



Centre Peel Polar Express

"Helping Hands, Caring Hearts, Learning Together"

7623 Sixth Line • RR #2, Drayton, Ontario • N0G 1P0 • Telephone # (519) 638-2668 • Fax # (519) 638-5530

April 2016

Principal's Message

Welcome to April!

Spring is in the air and water puddles and mud are everywhere! It is our hope that the field and puddles will dry up quickly and that our students will be able to enjoy their spring sports. As we approach the baseball season, please remember that students must wear baseball helmets when playing baseball. Our school provides baseball helmets that our students are welcome to use and some students bring their own. Please remember that our students are invited to bring their baseball gloves to school and that hard baseballs are not allowed on our playground.

Our students are also looking forward to using our Creative Playground once again! We will make an announcement when the time comes and we will also review the expectations for safe play so that all of our students are able to play and enjoy their active play time.

EQAO for Grade 3 and 6 students will take place in May. Our students will be completing the assessment from May 25 – June 1. It is very important that students are in attendance each day. We would appreciate it if you would refrain from booking appointments for your children during this time frame. Your support is most appreciated!

As always, if you have any questions, comments or concerns, please contact me.

Sincerely,

Rhonda Gingrich
Principal

School Lockdown Drill

We have scheduled our second mandatory Lockdown Drill for Monday, April 4, 2016 at 9:15 a.m. Teachers will review the procedures with students prior to the drill. If you have any questions, please feel free to contact Rhonda Gingrich.

MISSION STATEMENT

Recognizing and building upon the primary importance of family and community, the mission of Centre Peel Public School is to provide for every student a quality education which cultivates honesty, respect and responsibility through effective use of resources and a responsive learning environment.

Grandparent's Day/Education Week



Grandparents and parents are invited to attend our Primary Assembly and Classroom Visitation Event being held during Education Week on Tuesday, May 3, 2016 at 9:30 a.m. More information will come home in the May Newsletter.

Kindergarten

We are continuing to register children for our September 2016 Kindergarten classes. If you have a child who will turn **4 (Junior Kindergarten)** or **5 (Senior Kindergarten)** on or before December 31, 2016 please call the school to book an appointment to come in to register if you have not already done so.

Moving

If you are planning on moving this summer, or know of someone moving into our school area, please notify the school office as soon as possible. Planning is already underway for organization of teachers and classrooms for September.



Live Free Day

Thank you to all of our families that participated in our Live Fee Day and sent in their toonies. We collected \$430.00 which will be given back to our school Food and Friends Program. Through this program we provide morning snacks such as yogurt, fruit, carrots, cheese strings, crackers, and cereal. We also pay for our monthly salad days out of this fund.

Drayton Food Market Stamp Program

Centre Peel P.S. still has a board up at Drayton Food Market for stamp donations. Please donate your stamps to our board at the store or send them to the school and we will add them. Each filled board earns our school a \$25.00 in-store credit.

Concussions

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 20th 7 – 8:30 p.m. Westside SS, Library, 300 Alder St., Orangeville

Tuesday, May 10th 7 – 8:30 p.m. Norwell DSS, Library, corner of Main and Cumberland St., Palmerston

Wednesday, May 11th 7 – 8:30 p.m. Centennial CVI, Lecture Room, 289 College Ave W, Guelph

Monthly Environmental Newsletter Inserts



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!

Volunteers for the Month of March

Thank you very much to the following volunteers for their assistance during the month of March:



Rose Martin and Amy Diefenbacher for assisting with pizza orders.

Kristine Brubacher, Florence Sauder and Sandra Gingrich for shopping, prepping, and serving our students salad purchased through our Food and Friends Program.

Marilyn Martin for assisting in the KA classroom.

Sharon Martin and Florence Sauder for assisting in the Grade 1A classroom with Scientist in the Classroom.

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 times.

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>



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 Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!



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

[Autism Ontario](#)

[Kerry's Place Autism Services](#)

Bicycle Safety



Once the warmer weather arrives, we will have a number of our students riding bicycles to school. Please ensure that you have reviewed the appropriate safety rules with your child and remind them that they must ride single file on the right side of the road and obey all traffic rules. Bikers must wear helmets when biking.

This is also a reminder that a permission form must be completed and signed by parents for students who bike or walk. This form needs to be on file in the office. It is important that students do not arrive at the school before 8:30 a.m. as yard duty supervision begins at 8:30 a.m.

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!

Social Connections

Uplifting Emotions

Personal Health

Emotional Calming

Resilient 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

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. 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.

FREE Dental Care

For children and youth up to 17 who cannot afford dental care



Our services include cleaning, fluoride, sealants, and brushing/ flossing instruction.

Moorefield	April 25 –28, 2016
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To book an appointment call the Dental Intake Line:

1-800-265-7293 ext. 2661

Visit www.wdgpublichealth.ca for more information.

Do you know an Everyday Hero?

Please nominate someone in your school community – an individual or a group – whose actions and efforts foster the development of a positive learning and working environment. Deadline for nominations is Thursday, April 14, 2016. For more information, visit the board website: <http://www.ugdsb.on.ca/community/article.aspx?id=3546>

School Council 2015 – 2016

Elementary

Mark Brubacher (Vice)	Dennis Diefenbacher	Wayne Frey
Brian Gingrich	Abram Janzen	Gerald Martin
Ken Martin	Melvin Martin	Paul Martin
Paul Weber (Chair)	Jacob Zacharias	

Secondary

Marv Diefenbacher	Abram Janzen	Dale Martin
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Don't forget to complete your Newsletter Draw Form and return it to the office for a chance to win a free book up to the value of \$10.00 from Scholastic Book Orders.



NEWSLETTER DRAW

Thank you for your feedback and suggestions. Please feel free to call Mrs. Gingrich at 519-638-2668 at any time.

Comments, Concerns, Suggestions, and Compliments

Congratulations to **Austin M.** in **1A** who is our March Newsletter Draw winner! Austin will receive a book of his choice, up to the value of \$10.00 from Scholastic Book Orders. Please complete, detach and return this form for the April Newsletter Draw. Thank you!

Student's Name

Grade

Parent's Signature

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 2016						
					1 Assembly 10:00 a.m.	2
3 Lockdown Drill 9:15 a.m.	4	5	6 Pizza 	7	8 Skills Canada Competition Grade 8	9
10	11	12	13	14	15	16
17	18	19	20 Pizza 	21	22	23
24	PD Day	25	26 Grade 7 & 8 Needles School Waste Audit	27 Salad Day 	28	29 Assembly 10:00 a.m.
						30