



# CMES NEWS

June 2016

## Principal's Message



It is hard to believe the 2015 – 2016 school year is coming to a close. What a wonderful year of growing and learning together at Credit Meadows E.S.! This time of year is a time to say good-bye and thank you to some valued members of our school community. First, I would like to extend my congratulations and best wishes for the future to our Grade 8 graduating class. Thank you for all your contributions over the years to Credit Meadows Elementary School and best of luck at high school.

Ms. Gammage retired in the spring, we hope she enjoys her retirement. We are sad to say that Mr. Bonter and Ms. Hoekstra will be leaving us. Thank you to these wonderful educators for the many contributions they have made to CMES. We are happy to welcome back Ms. Fraser.

Our students, over the course of the year, have made significant contributions to the school and the community through the many fundraising initiatives they participated in and the school functions they supported. Some highlights include, fundraising for the Orangeville Food Bank, the CMES Dance-a-thon, the many classroom performances and special guest speakers, Character Education Assemblies, Intermediate, Primary and Junior Arts Days, Ropes Climbing Course, our participation in the Dufferin Youth Festival of the Arts, many Dufferin County sports events, Terry Fox Run, and the end of year trips to name a few events. The students should also be proud of their contributions through our Peer Helpers Program - Office, CMES Eco Club, Library, Classroom Helpers, Lunchroom Helpers, CMES Year Book, Grade 8 Intergenerational Program and the Peer Mentor Program. Their efforts made a difference, and are a big reason why Credit Meadows is such a great place to be. Thank you Cobras!

Thank you also to our parent community. Your consistent support to your children, and to our school really makes a difference. Credit Meadows truly benefits from all that you do. Thank you to our regular volunteers, who help us out in so many ways. A special thank you to Ms. Turner, who was nominated and won an UGDSB Everyday Hero Award. Ms. Turner is an amazing volunteer who spends many hours organizing and running our food days, MathNight In The Meadows, Arts Days, Bike Rodeo, and decorates the gym for Grade 8 Graduation to name some of the volunteer initiatives she takes on at CMES. On behalf of our school community, Ms. Turner, thank you for all that you do at CMES!

The School Council should be very pleased with their fundraising efforts throughout the year. Their support provided funds for many initiatives and programs that benefited students of Credit Meadows including the 'Scientists in School' program, Zumba Program, Ropes Climbing Course, Math homework books, money to support student trips, money to offset bussing costs, nutritious snack bin, CMES Art Days and support for home reading to name just a few of their many contributions. We also thank them for their advice and input into decisions made at the school. We are extremely fortunate to have such a dedicated group of people supporting the school's efforts and working so hard on behalf of our students. Thanks from all of us!!

Finally, thank you to the staff at Credit Meadows. They are a hard working group of professionals—who always strive to create the best learning environment possible. They genuinely care about students and the school community as a whole—and it shows in all that they do.

Now that summer is upon us, it is time for a well- deserved rest for all. We want to wish everyone a safe and happy summer holiday and hope that you all return to us with the resolve to make 2016 - 2017 a successful and wonderful year at Credit Meadows Elementary School!

Sincerely,  
Ms. Lagunzija-deFreitas

## CALENDAR OF EVENTS:



- June 6** – Primary @ Twisters
- June 6** – Elmvale Zoo Trip Grades 1 and 2
- June 7-9** – Book Fair
- June 7** – Swim to Survive Grade 3s
- June 7** – Grade 8 Intergenerational Program
- June 7** – Junior Standards Day
- June 8** – Junior Arts Day
- June 8** – Pasta Day
- June 10** – Cookie Day
- June 13** – Concert Band to Canada's Wonderland
- June 13**—School Council Mtg @ 7 PM, All welcome!
- June 14** – Swim to Survive Grade 3s
- June 14** - Highlands Nordic Outdoor Centre, 4/5 Cleary, 4 Hoekstra, McGarry 4s
- June 15** – Kindergarten and Intermediate Art Days
- June 15** – Pita Pit Day
- June 16** – Scientists In Schools, Cleary AM, Hoekstra and McGarry 4s
- June 17** – Smoothie Day
- June 20** – Farm to School Program AM, Bonter/ Neal
- June 21** - Dufferin County Track and Field Meet @ ODSS (rain dates 23 or 24)
- June 22** - Highlands Nordic Outdoor Centre, Langman, Bonter/Neal
- June 22** – Hot Dog Day
- June 23** - Kindie Graduation, Gym @ 1:20 - 2:50PM
- June 24**—Tennis Clinic, grades 2—6
- June 24** – Cookie Day
- June 28** – Grade 8 Graduation @ 7 PM
- June 29**- Last Day , Character Education Assembly
- June 29**—Swimming, Cleary/Hoekstra (AM), Langman, Neal/Bonter (PM)



## Graduation 2016

Plans are currently underway for our Grade 8 and Senior Kindergarten graduations. Our Senior Kindergarten graduation will take place during the school day on Thursday, June 23rd. Grade 8 graduation will take place on the evening of Tuesday, June 28th.



## The Library Learning Commons News

It's been an exciting month in our library learning commons! In our Creation Station, students designed, built and explored. Using anything from Lego to cardboard boxes, we took apart laptops and CD players, put together puzzles and played games.

In our Spark Spot, we loved studying animal bones and guessing whose they were. It was special having Loon and Quartz visit from the Outdoor Ed Centre to share their expertise and answer our many questions.

We had our first video conference experience, using Google Hangout to connect with students from Princess Elizabeth Public School's green team!

We changed our computer lab to open up the space and allow for more flexible seating arrangements. We're loving our increased access to iPads and Chromebooks to extend our learning.

It's hard to believe that June is already upon us. It's time to return all books to the learning commons so we are organized and set for the 2016/2017 school year. Our Scholastic "Buy One, Get One Free" Book Fair takes place June 7-9. The fair will be open during the school day beginning at 8 a.m. and concluding at 4 p.m. each day, including second recess.

On June 6, we look forward to joining with volunteers from RBC to help us plant a butterfly garden around our learning commons windows! Thank you to Brian and Robbi Price for initiating this amazing joint venture, and to RBC for its generous support. We will use a donation from RBC to add a splash of colour to our learning commons walls, and to buy the plants needed to make our gardens more eco-friendly and beautiful.

What does next year hold for us in the learning commons? Stay tuned! Be sure to follow us on Twitter @CreditMeadowsLC. If you're interested in volunteering in our learning commons, we'd love to have you. Please contact me at [melissa.roberts@ugdsb.on.ca](mailto:melissa.roberts@ugdsb.on.ca). Together, we're better.

Here's hoping you enjoy a healthy and fun summer with your family. Be sure to visit one of Orangeville's Public Library branches this summer so students can read, read, read! Ms. Roberts, Teacher Librarian, CMES



## September First Day of School

In keeping with privacy legislation and to keep our children safe, the Upper Grand D.S.B. will no longer publicly post class lists or make class lists available to parents. This means that on the first day of school in September students and parents will not have access to posted class lists.

Parents/Guardians, please remember that student and teacher placements are tentative during the first couple of weeks of school.

On the first day of school, (September 6th, 2016), all students, with the exception of Senior Kindergarten and students new to Credit Meadows, will be asked to line up outside (or in the gym if it is raining) according to their grade level. Large signs, with grade levels indicated on each, will be posted and held up for students and parents to see. Teachers will then collect their students from the various lines. Senior Kindergarten children are expected to go directly to their previous JK classroom. All new students will be asked to wait in the library.



If you are moving out of the Credit Meadows 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.

Thank you



## LOST and FOUND

Please collect all items from the Lost and Found in our main hall bin.

Our lost and found continues to grow. Unclaimed items will be donated to charity at the end of June.





## **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:

## **Special Olympics**

Special Olympics athlete oath:

“Let me win – but if I cannot win,  
let me be brave in the attempt.”

On Wednesday, May 18<sup>th</sup> 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.



### **Math and Reading This Summer**

This summer don't forget about math and reading! On a rainy, cool summer day (I know after the winter we've had, hopefully they will be few and far between) check out these websites....

#### **Parents of Elementary Students:**

Find tips on helping your child with reading, writing and math, as well as tips on homework, talking to teachers and more. Tips are available in multiple languages at [Ontario.ca/abc123](http://Ontario.ca/abc123)

#### **Parents of Secondary Students**

Ontario schools are offering expanded programs to help meet students' individual learning styles and interests, which will better prepare them for graduation and beyond. Find out more about the Student Success program at [Ontario.ca/student success](http://Ontario.ca/student success).

Information obtained from Parent Matters [Ontario.ca/EDUparents](http://Ontario.ca/EDUparents)

### **More Summer Reading:**

Summer is quickly approaching and while your school library might not be open during summer break, your child can access our digital collection 24/7! Help your child keep their reading skills strong this summer with eBooks and audiobooks from Overdrive accessible through UG2GO.

Students can login to Overdrive using their Windows network login. Digital books can be enjoyed on a computer, tablet, smartphone or eReader device. Read right in the internet browser or download using the free OverDrive app. At the end of the lending period, titles automatically expire so there are never any late fees. Our digital collection can be accessed anywhere in the world, as long as there is an internet connection.

Visit our digital collection at <https://www.ugdsb.on.ca/ug2go> and make sure your child starts summer vacation off right! Look for the Overdrive button under the Read section of UG2GO.



### **Playing and Having Fun in the Summer Sun**

The summer holidays are almost here and children will have more time to play inside and outside your home.

Play helps children of all ages build social skills, be more creative, and solve problems. Children who play often are happier and healthier.

Children need free time every day to play. It is important for children to choose how they would like to play and what they would like to play with. Younger children may choose to build with blocks, play chasing or tag games, paint, draw, make a puzzle or play with dolls, cars or trucks. Older children might like building a fort, riding a bike, playing ball, building with a construction set, or playing a board game.

Encourage your child to play actively more often than they play video games and watch T.V. Children enjoy playing with water or sand, playing games like hide and seek, or with bean bags, balls, skipping ropes or bikes.

Many children enjoy putting things together and taking things apart. Children also like to play games in which they can pretend such as dress-up, puppets and role playing. What did you like to do when you were a child?

Play is good for adults too. Adults who take time to "play" and relax are less stressed and happier. Have some fun this summer!

For ideas about toys and play at different ages go to:

<http://www.parents.com/baby/development/growth/how-they-play/>

For information on pretend play go to:

<http://www.hanen.org/Helpful-Info/Articles/The-Land-of-Make-Believe.aspx>

For ideas for outdoor play go to:

<http://www.goodhousekeeping.com/family/travel/play-outside-47060105#slide-29>





## Creating Independent (Math) Problem Solvers

I was working in two different classrooms in two very different schools and noticed that the children approached solving problems in math differently. When children were given a problem in one classroom, their hands would immediately go up in the air with cries of, “I don’t get it,” or “I need help,” or “What do I do first?”. In the other classroom, when children were given a math problem, instead of asking for help right away, they would give it a try.

I was curious about the different student approaches to solving a math problem and I wanted to

### **School A**

“My mom calls her mom.”

“My mom calls and sets up a play date.”

“My dad texts her mom to see if we can play.”

“I ask my mom if she can drive me to his house.”

### **School B**

“I go knock on his door and ask if he can play.”

“I call her on the phone and then walk over to her house.”

“Lots of kids meet at the park after school. I go there and play with my friends.”

“I ride my bike to her house. If she’s not home, I go see if someone else can play.”

know how these students solved other problems. So I asked each group of children, “When you want to play with a friend, what do you do?” Here’s what they said:

Which school had children who asked for help with the math problem right away? Which children tried the math problem on their own first?

To be successful in math, children need to be able to solve problems. When children are provided with opportunities to solve their own problems in life, they are more willing to tackle math problems on their own. Think about some of the “problems” children may experience every day:

- Deciding what to wear
- Taking what they need to school for the day (e.g., lunch, homework, shoes)
- Finding friends at recess
- Choosing what do after school
- 

Being hungry and needing a snack

If parents and teachers solve these problems for children, we take away the chance for children to develop problem solving skills and the belief that they can do things on their own. We cannot expect a child who has everything done for them in life to be an independent problem solver in math.

By stepping back and providing children with the opportunity to solve their own little problems, like what to wear or how to get together with a friend, we prepare them for tackling bigger problems lat-

## **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 unscheduled 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.

#### **Canadian Mental Health Association WWD (CMHAWWD):**

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247

(1 844 437 3247)

<http://here247.ca/>

#### **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/>

#### **Family Counselling and Support Services:**

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431.

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

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