



# CHES NEWS



*Learning to Learn Together*

January 2016

## A MESSAGE FROM THE PRINCIPAL:

Welcome to 2016! It seems that winter is finally here. Hopefully everyone had a wonderful holiday break and is ready for the new year.

December was a busy month for CHES students, from a visit to Orangeville Theatre for our Junior students, to a special band presentation from the Centre Dufferin District High School Band, to an excellent assembly on our last day of school before the break. We also had the Intermediate Volleyball finals take place in December, and our boys' team won the county championships—way to go Huskies!

As we get back to routine at CHES, we are excited to welcome Mrs. Lori Shilvock as our new Vice-Principal. She will be spending some time visiting classrooms throughout the month of January—hoping to get to know our students better.

Over the holiday break we had another change in our staffing at CHES. Mr. Cappello, who is one of our Special Education and Resource teachers, has accepted a full time teaching position at another school. We will certainly miss him, but wish him all the best.

During the month of January we will be focusing our Character Education on the theme of Respect. "No Name Calling Week" takes place from January 18th to 22nd... a time when we will be making a conscious effort to be respectful and speak kindly to and about others.

Looking ahead, staff will be focusing on assessment and evaluation over the next little while—and preparing report cards that will be sent home on February 10th.

Best wishes for a fabulous 2016 year ahead!

Sincerely,  
**Vicky Crandall**  
Principal



## CALENDAR OF EVENTS:



- January 4 Students return from the holidays
- January 7 Pita Pit Day
- January 11 School Council Mtg. @ 6:30pm
- January 18-22 No Name Calling Week
- January 21 Pizza Day
- January 22 PD Day
- January 25 Outdoor Education—Gr. 6s
- January 27 Family Literacy Day  
Bags2School Deadline
- January 29 Junior Talent Show  
Scientists in the Classroom—  
*For Mrs. Fendley's & Mrs. Sutter's gr.3s*

## REMINDER:



*Remember that Friday, January 22nd is a PD Day.*

*There is no school for students. Staff will be working on assessment and evaluation practices.*

## CHES Kindergarten Registration for September 2016

Registration will take place at Centennial Hylands

February 1 – 5, 2016

Drop in any day between 8:30am and 4:00pm

Parents/Guardians can also register their children for Centennial Hylands in the evening at other locations as follows:

Kindergarten Evening Registration 4:30 – 6:30 pm –

Locations open to any family in the Board:

Harris Mill – January 18, 2016

Parkinson Centennial – January 21, 2016

Arthur – January 25, 2016

Westwood AND William C. Wineguard – January 28, 2016

## GRADE 8 PARENTS' NIGHT

at

**Centre Dufferin District High School**

Wednesday, February 3rd at 7:00 p.m.

in the CDDHS Cafeteria.

Information will be presented on the Grade 9 program.

They look forward to seeing you then.

## CHES SCHOOL COUNCIL



### QSP/Dieleman's

School Council would like to thank everyone who took part in our QSP and Dieleman's fundraisers in November. Your support was greatly appreciated. Funds raised will go towards special days in our school such as popcorn and pajama day and the year-end BBQ.

### QSP

Did you miss out on our QSP fundraiser? Don't worry, you can renew at any time throughout the year! To renew through QSP so that CHES earns valuable fundraising dollars, simply go online to [www.QSP.ca](http://www.QSP.ca) and use our **NEW SCHOOL ID CODE: 3713468** when you order. Thanks for your support, and happy reading!

### Bag2School

Due to popular demand, School Council is running another Bag2School used textile collection. Bags and info will be coming home soon! The deadline for drop off at the school for this collection will be Wednesday, January 27<sup>th</sup>. If you did some cleaning out over the holidays this is a great way to get rid of your old clothing and help your School Council at the same time!

Interested in finding out more about School Council? Do you want to learn more about what goes on here at CHES? Join us for a meeting! Our next few dates are: Monday, January 11th, Monday February 1st, and Monday April 4th, each at 6:30pm in the library. **Free childcare provided!** Hope to see you there!

## News from the Library:

January marks the start of this year's Forest of Reading. During the next 3- 4 months, children in Kindergarten to Grade 2, will have this year's 10 best new picture books, as selected by the Ontario Library Association, read to them during library time. At the end of this time, each student will vote for his/her favourite book and we will see which book is our school favourite. Added to this, students in grade 2 will have a chance to blog about the books and see what other children in the UGDSB think about these books. For a complete list of all the Forest of Reading titles, please check out the Ontario Library Association website.



January 27 is Family Literacy Day, a day when we encourage families to snuggle up and read together. Special events will be planned for CHES students on the 27th here at school to foster a love of reading. As always, we ask that students in K - 3 remember a library bag each week in which to carry home their library books. Especially at this time of the year, books need to be protected from snow and wet backpacks.

Happy Reading  
*Ingrid Langhorst*  
Teacher-Librarian



### **Me to We News:**

Thank you to everyone who supported our Christmas Toy and Food Drive. Together we contributed 114 toys and 500 food items to the Shelburne Christmas Hamper program. Again, thank you for all of your donations. CHES truly is a caring community!

### **January's Environmental Theme: WASTE MINIMIZATION**



In Canada, we create a lot of garbage. We throw away too much paper, plastic bags, food, old toys, electronics and much, much more! The good news is that at our school we have made a really good start to reducing some of our waste. We recycle paper, cardboard and containers made of metal, glass and plastic. We try to photocopy double-sided and use GOOS bins (bins that hold paper that is Good On One Side and can still be used). We do waste audits to see what we are throwing away and it seems we need to try to reduce our food waste as well as our packaging. Start thinking about bringing uneaten food from lunch back home to eat as a snack after school because we find perfectly good apples and other fruit, or even uneaten sandwiches, in the school garbage cans.

The best way to solve the problem of too much waste is to not create it in the first place. We have been talking about reducing the number of things we buy and buying items that can be reused instead of immediately being thrown away and taking up more landfill space. For example: use cloth towels instead of paper towels, borrow most books from the library instead of buying them new, use cloth bags instead of plastic bags, use litterless lunch containers and a metal water bottle that you can refill, and use reusable gift bags instead of wrapping paper. The list goes on and on - there are so many ways you can help to reduce waste!

We also need to let our government know that we don't want all that extra packaging when we buy things. Other countries have already banned all that unnecessary plastic, cardboard and Styrofoam that toys and cosmetics and games and food come covered with. So make a difference - write a persuasive letter to both the Ontario and Canadian Governments to ask them to be tougher on packaging laws. Our garbage dumps are filling up. They need to hear from you to stop all this waste!

***Slogan of the month: Let's reduce our waste - our planet is worth it!***



**Remember to check out CHES on Twitter:**

**@CheShuskies**



## Talking About Mental Health January 2016- Apps for Mental Health

Today it seems like there's an app for almost everything! Apps can be useful for helping us to learn and practice new skills. Interactive apps can help children and youth learn about how to identify feelings, how to relax, and even about navigating social situations. Check out some of the apps below and learn together with your child.

Apps are not a substitute for talking with a professional, so be sure to contact your local mental health agency if you or your child needs support.

### *Touch and Learn – Emotions (Free)*

Encourages children to look at body language and facial expressions to help them identify feelings

<https://itunes.apple.com/ca/app/touch-and-learn-emotions/id451685022?mt=8>

### *Mind Shift (Free)*

An app designed to help youth cope with anxiety

<http://www.anxietybc.com/resources/mindshift-app>

### *Smiling Mind (Free)*

An app that guides children and youth through simple, calming meditations

<http://smilingmind.com.au/>

### *Relaxing Sounds of Nature (Free)*

Listen to the calming sounds of nature

<https://itunes.apple.com/ca/app/free-relaxing-sounds-nature/id345747251?mt=8>

### *Zen Space (Free)*

Relax by raking sand and creating a tranquil space

<https://itunes.apple.com/ca/app/zen-space/id371463710?mt=8>

### *Zen View(Free)*

Relax by listening to rain and watching water swirl

<https://itunes.apple.com/ca/app/zenview/id499881701?mt=8>

### *3 Minute Mindfulness (One strategy is free. Full app is \$4.59)*

Learn simple deep breathing strategies

<https://itunes.apple.com/ca/app/3-minute-mindfulness-breathing/id982502810?mt=8>

### *I Know How You Feel (“Lite” version is free. Full version is \$11.99)*

Children learn how to identify feelings in specific situations

Children learn about appropriate empathic responses

<https://itunes.apple.com/us/app/i-know-how-you-feel/id960352272?mt=8>

Kailey Thompson, MSW, Specialized Mental Health Interventionist, compiled and tested out the Apps.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board*

*Follow me on twitter: @drlynnwoodford*