

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:

"Look, I can see and smell the black top, Mr. Popofski!" called a grade one student this morning. It's the first sign of spring we have seen and what a welcome one at that! I am certain that many of you will join me in welcoming the rain boots, umbrellas, and occasional muddy pant legs that signal a return to warmer weather. As we move into the final months of the year, there are several things to note around our community school.

A reminder that April 28th is a PD day and there will be no school for students that day. Staff will be engaged in a variety of workshops focusing on school improvement and student achievement.



Thanks

Chris Popofski

School Council News:

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



Dodgeball Tourney:

Mr. McCoy couldn't be prouder of the way the team represented Gateway at the City Dodgeball Tourney held at GCVI. It was an action packed day and it was great to play in front so many fans.



Moving?????:

If you will be moving out of our school area over the summer, please let the school know. Please call the school as soon as possible. Similarly, if you have new neighbours moving in, please direct them to the school before the end of June to register for September.



EQAO:

Every year grade three and six students write EQAO. The EQAO dates are May 22nd to June 3rd. The specific dates for grade 3 and 6 will be in the May newsletter. More information will be coming home in the future for parents of children in these grades. If you are interested in helping scribe for students during the testing, please contact the office.



Wet Weather:

We are happy to see that Spring is finally officially coming, however, that means our yard will be extremely wet for some time. Students should remember to dress appropriately, including boots and splash pants. It is also a good idea for students to carry extra clothing (socks, pants, underclothes, T-shirt) in a ziplock bag in their back pack in case of puddle/mud accidents.



Volunteer Appreciation Event:

A Volunteer Appreciation Event will take place on Thursday April 27. Invitations are being sent out as we speak and we hope to see you there.

Follow us on Twitter:

@GatewayDrivePS



Celebrate Earth Day on April 22nd!

“Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation.”

<https://earthday.ca/about/>

Why is it so important to connect kids with nature?

Kids who don't get outside, who aren't stimulated by their environment, won't grow up with the motivation to protect our planet. Kids who don't connect to their inner nature through creative play won't be as resilient as generations before them.”

<https://earthday.ca/ed2017/everyone/>



Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day's EarthPlay** <https://earthday.ca/ed2017/schools/> . You can download an activity tool kit and enjoy the many suggestions to promote outdoor activities and learning for kids.
- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life,
- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

French as a Second Language:

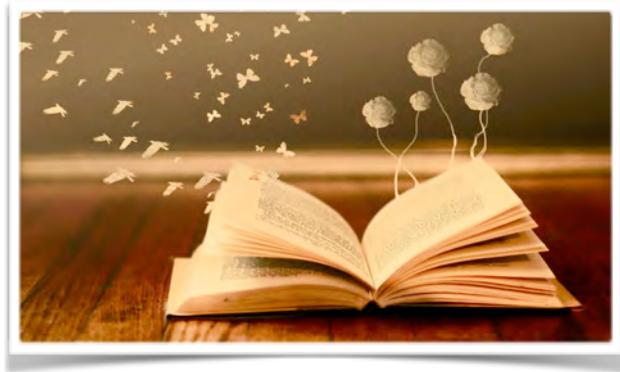
“Today a reader, tomorrow a leader” - Margaret Fuller.

In education, we strive to teach our students how to be critical readers so that they can flourish in their future endeavours whether in English or in French. Reading skills in French are not unlike reading skills in your first language, however, reading in French does require attention to a different sound system, different vocabulary and at times an understanding of contexts or cultures that may be different than those in another language.

How can parents support student reading at home when they don't speak French?

One way to do this is to read with your child in their first language. Research shows that reading behaviours and skills are transferable across languages. For example, understanding how to retell a story in English using the beginning, middle, and end structure is a skill that is transferable to French.

Opportunities for shared reading will support motivation and skills in reading no matter the language. Asking your child to predict what the text will be about or what will happen next, to visualise what is happening as you read and to use picture clues to better understand the text are all activities that will positively impact reading.



Another way to support and motivate your child is to encourage them to read to you in French and then ask them to summarize or retell what they have read. This shows them that you are interested in and value their reading experience in French and may even teach you some new French vocabulary along the way.

Simply having a conversation with your child about what they are reading in French and asking questions is an additional way to show your interest and support.

What happens when students are not moving forward in their reading or parents have concerns about student progress?

Research shows that interventions can be effectively delivered in the student's first language as well as in French at a time when the gap between strong and weak readers is still relatively small. Early intervention is key. Discussing your concerns as soon as they arise by speaking with your child's teacher and then examining appropriate courses of action and supports as a team are important first steps.

It is important to remember that a student struggling in reading does not mean that the student is not a good fit for learning French. French as a second language programs are for all students. Promoting this belief helps to create a supportive environment where students feel more confident and can be successful.

Further Reading:

1. What Works? Research into Practice. "Supporting Early Language and Literacy. Dr. Janette Pelletier OISE, University of Toronto. The Literacy and Numeracy Secretariat.

2. What Works? Research into Practice. “ Early Identification and Intervention for At-Risk Readers in French Immersion. Nancy Wise and Dr. Xi Chen. OISE, University of Toronto. The Literacy and Numeracy Secretariat.

Talking about Mental Health - May 1-5 is Child and Youth Mental Health and Well-being Week!

Child and Youth Mental Health and Well-being Week is in the first week of May. It is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections

Understanding Emotions

Personal Health

Empowerment

Resilience



Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

Monday May 1 -Social Connection - “Be the Reason Someone Smiles Today”.

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 2 – Understanding Emotions – “Understanding Emotions Creates Positive Actions”

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 3 – Personal Health - “Move, Sleep, Eat, Repeat. Keep yourself healthy every day”.

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 4 – **Empowerment** - “Change Your Thoughts, Change Your World”.

You are encouraged to look for ways to make a difference in your school and community. Start small, you never know where it will lead too.



Friday May 5 – **Resilience** - “Every Challenge is a Learning Experience”.

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!

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

Follow me on twitter: @drlynnwoodford

***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.**



What's happening in...



APRIL

The Friendly Bean

Neighbourhood Cafe

Free Coffee & Tea
Wednesday's
10:30am-11:30am
Ecott Place Community
Room
60 Fife Road

ALL Welcome

New Program

Youth Circus Project

Being offered at:

Gateway Drive Public School
&

Taylor Evans Public School

Call or email for more information!

(519) 824-6340 (Office)

(519) 362-4179 (Programs/Camps)

pgng96@gmail.com

Summer Camp Registration

Thursday, April 6th

6:30pm-7:30pm

Taylor Evans Public School

Themes

Week 1: Canada Eh!

Week 2: To Infinity & Beyond

Week 3: Time Travelers

Week 4: Zookeepers

Week 5: Disney Magic

Week 6: Adventureland

Camp Phone: (519) 362-4179

Leader-in-Training Program
for Youth Grades 7+

Ask a Lawyer Day

Do you have a question for
a lawyer?

Monday, April 24th

1pm-4pm

West End Community Centre

Hastings Room

No Registration! No Fees!

pgng96@gmail.com

(519) 824-6340

Brought to you by Lunchbox Orders

Healthy school meals are just one click away.
Place your lunch order at www.lunchboxorders.com

The Skinny on Sugar!

Amy Skeoch MHSc, RD



Lately we've been hearing a lot in the media about the sugar. Is it ok to have? How much should we have? Like many nutrition-related topics, it's complicated!

To begin, it's important to know what sugar is. Sugar is a type of carbohydrate, and all forms of sugar break down in our bodies into glucose. It doesn't matter if it's sugar from maple syrup, corn syrup, or apple juice they all turn into glucose. The thing is, our bodies actually need glucose. Glucose is the fuel that our brains use to think, without it we wouldn't be able to function.

However, we can have too much of it. In addition to dental cavities, excess glucose gets stored as fat if we don't burn it off in our daily activities.

The challenge with being aware of how much sugar we consume is that some foods and drinks naturally contain sugar – like fruits (fructose) and milk (lactose), and since food labels only report the “total sugar” it's hard to know what is naturally occurring and what is added.

How much is too much?

The World Health Organization recommends that no more than 10% of our overall daily calories should come from “added or free sugars”. Unlike foods containing naturally occurring sugars, foods that have added sugars tend to have low nutritional value.

Most of us are pretty aware of the typical sugary culprits – pop, candy, cookies and sweets, so rather than getting too wrapped up in numbers, try to choose more natural forms of sugar for snacking like fruits and veggies when possible, and when you do have sweetened items watch the portion size.

Here are some suggested tips to reduce the amount of “added sugars” in your diet:

- ✓ Choose water or milk at mealtimes rather than pop, fruit punches and concentrated juice mixes
- ✓ Munch on whole fruit rather than drinking juices or juice “drinks”
- ✓ Avoid “low fat” versions of food – often the fat is replaced with carbohydrates (sugar)
- ✓ Choose natural yogurts and add fruit to sweeten, rather than fruit-on-the-bottom yogurt
- ✓ Reduce the amount of sauces and condiments you add to food items (they often contain high amount of sugar i.e. Ketchup)
- ✓ Read the ingredient list of the package and avoid foods with “high fructose corn syrup” in the first 5 ingredients
- ✓ Add mashed banana, or applesauce when baking rather table sugar

Sources:

<http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

<http://www.statcan.gc.ca/pub/82-003-x/2011003/article/11540-eng.htm>

<https://www.healthlinkbc.ca/health-topics/ug2162>

<https://www.eatrightontario.ca/en/Articles/Carbohydrate-and-Sugar/Recipe-Makeover-Reducing-Sugar-in-the-Kitchen.aspx>