

# GATOR NEWS

Chris Popofski, Principal | Linda Ellis, Office Coordinator

## Balanced School Day

**Start of Day - 8:35**  
**8:35-10:15 Instructional Time**  
10:15-10:35 Nutrition Break  
10:35-11:00 Outdoor Recess  
**11:00-12:40 Instructional Time**  
12:40-1:00 Nutrition Break  
1:00-1:25 Outdoor Recess  
**1:25-3:05 Instructional Time**  
**End of Day - 3:05**

## Safe Arrival

During the school day your child's safety is of the utmost importance to us. Please remember to contact the school before 8:30 a.m. If your child is going to be late or absent in the morning and before 1:30 p.m. in the afternoon. If your child is arriving late to school, he/she must sign in at the office. For your convenience we have an answering machine which allows you to contact the school at any time during the night, over the weekend and early in the morning. The number is **519-824-4300**. When you leave a message please be sure to note your child's full name, homeroom teacher and the reason for absence.



## Principal's Message:

It is hard to believe that Spring is hopefully right around the corner! It has been a very busy month at Gateway Drive. We have had many guest speakers, Scientist In The Classrooms, River Run trips, and more. The students continue to work hard in their classes, both independently and collaboratively with their peers. We are continuing to focus on teaching math through problem solving school-wide. This provides our students with the chance to solve real-life problems linked to the math curriculum.

Finally, a reminder that March Break starts on Monday, March 13th to Friday, March 17th this year. We hope you enjoy this special week and that you have the opportunity to spend extra time together as a family!



Thanks

Chris Popofski

## School Council News:

### Family Movie Night :

- It was a huge success with a great turnout of families and friends.

### Save the Date - Bottle Drive May 13:

Next meeting is **Wednesday April 19, 2017** at **6:30pm** in the school library. We would love to see you there!

Don't forget to follow us on Facebook:

Gateway Drive Public School Council



### Intermediate Basketball:

Mrs. Muller and Mrs. Humphries-Abey couldn't be prouder of the way the intermediates represented Gateway at the City Basketball Tourney held at Centennial CVI. They all should be very pleased with their performance.....Thanks for a great season.



### Primary Winter Carnival:

On Friday, February 17<sup>th</sup>, Primary students from JK to Grade 3 participated in our Winter Carnival. Under a blue sky and a bright sun, 12 teams, led by Grade 4's, travelled to 6 stations of Sledding, Dogsled Races, Penguin Relay, Hockey, Snow Art, and the popular Hot Chocolate and Cookie station. Many parents came out to support their child and to join in the fun! Finishing just before lunch, every student returned to their classrooms happy, tired out and smiling!

## Live Free:

Could you give up something for one day and donate a toonie or the value of that item to our student nutrition program? Live without your coffee or dining out for a week or live without chocolate? Whatever you choose, you will be helping kids "Live Free" from hunger and directly supporting Gateway's Nutrition Program. For some students, the snack/breakfast program is their only food of the day. For others, it is an extra pick me up that they need to get through the rest of their day. Please remember to send in a donation for what you are giving up on Friday March 3rd.



## Gator "AID":

Gator "AID" is an online reporting tool that encourages your child to problem solve when issues arise in class or on the yard at school. This tool gives your child time to think about the issue and reflect upon their actions or next steps. All emails go directly to Mr. Popofski.



## Follow us on Twitter:

@GatewayDrivePS



## Join the global Movement! Celebrate Earth Hour on March 25<sup>th</sup> 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 25<sup>th</sup> 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/>

## 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](http://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.

### 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.



### Fundraising for Playground Projects

Now that the snow has melted, it is time to take stock of the conditions of the school playground. If your playground is in need of repairs or replacement, the Upper Grand Learning Foundation (UGLF) can help with your fundraising efforts by providing tax receipts for donations of \$20 or more to your **School Fund**. If your school community has been fundraising and saving for some time for a new playground, the Upper Grand Learning Foundation **Free to Achieve Fund** may be able to help top up these funds to allow your school to start building as soon as possible! For more information

visit the [UGLF website](http://www.uppergrandlearningfoundation.ca) at [www.uppergrandlearningfoundation.ca](http://www.uppergrandlearningfoundation.ca)\*Newsletters from now on will be online. If you require a hard copy they will be found in the office. You can also register on our website to get it emailed to you. A school calendar has also been added to our website to keep you up to date.



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What's Happening In.....



(519) 824-6340

pgng96@gmail.com

## Get Moving Monday's

Active Games Program

Monday's  
6:30pm-8:00pm  
Taylor Evans P.S.  
Gymnasium  
Grades 1-5  
Registration Required

## Coffee Hour

Drop In

Wednesday's

9:30am-11:00am

West End Community Centre  
Hastings Community Room

## PARKWOOD

## DETECTIVE AGENCY

### MARCH BREAK CAMP

March 13<sup>th</sup>-March 17<sup>th</sup>  
8:30am-4:30pm  
\$25/day or \$95/week  
Registration Required

## Brain Fit

Educational & Homework Program

Thursday's

3:30pm-5:00pm

West End Community Centre  
Hastings Community Room  
Grades 1-6  
Registration Required

## MAKE. TAKE. DONATE.

Join our crafting party and learn how to make DIY Chalkboard Designs!

March 22<sup>nd</sup> at 7pm

West End Community Centre - Hastings Community Room

\$30.00 for the evening with a portion of your fee going to support PGNG

Call to register by March 13<sup>th</sup>

### Brought to you by Lunchbox Orders

Healthy school meals are just one click away.

Place your lunch order at [www.lunchboxorders.com](http://www.lunchboxorders.com)



## Nutrition Month 2017 - Take the Fight out of Food!

Amy Skeoch MHSc, RD

March is Nutrition Month, and Dietitians of Canada have a ton of great resources for you to **“Take the fight out of food!”**. Eating well can be a challenge, but it doesn’t have to be!

Currently over 3000 Canadians have taken the pledge to **“Take the Fight out of Food”**. To take the pledge visit [www.nutritionmonth2017.ca](http://www.nutritionmonth2017.ca) and share your pledge to others via social media.

This year’s campaign focuses on three action steps Canadians can take to make the better food choice an easier choice.

- ✓ Spot the problem. Define what’s causing your fight with food first.
- ✓ Get the facts. Use facts from credible sources to decide what needs to be done to solve the problem.
- ✓ Seek support. Put the plan into action with support from a dietitian, family and friends.

### The TOP 5 nutrition related “fights” or challenges most Canadians encounter are:

**FOOD FADS:** Ugh! How do I know which nutrition information to trust?

**DIGESTIVE WOES:** Eek! What’s causing all this gas?

**PICKY EATING:** Grr! Why is family mealtime such mayhem?

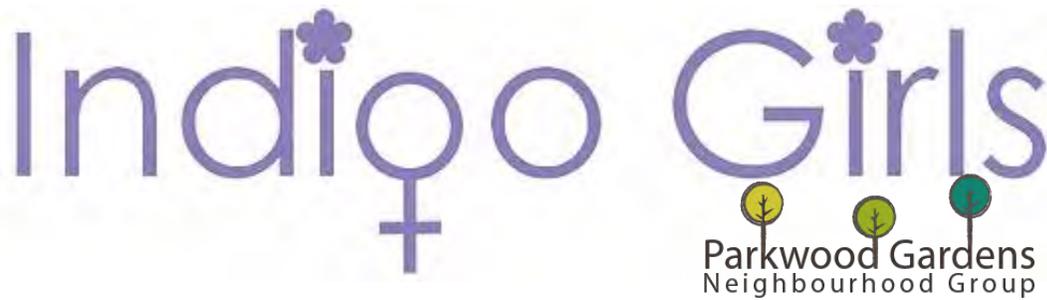
**EATING AND STRESS:** Help! Why do I always turn to food when I’m stressed?

**MANAGING A CONDITION:** Sigh! How can I manage my diabetes?

Do any of these sound familiar? If so, learn how to take the **“fight”** out of the above challenges by checking out the informative [Nutrition Month Factsheets](#) and learn the 3 action steps that can be taken for each.

Want to learn more or help spread the eating-well message at your workplace, school or community? Access free ambassador toolkit available (free posters, fact sheets, videos and tips) at Dietitians of Canada <http://www.dietitians.ca>.

Happy Nutrition Month Everyone!



*"A program for inspiring young female leaders of today"*

## OUR MISSION

To educate and discuss issues surrounding girl's in society today both locally and globally. We offer a safe, non-judgmental, and supportive space to learn and engage together.

## WHO ARE WE?



**Indigo Girls** is an organization run **by** young women **for** young women.

Our focuses are on youth engagement, discussion based learning, independent growth/development, self-esteem, mental and physical wellness, and self-awareness.

## WHERE WE ARE GOING:

Gateway Drive Public School – LET'S GET INDIGO!

Interested in taking advantage of the Indigo Girls Club being run right here at your school? Come on out! We run weekly sessions on lots of different topics in a safe and friendly environment. We bring in local leaders and our program is run by University of Guelph students!

INDIGO GIRLS PARKWOOD GARDENS RUNS EVERY THURSDAY FROM 3:30- 5:30 PM – WE HOPE TO SEE YOU THERE!

## IF INTERESTED PLEASE CONTACT US:

Facebook: [www.facebook.com/indigogirlsguelph](https://www.facebook.com/indigogirlsguelph)

Website: [INDIGOGIRLSGROUP.WIXSITE.COM/INDIGOGIRLS](https://INDIGOGIRLSGROUP.WIXSITE.COM/INDIGOGIRLS)

Email: [indigogirls.guelph@gmail.com](mailto:indigogirls.guelph@gmail.com)