



# CHES NEWS



*Learning to Learn Together*

March 2016

## **A MESSAGE FROM THE OFFICE:**

Welcome to March—the time is going so quickly, before we know it, spring will be here!

February was definitely a busy time at CHES. Our Huskies performed extremely well at the annual Badminton Tournament—thank you to Mrs. Williamson for her leadership with this team and to Mr. Bannon for his added support .... and thank you to our Huskies for once again representing our school so well.

During the month of February we were able to get in one absolutely beautiful day of cross county skiing for our Junior students. Our Kindergarten students also enjoyed a fun filled Winter Activity Day—playing in the snow and being creative. On February 18th our School Council hosted its annual (and very popular), Popcorn and Pajama Day. Thank you to our School Council for doing this—students and staff definitely appreciated the spirit of the day (and of course the popcorn!).

On February 24th staff and students were once again encouraged to wear Pink to show their commitment to stand up against bullying. During the week of February 29th, students in grades 4 to 8 will be completing a School Climate survey. Staff and parents will also be invited to participate in this survey. The feedback from these surveys helps us to determine our next steps each year in regard to character education programming and bullying prevention planning.

Kindergarten registration for September 2016, took place at the beginning of February. If you, or someone you know, has a child who is age appropriate for Junior Kindergarten in September, and you missed our annual registration week, please contact the school office to receive a registration package.

March break will be here soon... whether you are traveling or staying home, hopefully you'll get some time to relax with family members. We wish you all a safe and enjoyable March break!



Sincerely,

*Lori Shilvoek*

Vice-Principal

*Vicky Crandall*

Principal

## **CALENDAR OF EVENTS:**



March 1	Hazard Hamlet Presentations (grades 1 to 6)
March 2	Junior Cross Country Skiing
March 8	Jr. Sideline Basketball Tournament
March 9	Healthy Living Day <b>CHES Boogie-a-thon!</b>
March 10	Pizza Day
March 14-18	March Break
March 23	Feral Cat Club Bake Sale Budding Artists' artwork goes home
March 24	Pizza Day
March 31	Pita Pit Day
April 1	<b>CHES Family Movie Night</b>
April 4	World Autism Day

## **Shelbrrr Fest:**

Thank you to our School Council for leading our students at the Shelbrrr Fest snow fort building contest... and thank you to the many students who participated. Our school came in third place and won \$200—way to go CHES!

## **School Climate Survey:**

During the weeks of Feb. 29 - March 11, students in grades 4-12 will be completing a School Climate Survey. The purpose of this survey is to determine whether or not our students feel that their school provides a safe and inclusive learning environment. The survey asks general questions about how the student is feeling at school, as well as specific questions about bullying. Staff and parents are also being asked to complete a climate survey about their school.

Parents can use the following link to access the survey, or the survey can be accessed through our school website.

[https://uoguelph.eu.qualtrics.com/SE/?SID=SV\\_87VAOCZ4TdwN52Z](https://uoguelph.eu.qualtrics.com/SE/?SID=SV_87VAOCZ4TdwN52Z)



## CHES SCHOOL COUNCIL

### 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

A big thank-you to everyone who donated to our Bag2School fundraiser--thanks to you we raised almost a ton of textiles!

### Family Movie Night

*Friday, April 1<sup>st</sup> (and we aren't joking!) School Council is hosting a family movie night at CHES.* Parents and children are invited to come to the school in the evening, eat pizza and popcorn and watch a movie on the big screen in the gym. More information will be coming home soon.

### Shelbrrr Fest

A huge shout-out to all those families who braved the cold so that their children could be part of our snow fort building team at Shelbrrr Fest on Family Day. The students all worked so well together, and showed great determination and sportsmanship. And our third-place award earned us \$200 to put towards School Council events!

### Fantastic Speaker at CHES

Mark your calendars: On Monday, April 11<sup>th</sup>, School Council will be hosting Katy Hutchison, a renowned speaker and advocate for restorative justice. Katy will be speaking to our intermediate students during the day, and parents of all students are invited and encouraged to attend. For those not able to attend during the day, Katy will also be doing a presentation at CDDHS in the evening April 11<sup>th</sup>. Katy has spoken at CHES before and she is both thought provoking and inspiring. More information will be coming home closer to the 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 April 4th, and Monday, May 2nd both at 6:30pm in the library. Free childcare provided! Hope to see you there!*

## News from the Library:

On February 29th, members of the Shelburne Lion's Club arrived with a gift of books for our school library. In partnership with Scholastic, they were able to order \$200.00 worth of books at half price, to donate to our library. Ms. Langhorst selected books that she thought our students would particularly like to read, and these books are now being sent to the Board office for cataloguing. We thank the Lion's Club for their generous gift and their interest in promoting literacy. Students in grades 1 - 3 are currently having the Blue Spruce books for 2016 read to them, and soon will be able to vote for their favourite. Once we have tabulated the votes in April, we will send the results home in the newsletter.



Happy Reading

*Ingrid Langhorst*

Teacher-Librarian



## Me to We

Our Me to We members spent the first half of February knitting scarves for teddy bear, during recesses. This combined with the baking they contributed, raised \$250.70 to support artscircle, an organization which provides musical instruments and artist visits to far northern indigenous communities.

We thank our community for supporting this.

## March's Environmental Theme: **REDUCE, REUSE, RECYCLE**



The environmental theme for this month is not a new one. We are talking about Reduce, Reuse, Recycle. These are the 3 R's of environmental stewardship and by practicing them we will help planet Earth. Did you know all of them are not created equal? The best one of the three is: Reduce.

Reduce means to use less of something. This is the best of the 3 R's because we don't even use our natural resources to begin with! What could we use less of? There are many things you can think of. Use less water, or use less paper, or – very important - buy less 'stuff'.

Recycle is critical if we want to keep things out of the landfill. More and more items are starting to be recycled, so be responsible and put them in the proper containers provided. If you don't, they end up in the regular garbage and harm nature by forcing us to create more garbage dumps that pollute our planet. We also need to make sure toxic items like paint and batteries don't end up in the garbage, but are brought to the hazardous waste depot. And never throw our your old smart phone. Take it back to your cell phone company for recycling. It contains minerals that are being mined in areas that are destroying precious habitats.

The Möbius loop is the universally recognized recycling symbol. It consists of those 3 circular arrows. We can put compostable items into our organic bins, like food scraps including fruit & vegetables, dairy, meat, breads, as well as paper tissues and paper towels. We can recycle containers including plastics, glass, metals and tetra paks and milk cartons. And we can also recycle paper, boxboard like Kleenex boxes, and cardboard. So DO NOT throw these items into the garbage at home or the garbage containers here at school. Find the right recycling bin. Let these items be turned into something new again!

***Slogan of the month: Don't trash our future! Recycle!***



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

**@CheShuskies**



## Engaging Your Child in Mathematics At Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics.

Like reading, mathematics is a subject that is indeed necessary for functioning adequately in society. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parents' attitudes towards mathematics has an impact on their children's attitudes. Children whose parents show an interest in and enthusiasm for mathematics around the home will be more likely to develop that enthusiasm themselves.

### Activities in the Home

If you have dice, playing cards, and a bit of time...oh the "number sense" fun you can have.

1. Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.
2. Work on Number Sense-use 2 die to add numbers together....to make it harder, you can use the 2 die to subtract, and multiply.
3. War-Use a deck of cards to compare numbers. Each person flips their cards at the same time, the person with the higher number gets both cards.

What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together.

## Transition Plans

While it may feel like it is early in the year to think about moving on to the next school year, plans are underway to ensure that students have a successful transition in September. For students that are changing schools, visits may have already begun. Specific transition plans are often particularly important for students with an Individual Education Plan and therefore are a required component of any IEP. For many students, the support provided to the whole class is all they need to have a successful transition, however other students may need more specific goals and support to help them deal with a variety of changes throughout the day.

### **Common transitions that can be addressed on a transition plan include:**

- entry to school
- move to a new school or new grade/teacher
- transition to post-secondary: workplace, apprenticeship, college, university, community etc.
- in school transitions could include: starting/stopping activities, leaving the classroom, going to recess/gym, going on field trips

### **As a parent, you can play an important role in transition planning for your child by:**

- working together with school staff to discuss the transition goals
- providing visits to the new school
- talking about the transition in a positive way
- looking at pictures of the new teachers and school building
- reading social stories to give your child the reassurance they need

*Preparation is crucial for transitions to be successful, and a team approach between home and school is key.*

## Talking About Mental Health – March 2016

### Kids Do Well If They Can - Collaborative Proactive Solutions

In our schools we use a positive supportive approach with all our students. One such approach that we follow in our schools is Collaborative Proactive Solutions (CPS). This is a very effective way to help children and youth who are struggling by working with them to building skills and resources.

Dr. Ross Greene, who developed Collaborative Proactive Solutions, believes that **Kids Do Well If They Can**. If they are not doing well it is because they're lacking the skills not to be challenging. If they had the skills, they wouldn't be challenging. Dr. Greene also stresses that **Doing well is always preferable to not doing well** (*if a kid has the skills to do well in the first place*).

When children and youth are faced with challenges that are too much for their skills and resources, they often engage in challenging behaviour because they do not have the skills to engage in positive behaviour.

Challenging behavior in children and youth is best understood as the result of lagging skills (in the terms of flexibility/adaptability, frustration tolerance, and problem solving) rather than as the result of lack of motivation on the child/youth's part. And second, the best way to reduce challenging behaviour is by working together with the child/youth – collaborating – to solve the problems setting them in motion in the first place.

Dr. Greene's Collaborative Proactive Solutions is a very successful approach for children and youth presenting with a variety of challenging behaviours, which is why we use this approach in our schools.

Dr. Greene also has many tips for parents, so they can use Collaborative Proactive Solutions at home. If you are interested in learning more, please see his website:

<http://www.livesinthebalance.org/parents-families>

Information for this article has been taken from Dr. Ross Greene's website.

*Dr. Lynn Woodford, Psychologist,  
is the Mental Health and Addiction Lead for Upper Grand District School Board  
Follow me on twitter: @drlynnwoodford*

## Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are Equity and Inclusive Education (#504) and Alcohol and Drugs (#513). You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy). The deadline for public input is April 13, 2016. Persons without internet access may call 1-800-321-4025 ext. 723 to request a printed copy of the draft documents.

## UGDSB invites parents to learn about classroom technology at 'Digital Saturday'

The Upper Grand District School Board is hosting an open house featuring displays and workshops on how students are using technology to learn. "Digital Saturday" takes place on March 5, 2016, from 9 a.m. to 12:30 p.m. at Westminster Woods Public School in Guelph.

"In the last few years there has been exponential growth in the use of technological tools and resources in Upper Grand schools," said Brent McDonald, Superintendent of Education responsible for Information Technology. "Students don't stop using what they're learning as soon as the bell rings at the end of the day. A good number of these resources are available 24/7, so they're used at home and school."

A presentation on technology in the classroom to the board's Parent Involvement Committee was the inspiration for the idea of hosting a technology open house for all parents.

"We thought a Saturday morning would be the best time for both parents to come out and see what we're doing," said McDonald. "Students can come too."

Digital Saturday will be an opportunity to explore and learn about:

- New technologies in the classroom like Chromebooks, UGCloud
- Assistive technologies to support all learners including Kurzweil and Read&Write for Google
- Robotics and coding and virtual reality in the classroom demonstrations

Online digital resources for assisting student learning such as UG2GO, UGCloud and Homework Help. There will be lots of opportunities for interaction and co-learning. Older children (8 and up) may find the display tables and workshops informative and engaging.

We hope to see you there as partners in education!

### **Event details:**

- **DATE:** Saturday March 5, 2016
- **TIME:** 9 a.m. to 12:30 p.m. Open house closes at 12 p.m.

**LOCATION:** Westminster Woods Public School, 140 Goodwin Drive, Guelph

### **For more information:**

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