

École Guelph Lake Public School



David Marquis, Principal

Susan Schaefer, Office Coordinator

595 Watson Parkway North, Guelph ON, N1E 6X2

Tel: (519) 822-9271 Fax: (519) 822-6617

April 2017

Principal's Message

It sure was great to see the children returning from the Break last month. It is hard to believe we are beginning the last third of our school year! Much has already been accomplished this year, and we look forward to more school events over the next three months that will keep our learners engaged in a variety of opportunities. Our grade 3 classes continue to prepare for EQAO, and the buzz of learning can be heard throughout our entire school.

April is the month when we are anxious to see the real signs of spring and consistent warmer temperatures. Having said that, cool temperatures may still prevail and warm clothing is still needed. The last few mornings have been chilly and we even had snow flying again. Please assist us by continuing to dress your child for 20 minute outdoor recesses.

Finally, when travelling along Couling Crescent you might notice a new addition in the front entrance to our school. Students and staff have created designs using pattern blocks that have been applied to real Voyageur style paddles and we have put together a mobile that hangs artistically for all to see. It is especially interesting to see at night when lit up.

Here's to a fabulous month of April!

David Marquis

Come and Celebrate with us!

The Official Opening of

ÉCOLE GUELPH LAKE PUBLIC SCHOOL

and

EDUCATION WEEK

Monday, May 1, 2017 @ 6:30 p.m.

Open House and Refreshments to follow

RSVP by April 21, 2017

Susan Schaefer 519-822-9271 or e-mail

susan.schaefer@ugdsb.on.ca



“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.

Monthly Environmental Activities to help celebrate our planet



April 22nd is Earth Day!

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

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/>



waystogogreenblog.com

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.

Planning a move?

If so, please inform the office of the details. Also, if you know of someone moving into our area, we would appreciate this information so that class organizations for next year can be made accurately.

Tornado Season

The period between April and June is considered to be tornado season. The Board requires each school to develop a tornado emergency procedure. École Guelph Lake's tornado procedures include the following:

- ✓ clearing of students from the gym, front foyer, end doorways and classrooms of students
 - ✓ moving students into hallways and taking cover according to our school safety plan.
- In addition to fire drills, we will also be practising these procedures in early April. If you don't have a tornado plan for your home, you should consider creating one at this time of year.



Life-Threatening Allergies

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials. Anaphylaxis is a medical condition that can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Although this may not affect your child's class directly, we are letting you know so that you are aware that we aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be contacted by the classroom teacher. Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.



Visiting our School?

A reminder that it is very important that visitors **(including parents)** always sign in at the office when coming to our school. If you will be walking through the halls or going out onto the playground, you will be asked to wear a school badge identifying that you have checked in at the office. This is a simple procedure that goes a long way in ensuring that your children are safe here at school. Thank you to all parents who already do this routinely.

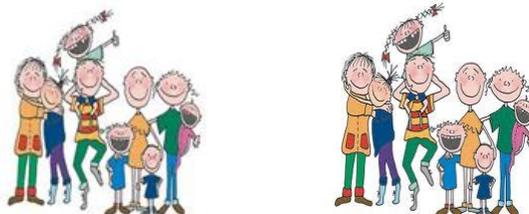
Bicycle Helmets

For the past several years, information has been shared with you related to the importance of children wearing helmets for cycling, in-line skating and skateboarding. You should also be aware of the potential hazard that exists when children wearing bicycle helmets are playing on playground equipment. Helmets can become wedged in small openings and straps entangled in the equipment which may result in strangulation. With warmer weather approaching, we would ask that you join us in reminding your children that they need to wear helmets when riding or skating, but also of the dangers of wearing their helmet while on playground equipment.



School Council

School Council meetings are a great way to become involved in your child's education. Generally, we meet the first Monday of each month. The next meeting will be held on Monday, April 10, 2017 at 6:30 pm in the library



Math Please!

Dear Mom, Dad, Grandma and Grandpa and of course the dog and anyone else living at our house, I heard about these fun math games to play at home. Do you think we could try them out? I think math is really important and I just need some extra practice.

Guess My Number

Goal: Can you guess the number I'm holding?

One player takes two playing cards. The cards can be ordered any way.

Be sure no one else can see the cards!

All other players take turns guessing what the number is by asking math questions.

"Is it even?" "Is it odd?" "Is it greater than 10?" "Is it a factor of 20?" and so on.

The player holding the cards can only answer with a "Yes" or "No", until the actual number is guessed.

Let's Get Loonie

(Materials: 2 dice, coins 8 pennies, 2 nickels, 4 dimes, 6 quarters and 1 loonie.)

Roll the two dice and add the two numbers together.

Take that amount of money from the centre.

(Try to always have the least number of coins in front of you at a time).

Object: to be the first player to get "Looney".

On the Way Home from Soccer or Baseball

How many goals/runs were scored in the game?

How many more goals/runs did we need to get to make 10, 18, and 25?

How many players are on the team? If they each have one sibling how many children would that be? What if half of them had 2 siblings? Now how many children would that be?

It cost \$50.00 to fill up the van with gas. How much would 5 tanks cost? What about 8 tanks?

And for those nights that get rained out, how about some old favourites.

Puzzles, Pay Day, Monopoly, Rummoli, Phase 10 or Payday.





“Show What *YOU* know on EQAO” Tips For Your *Child’s* Success!

What is EQAO:

EQAO undertakes research for two main purposes:

- 1) to maintain best-of-class practices and student improvement
- 2) ensure high standards of education quality

Standardized tests provide different information. A standardized test is essentially a snapshot in time using one method of assessment. Teachers assess their students using a broad range of tools. A more holistic and complete picture of a student's performance can be seen from various types of assessment that the teacher does throughout the year. (tvoparents.tvo.org)

TIPS FOR SUCCESS

- ***There is no need to study.*** The EQAO assessment does not count towards a child's marks in grades 3 and 6, so there is no need to increase anxiety by cramming. If you are curious about the questions your child will be asked, check out the [EQAO site](#) and run through [some practice tests](#) yourself so you have some understanding of the structure of the assessment and can better reassure your child.
- ***Remember this is practice.*** Let your child know that this is a way to show off what he or she knows and to practice test-writing skills so your child can be prepared for tests in later grades.
- ***Be supportive.*** It is normal and natural to get nervous and this is a big deal for your child. Do not downplay fears or dismiss them as silly. Instead, encourage your child to talk about these fears
- ***Talk to the Teacher.*** If your child is experiencing severe anxiety, there are things the teacher or school can do to help.
- ***Set the alarm.*** The best thing you can do for your child the day of the assessments is to make sure your child is well rested, fed and gets to school on time.
- ***Read more.*** For more on EQAO assessments and what they mean for your child, check out our [Parent's Guide to EQAO Assessments](#).
- ***Understand the Test.*** Don't use your child's EQAO test scores to measure overall achievement. You're better off relying on regular contact with the teacher who can show you your child's portfolio, which is being updated all year long. You'll have a more clear and accurate picture of your child's progress.

EQAO resources

<http://tvoparents.tvo.org/article/understanding-standardized-testing>

www.eqao.com

Important Information from Wellington-Dufferin-Guelph Public Health:Your Child's Immunization During a Disease Outbreak

For school attendance, parents are required by law to provide proof of their child's immunization to Public Health. To find out what vaccines are required and if your child's immunizations records are up-to-date, please call 1-800-265-7293 ext. 4396. You can also book an appointment for your child's immunization at any Wellington-Dufferin-Guelph Public Health Location. If you've chosen not to immunize your child, you must have a notarized statement of medical exemption or a statement of conscious or religious belief on file with Public Health. Please contact Public Health at 10800-265-7293 ext. 4396 to arrange for your child's exemption to be on file if you have not already done so. If the Medical Officer of Health declares an outbreak of a disease in your child's school and his/her immunization record is not up-to-date with Public Health, or you have an exemption on file, your child will not be allowed to attend school for the entire duration of the outbreak.

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