

Eramosa Public School

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Newsletter



Katrina Plazek,
Principal

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Sheri MacKenzie,
Office Co-Ordinator

FROM THE PRINCIPAL'S DESK...

On January 25th we welcomed Janet Wilson, author and illustrator, to our school. Janet is a gifted author and illustrator who speaks about being inspired by Gandhi's philosophy of "To reach peace we must begin with children." This inspiration led her to write and illustrate a series of books. In her biographical introduction she wrote, "I learned about Shannen Koostachin from Attawapiskat First Nation who had been nominated for the International Children's Peace Prize for her campaign to get the Canadian government to build a real school in her community. All the Canadian activists I had written about had helped children whose rights were being violated in the developing world. Here was a story about children in my own country who were subject to discrimination and inequality in education. So compelling was the story, I decided to write my first novel, *Shannen and the Dream for a School*, about what became the largest child-rights campaign in Canadian history. I could never have written the book without the help of Shannen's family, friends and all the people who were involved in the campaign who provided information to make the book as accurate and true-to-life as possible. This book was chosen as the First Nation Communities Read top selection for 2012-2013 and is being made into a movie. Another Second Story Press Kid Power book, *Severn and the Day She Silenced the World*, is about Severn Cullis-Suzuki's powerful speech to world leaders in 1992 about their need to protect the Earth for future generations." The presentation was filled with examples of child leadership, inspiration and reflected her view that children have a "deep capacity for kindness and compassion, and a strong sense of hope and optimism." Our children shared their stories of sharing food, time and donations to various organizations. Janet came to "Inspire Hearts and Minds" and she accomplished that.

A special thanks to Mrs. McKnight, Abby, Ada and Sophie for donating their hair to the Wigs for Kids Foundation and to everyone who was able to make a contribution so that a wig can be made. You have made a difference in the life of a child and your generosity has made the world a better place.

Katrina Plazek



SCHOOL CASH ON-LINE – STARTING IN JANUARY 2017

Starting in January 2017, Eramosa School is excited to start using **School Cash Online** for fieldtrip costs and the yearbook payments. School Cash Online is a convenient, secure, on-line parent portal that can be used to pay for school activity fees. Five key benefits of using this portal are: it is convenient (you can make payments in your home 24/7), easy to use (fill a shopping cart and check out), safe (no need to send cash or cheques), secure (the website is protected, encrypted and personal information is not shared with any third party and saves time (take less than 5 minutes to register). Payment can be made with a Credit Card, with an eCheque or by loading cash into myWallet. We hope you enjoy using this electronic payment option.



INCLEMENT WEATHER AND BUSES – IMPORTANT UPDATE

The Transportation Department is no longer sending out messages to parents via phone to notify families when a bus is cancelled due to inclement weather.

This year, families and staff have two ways of knowing if a bus is cancelled, starting at approximately 6:30 in the morning. Eramosa PS is in the blue card division.



#1. Visit www.stwdsts.ca (You can visit the site earlier and subscribe for an email notification.)

#2. Visit the Transportation Twitter feed [@stwdsts](https://twitter.com/stwdsts).

BUS CANCELLATIONS – NOTIFICATION

Please ensure that you register for email notification of bussing information for your child (school closures, bus delays, etc.) at <https://www.findmyschool.ca/Cancellations.aspx> Click on Delays and Cancellations and click subscribe to enter your email.



Our AIZAN voice messaging system will be used to notify families when the Upper Grand District School Board Transportation Consortium makes the decision to cancel buses to Eramosa PS, when possible. If the phone lines, power lines or internet system is down, the system will not function. This is an additional notification. Listening to Magic 106.1, checking the UGDSB website or subscribing to the STWDSTS Twitter site are also great ways to find out about current bussing information.

READY SET GO PRESCHOOL PROGRAM

East Wellington Community Services has successfully delivered a program which paves the way for a smooth transition into Junior Kindergarten. With the co-operation of Eramosa Public School and Ontario Early Years funding, East Wellington Community Services staff will be providing a junior kindergarten readiness program in the school.

Ready Set Go is a small group program consisting of up to 10 children and two staff. The goal is to reduce anxiety that some children may feel when they start school. The staff works on building comprehension, listening skills, following instructions, scissors skills and letter recognition. Registered families will drop-off their child for one hour to participate in activities that directly relate to a new story each week. Each child will receive a package of activities to take home to complete with their parents and return the next week.



Thank you East Wellington Community Services for providing an early support for our up and coming new students!! Our program (if we have enough students) will run on Wednesday mornings from 9-10 am from April 5th – May 24th. To find out more information or register your child call Jane or Susanne at 519-856-2113.

KINDERGARTEN REGISTRATION

If your child is **4** years of age by December 31st, 2017 (s)he is eligible to register for JK (Junior Kindergarten). If your child is **5** years of age by December 31st, 2017 s(he) is eligible to register for SK (Senior Kindergarten). If you have a neighbour with children entering Kindergarten for the first time, would you please pass this information along to them. Please call the Office if you have any questions.



TERM 1 REPORT CARDS

Term 1 Report Cards will be sent home with children in all grades K-6 on Wednesday, February 8th. The report card will tell you how well your child has reached the expected level of achievement in academic areas, as well as learning skills and work habits. Teachers' comments will reflect students' strengths, needs and next steps to improve learning. We encourage you to review the report card and use this information to set specific, achievable goals for Term 2.

If you have any questions or comments about your child's report card or ways we can work together to maximize learning, please let us know and we'll be happy to meet with you.



CSA APPROVED HOCKEY HELMETS FOR ICE SKATING



This is reminder that it will be a mandatory requirement for all people skating (students, staff and volunteers) to wear a CSA approved Hockey Helmet while skating on the ice. We have booked our ice pads. This is a new requirement for many of us. It is the parent's responsibility to ensure the helmet is certified. We hope to have many parents/guardians join us during our School wide skate February 24th and March 3rd, 2017.

SPIRIT DAY- RED, WHITE & PINK DAY

Students and staff are invited to wear red, white and pink on February 14th to get ready for Valentine's Day. Happy Valentine's Day to all!

SCHOOL COUNCIL MEETING

Our February school council meeting will take place on February 7th starting at 7 pm. All parents are welcome to join us!

RECESS REMINDERS

Students at Eramosa are fortunate to have a huge yard to play in at recess times. They are outdoors every day before school, as well as for three recesses during the day. We know that fresh air and regular exercise throughout the day improve learning. These breaks also provide opportunities for children to develop essential social skills of cooperative play and conflict resolution. "Indoor recess" occurs when necessary and only in cases of extreme weather conditions. Children need to have appropriate outdoor clothing at school, including snow pants, boots, and extra socks and mitts in case other pairs get wet during the day. Outdoor clothing should also be labeled with your child's name to reduce the chances of items being lost.



OPP KIDS PROGRAM – OFFICER JENNIFER

Officer Jennifer is teaching the OPP K.I.D.S. Program to our grade 6s at Eramosa.

The OPP K.I.D.S. Program was developed in conjunction with our front-line police officers and several professional educators to ensure that the content meets current student needs.

OPP K.I.D.S. will cover topics such as Youth and the Law, Peer to Peer Relationships, Online and Social Media Awareness, Drug-Alcohol Awareness and Mental Health Awareness. Each topic will be accompanied by DVD's to show how these lessons can be related to children and situations they may face throughout their lives. Thank you Officer Jennifer!

JUNIOR VOLLEYBALL TOURNAMENT AT ERIN PS

The junior volleyball team has been selected and the team is busy practicing in preparation for the volleyball tournament being held at Erin Public School on February 15th. Go Eramosa Eagles!



MABEL'S LABELS

Some Eramosa families have ordered name labels for their childrens' belongings from a company called Mabel's Labels. These peel-and-stick labels are suitable for all clothing, shoes, lunch containers and more. They are very durable, even after going through the dishwasher or washing machine. Our School Council is registered with Mabel's Labels and the school receives a small portion of the cost of every order placed. One parent commented that the cost of her label order was less than the replacement cost of just one piece of clothing that may otherwise have been lost. For more information please go to www.aramosa.mabel.ca.

CONCUSSION OUTSIDE OF SCHOOL HOURS

A concussion is a type of brain injury that changes the way the brain normally works. It can affect a student's performance in both school work and physical activities. Rest is very important after a concussion because it helps the brain heal. While a child has a suspected or diagnosed concussion, full participation in school academic and physical activities can worsen symptoms and make for a longer recovery period.



In the best interest of your child, parents and guardians are requested to contact the principal when a suspected or diagnosed concussion occurs outside of school hours (i.e. during outdoor play, sports, or a car accident). The principal will work with you to develop a plan for an individualized, gradual return to full participation in school activities. For more information, visit www.uqdsb.on.ca/concussions.

CANADIAN TIRE MONEY



Do you have any spare Canadian Tire money lying around that you will not use? We would gratefully receive it at the office to buy some playground balls, etc. Thank you.

DANGEROUS APPS

Parents, If Your Kids Have Any of These 10 Dangerous Apps, It's Time to Hit "Delete"

You may be thinking your kids are downloading apps because they are just a simple way for them to keep in contact with their friends. This is certainly true for most kids, but unfortunately, even innocent use of most of these apps can land a kid in a situation he/she never intended to be in. Here are some apps that are popular among kids and why they are potentially problematic for them:

<http://www.forevermom.com/parents-kids-10-dangerous-apps-time-hit-delete/>

FROM THE PROGRAM DEPARTMENT...

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.*

ENVIRONMENTAL NEWS

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 your cards this year!

Eramosa Public School

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>-Makar Sankranti *Hinduism</p> 			<p>1 -5/6A & 6B Trappers & Traders Trip</p>  <p>-Vasant Panchami *Hinduism</p>	<p>2 -Sweater Day: wear a sweater & save on energy</p>  <p>-Groundhog Day</p> 	<p>3-Wigs for Kids Haircut</p>  <p>-Crazy Hair Day</p>  <p>-Grade 5 Trip Earthkeepers</p>  <p>-Pizza Day</p> 	4
5	<p>6 -Grade 5 Earthkeepers Trip</p>  <p>-Gr. 6 OPP Kids</p> 	<p>7 -Grade 5 Earthkeepers Trip</p>  <p>-Hotdog Day</p>  <p>-EPSAC Mtg. 7pm Library</p>	8	<p>9 -EPSAC Finance/Movie Night 6:15-8:00pm</p> 	<p>10 -Pizza Day</p> 	<p>11 -Lantern Festival/ Magha Puja *Buddhism</p>
12	<p>13 -Gr. 6 OPP Kids</p>  <p>-Random Acts of Kindness Week</p>	<p>14 -Red, White & Pink Day</p> <p>-Pita Day</p>  <p>-Valentine's Day</p> 	<p>15 -Volleyball tournament @ Erin PS 12- 2:40pm</p>  <p>-Report Cards go home today</p> 	<p>16 Jr. Volleyball tournament (snowdate)</p>	<p>17 -Assembly - Pizza Day</p> 	18
19	<p>20 Family Day No School</p> 	<p>21 -Hotdog Day</p> 	22	<p>23 -Rocks & Rings</p> 	<p>24 -5/6A & 6B Curling Trip -School Wide Skating Trip 1:30-2:30 @ CW Sportsplex - Pizza Day -Maha Shivratri *Hinduism</p>  	<p>25 -Intercalary Days 25-28 *Baha'i</p>
26	<p>27 -Gr. 6 OPP Kids</p>  <p>-Clean Monday (J) *Christianity</p>	<p>28 -Pita Day</p>  <p>-Chinese New Year</p>				

*** Save the Date: March 2nd- Live Free Event, March 3rd- School Wide Skating ***