

CENTRAL PUBLIC SCHOOL

Phone: 519 821-7990 Fax: 519 821-8270

February 2017 Newsletter

website: <http://website.ugdsb.on.ca/central>



Principal: R.MurrayCako

Office Coordinator: K. Epps

PRINCIPAL'S MESSAGE

Term1 report cards will be coming home on Wednesday, February 15th. Please return the signed slip to homeroom teachers by Friday, February 17th.

The Upper Grand District School Board will be observing Family Day on Monday, February 20th so our school will be closed on that day. We hope you enjoy the day with your family.

Rochelle MurrayCako
Principal

BEFORE/AFTER SCHOOL SURVEY

The Before/After School Online Parent Survey deadline has been extended to February 10th. If you have not yet done so, please visit:

https://docs.google.com/a/ugcloud.ca/forms/d/e/1FAIpQLSdjWPnRmkL_IkeLnmbrijgMZYbZRQi9kEK8iETXh8BRXAoNlug/viewform#start=openform

MARK YOUR CALENDARS

January 26th – February 10th

Readathon

February 1 – Winter Walk to School Day

February 2 – National Sweater Day

February 12 – Crossing Guard Appreciation Day

February 13 – 100th Day of School

February 15 – Term 1 Reports Home

February 16 – School Council Mtg. 6:30-8:00pm

February 20 – Family Day – No School

February 22 – Pink Shirt Day

February 23 – Family Games Night

6:30-8:00

March 13-17 – March Break – No School



PINK SHIRT DAY - February 22nd

We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. Report Bullying gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school's website:

<https://webapps.ugdsb.on.ca/reportbullying/>

Report Bullying
ONLINE TOOL

CROSSING GUARD APPRECIATION

February 12TH! Remember to thank crossing guards in your community for helping our students arrive and leave school safely.

Crossing guards ensure elementary school children cross safely at designated school crossing locations in the City of Guelph.



FROM THE LIBRARY

Our Library Read-a-thon and gently used children's books for "One World Schoolhouse" continues until February 10th. Money raised from the Read-a-thon will help support a variety of Library activities, Guest Authors, purchasing Maker Space Kits, and for restocking existing kits. Students in the Eastern Caribbean will benefit from the children book donations! A sincere thank you to our wonderful Central families for their continued support.



Ms. Brennagh, Teacher-Librarian.

SAFETY FIRST

One of our most important goals is to ensure the safety of your children here at school. For this reason we ask that children refrain from rough play and do not kick or throw snow before, during or after school. We also ask that students use the shoveled and prepared sidewalks and stairs to enter and exit the building at the beginning and end of the day, rather than slipping and sliding up and down the slopes of the property. Your assistance in supporting these expectations is much appreciated.

END OF DAY MESSAGES

If you have a change in plans for the end of day and a message needs to be communicated to your child please contact the office by 2:50. This will support us to ensure your child has the message.



This month Central School Council is hosting a Family Games Night on **Thursday, February 23rd from 6:30 to 8pm**. Bring your family, and if you wish your favourite board, card, or other non-screen game to play with your kids and with other families. You don't have to bring a game - we will have game stations set-up in the library and upstairs classrooms. This is always a fun event where you can meet other parents and learn to play a new game with your kids. All Central families and all ages of children are welcome to attend.

For more information on school council, visit: <http://centralpublicschoolguelph.weebly.com/>

Next School Council meeting:
Thursday, February 16th (6:30 – 8:00 pm) in the school library. Childcare is provided. Please consider joining us.



February 2017



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---------|--|--|--|----------|
| | | | 1 SUB Day Winter Walk Day | 2 Pizza Day 🍕 Sweater Day | 3 | 4 |
| 5 | 6 | 7 | 8 SUB Day | 9 Pizza Day 🍕 | 10 Read-a-thon Ends | 11 |
| 12 Crossing Guard Appreciation Day | 13 100 th Day of School | 14 | 15 SUB Day Term 1 Report Cards Home | 16 Pizza Day 🍕 School Council Mtg 6:30-8:00 pm | 17 Term 1 Report Card Slips signed and returned | 18 |
| 19 | 20 Family Day NO SCHOOL | 21 | 22 SUB Day Pink Shirt Day | 23 Pizza Day 🍕 6:30-8:00 School Council Presents Family Games Night | 24 | 25 |
| 26 | 27 | 28 | | | | |

Science At Home

Engaging Your Child in Science 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 Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.

6 Tips to foster Scientific Thinking at Home

1-See science everywhere. Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

2-Lead family discussions on science-related topics. Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

3-Encourage girls and boys equally. Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

4-Do science together. Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

5-Connect science with a family vacation. Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

6-Show excitement for Science!

Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science"

<http://www.nsta.org/sciencematters/tips.aspx>.

Talking About Mental Health – February 2017 Tests and Stress

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

- ✓ Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

- ✓ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

- ✓ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

- ✓ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

- ✓ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

- ✓ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle.
<http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

- ✓ Talk to your friends.
- ✓ Talk to your parent or a caring adult about how you are feeling.
- ✓ At school, you can talk to your teacher, principal or CYC for support.

Laugh!

- ✓ Laughter is a great release and allows our brains to recharge and reset.

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.
Follow me on Twitter @drlynnwoodford.*

Monthly Environmental Activities to help celebrate our planet



February 2nd is National Sweater Day!

It is vital to teach our children to respect and take care of the environment.

Celebrate International Sweater Day on February 2nd!

“National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada and is a significant source of emissions. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that’s equivalent to shutting down a 600 mega watt coal-fired power station or taking nearly 700,000 cars off the road!” http://www.wwf.ca/events/sweater_day/

“National Sweater Day is about valuing energy. It’s a chance to think differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely, not wastefully. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.” -- World Wildlife Fund Canada

Ideas for your family to Celebrate Sweater Day!

- *Turn down your thermostat and wear a sweater!*
 - *Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.*
 - *Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).*
 - *Read a children's book on conservation such as: Why Should I Save Energy? by Jen Green. Encourage lots of discussion and questions.*
 - *Valentine's Day is just around the corner - use recycled materials to create a your cards this year!*
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Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the **Website and Social Media Management** Policy 312. You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is March 2, 2017 at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.