

JD Hogarth P.S. February 2017 Newsletter



Principal's Message:

On January 18 and 19, JD Hogarth Public School students and staff participated in Jump2Math. The staff and students would like to thank our School Council for organizing this fun-filled learning experience. As well, our School Council organized an evening session for parents to attend with their child to experience some fun, active math learning activities. Jump2Math is a kinesthetic approach to teaching and learning math concepts. It incorporates physical activity and cooperation using a variety of visually pleasing mats. Thank you to the many parents who attended the evening to support their child's math learning. Finally and most importantly, thank you to our amazing grade 8 leaders. Our grade 8 students were involved in supporting the program as facilitators.



Once again we have been faced with some unpredictable weather as we experience snow, wind, rain and sleet, combined with up and down temperatures. As a result of the ever-changing weather patterns, we have experienced some challenges on our playground. With the ice build up on the yard, it has forced us to have numerous tarmac recesses. We are certainly looking forward to more snow so we can access more of the playground and engage in additional winter activities while at school. We ask parents to please encourage and support their child(ren) to dress appropriately for the weather. Students need to be prepared to go outside at recess times; therefore, it is necessary that students come to school with warm clothes such as a hat, mitts, coat, snow pants, boots, and even extra clothes as some students do get wet and muddy from time to time. The students are excited to get outside to play and build in the snow when we can access our field; however, they must be dressed appropriately to remain warm and safe. With the rain we have experienced this winter, the playground conditions can be very slippery. Therefore, we remind students to stay off the ice and the snow hills, and to engage in safe play.

As term one has concluded, first term report cards will be sent home on February 16th. Please take time with your child to celebrate the areas of success and discuss a plan to support him/her with working toward next steps for improvement. If you would like to discuss your child's report card with the teacher, please check the appropriate box on page four.

We would like to welcome some new staff members to JD Hogarth. Ms. Legault has been hired to replace Mrs. Mason and is teaching class 3D, Mme Tulloch started this week in F3/4C while Mr. Matheson is away, and we would like to congratulate Mlle Zarrabi-Yan who has obtained permanent employment with the board and will continue to teach class F7B until the end of the year.

Ms. Barrow

Lunch Orders:

Milk, pizza & sub orders for March & April are available to order online until February 21, 2017.

Elmira Poultry Grade 8 Trip Fundraiser:

The grade 8 students will be fundraising this year through sales of Elmira Poultry for their upcoming year end trip to Toronto. Students in grade 8 will receive information from their homeroom teachers as far as how and when sales are happening. Parents, please look for this information during the first few days of February. If you would like to help a grade 8 student fundraise for their trip, please contact them directly. If you do not know a grade 8 student, but would like to purchase frozen chicken products, please contact Mrs. Winch at extension 265 or Mrs. Smylie at extension 262.



Students will be selling from February 6-28. The pick-up date for orders will not be determined until all orders and money have been received, however, this date will be after the March Break. If you have any questions please contact the school.

Thank you,
M. Winch and L. Smylie

Help Keep our Students Safe:

As you are aware, JD Hogarth can get very congested with vehicles during morning drop-off and afternoon pick-up. You can help to keep students safe by:

- walking your child to and from school
- arranging drop off and pick up at a nearby location
- driving slowly and giving pedestrians the right of way at all times
- observing the traffic rules and only parking in designated parking spaces
- always following the direction of the staff supervisor
- being patient

Thank you to all parents and community members for following traffic procedures at JD Hogarth.

Tips for Dressing for Winter Walking:

- Keep hands and head covered to prevent heat loss
- On really cold days wear a scarf over your face and mouth
- Wear warm, waterproof boots
- Wear a warm coat that deflects the wind
- Woolen clothing helps to retain the heat
- Wear clothing or carry knapsacks with reflective material - it's important to be seen

If possible, change wet clothes at school - tuck an extra pair of socks and mitts into knapsacks. Below -25°C is considered too cold for walking so move your walk indoors or select another day for outdoor activities or walking to school.



Gymnastics:

It's a very exciting time of year again here at JD Hogarth in the gym. All of Mrs. Rupnow's primary classes will be joining in gymnastics! "So tie long hair back, tuck your shirt in and get ready to roll, balance, jump, and build strength and flexibility."



Live Free Day - March 3, 2017 - In support of JD Hogarth's Lunch and Snack Programs:

J. D. Hogarth Public School is collecting funds for our snack and lunch programs from Feb 1st to March 3rd through the Live Free Day campaign. Your financial support is greatly appreciated and can be done electronically through ugdsb.schoolcashonline.com (preferred method), cash or by cheque. If you donate more than \$20 and would like a tax receipt, please make your cheque payable to the *Children's Foundation of Guelph and Wellington*. We encourage you to donate and to "Live Free" of something on March 3rd.

NOTE: Be on the look out for banana pops and extra special features at the salad table that will be happening from February 28th to March 3. We will also be welcoming a very special guest to our Live Free Day celebration on March 3. Lastly, watch the Toonie Tracker this month to see our progress towards our \$2000 fundraising goal.



Keeping Our Children and Youth Safe Online:

Over the last few years, there has been a significant increase in the number of reported cases of young people involved in self/peer exploitation. This is generally defined as youth creating, sending or sharing sexual images and/or videos with peers via the Internet and/or electronic devices. The Board recently purchased a resource for every elementary and secondary school called *Self/Peer Exploitation, School and Family Approaches to Intervention and Prevention*. The resource was created by the Canadian Centre for Child Protection, which is a non-profit charitable organization dedicated to promoting safety of all children. Principals and Vice-Principals also received an in-service on the guide.

The following two links may assist youth and families who have been impacted by child sexual exploitation:

Cybertip.ca may be used to report child sexual exploitation

NeedHelpNow.ca is a website that offers some practical information for youth on how to deal with this (for example, how to get pictures removed from the internet, how to deal with peers, how to talk with someone, etc.).

The Canadian Centre for Child Protection also produces several useful resources for parents that may be found using the following links:

https://www.cybertip.ca/pdfs/C3P_SafetySheet_SelfPeerExploitation_en.pdf

https://www.cybertip.ca/pdfs/C3P_SafetySheet_Cyberbullying_en.pdf

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.

School Council Corner - February

January seems to have flown by and here we are smack in the middle of winter. Not to be deterred by something as trivial as some cold weather, School Council has been working on something to entice you to leave your nest and enjoy a day out with your entire family.

Winterfest is being held on **Saturday, February 25th 2017 from 10-2 pm**. We will be hosting some fun winter activities both inside and outside the school. To help warm you up we will have Chili and Soup available. Tickets will be \$1.00 a bowl. We are requesting you to bring your own bowl, spoon and water bottle. Disposable bowls will be available if you forget, for an additional cost. We will also have other goodies available at our Snack Table.

School Council is planning this event both to involve the school community and in an effort to help fund needed supplies for our school. We are working towards purchasing items needed in various areas throughout the school; for sun shelters and pinneys to support our athletes at various events, and within the school; chromebooks; computer mice and many other items. To this end, we will be hosting a Silent Auction in the school. We are in the process of soliciting donations from parents, local vendors, teachers, etc... Please let us know if you'd like to donate something or are available to help solicit donations. If you have a connection or relationship with a local business, we know that adding that personal touch to our requests results in a higher success rate.

We greatly value your support at these events, and hope you will be able to attend and support the school with your presence or to bid on our Silent Auction items. If you would like to donate your time, we are also looking for volunteers to help in the planning, set-up and clean-up at Winterfest itself. Please contact a member of school council through any of the methods outlined below.

Jump2 Math We hope you were able to participate in our Jump 2 Math family night in January. We had 49 families with a total of 225 people attend the family night; where kids, parents, teachers (and principal) alike could be found competing against and with each other in the wide variety of games. In addition to the family fun night, each classroom had the opportunity to attend during school hours. As per the poster here is your link to the math resource portal for you to continue learning and having fun with math at home.

Register HERE: <https://jump2math.ca/register/>

School code: **jdH360**

Contact Us School Council has a new email address. Feel free to use this to contact us directly, to inquire about upcoming events, to volunteer, or to request adding yourself to our email lists. In addition, you can contact us through our social media accounts, noted below:

Facebook: <https://www.facebook.com/groups/1810548639172149/>

Twitter: [@JDHogarthSC](#) Email: sc.jdhogarth@ugdsb.on.ca

Ongoing fundraisers FundScrip is a gift card purchase program that provides a percentage of the face value of every gift card you purchase back to the school. THERE IS NO COST to you the purchaser, nor to the recipient of the Gift Card. Please visit: www.fundscrip.com to get more information about this wonderful fundraising program. When you sign up please use our school code EDM6PZ. So far this school year your purchases through this program have helped our school raise over \$1200! THANK YOU!

Meetings: The next UGDSB Parent Involvement Committee meeting will be held Monday, February 27, 2017 at the Guelph Board Office at 500 Victoria Road at 7:00pm with refreshments at 6:45pm.

**Our next School Council Meeting is Thursday, February 16, 2017, at 6:30 pm in the school library.
We hope you can come out and join us!**