



CMES NEWS

June 2017



FROM THE OFFICE...

It is hard to believe the 2016 – 2017 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, we would like to extend our congratulations and best wishes to our Grade 8 graduating class. Thank you for all of your contributions over the years to Credit Meadows Elementary School and best of luck at high school.



We said goodbye to Mrs. Langman and Mrs. Gallagher who both retired this year. After many years of dedicated service to students, the community and their colleagues, we will also say farewell to both Mrs. Davis and Madame Stewart as they will be retiring. Thank you both for everything you have done to help Credit Meadows Elementary School be a great place to learn. We wish you all the best and hope you enjoy where ever life takes you in your retirement years. We are sad to say that Mrs. Hart, Miss Zhang, Ms. Papineau, and Mrs. Kipps will be leaving us as well. Thank you to these wonderful educators for the contributions that they have made to CMES. We are happy to welcome back Mrs. Fraser and Mrs. Hollran-Thompson in September.

Our students, over the course of the year, have made significant contributions to the school and the community through many fundraising initiatives that they participated in. They should also be proud of their participation in our Peer Helper Programs – office helpers, Eco Club, library helpers, classroom helpers, lunchroom buddies, CMES Year Book, and the Peer Mentoring Program. Their efforts made a difference, and are a big reason why Credit Meadows is a great place to be. Thank you to our amazing Cobras!

Thank you to our parent community. The support of your children and to our school, makes a difference. Thank you to our volunteers, who help us in many ways. A special thank you to Ms. Turner, who won an UG-DSB Everyday Hero Award last year, as she will be leaving CMES. Ms. Turner has spent many hours over the years organizing and running food days, parent involvement nights such as our recent Full STEAM AHEAD night, Arts Days, Bike Rodeo, and decorates the gym for Grade 8 Graduation, to name only a few of her volunteer initiatives. On behalf of our school community, Ms. Turner, thank you for all that you have done over the years at CMES!

Our CMES School Council should be 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, money to offset bussing costs, the nutritious snacks bin, CMES Art Days, and support for home reading, to name a few of their contributions. We are extremely fortunate to have a dedicated, caring group of people supporting the school's efforts and working hard on behalf of our students. Thank you.

Finally, we want to say thank you to the staff at Credit Meadows. They are a hard-working group of professionals who strive to create the best learning environment possible. They genuinely care about our students and the school community they serve.

Now that summer is upon us, it is time for a well-deserved rest for all. On behalf of the CMES Team, we want to wish everyone a safe and happy summer holiday and hope that you all return to us with the resolve to make 2017 - 2018 a successful year at Credit Meadows Elementary School!

Sincerely,
Ms. Lagundzija-deFreitas (P) and Mrs. Papavasiliou (VP)

CALENDAR OF EVENTS:

Please check our school website for School Council Food Days: <http://www.ugdsb.ca/creditmeadows/>

Popcorn and cookie sales continue for the month of June on Fridays. \$1.00 for cookies and \$2.00 for popcorn. Thank you for supporting the grade 8 graduation and trip

- June 1** Kindergarten Scientists in the School
- June 2** Grade 3: Guide Dog Presentation
- June 5** Evacuation drill– last drill of the year
- June 5-7** Last School Council Meeting of the year
- June 5-7** Grade 7 Brock Trip
- June 5-8** Book Fair: Library Learning Commons
- June 8** Concert Band Trip to Canada's Wonderland
- June 9** JK Orientation Night 6-7pm
- June 12-14** PD DAY– No School for Students
- June 13** Grade 8 Ottawa Trip
- June 14** Junior Arts Day
- June 15** Grade 4/5: Scientists in the School
- June 16** 1500m Race at ODSS 630pm
- June 19** Grade 6/7 Scientists in the School
- June 21** Intermediate Arts Day
- June 23** Grade 6/7 & 5/6 Hylands Nordic Trip
- June 27** Track & Field County Meet at ODSS
- June 28** Kindergarten Graduation 130pm
- June 29** Grade 8 Grade 645pm: Picture Front Lawn
- September 5** Report Cards Go Home
- September 5** First Day of the 2017/2018 School Year!
- September 5** See you at 830am

June 30 PD Day– No School for Students
June is a busy month, please refer to classroom calendars as well for special events and activities.



Graduation Reminders:

Plans are currently underway for our Grade 8 and Senior Kindergarten graduations. Our Senior Kindergarten graduation will take place during the school day on Friday, June 23rd at 130pm. Grade 8 graduation will take place on the evening of Tuesday, June 27th starting at 645pm with a group picture at the front of the school.



Moving?

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 2017. Thank you.



September Start Up— First Day of School:

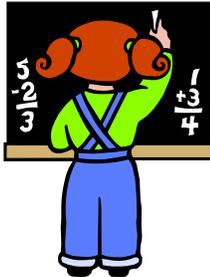


In keeping with privacy legislation and to keep our children safe, the Upper Grand D.S.B. will no longer publicly post class lists or make class lists available to parents. This means that on the first day of school in September students and parents will not have access to posted class lists.

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 5th, 2017), 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 or 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.



LOST and FOUND

Please collect all items from the Lost and Found....



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

Transition Plans for Students with Special Needs



Spring has sprung and it's a great time to be reviewing your child's transition plans. Students who have an Individual Education Plan (IEP) must have a transition plan, whether or not they have been identified as an exceptional student. A transition plan includes goals for ensuring successful transitions, and the actions for meeting those goals. It is required if a student may need support making any transition, which may include entering, during, or leaving school. A plan to support the student must be developed as part of the student's IEP.

Some transition goals may help with changes throughout the day, such as moving from recess to the classroom, while other goals may assist with larger transitions, such as moving from one school to another or changing grades/teachers within the same school setting.

For many students, the supports provided to the whole class are all they need to have a successful transition, which means they may not need an individualized transition plan on their IEP at this time.

When planning for any transition, the student's strengths and needs are considered, as well as their physical, emotional, and learning needs.

Please communicate with your child's teacher if you feel additional transition supports are required on his/her IEP.

Transition Plans for Children At CMES This June

As mentioned previously, CMES is going through an extensive renovation this summer and this will change the way that we have typically conducted August visits for children with special needs.

Staff have identified students who would benefit from having a transition book to refer to over the summer. Students will receive their transition books in late June. It is our hope, that when students feel anxious, they can refer to the book, to ease their anxiety about school over the summer.

Students will also have visits to their new classroom and with their new teachers during the last week in June, so children with special needs can leave CMES with the knowledge of what to expect in September. We want to remind all families that all placements are tentative.



Library Learning Commons News



It's been a busy year in the learning commons, and it's hard to believe that June is already upon us. Our learning commons has become a busy hub during instructional time and at recesses with our Adopt-a Shelf program, Creation Station, and a variety of student-run clubs and activities. This month will be no different, as there will continue to be lots of activity throughout.

From June 5-8 students can look forward to their favourite "Buy One, Get One Free" book fair. This is Scholastic's way of thanking us for hosting book fairs at Credit Meadows. While the learning commons earns little profit this time, students enjoy extra product for their money, and donations are also made to a worthy cause on the school's behalf.

This month I will be taking inventory of our entire collection of books. You can help by scouring your home for books belonging to our library learning commons. It is especially important that all materials are returned no later than June 16 for this reason. As always, the first three classes to return all library books wins freezies!

Please be reminded that students should bring their own set of earbuds or headphones for use with our computers, iPads and Chromebooks. This may be an item to add to your back to school shopping list for next school year.

I'd like to thank our many library helpers for their service this year. From assisting with younger students to helping to keep our space tidy and technology charged and ready to go, it's wonderful to see students taking on increased leadership and ownership for our wonderful space.

Thanks to you too, parents and guardians, for your support throughout the year. I wish you a wonderful summer!

Melissa Roberts
Teacher-Librarian

Class Placements—Next Year's Classes 2017—2018

Staff have begun the task of tentatively placing students for next year's classes. As you can imagine creating class structures is a challenging task. **For this reason we do not accommodate requests for specific teachers or for students to be placed with friends.** Teachers spend a considerable amount of time determining the best possible placement for each student. Teachers have expert knowledge about how your child learns, their learning style and work habits, and what kind of social groupings foster their growth. September reorganization is becoming more and more 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.

The following criteria are considered when making classes:

- ◆ Learning needs of students
- ◆ Balance of boys and girls
- ◆ Learning profiles
- ◆ Peer groupings

Thank you for your support.



Credit Meadows ES Lunchroom Supervisors Needed for Sept. 2017-18

*Are you looking for a way to be involved in your
child's school community?*

*If so, we are in need for part-time, full-time, and
emergency lunchroom supervisors for the upcoming
school year (September 2017-June 2018)*

What does this job entail?

- Supervising students eating snack and lunch
 - Supervising students outside at recess
 - Times needed: 10:10-10:50 & 12:30-1:10
 - Paid position is approximately
\$12/hour + 12% Vacation Pay

*If interested, please contact Vice-Principal, Mrs. PapaV
519-941-7487 ext 224 as soon as possible.
We look forward to hearing from you!*



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

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.

Information obtained from Parent Matters 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>



Monthly Environmental Activities to help celebrate our planet
June 5th is World Environment Day!
It is vital to teach our children to respect and take care of the environment.

Celebrate World Environment Day on June 5th!



A Platform for Action- *World Environment Day is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment and is widely celebrated in over 100 countries.*

This year's theme - *Reconnecting you to nature!*

On 5 June, go outside and show us that you're #WithNature. Breathe in the beauty and remember that by keeping our planet healthy, we keep ourselves healthy too.

This year Canada is the host country! *Every World Environment Day has a different global host country, where the official celebrations take place. This year's slogan is: "I'm with Nature". Canada is issuing passes giving everyone free entry to all its National Parks for the whole of 2017 as part of its 150th Anniversary celebrations. Be sure to visit a park this year!*

<http://worldenvironmentday.global/en/about/what-is-it>

Ideas for your family to celebrate World Environment Day!

Create an event for family, friends and neighbours - *There is no end of ideas that you could take forward for World Environment Day. Surprise yourself! Think about ideas that we can do to help the planet like fixing a problem in your community.*

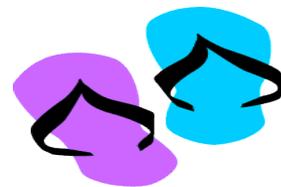
Get out into nature - *World Environment Day is all about appreciating the beautiful planet we inhabit. Why not spend a day in a park, hiking a trail or appreciating a forest on the weekend before World Environment Day.*

Inspire others – *A great idea will naturally attract others who can take a small idea and make it extraordinary. So, with your powers of persuasion, bring on board the people you think can make your idea awesome. Or ask everyone to make their own personal pledge to change one wasteful or harmful habit for the better. Share what you're doing using the hashtag: #WorldEnvironmentDay*

Have fun: *Make your event for World Environment Day fun, inspiring and interesting. For example, Google events happening locally that you can attend, or check out Pinterest for fun, recycled crafts ideas.*

<http://worldenvironmentday.global/en/toolkits#event-kits>

Talking About Mental Health June 2017 – 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.

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.

Make a 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.

Looking for Activities To Do:

<http://www.orangeville.ca/parks-and-recreation>

<http://quelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

<http://wellington-north.com/government/departments/recreation>

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, and 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/>

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

Follow me on twitter: @drlynnwoodford

