

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...

As part of our character education programming at Eramosa PS, we have invited people from all walks of life to share their life perspective with our students. Our children have met people who have experienced adversity in one form or another, yet through continued optimism, courage and resilience have created lives for themselves that are admirable. At a school council meeting when we were discussing this focus, one of the members recalled growing up with a friend who had some physical differences and that we might want to consider inviting her to our school. After a few emails back and forth we were lucky enough to be able to invite Talli Osborne to our school. Talli will be sharing her life story with the kids and showing us that everyone can lead a wonderful life; that sometimes we just follow different paths. On her website it states, "Talli was born missing both her arms and some bones in her legs, but she was raised with the belief that she could do anything she set her mind to and this determined attitude is exactly how she lives her life." We are so pleased to welcome her to our school on the afternoon of March 24th. We look forward to her inspirational message about celebrating one's uniqueness and how our differences make the world a beautiful place. This will be one of those days hopefully that all of us will never forget.

Katrina Plazek & Staff

VOLLEYBALL TOURNEY

On Wednesday, February 15th, the Junior Volleyball team traveled to Erin PS to participate in a competitive tournament. The other participating schools were Harris Mills PS, Erin PS, Brisbane PS and Ross R MacKay PS. The co-ed Eramosa team was made up of 14 students from grades 4, 5, and 6. They played five 20 minute games with six players on the court at a time. Eramosa won every single one of their 5 games by a margin of approximately 15 points, which allowed them to win first place in the tournament. Most importantly, however, was the fact that they had fun and displayed both sportsmanship and humility during the entire tournament. Well done team! (Mrs. Demysh)



GRADE 6 PARENTS – KEEP THE DATE – GRADE 6 GRADUATION CEREMONY

The grade 6 graduation will take place at Eramosa Public School on Monday, June 26th from 6:00 – 7:30 pm. Save the date! More info to follow.



MEDIC ALERT – FREE BRACELET FOR CHILDREN BETWEEN 4 YEARS – 14 YEARS



If your child lives with a medical condition such as anaphalaxis, asthma, uses an inhaler or takes medication, the MedicAlert Foundation is helping to safeguard your child's health by providing a medic alert bracelet free of charge to children between the ages of 4-14. If your child does not already have a bracelet and you would like more information, please contact the school office.

LIVE FREE

On Friday, March 3rd, the students are going to “Live Free” of something small for the morning and make a toonie donation to the Live Free campaign to help support nutrition programs at schools in our board. Students are reminded that their live free idea has to be approved by their parents and their teacher. Please help support hungry children in our community if you can. (Some ideas include living free of TV for the day, snacks, screen time, talking, dessert etc.)

FEEDBACK WELCOME ON UGDSB 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 16, 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.

SUPERVISION

Please remember that adult supervision does not begin until students unload from the buses at 8:25 am and that students should not be dropped off at school before that time.

EPSAC SPIRIT DAY

The student reps for the school council have declared that March 10th will be “Farmer Day” in support of our wonderful farming community! Show your spirit!!

SKATING



On Friday, February 24th, the entire student body went skating at the Centre Wellington Community Sportsplex and a great time was had by all. Thank you to the many parents and grandparents who came to help supervise, do up skates and put mitts on. We couldn't do it without you! We are looking forward to our next skating date on March 3rd, in the afternoon. Hope to see everyone again with a pair of mitts and a CSA approved hockey helmet.

EPSAC NEWS

Save the Date for EPSAC's Annual Family Games Night!

Thursday, April 27th, 2017 in the Gym

6:00 – 8:00 pm

This evening is free! Juice and the very popular popcorn (made by Mrs. Davis-Rayner) will be provided. There will also be awesome door prizes! This is a great way to spend some quality time with your family while discovering new games & new friends. Look for an invitation coming home in your child(ren)'s agenda after the March break.

Hope to see you there!



DAYLIGHT SAVING TIME BEGINS!

Sunday, March 12th – Turn your clock ahead 1 hour at 2:00 am. Don't forget to change the batteries in your smoke detectors as well!



FOREST OF READING



The Forest of Reading program is in full swing here at Eramosa PS. Primary students are enjoying the Blue Spruce books as part of their library time. Silver Birch is a voluntary program for students in grades 3-6. These students choose 5 stories to read from one of the following categories: Silver Birch Fiction or Silver Birch Express. Thank-you to all the parents, students and staff members that make this program a success!

WINTER CARNIVAL

Children will participate in outdoor winter activities from 1:00 pm - 3:15 pm on Friday, March 10th (weather permitting). Please ensure children are dressed appropriately for the weather. For example: warm coat, snow pants, boots, hat, an extra pair of dry mittens, a double layer of socks etc. If we decide the weather is not appropriate to run an outdoor carnival, a modified indoor event will be held.

Mrs. Shaw



PARKING LOT SAFETY



Our parking lot is a busy traffic zone before and after school. We have routines in place that depend upon your participation to ensure the safety of all students at these busy times.

If you choose to drive your child(ren), please:

- Park along the west or south side of the parking lot (the edges with the bike rack or dumpster).
- Walk with your child around the perimeter of the lot (not across the middle) to the area in front of the school where bus students leave their backpacks.
- Please *do not* drop off your child of any age in the centre of the parking lot or have them walk unescorted through the lot.
- Please reserve the handicapped spot (to the right of our walkway) for people who require this designated location.
- **When entering and exiting the parking lot, please yield to our school buses. They require a large area for turning and backing into their designated spots. If you are picking up your child after school, please do not park in the centre of the parking lot.**

The best time to drop off your child(ren) in the morning is after 8:40, at which time most of our buses are gone and the lot is more open.

Thank you for your understanding as we work together for the safety of all.

BUS DELAYS, CANCELLATIONS AND INFORMATION-

Parents can access information about specific routes and delays at <http://www.stwdsts.ca>. Parents are able sign up for email alerts regarding bus cancellations or delays.

Please note that bus drivers and school staff are not authorized to approve any temporary or permanent changes to children's bus routes. For the safety of all, any questions or requests of this nature need to be directed to Wellington-Dufferin Student Transportation Services at 519-824-4119.

SCHOOL BUSES ON THE ROAD

Whether on a city street, highway or county road and regardless of the speed limit and the number of lanes, **motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing.** A flashing stop arm will swing out while passengers are boarding or leaving the bus. (The only exception is on highways separated by a median, in which case traffic coming from the opposite direction is not required to stop). Once all passengers have boarded, the STOP arm will fold away. Do not start moving until the red lights have stopped flashing and the bus begins to move.

The penalty for not stopping is significant:

First offence: \$400 to \$2,000 and six demerit points.

Each subsequent offence: \$1,000 to \$4,000, six demerit points and possible jail time up to six months.

Thank you for keeping student safety as your first priority when you see a school bus on the road.



CHILD ABUSE PREVENTION POLICY AND PROGRAMS

The Upper Grand District School Board places a high priority on the safety of our students. The Child Abuse Prevention Policy is evidence of our commitment to this priority. The following is a quote from this policy:

“Every citizen in the community shares a responsibility for our children. School officials and teachers share this collective community responsibility for creating safe and nurturing environments for children. Under the Child and Family Services Act, this responsibility includes the legal requirement to report to the local Children’s Aid Society any suspected child abuse or other situations where a child may be in need of protection. Teachers and other Board employees have a special opportunity to know and understand children during their most influential years of development. They are in a unique position to be able to see early signs of maltreatment, and to know or hear about the abuse and neglect that is often suffered by children.”

As required in the Policy, we will be teaching age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

During the month of June students in grades one and three participate in lessons from the Red Cross C.A.R.E kit and grade five students will be taught the “Kids in the Know” Child Abuse Prevention program by their classroom teachers with the support of the Child and Youth Counselor. There is no formal program in grade two, four and six, although the safety concepts are reviewed by classroom teachers informally.

We encourage you to discuss with your child at home the concepts taught in the Child Abuse Prevention Curriculum.

For more information regarding the Child Abuse Prevention Policy and/or Programs please contact Katrina Plazek, Principal or Rhonda Spindley, Child and Youth Counsellor.

TRANSITION PLANS

While it may feel like it is early in the year to think about moving on to the next school year, plans are underway to ensure that students have a successful transition in September. For students that are changing schools, visits may have already begun. Specific transition plans are often particularly important for students with an Individual Education Plan and therefore are a required component of any IEP. For many students, the support provided to the whole class is all they need to have a successful

transition; however other students may need more specific goals and support to help them deal with a variety of changes throughout the day.

Common transitions that can be addressed on a transition plan include:

- entry to school
- move to a new school or new grade/teacher
- transition to post-secondary: workplace, apprenticeship, college, university, community etc.
- in school transitions could include: starting/stopping activities, leaving the classroom, going to recess/gym, going on field trips

As a parent, you can play an important role in transition planning for your child by:

- working together with school staff to discuss the transition goals
- providing visits to the new school
- talking about the transition in a positive way
- looking at pictures of the new teachers and school building
- reading social stories to give your child the reassurance they need

Preparation is crucial for transitions to be successful and a team approach between home and school is key.

TALKING ABOUT MENTAL HEALTH – MARCH 2017

Kids Do Well If They Can - Collaborative Proactive Solutions

In our schools we use a positive supportive approach with all our students. One such approach that we follow in our schools is Collaborative Proactive Solutions (CPS). This is a very effective way to help children and youth who are struggling by working with them on building skills and resources.

Dr. Ross Greene, who developed Collaborative Proactive Solutions, believes that **Kids Do Well If They Can**. If they are not doing well it is because they're lacking the skills not to be challenging. If they had the skills, they wouldn't be challenging. Dr. Greene also stresses that **Doing well is always preferable to not doing well** (*if a kid has the skills to do well in the first place*).

When children and youth are faced with challenges that are too much for their skills and resources, they often engage in challenging behaviour because they do not have the skills to engage in positive behaviour.

Challenging behavior in children and youth is best understood as the result of lagging skills (in the terms of flexibility/adaptability, frustration tolerance, and problem solving) rather than as the result of lack of motivation on the child/youth's part. And second, the best way to reduce challenging behaviour is by working together with the child/youth – collaborating – to solve the problems setting them in motion in the first place.

Dr. Greene's Collaborative Proactive Solutions is a very successful approach for children and youth presenting with a variety of challenging behaviours, which is why we use this approach in our schools.

Dr. Greene also has many tips for parents, so they can use Collaborative Proactive Solutions at home. If you are interested in learning more, please see his website:

<http://www.livesinthebalance.org/parents-families>

Information for this article has been taken from Dr. Ross Greene's website.

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

Follow me on twitter: @drlynnwoodford

PARENT FEEDBACK ON SECONDARY FRENCH LANGUAGE INSTRUCTION

Parents invited to share feedback on secondary French language instruction

Do you have a child enrolled in high school? Parents/guardians with children in a UGDSB secondary school are asked to complete a short, confidential survey on French language instruction at the high school level, in both Core French and French Immersion. For more information and to complete the survey, please visit www.surveymonkey.com/r/secondaryFSLsurvey.

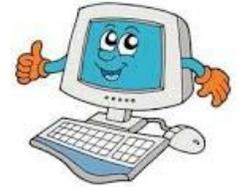
DIGITAL SATURDAY RETURNS THIS MARCH!

All parents in the UGDSB are invited to attend Digital Saturday, which will be hosted at JD Hogarth PS in Fergus.

See a variety of technology used in the UGDSB. Meet with Special Education staff to learn more about how they support all students. Discover the rich online digital resources available to your children from home and at school.

Presentations include: devices in our schools, Homework Help, Cospaces and Ozobot, Google Apps for Education, UG2GO, Coding in the Classroom, MIT App Inventor, Grandpals, Virtual Reality, SEA, and My Blueprint.

Digital Saturday is on March 25th from 9 to 11:30 a.m.



VISION HEALTH

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams is available free of charge for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are a number of accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies. You can also discuss with the classroom teacher or SERT the possibility of making a referral to one of the Vision Itinerant Teachers who provide support to your school.

YOUR CHILD'S HEARING IS IMPORTANT!

Seventy-five percent of a child's day is spent listening; listening to complex language, directions and instructions which need to be comprehended. Being able to hear peers is important for developing social skills and friendships. That is why it is important that any hearing difficulty be discovered as soon as possible because even mild hearing loss can put a child at risk for academic and communication difficulties. **Audiologists** are experts who assess hearing sensitivity and functioning that provides a window into the language/listening parts of the brain. Since listening is a critical learning skill, test results can be helpful in planning a program of intervention. Students who wear hearing aids, cochlear implants, or use personal FM systems should routinely visit an Audiologist to have their equipment checked. If you suspect your child has difficulty with hearing or attention it is recommended that you have your child tested by an **Audiologist**. To find an Audiologist in your community, visit the website of the College of Audiologists and Speech Language Pathologists of Ontario (www.CASLPO.com) and click on "Find an Audiologist" and search for Private Practice.



At UGDSB you can call 519-941-6191 ext. 231 for information.

MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

March 25th is Earth Hour!

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



Join the global Movement! Celebrate Earth Hour on March 25th at 8:30pm.

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

"Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide."

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd."

Click [here](#) to see a short video clip of Earth Hour's story around the world and click [here](#) for highlights of 2015

Ideas for your family to do for Earth Hour!

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 25th from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*

The possibilities are endless!

Quotes and information taken from: <https://www.earthhour.org/>

Eramosa Public School

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 -Ash Wednesday <small>*Christianity</small> -Bahá'í Fast (1-19) <small>*Bahá'í</small>	2	3 -Live Free Event  -School Wide Skating 1:30-2:30pm  -Pizza Day 	4
5 -Orthodox Sunday <small>*Christianity</small>	6 -Gr 6 OPP Kids 	7 -Grand River Métis Council Presentation Grades 5 & 6  -Hotdog Day 	8 -Kindy Vision Screening 	9 -Green Legacy "Seeds in the Classroom" for Primary classes 	10 -Curling Gr 5&6  -Spirit Day "Farmer Day"  -Winter Carnival  -Pizza Day 	11
12 -Daylight Savings Time  -Purim <small>*Judaism</small> -Sakyamuni Buddha's Nirvana Day/Magha Puja <small>*Buddhism</small> -Holi <small>*Hinduism</small>	13 -Hola Mohalla <small>*Sikhism</small>	14 -Sikh New Year <small>*Sikhism</small>	15	16 Avalokitesvara Bodhisattva's Bday <small>*Buddhism</small>	17 -St. Patrick's Day <small>*Christianity</small> 	18
						
19 -St. Joseph's Day <small>*Christianity</small>	20 -Gr 6 OPP Kids  -Naw Ruz (New Year) <small>*Bahá'í</small>	21 -Pita Day 	22 -Visit from the Humane Society 	23	24 -Assembly 9am -Earth Hour  -Talli Osborne - Motivational Speaker -Pizza Day 	25 Digital Saturday @ JD Hogarth 9-11:30 am 
26	27 - Floor Hockey Tournament @ Erin PS  -Gr 6 OPP Kids 	28- Raindate Floor Hockey -Gr 3 & 4 River Run Trip  -Hotdog Day  -New Year/ Vasant Navratri begins <small>*Hinduism</small>	29	30	31 -Pizza Day 	
						

*** Save the Date: Spirit Day- Jersey Day April 5th***