra clothing if possible.

March Break is from Monday, March 13-17th this year. I hope you enjoy this special week and take time to enjoy the outdoors and spend extra time together as a family! Je vous souhaite un merveilleux congé de mars. Félicitations à tous nos élèves pour leurs efforts pendant ce semestre.



R. Anand

Upcoming Events:

MARCH

- 1st OPP Kids Program (Grade 6)
- 3rd Live Free
- 3rd Pizza Day
- 6th Mansfield Trip Parent Info. Night @ 5:30
- 8th OPP Kids Program (Grade 6)
- 8th Deadline to order pizza
- 10th Pizza Day
- 13th - 17th March Break
- 21st School Council Meeting @ 7pm
- 22nd OPP Kids Program (Grade 6)
- 24 Roland Bibeau FSL musician visits
- 24th Pizza Day
- 31st Pizza Day

APRIL

- 14th Good Friday
- 17th Easter Monday
- 28th PA Day - no school

Follow us on Twitter:

@Brisbane_PS



EQAO Dates Gr 3 and 6

We have our students writing EQAO testing from **May 23-June 5**. Please have students at school on time and avoid making appointments if possible to help ensure they are able to participate. Our date for scribe training (recording student answers on paper) is scheduled on May 9th at 9:15-10:30 in the library. If you are able to help out please contact Mrs. Robertson.

School parking

A reminder that students are strongly encouraged to be on the bus as there is very limited parking in the lot. The school is designated as a bus community. We recognize this may not always be possible so if you must pick up your child(ren), please do so quickly to make space for other parents. Kindergarten students can be picked up at 3:15pm to help with staggering pick up. Also, watch car doors when opening and closing the doors as we have had some door dings.



Forest of Reading

Every Wednesday a number of our grade 3-6 students have been meeting in the Library to discuss the great books they have been reading. Students read from three categories, Fiction, Non-fiction and Express. Students must read, review, and conference about a minimum 5 books in order to participate in a province wide vote in April. The Silver Birch reading program supports our efforts to make students avid readers and writers. **Thank you** to School Council and to Brisbane parents for the purchase of the books and for meeting with students each week to foster a love of reading! Many thanks to Mme Humberstone for coordinating this wonderful program and her team of dedicated volunteers!

Reading Club-Boys, Girls

We also have our Boys and Girls reading clubs every Friday in the library with Mr. Koch for students from grade 1-6. Students have the opportunity to read a variety of fun and engaging books in French and English and thank you to Mr. Koch for running this program.



Everyone's a Reader Program

Are interested in getting involved in your school community? We are currently recruiting additional volunteers to support the Everyone's a Reader program. Our schedule and support materials enable us to provide support for up to 30 possible blocks of 100 minutes each, during any given week. We are currently operating with just over 1/3 of the possible capacity and have wonderful volunteers for 12/30 blocks. The more volunteers we have, the greater number of students we can support. If you have 100 minutes to share and would like to be trained and get involved with this, please contact Cheryl Zumbach by email, cheryl.zumbach@ugdsb.on.ca or by calling the school at ext. 230 at the school. Join our team, and empower kids!

Brisbane Bear Wear

Do you want to show your school spirit? You can purchase your Brisbane Bear wear through Dufferin Apparel in Orangeville. Go to the following link to order from the online catalogue now:

<https://www.dufferinapparel.com/customer-catalogues/schools-elementary-public/brisbane-public-school/none/brisbane-spiritwear-bears/>



Yearbook Sales – April 18th and 24th

We are looking at having 2 dates for yearbook sales this year to simplify the process. The first one is April 18th and the make-up day is April 24th. **Thank you for your support!**

Yearbook Sponsors

Would your business like to sponsor the Brisbane Public School 2016-2017 yearbook?

School council would like to give you the opportunity to sponsor this year's yearbook. A business card size full colour ad costs \$60. If you are interested, please contact Jen Cuthbertson. Money raised by sponsorship is used to produce

the yearbook and maintain equipment. While not intended to be a fundraiser, any profits from the sponsorship will go toward school council.

Science Club



Science is a field filled with exciting subjects and amazing opportunities for exploration and developing curiosity. In the Science Club, students do a combination of physical experiments and idea gathering (via videos online) to expand our scientific knowledge and explore the world around them. Thank you to Mr. Dyke for running this program for our students.

Pizza Days

Our pizza program has been well enjoyed this year! Thank you to Denyse and the team of weekly volunteers who support this program. Students look forward to their Fun Friday meals, and it wouldn't happen without our amazing volunteers. **Just a reminder that Pizza lunches do not occur on no bus days, we have make-up days in June. Final term pizza orders are due on Wed Mar 8th online at ugdsb.schoolcasonline.com. If you require assistance with ordering, please contact Mrs. MeKenzie.**



Bus Incentive Pizza Party

Classes that won the bus incentive pizza party received their pizza on February 28th.

Moveathon Update

Congratulations to Madame Yap's class who raised the most money and to Madame Squire-Smith's class who had the most student participation at this year's Moveathon.



Inclement Weather and Transportation

When you hear the radio announcement, "All school taxis and buses in Centre Wellington and the Town of Erin will not be operating today"- your child's bus or taxi is cancelled and the school is open.

During inclement weather, please listen to: Erin Radio 88.1 FM; 1460 AM CJOY; 106.1 Magic FM; Oldies 1090 AM; 99.1 FM CBC; 105.3 Kool FM; Newstalk 570 AM; 96.7 FM CHYM; or, watch CKCO-TV. These stations will announce cancellations.



Bus cancellations are also reported on the Board website after 6:30 a.m. at: www.ugdsb.on.ca

Helping Your Child Succeed

Math Games to Play at Home

Do you read with your child every night? Is it a positive experience that creates a love of reading between you and your child? Do you play a fun math game with your child every night? Is it a positive experience that creates a love of math between you and your child? Does your child bring home a library book from school? Does your child bring home a math game from school?

Did you answer these questions differently? Do you view reading differently than math? Are you looking for a way to make practicing math skills at home more fun and exciting for your child? There are lots of online computer games and apps that make practicing math skills more engaging for your child.

1. Go to <https://www.prodigygame.com/Canada/> for a free online Math game that supports Mental Math abilities and builds confidence with problem solving questions.
2. "Race to 10, 50 or 100" Roll the dice and add up each turn. First one to 10, 50 or 100 wins. Multiply the numbers for older students.
3. "Guess my number" Place a sticky note on your child's back and have them guess the number by asking only yes/no questions (Is it bigger than 500, is it odd/even, etc.)
4. Play dominos, cribbage or Yahtzee

Secondary French Language Instruction

Do you have a child enrolled in high school? Parents/guardians with children in a UGDSB secondary school are asked to complete a short, confidential survey on French language instruction at the high school level, in both Core French and French Immersion. For more information and to complete the survey, please visit www.surveymonkey.com/r/secondaryFSLsurvey.

Live Free Day - Friday, Friday Mar 3rd

We are seeking contributions to Live Free Day! Staff and students will pledge to live free of something for a day and donate a toonie or more to help keep this important program run throughout the year. The funds raised go directly to our school snack program so we hope to raise as much as possible to be able to continue offering great healthy snacks for our students. We thank all of our families in advance for their generous support! A healthy start to the day provides all students with the chance to grow and learn. A special spaghetti lunch will also be available for all students to purchase for \$5 on Thurs Mar 9th to kick off for the March break. This is also to raise funds for the snack program. An order form has been sent out.



A huge thank you to our parent volunteers, for making our healthy snack program possible at Brisbane Public School. You are an incredibly kind and devoted group and your efforts are much appreciated! Genie Hayward, along with the help of many others who oversee this program are very generous with their time. They attend training sessions, purchase groceries, deliver food to the school, coordinate volunteers and ensure continued support for this program. Merci à tous!

Important Information from Wellington- Dufferin-Guelph Public Health: Your Child's Immunization During a Disease Outbreak

For school attendance, parents are required by law to provide proof of their child's immunization to Public Health. To find out what vaccines are required and if your child's immunizations records are up-to-date, please call 1-800-265-7293 ext.4396. You can also book an appointment for your child's immunization at any Wellington-Dufferin-Guelph Public Health Location.

If you've chosen not to immunize your child, you must have a notarized statement of medical exemption or a statement of conscious or religious belief on file with Public Health. Please contact Public Health at 1-800-265-7293 ext. 4396 to arrange for your child's exemption to be on file if you have not already done so. If the Medical Officer of Health declares an outbreak of a disease in your child's school and his/her immunization record is not up-to-date with Public Health, or you have an exemption on file, your child will not be allowed to attend school for the entire duration of the outbreak.



Hillsburgh Branch, Wellington County Library

98B Trafalgar Rd. Hillsburgh, 519-855-4010, www.wellington.ca/library

Paws for Literacy (Grades K- 6) - Saturday, March 4, 10:30 am - 12:00 pm

Read to Ochi or Ka-Pow, the newest member of the Paws for Literacy team from Spirit Ridge K-9 Training and Rescue. This reading programme is designed to help children practice reading fluency in a relaxed and fun atmosphere. Please register.

The Bubbleology Show! (All Ages) - Monday, March 13, 2:30 - 3:30 pm

Jaws will drop and eyes will pop while discovering the wondrous world of Bubbleology! See a bubble carousel, volcano, a 3D SQUARE fog-filled bubble, and even a person in a bubble! Please register.

Mystery of the Burst Bubble (Grades K- 6) - Wednesday, March 15, 10:30 - 11:30 am

Be a Bubble Buster! Come into the library to explore science with bubbles!! Please register.

Ukulele Workshop (Ages 8 and up) - Thursday, March 16, 2:00 pm

Head back to school after March Break with a new skill...playing the ukulele! Come join Nicholas Russel and learn the basics of the ukulele, beginner chords, and a song or two! Please register.



Ground Breaking Ceremony - Friday, March 10, 11:00 am

Join us at 9 Station Street for the new Hillsburgh Library Ground Breaking ceremony!

Talking About Mental Health – Anger and Calm

When one of my children was about 8 years old, he had a lot of anger in him. He would shout, slam things, throw things, break things and stomp about. When he got very angry, it was upsetting for all of us, but particularly for him. He did not like the way he felt when was angry, but it seemed to come on so fast. He would quickly feel out of control and then feel upset afterward about what had happened. So, when he was calm, we talked about his anger. We drew pictures and read stories about dealing with anger. And he told me "Mom, when I am angry, don't talk to me, just let me go to my room and be angry, when I feel less angry I will talk to you". So the next time, he was angry and started yelling, I started to say "What is making you so angry?", but he stopped me and said "Mom, you promised you wouldn't talk to me when I am angry and would let me just go to my room". It was hard not to try to solve the problem, but I let him just go to his room and yell and throw things. After about 30 minutes, he came down and we talked about what was up. He knew he did not like being angry and needed to gain some more skills to be able to deal with his anger. He decided he wanted to do meditation to help with his anger, which he did, and over time, it helped a lot. We all get angry. Different things set off different people. We all have our pet peeves and our easy triggers. Often our child/youth know how easy some of our buttons are to push. When our child/youth gets angry, it is hard not to get upset and respond in anger. But we all know that does not usually result in the best outcome. Here are some tips for dealing with anger in your child/youth and yourself.

1. Don't respond to anger with anger. It is hard not to, but yelling at our child/youth when they get angry makes everyone feel out of control and increases the anger. No one likes the feeling of being out of control. The best thing you can do is remain calm and not feed the fire of the anger. Have compassion for your child and how they are feeling.
2. Don't try to reason with an angry person. When someone is angry, they are not able to process what you are saying. Their brain space and energy is taken up by the anger and they don't have much space left to think, process and reason. Instead, wait to have the conversation until you have both calmed down.

3. Pay attention to how you are reacting. When dealing with someone who is angry, often our heart rate increases and the adrenaline begins to pump. The trick is for you to have already practiced how to stay calm, so when you are in these challenging situations, you know how to calm yourself. By staying calm, you are not engaging in a power struggle, which escalates the anger.
4. Allow your child/youth time to be angry. Allow them a safe place to let off steam. So long as they are not hurting themselves or others, let them be angry and safely calm down. It also teaches them that feeling angry is OK and we can learn how to process our anger in a safe way.
5. Give consequences for the behaviour, not the emotion. Teach your child/youth that whatever they feel is OK and it is OK to feel frustrated and angry. However, there are still rules and consequences. Don't negotiate or change the rules when trying to get an angry child to calm down. In the moment, the focus is on calming strategies. After the child is calm, then have a discussion of safe ways to express anger.
6. Take a break. For most of us, we need a break from the person and situation, so allow your child to take a break.

This helps our kids to calm down and also allows ourselves to calm down as well.

7. Make a plan. When everyone is calm, talk with your child/youth about what helps them stay calm and what calms them down when they are upset. Create a plan of what things the child/youth finds calming and empower them to use those strategies. It could be music, breathing exercises, relaxation exercises, physical activity, drawing or just being on their own for a bit. Whatever works for them is included in the plan. Calming strategies that a child/youth will use when angry need to be taught and practiced regularly, so they can be used when the situation arises. Include strategies to keep calm and decrease frustration and then what to do when they feel really angry. Having a plan makes you and your child/youth feel like you have some control over the anger. The child/youth knows that the anger does not control them, because they know what to do when it happens.
8. Role model appropriate responses to anger. Show your child/youth how you deal with anger. You can say things such as "I am getting frustrated, so I am going to take a break" or "I can't talk to you right now, because I am upset. I am going to calm down then we can talk". Admitting that you are angry and need to calm down is not a weakness. It takes strength to talk about your feelings. You are teaching your children the lesson that it is good to talk about your feelings and that we can manage our anger by using our coping skills.

Here is a link to a great video of kids explaining what it feels like to be angry and how breathing helps: Just Breathe. by Julie Bayer Salzman & Josh Salzman

<https://www.youtube.com/watch?v=RVA2N6tX2g> Dr. Lynn

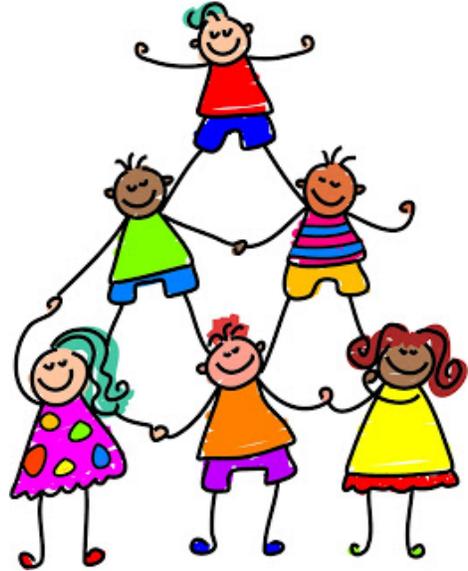
Woodford is the Mental Health and Addiction Lead for UGDSB. Follow me on twitter: @drlynnwoodfor



Help Your Child to be More Resilient

Life can be stressful for both children and their parents. When children learn how to handle challenging situations in positive ways and to bounce back after a negative experience they become more resilient. Resilient people are happier, healthier and more successful in life. Children learn resiliency skills from the adults in their lives. Here are some ideas to help you to build resilience in your child:

1. **Build a caring and trusting relationship:** listen to your child and talk about their day, share cuddles or hugs, play or do activities together.
2. **Think positive:** each evening ask your child to share a positive thing that happened during their day. You could share something positive that happened in your day too!
3. **Gently challenge your child's negative thinking:** If your child has had a stressful experience, acknowledge their feelings and help your child see that experience as only one of many things that happened that day: "It sounds as if Max really hurt your feelings by not inviting you to play hockey. Did you play with him at another time? Did you play with some of your other friends?"
4. **Build confidence:** allow your child to do things independently as often as possible; such as getting dressed, helping to make dinner, wrapping a birthday gift, helping with a chore. Only give guidance if absolutely necessary.
5. **Allow your child to feel that he or she has control over his or her life:** allow your child to make age- appropriate decisions, such as what to wear, a choice of what to have in their lunch ("would you like a banana or yogurt?"), what book to read before bedtime, what movie to watch on the weekend.
6. **Model and practice calming:** When you are dealing with a difficult situation show your child how you calm yourself down. Practice calming with your child (deep breathing, counting to 10, going to a quiet place).
7. **Model coping:** when you have a problem, talk to your child about how you solved the problem calmly. What did you think about as you were solving your problem?
8. **Build your child's coping strategies:** Help your child think through a challenge. Help your child to know that the issue is just temporary and that he or she can solve the problem. Support your child in coming up with a solution.



In supporting your child in building resiliency skills you are developing a positive outlook that will last a lifetime. For more information on resiliency please go to the website below.

Source: Reaching In, Reaching out Website:
<http://www.reachinginreachingout.com/resources-parents.htm>



**UGDSB Dufferin Joint Council and
the Ministry of Education Regional PRO Grant Present:**

Are You As SOCIAL As Your Kids?

Getting on the same page as our kids when it comes to social media.

Social Media Responsibility



Key Note Speaker

Chris Vollum

Learn How To Use or Create A Social Media Account (Bring Your Own Device)

Social Media plays a critical role in student anxiety, self-worth & wellness.

Used skillfully, Social Media can drive positive influence & create opportunity.

Internet Safety



Seminar Presenter

Scott Davis

(Constable, Orangeville Police)

Scott is best known for his passion in the area of Cyber Safety. He stresses the importance of everyone exercising the safe, respectable and responsible use of Social Media.

FREE Educational Tools UG2GO



Seminar Presenter

Michelle Campbell

Michelle helped create the Virtual Learning Commons (UG2GO) which provides 24/7 access to quality digital resources to all Upper Grand students and staff. Currently she is leading the transition from Library to Learning Commons as the board has recognized that learning environments must change to meet the needs of students today.

Come and Join Us!

Date: Saturday, April 8, 2017

Time: 9:00 a.m. – 12:00 noon

Location: Westside Secondary School Theatre

Contact Information: dufferinjointcouncil@gmail.com

This is a FREE Event!
For more details, and to register,
please go to our link at
www.ugdsb.on.ca/pic
and click on the **EVENTS** page.
Child Care is provided for school age children.
(Registration is required - see link for details.)