



# CHES NEWS



*Learning to Learn Together*

April 2016

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

It's hard to believe that Spring is officially here, given the cold days and snow that has fallen. Let's hope April warms up and fills our days with more sunshine!

Last month we celebrated our annual Boogie-a-thon with great success. Staff and students had fun with the Beach Party theme—and they did a fantastic job dancing. Thank you to Mrs. Pilch and her crew of students who decorated our gym (and to Mr. Crowley for his assistance). Thank you also to our dance team—they did an excellent job teaching and leading our students through the dances. Overall, we raised approximately \$6500.00! This money will go towards supporting technology in our classrooms, as well as recess equipment for our students. Thank you very much to all of our families who helped to support this initiative! Thank you also to our staff, parents, and various community businesses who sponsored prizes for our students. Thank you to our many prize sponsors—a list of sponsors can be found further on in our newsletter.

Just before our Boogie-a-thon, our Junior Sideline Basketball team did an excellent job of representing Centennial Hylands ES at the annual tournament. Thank you to our Huskies for a job well done, and thank you to Mr. Woods for coaching our team this year.

We have a busy month ahead of us with our Intermediate basketball practices, games, and tournaments for both boys and girls. We are also looking forward to our participation in the Dufferin Youth Festival of the Arts, a visit to the sugar bush (grade 1s), Earthday activities, the Earthkeepers program (grade 5s), and the International Day of Pink for bully prevention.

Sincerely,

*Lori Shilvoek*  
Vice-Principal

*Vicky Crandall*  
Principal



## **CALENDAR OF EVENTS:**



- April 1 **CHES Family Movie Night**
- April 4 World Autism Awareness Day  
School Council Mtg. @ 6:30pm
- April 8 Regional Skills Canada competition
- April 11 Restorative Justice presentation  
Sugar Bush Trip—grades 1s
- April 12 Team/Club/Helpers Photos for Yearbook
- April 13 International Day of Pink
- April 14 Pita Pit Day
- April 21 Pizza Day
- April 22 Earthday
- April 25 PD Day**
- April 27 Dufferin Youth Festival of the Arts  
Intermediate Basketball Tournaments
- April 29 Earthkeepers Trip—grade 5s

### **PD Day on April 25th**

Please remember that April 25th is a new PD Day that was added to our calendar this year. There will be no school for students on Monday, April 25th as staff will be working on Professional Development activities.

### **Food and Drinks on the Yard:**

This is a friendly reminder to students that food and drinks are not allowed on our school yard.



If students are going out for lunch it will be important that they finish their lunch before returning to school property. Therefore, keeping food and food packaging off school grounds... and keeping wasps and bees away.

### **Provincial Special Olympics—Adopt an Athlete**

This year's Provincial Special Olympics will be taking place in Guelph. CHES is very excited to be sponsoring one of the participating athletes—Kendall Steinhoff. Kendall will be participating in the Basketball events. During the week of April 11<sup>th</sup>, CHES students can purchase red bracelets for a dollar each. All money raised from the sale of these bracelets will go toward supporting the Special Olympics, and Kendall's participation in these games.



## CHES SCHOOL COUNCIL

### QSP

Have magazines that are due for renewal? Don't forget 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!

### Budding Artists Fundraiser

Thank you all so much for your support of our fundraiser. We are looking forward to seeing the wonderful creations when they arrive in early May.

### Bag2School

Due to popular demand, School Council will be running another Bag2School used textile collection before the end of the school year. Stay tuned for further updates!

### 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 at 11:45am, 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 later this week.

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 4<sup>th</sup>, Monday, May 2<sup>nd</sup>, and Monday, June 6<sup>th</sup> all at 6:30pm in the library. Free childcare is provided. Hope to see you there!

### Thank you Boogie-a-thon Prize Sponsors:

Thank you to the following businesses and services for supporting our Boogie-a-thon Fund-raiser this year:

**Changes Hair Studio**  
**Happy Dragon**  
**Town Milk and Video**  
**Mad River Photography**  
**Cathy Flear—Hair Styling**  
**Anytime Fitness**  
**Premiere Equipment Ltd.**  
**Caravaggio**  
**Mayor Bennington**  
**Shelburne Police Services**  
**Mac's Milk**  
**Four Season's**  
**Holmes Appliance**  
**Royal Bank**  
**Pace Credit Union**



### Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are:

Accommodation Review #305  
 School Boundary Review #319  
 Community Planning and Partnerships #320  
 Equity and Inclusive Education #504  
 Alcohol and Drugs #513  
 Smoke-Free Environment #208  
 Asthma Friendly Schools #516

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 for policies 504 and 513 is April 13, 2016. Input on policies 208, 305, 319, 320 and 516 will be accepted until May 11, 2016.

Persons without internet access may call 1-800-321-4025 ext. 723 to request a printed copy of the draft documents.

## 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!***

### **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 Centennial Hylands ES in our effort to inspire compassion, empowerment and hope by wearing BLUE on Monday April 4th 2016.

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

[Autism Ontario](#)

[Kerry's Place Autism Services](#)

## **Dufferin Centre for Continuing Education**

### ***Babysitting Bootcamp - \$50.00***

The Kidproof Babysitter's Training Course is packed full of advice, guides, tips, and information based on real life experiences. This course has tons of activities and hands-on practice to increase student confidence and provide skills needed to be the best babysitter possible. Each student receives a Babysitter's Handbook and wallet card upon successful completion. Please bring a nut free lunch, pen/paper, and doll or stuffed animal.

#### **Shelburne**

Glenbrook ES – Library Mon & Tue April 18 & 19 4:30-8 pm 2 classes  
Kim McClelland

*Or*

#### **Orangeville**

Dufferin Centre for Con-Ed Fri June 3 8:30 am – 4pm 1 class  
Desarai Rivard

### ***Home Alone - \$27.00***

This Canada Safety Council program is designed to provide skills and knowledge to be safe and responsible when home alone for short periods of time. They will learn how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Small group discussion, problem solving, role-playing, and instructor-led demonstration with a student reference book will allow participants to actively participate in class assignments. The child will receive a certificate upon successfully completing the program. Fee includes student reference book.

#### **Shelburne**

Glenbrook – Library Tue May 17 4:30-7:15pm 1 class  
Kim McClelland

*Or*

#### **Orangeville**

Princess Elizabeth – Library Mon May 16 4:30-7:15pm 1 class  
Island Lake – Library Wed May 18 4:30-7:15pm 1 class  
Kim McClelland

## **Concussion Awareness Workshops:**

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 20<sup>th</sup> 7-8:30 pm Westside SS, Library, 300 Alder St, Orangeville

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

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

## Talking about Mental Health - May 1-7 is Child and Youth Mental Health Week!

Child and Youth Mental Health Week is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available.

The theme for Child and Youth Mental Health Week at the Upper Grand District School Board is:

Have a **SUPER** Week! Let's increase everyone's mental health and well being!

**S**ocial Connections

**U**plifting Emotions

**P**ersonal Health

**E**motional Calming

**R**esilient Thinking

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme. Some schools will also have their own Mental Health Week activities that are specific to their school.

As a parent, you can increase the Mental Health and Well-being of your children and family too! Here are some suggestions:

**Monday May 2 - Social Connection**

Perform Random Acts of Kindness for someone in your family or neighbourhood.

**Tuesday May 3 – Uplifting Emotions**

Say 3 things each day that you are grateful for.

**Wednesday May 4 – Personal Health – Eating Well, Sleeping Well and Being Active**

Eat a good nutritious breakfast. Focus on fruits and veggies for snacks. Walk with your child to school or go for walk after work/school. An hour before bed, start winding down. No screens. Read a book or listen to calming music. Prepare for a good night's sleep.

**Thursday May 7 – Emotional Calming**

Just breathe. Start the day with a few deep, calm breaths at breakfast. Take three deep breaths every time you walk through a doorway.

**Friday May 8 – Resilient Thinking**

Have each family member name one positive thing about themselves and one positive thing about each other.

At the end of the week, think about the things that made you or your child feel more positive, more resilient and continue to use them every day!

Most of all... have a SUPER week!

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

*Follow me on twitter: @drlynnwoodford*

### 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 family and relationship problems, serious health problems, or workplace and 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>

## **A Note from the UGDSB Orangeville School Board Trustee—Barb White**



I would like to invite families and staff from our UGDSB Orangeville—Dufferin Schools, who have a Facebook page, to “LIKE” my new “**INFORMATION ONLY**” page. This page has been designed to help keep you current on things that are happening within the UGDSB that impact families in the Orangeville/Dufferin County area. It will also highlight events that are happening within our community that have special significance to families within our schools. Please note that this is an **INFORMATION ONLY PAGE** and all comments will be removed. If you need to connect with me concerning a post, please use the message option. You can find my page using “Barb White Trustee”. Thanks! 😊