



Kortright Hills Public School

23 Ptarmigan Drive,

Guelph, Ontario N1C 1B5 (519)-827-160 Fax (519) 827-9251

Wendy Donaldson, Principal

Della Broderick, Office Coordinator

Amy Ewing, Vice Principal

Linda Peyton, Administrative Assistant

Newsletter for June, 2016

From the Principal's Desk

Well, it is hard to believe it is June! What an incredible year this has been at KHPS. As we head into the final month together there are some exciting things on the horizon. We look forward to seeing you at the Ice Cream Social, students are involved in a variety of activities, and our grade 8 students will have the last few weeks to prepare for their graduation from Kortright.

This year has been filled with many wonderful memories as well as some strong academic gains due to hard work. I hope you all have a great end of year and a summer filled with time for family and friends. It has been an incredible year and I look forward to the fall.

Wendy Donaldson
Principal, Kortright Hills P.S.



Library News

Thank you for your support of our Scholastic Book Fair held in May.

We received an amazing 70% of all sales, earning us \$2240 to purchase new books and resources for our library! Staff and students have been submitting requests



and we will look forward to exploring our new resources next fall.

All library books are due Friday, June 10th. Please take some time to search your house, vehicles, and backpacks for library books and return them to the library. I appreciate your time and assistance in



ensuring that our collection is maintained. Students with outstanding books will receive a note indicating the amount owing to cover the replacement cost of the book(s). Please note that we

would much rather have books returned than have to repurchase.

Thank you for your continued support of our library programs.

Sheila Morgan

Teacher Librarian

sheila.morgan@ugdsb.on.ca

[Link]<http://bit.ly/KHPSLibrary>

Staff Changes for 2016-17

Each school year, there are changes to our staff team. I would like to let you know that we will be saying goodbye and best wishes to both Mrs. Awad and Ms. Ewing. Mrs. Awad has accepted a position at Westwood Public School for the fall. Ms. Awad has been a valued member of the school team and she will be greatly missed by students, staff and parents. That being said we wish her well in her new position. Ms. Ewing, as you know from the letter sent home earlier last month, will be heading to Waverley Drive PS and Mrs. Morris will be arriving here as our new VP for the fall.

I would like to welcome two new staff members to Kortright, Mrs. Dykstra and Mrs. Hayes. Both of

these ladies are experienced teaching staff with Upper Grand and we look forward to having them as members of our team.

School Stuff

Grade 8 Graduation



The graduation ceremony for Grade 8 students will be on Tuesday, June 28th at 6:00 pm in the Kortright Hills P.S. gymnasium.

The theme this year is "Red Carpet". Following the ceremony, there will be a reception and dance for the graduates.

Bicycle Safety

Now that the warmer weather is approaching, please remember if your child rides his/her bike to school a **helmet** and a **lock** are necessary.



Students **must** walk their bikes and scooters on school property.

Summer Clothing & School

Hopefully we have seen the last of snow for many months. As the temperature rises, we ask you to remember that students must dress appropriately for school.



Please follow the guidelines listed below:

- protect yourself from the harmful ultra violet rays of the sun by wearing hats, long sleeve tops and applying sun screen,
- clothing must be free of symbols of hate, gang membership or images that portray violence, death, abuse, alcohol, cigarettes, drugs, racial or obscene words, political or sexual statements.
- muscle shirts, spaghetti straps, low scooped necklines and shirts exposing the mid-rift should not be worn at school.
- please keep clothing meant for the beach at home and remember to have children wear comfortable, conservative clothing to school.

Summer Moves

If you will be moving out of our school area over the summer, please let the school



know. This will help in determining our new classes in September. Please send this information to Ms.



Broderick as soon as possible. Similarly, if you have new



neighbours coming in, please direct them to the school before the end of June, to register for September.

Junior Kindergarten Registration

We will continue to register children for our



September 2016 Kindergarten classes. If you have a child who will turn 4 years of age on or before December 31, 2016, please call the school, at 519-827-1601.



Road Safety, Safety, Safety!

The two parking lots at the school are not to be used as drop off points for our students, nor is the driveway to be used as an opportunity to do a u-turn. This area of the school is to be used only by staff and visitors to the school during busy times of the day, between 8:30 a.m. and 8:50 a.m., and 3:15 p.m. and 3:30 p.m.



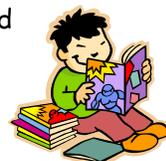
Morning Attendance

Please help your child to be at school when the bell rings at 8:50. This minimizes disruption for classrooms during learning time, and it places the value of time management on students - a life-long skill. Please also remember to have your child check in at the office, if he/she is late. If the announcements are on, he/she will need to wait quietly in the front foyer until announcements are finished to check in and receive a late pass.



Reading over the Summer

As a parent, you are your child's first - and most important - teacher. Here are eight ways you can help your child become a better reader:



1. Read yourself. Your actions really do speak louder than your words. When your kids see you reading the newspaper or curling up with a book, they will want to follow your example.
2. Make sure your children read every day. Reading, like shooting baskets and playing the piano, is a skill. Like other skills, it gets better with practice. Researchers have found that children who spend at least 30 minutes a day reading for fun - whether they read books, newspapers, or magazines - develop the skills to be better readers at school.
3. Get in the library habit. Make sure everyone in your family has a library card. Schedule regular trips to the library. While you are there, check out a book yourself!

4. Read aloud to your children. Research shows that this is the most important thing parents can do to help their children become better readers. Here are some tips:

- Start reading to your children when they are young. It is never too early to begin reading to your children.
- Don't stop reading to your children as they grow older. You will both enjoy the chance to do something together.
- Set aside some time each day for reading aloud. Even 10 minutes a day can have a big impact. Bed time is a natural reading aloud time. Other busy families read aloud at breakfast or just after dinner.
- Read books you enjoy. Your kids will know if you are faking it.

5. Here is a way to use your newspaper to encourage reading: a scavenger hunt. Give your child a list of things to find in today's newspaper. Here are some ideas:



- A map of Canada.
- A picture of your child's favourite athlete.
- The temperature in the city where a family member lives.
- Three words that begin with "w".
- A movie that is playing at a nearby theatre.

6. Give books as gifts. Find a special place for your children to keep their own library.

7. Make reading a privilege. Say, "You can stay up 15 minutes later tonight if you read in bed." Or you might say, "Because you helped with the dishes, I have time to read you an extra story."



8. If you are not a good reader, you can still encourage your children. As your children learn to read, ask them to read to you. Talk about the books your children have read. Ask a friend or relative to read aloud to your children.

Parents of Elementary Students:

Find tips on helping your child with reading,



writing and math, as well as tips on homework, talking to teachers and more. Tips are available in multiple languages at Ontario.ca/abc123



Sunscreen and Hats



Just a reminder that all children should be wearing sunscreen and hats on high UV days. Check the morning weather reports if you're not sure.



Summer Safety

Summer is a carefree time for children and with school nearly out and warm weather, we need to reinforce the need for safety.

Construction is increased and there are more heavy and farm vehicles on the roads, which can pose a danger for our children. At the school we are reminding our students about keeping safety in mind when they're playing outside during their break from school and classes. Parents can do their part too, by reinforcing the usual road safety rules so our children are aware when they're out and about, riding their bikes and having fun with their friends.



Heat, Humidity & Smog

Principals will monitor weather conditions and exercise caution with the amount of physical activity students

may be engaged in (recess, physical education classes, sports, etc.) especially in the afternoon hours. Schools may consider rescheduling

outdoor activities, and keep a close watch on students with respiratory problems, and any other children in consultation with parents.



Playing and Having Fun in the Summer Sun

The summer holidays are almost here and children will have more time to play inside and outside your home.

Play helps children of all ages build social skills, be more creative, and solve problems. Children who play often are happier and healthier.



Children need free time every day to play. It is important for children to choose how they would like to play and what they would like to play with. Younger children may choose to build with blocks, play chasing or tag games, paint, draw, make a puzzle or play with dolls, cars or trucks. Older children might like building a fort, riding a bike, playing ball, building with a construction set, or playing a board game.



Encourage your child to play actively more often than they play video games and watch T.V. Children enjoy playing with water or sand, playing games like hide and seek, or with bean bags, balls, skipping ropes or bikes.



Many children enjoy putting things together and taking things apart. Children also like to play games in which they can pretend such as dress-up, puppets and role playing. What did you like to do when you were a child?



Play is good for adults too. Adults who take time to "play" and relax are less stressed and happier. Have some fun this summer!

For ideas about toys and play at different ages go to: <http://www.parents.com/baby/development/growth/how-they-play/>

For information on pretend play go to: <http://www.hanen.org/Helpful-Info/Articles/The-Land-of-Make-Believe.aspx>

For ideas for outdoor play go to: <http://www.goodhousekeeping.com/family/travel/play-outside-47060105#slide-29>

Lost & Found

If your child is missing any clothing items, please remind him/her to check the lost and found box by the front entrance. Parents are welcome to check the box as well. Items will be available during the month of June, and anything unclaimed will be donated to a charitable organization.



Pick Up Medication

This is a reminder for any parents who have medication for their children currently stored at the school. **Please drop by the school before the end of June to pick up your**



child's medication. We cannot leave it in the school over the summer. Medication can be brought back to Kortright Hills if needed, in September.

Special Olympics

On Wednesday, May 18th our special needs students participated in the Special Olympics at St. James Catholic High School. All participants trained for weeks with their Peer Coaches, and at the meet, they were fabulous representatives of KHPS.



Congratulations to: William S., Ben K., Jonathan L., Gina A., Anna G
A very special thank you goes to their peer coaches: David H., Bryce O., Maddie W., Nadia L., Isabelle H

The Importance of Sleep

As the days get longer and the light lingers into the night, all of us tend to stay up later. Unfortunately, we still have to get up at the same time to go to school or work, which means we may not be getting enough sleep. For some of us, this lack of sleep is an ongoing concern. Going to bed late, not being able to fall asleep or waking up in the night all disrupt our ability to get a good night's sleep.



A good night's sleep is very important for our mental and physical well being. For children and youth, it is extremely important to get enough sleep. Sleep is the foundation on which we build all of our well being. Sleep allows our bodies to rest, re-charge, consolidate learned information and be ready to take on another day's challenges. Good sleep contributes to feeling well, doing well in school and to positive mood and behavior. Getting enough sleep leads to better concentration, less hyperactivity, less depression or anxiety and less aggression.

Each person needs a different amount of sleep, with children and youth needing more sleep than adults. You know you are getting enough sleep when you don't feel drowsy or tired during the day. Sleep problems are very common. You are more likely to experience sleep problems if you are experiencing significant stress in your life. Simple changes in your child or youth's daily routine can make a big difference to their ability to sleep well and feel rested.

Do:

1. Go to bed at the same time each day.
2. Get up from bed at the same time each day.



3. Get regular exercise each day, preferably in the morning. There is good evidence that regular exercise improves restful sleep. This includes stretching and aerobic exercise.
4. Get regular exposure to outdoor or bright lights, especially in the late afternoon.
5. Keep the temperature in your bedroom comfortable.
6. Keep the bedroom quiet when sleeping.
7. Keep the bedroom dark enough to facilitate sleep.
8. Use your bed only for sleeping.
9. Use a relaxation exercise just before going to sleep such as muscle relaxation, imagery, massage, warm bath, etc.

If you lie in bed awake for more than 20-30 minutes, get up, go to a different room (or different part of the bedroom), participate in a quiet activity (e.g. non-excitabile reading or television),

Don't:

1. Exercise just before going to bed.
2. Engage in stimulating activity just before bed, such as playing a competitive game, watching an exciting program on television or movie, or having an important discussion with a loved one.
3. Have caffeine in the evening (coffee, many teas, chocolate, sodas, etc.).
4. Read or watch television in bed.
5. Use alcohol to help you sleep.
6. Go to bed too hungry or too full.
7. Take daytime naps.
8. Command yourself to go to sleep. This only makes your mind and body more alert.

If you or your child/youth continue to have sleep problems, talk with your doctor or mental health professional.

Here are some helpful websites with information and activities to help with good sleep.

<http://www.heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep>
<http://sleepfoundation.org/>

From School Council

The 2015/2016 school year has been wonderfully busy for the School Council and our success would not have been possible without the support of parents and staff. We are always looking for new people on School Council, whether you have a couple hours a month or can volunteer weekly; there are always events that need your help. School Council meetings are held once a month



on Monday's at 7pm in the school library. We hope to see new faces in September!

Mark your calendars for Thursday June 2nd from 5-8pm! Our popular Ice Cream Social event is a great way to connect with families before the end of the school year. Again this year there will be entertainment including a circus performer. There will be workshops on juggling and spinning plates. There is also face painting, temporary tattoos and even a visit from the Guelph Fire Department. The raffle table will be loaded with themed baskets from each class so be sure to enter. This event will be held rain or shine.

The final day for the food program (milk/pizza) is June 27th.

The next School Council meeting will be Monday, June 20th @ 7:00pm in the school library.

School Council-Election Time

For the coming 2016-17 school year, there will be 3 positions available on the Parent Council Executive. These positions will be a point of discussion at the June 20th meeting (7:00pm at the Fat Duck) if you are interested in learning more about these roles and considering taking one of them on for the following year. The following positions are available:

- Shared Council Chair (2 positions)
- Secretary.

If these positions interest you, please join us at this meeting. This is also an important meeting for all Council members to attend if at all possible. Formal elections will take place at Council's first meeting in September.

ONLINE PAYMENTS!

Benefits:

- Convenient:** Make payments anytime...Online!
- Easy to Use:** Fill a shopping cart and check out.
- Safe:** No need to send cash or cheques to school.
- Secure:** Our website is protected and PCI compliant.
- Save Time:** It takes less than 5 minutes to register.

For safety and efficiency reasons, we want to reduce the amount of cash and cheques coming into our school. School related expenses such as pizza days, field trips, spirit wear, yearbooks, etc. will be available for online purchase.



From The Environment

June's Environmental Theme: Caring For The Environment: Environmental Stewardship

Caring about the environment is all about "doing". So get out there and start doing all the things you've learned about this year. It's time for all of us to start Living Green 365 days a year and make a commitment to environmental stewardship, so we can keep our Earth healthy!



Caring about our planet means being educated about our planet. Learn as much as you can. Earth needs smart people to take care of it! Be curious, ask questions, gather knowledge and find solutions. You need to understand what the problems are in order to fix them.

Every one of us is important when it comes to caring for the Earth and protecting it for the future. An advocate is someone who publically speaks or writes or does actions to support an important cause. What kind of "Earth Advocate" are you? Choose from the following list:

A) **Activist:** I want to help others to change their habits to help the Earth. I want to host an event or make a website that encourages others to Live Green. I want to write letters to our government to ask them to make positive changes.

B) **Motivator:** I will help others change their habits by being a role model that others can follow. People will see me living green and making a difference and be motivated to do the same.

C) **Educator:** I will research environmental issues and tell other people what I learn. I will be curious and ask questions and gather knowledge and find solutions to environmental problems that I will share with others.

So decide what kind of "Earth Advocate" you are. You can be more than one type!

Slogan of the month: Live Green 365 days a year!

Special Education News

As summer approaches it is time to start thinking about what I can do as a parent to support my child's continuing education throughout their holidays. Upper Grand District School Board now allows for home use

of a student's assistive technology. Please ask your child's teacher about the:

"HOME USE OF ASSISTIVE TECHNOLOGY PROTOCOL" form if you would like your child to bring their assistive technology home for the summer.

Some programs that your child might want to use over the summer:

Ontario Ministry of Education:

Discover quick and easy tips that can be part of your everyday life and will help your child's learning.

Learn More:

<http://www.ddu.gov.on.ca/abc123/eng/tips/>

Watch Video Podcasts:

<http://www.edu.gov.on.ca/abc/123/eng/podcast/>

Summer Resource:

<http://www.readingrockets.org/calendar/summer>

This resource was designed to assist in helping students' from losing progress in their reading skills over the summer months. This link provides resources, articles and activities to encourage kids to learn, read and have fun in the summer.



<https://webapps.ugdsb.on.ca/ug2go/>

UG2GO, the virtual learning commons for the Upper Grand District School Board. UG2GO provides 24/7 access to quality online subscription databases and websites for the UGDSB community.

Centre of Equitable Library Access:



<http://iguana.celalibrary.ca/iguana/www.main.cls?surl+CELA-Home&theme=celadefault&lang=eng>

Over 200,000 items available in accessible formats - approximately 85,000 items from CELA and an additional 120,000 items from US based Bookshare.

Talking About Mental Health

Successfully Shifting from School to Summer

It is an exciting time of the year. The weather is getting warmer, days are getting longer and summer is just around the corner. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation.

The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions.

So a good transition to summer is important and can lead to a more positive, fun summer experience.

Here are some practical tips to make a smooth transition from school to summer:

Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of unscheduled time as well; that way, you can anticipate free time to use as you wish - even if it's just to enjoy a break in the action.

Be prepared to be spontaneous. Keep a running list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Revamp - but don't eliminate - your child's daily routine. A daily routine gives most kids a sense of structure and security.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park, elevates our mood and makes us feel less anxious.

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, Dufferin are excellent resources.

Canadian Mental Health Association WWD (CMHAWWD):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247

(1 844 437 3247)

<http://here247.ca/>

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In - 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

Family Counselling and Support Services:

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431.

<http://familyserviceguelph.on.ca/>

KidsHelpPhone 1 800 668 6868.

<http://www.kidshelpphone.ca/>

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

Follow me on twitter: @drlynnwoodford

FYI

With the end of the school year on the horizon, it's a natural time to reflect with your child about their learning. As they get feedback on their work, it can be easy to stay focused on the grade they've earned. But help them to remember that there's so much more than just the number or letter that describes their achievement. Here are some suggestions to help guide conversations with your child to get them thinking more deeply about their learning:

Questions to get started (based on Simon Sinek's *Golden Circle*)

- **Why do you think you're learning about this/to do this?** If you want to have a more broad discussion about school in general, be direct and ask your children why they think we should go to school in the first place. It's a great question for not just your young thinker, but to everyone around the table. When I've asked this question in classrooms throughout our board, I've heard a range of response, from "To learn facts", "To get ready for high school" and "To learn the basics" to "For making friendships", "To learn about the different ways we learn" and "To better understand the world".
- **How can you make this happen?** In other words, how does your child think they do their best learning? Help them to understand that it's not about just doing what is being asked of

them, it's also about thinking and asking questions.

- **What will we see that shows us you're learning?** Children seem to struggle, at least initially, to answer this one or at least to move beyond what they think we want to hear, such as "I will sit quietly" or "I will raise my hand". With time and a bit more prompting, however, I often hear from students that what should be seen in classrooms is "Teachers and students working together", "Each person feeling responsible for themselves and to each other" and "Pride in myself". Can your child describe what should be seen at home that illustrates their learning?
- **What does it mean to learn?** Go back to *why*—no matter who you talk to when asking *why* we go to school, you inevitably end up talking about learning. Do we all have the same understanding about what it means to *learn*? Don't underestimate your child's ability to enter into a philosophical conversation. In talking to students about this, from kindergarten through to Grade 8, I'm always amazed at the depth of their responses when asked questions like
- What is learning?
- Is the point of learning different in elementary than it is in high school?
- Who's responsible for the learning? Is it just one person?
- Do adults still learn?
- Do you think it's still important to learn even when you're very elderly?

Knowledge vs. Wisdom

My favourite homework for students is to have them ask their family the difference between *knowledge* and *wisdom*. I promise that this conversation will not only shed light into your child's thinking but will also allow your family to discuss values that are important to all of you. It's also a great lead into the upcoming summer holidays and the learning and wisdom that can develop with each day. As Miles Kington has said, "Knowledge is knowing that a tomato is a fruit". Wisdom is knowing not to put it in a fruit salad".

Andrea Higgins

Creating Independent (Math) Problem Solvers

I was working in two different classrooms in two very different schools and noticed that the children approached solving problems in math differently. When children were given a problem in one classroom, their hands would immediately go up in the air with cries of, “I don’t get it,” or “I need help,” or “What do I do first?”. In the other classroom, when children were given a math problem, instead of asking for help right away, they would give it a try.

I was curious about the different student approaches to solving a math problem and I wanted to know how these students solved other problems. So I asked each group of children, “When you want to play with a friend, what do you do?” Here’s what they said:

School A	School B
“My mom calls her mom.”	“I go knock on his door and ask if he can play.”
“My mom calls and sets up a play date.”	“I call her on the phone and then walk over to her house.”
“My dad texts her mom to see if we can play.”	“Lots of kids meet at the park after school. I go there and play with my friends.”
“I ask my mom if she can drive me to his house.”	“I ride my bike to her house. If she’s not home, I go see if someone else can play.”

Which school had children who asked for help with the math problem right away? Which children tried the math problem on their own first?

To be successful in math, children need to be able to solve problems. When children are provided with opportunities to solve their own problems in life, they are more willing to tackle math problems on their own. Think about some of the “problems” children may experience every day:

- Deciding what to wear
- Taking what they need to school for the day (e.g., lunch, homework, shoes)
- Finding friends at recess
- Choosing what do after school
- Being hungry and needing a snack

If parents and teachers solve these problems for children, we take away the chance for children to develop problem solving skills and the belief that they can do things on their own. We cannot expect a child who has everything done for them in life to be an independent problem solver in math.

By stepping back and providing children with the opportunity to solve their own little problems, like what to wear or how to get together with a friend, we prepare them for tackling bigger problems later on, like the ones they get in math class!

- Megan Haessler, Curriculum Leader

Special Olympics

Special Olympics athlete oath: "Let me win – but if I cannot win,
let me be brave in the attempt."

On Wednesday, May 18th staff and students from across the school district came together for a day to celebrate diversity and perseverance. More than 600 athletes from the Upper Grand and Wellington Catholic District School Boards were at St. James Catholic High School in Guelph for the annual Special Olympics Track and Field Day.

Now in its 15th year, the track meet has grown to one of its largest and most successful in the area. In addition to the 616 athletes from 67 schools in attendance, this year's track meet was also attended by 555 peer coaches, 448 staff members and more than 100 volunteers. Students and their peer coaches spent the day in the sun, enjoying companionship and friendly competition in events including standing long jump, running long jump, softball throw, seated softball throw and the 25, 50 and 100m dash.

The annual track and field day is made possible by the hard work of the organizing committee, Special Olympics Ontario, the City of Guelph, Community Living Guelph/Wellington, the Guelph Police Service and many volunteers. This year, UGDSB is honouring the hard work and dedication of the committee members by presenting them with an "Everyday Hero" award.