



CHES NEWS



Learning to Learn Together

June 2016

A MESSAGE FROM THE OFFICE:

We are now into June and it's hard to believe that the year is coming to an end. With only four weeks left, there is a great deal going on at Centennial Hylands.

We are currently in the middle of EQAO, and hope to have all testing done by the PD Day; however, any students who have missed parts of the testing will have an opportunity to finish up the following week.

Our next big sporting event will be the County Track and Field Meet on June 21st. Teachers and Coaches have only just started the process of selecting and preparing students for this event.

Staff have recently begun the task of tentatively placing students for next year's classes. As you can imagine creating class structures is a very daunting and difficult task. For this reason it is impossible to accommodate requests for specific teachers, or for students to be placed with their friends. Teachers spend a considerable amount of time determining the best possible placement for each student. Teachers have the expert knowledge about how your child learns, their learning style and work habits, and what kind of social groupings foster their growth. As well, September reorganization continues to be common in many schools, and ours is no exception. Furthermore, teacher assignments can change over the course of September. So please understand that the class your child is in on the first day of school, may not be the class they are in by the end of September. It is impossible to guarantee special requests for class placements and therefore we ask that you not make requests of this nature. If you have questions or special circumstances that you wish to share or discuss, please forward them in writing to the office by June 10, 2016. Thank you for your understanding in this matter.

I am very sad to say that I will be leaving Centennial Hylands and moving on to a new position at the Guelph Board Office. I am happy to be advancing in my career, but I will miss the wonderful school culture at CHES. I have truly appreciated working with the staff, students, and families of Centennial Hylands—Thank you for embracing me as your leader these past two years..

Mrs. Shilvock will remain as Vice-Principal at CHES, and Tammy Fleming will be joining CHES as Principal. Mrs. Fleming is currently the Principal at Mono Amaranth Public School. I know she is excited to be moving to CHES and I also feel confident that the CHES community will enjoy and appreciate all she has to offer as a leader.

Sincerely,

Vicky Crandall

Principal



CALENDAR OF EVENTS:



May 25–June 8 EQAO Testing gr. 3 & 6

June 3 PD Day

JK Orientation

June 6 School Council mtg. @ 6:30pm

June 7 Gr. 3 & 7 Swimming

June 9 Gr. 8 Trip to Niagara

Gr. 4 Trip to Medieval Times

Gr. 5 Trip to Duntroon

June 10 Smoothie Day

June 13 Gr. 4 Trip to Outdoor Ed. (Habitats)

June 14 Gr. 3 & 7 Swimming

June 15 Gr. 1 & 2 Trip to The ROM

June 16 Pizza Day

SK Graduation

June 17 Smoothie Day

June 21 County Track and Field Meet

June 22 Junior Swimming

June 24 Smoothie Day

Junior Swimming

June 28 **Report Cards go home**

Gr. 3– 7 Swimming

Gr. 8 Graduation

June 29 Last Day of School

HAPPY SUMMER

June PD Days:

Please remember that Friday, June 3 and Thursday, June 30 are PD Days. There is no school for students on these days.



Graduation Reminders:

Plans are currently underway for our grade 8 and Senior Kindergarten graduations. Grade 8 graduation will take place on the evening of Tuesday, June 28th, while our Senior Kindergarten graduation will take place during the school day on Thursday, June 16th.

Moving?

If you are moving out of the Centennial Hylands area over the summer, please notify the school as soon as possible. This is important information for us to have as we continue to work at placing students in classes for September 2016.



Special Olympics

Special Olympics athlete oath: "Let me win – but if I cannot win,
let me be brave in the attempt."

On Wednesday, May 18th staff and students from across the school district came together for a day to celebrate diversity and perseverance. More than 600 athletes from the Upper Grand and Wellington Catholic District School Boards were at St. James Catholic High School in Guelph for the annual Special Olympics Track and Field Day.

Now in its 15th year, the track meet has grown to one of its largest and most successful in the area. In addition to the 616 athletes from 67 schools in attendance, this year's track meet was also attended by 555 peer coaches, 448 staff members and more than 100 volunteers. Students and their peer coaches spent the day in the sun, enjoying companionship and friendly competition in events including standing long jump, running long jump, softball throw, seated softball throw and the 25, 50 and 100m dash.

The annual track and field day is made possible by the hard work of the organizing committee, Special Olympics Ontario, the City of Guelph, Community Living Guelph/Wellington, the Guelph Police Service and many volunteers. This year, UGDSB is honouring the hard work and dedication of the committee members by presenting them with an "Everyday Hero" award.



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. This program runs even through the summer vacation months! Simply go online to www.QSP.com and use our **NEW SCHOOL ID CODE: 3713468** when you order. Thanks for your support, and happy reading!

BBQ

Once again this year, School Council will be holding an end-of-year BBQ. This will take place on the final day of school, Wednesday, June 29th. Each student will be provided with a hot dog and a drink, cooked and served by our school council members!

Teacher Appreciation Day

After the wonderful outpouring of support last June, School Council has decided to once again host a Teacher Appreciation Treat Day this year. One Friday, June 17th, we ask that anyone who wishes to say thank-you to our amazing CHES staff bring a treat or lunch food to the staff room by 10:30 am. School Council will help serve all your contributions to our wonderful teachers. Please see the notice coming home later this week to sign up for your contribution.

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 first meeting of the new school year will be Monday, September 12th at 6:30 pm in the library. Come and join us!

June Environmental Theme: CARING FOR THE ENVIRONMENT: ENVIRONMENTAL STEWARDSHIP



Caring about the environment is all about “doing”. So get out there and start doing all the things you've learned about this year. It's time for all of us to start Living Green 365 days a year and make a commitment to environmental stewardship, so we can keep our Earth healthy!

Caring about our planet means being educated about our planet. Learn as much as you can. Earth needs smart people to take care of it! Be curious, ask questions, gather knowledge and find solutions. You need to understand what the problems are in order to fix them.

Every one of us is important when it comes to caring for the Earth and protecting it for the future. An advocate is someone who publically speaks or writes or does actions to support an important cause. What kind of “Earth Advocate” are you? Choose from the following list:

- A. **Activist:** I want to help others to change their habits to help the Earth. I want to host an event or make a website that encourages others to Live Green. I want to write letters to our government to ask them to make positive changes.
- B. **Motivator:** I will help others change their habits by being a role model that others can follow. People will see me living green and making a difference and be motivated to do the same.
- C. **Educator:** I will research environmental issues and tell other people what I learn. I will be curious and ask questions and gather knowledge and find solutions to environmental problems that I will share with others.

So decide what kind of “Earth Advocate” you are. You can be more than one type!



Slogan of the month: *Live Green 365 days a year!*

Yearbook Orders....

Please note that we should have some extra copies of this year's amazing CHES Yearbook, for anyone who did not get a chance to pre-order.



Our Yearbooks should be arriving sometime within the next couple of weeks. They are \$20 each, and will be available on a first come first serve basis.

For any students who pre-ordered yearbooks, they should arrive at the same time and will be delivered to each student's classroom.

LOST and FOUND

Our lost and found pile is always growing. Unclaimed items will eventually be bagged and donated to charity.

Please remind your child to check the Lost and Found areas for any belongings.



Talking About Mental Health June 2016 – **Successfully Shifting from School to Summer**

It is an exciting time of the year. The weather is getting warmer, days are getting longer and summer is just around the corner. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation.

The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions.

So a good transition to summer is important and can lead to a more positive, fun summer experience.

Here are some practical tips to make a smooth transition from school to summer:

Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of un-scheduled time as well; that way, you can anticipate free time to use as you wish – even if it's just to enjoy a break in the action.

Be prepared to be spontaneous. Keep a running list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Revamp – but don't eliminate – your child's daily routine. A daily routine gives most kids a sense of structure and security.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park, elevates our mood and makes us feel less anxious.

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, Dufferin are excellent resources.

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>

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

Follow me on twitter: @drlynnwoodford