



## April Newsletter

### Environmental News

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In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good

farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often

instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

Slogan of the month: Go outside and explore an Ecosystem today!

### WORLD AUTISM DAY

Light it up BLUE! - World Autism Awareness Day

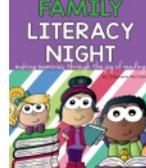
The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!



#### Special points of interest:

- Time to Read 6-7:30 p.m. April 6, 13 and 20<sup>th</sup>
- PA Day – April 25<sup>th</sup>
- Jump Rope for Heart Kick off assembly - April 11<sup>th</sup>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 	6 River Run Grade 3 & 4  Time to read SK to Grade 1 6-7:30pm	7  Pizza 	8 Author Visit  Popcorn Sale 	9
10	11 Jump Rope for Heart Assembly Scientists in School Martin and Lavery- Pagnan	12 	13  Time to read SK to Grade 1 6-7:30pm	14  Pizza 	15	16
17	18	19 	20  Time to read SK to Grade 1 6-7:30pm	21 River Run Grade 1 & 2  Pizza 	22 Popcorn Sale 	23
24	25 PA DAY 	26 Forest of Reading vote  	27 Forest of Reading vote 	28 Grade 4 trip to U of G  Pizza 	29	30 

\*\*\*\*please note that there is an added PA day on Monday April 25th

## Talking Mental Health

Talking about Mental Health - May 1-7 is Child and Youth Mental Health Week!

Child and Youth Mental Health Week is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available.

The theme for Child and Youth Mental Health Week at the Upper Grand District School Board is:

Have a SUPER Week! Let's increase everyone's mental health and well-being!

Social Connections

Uplifting Emotions

Personal Health

Emotional Calming

Resilient Thinking

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. Some schools will also have their own Mental Health Week activities that are specific to their school.

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

Monday May 2 - Social Connection

Perform Random Acts of Kindness for someone in your family or neighbourhood.

Tuesday May 3 – Uplifting Emotions

Say 3 things each day that you are grateful for.

Wednesday May 4 – Personal Health – Eating Well, Sleeping Well and Being Active

Eat a good nutritious breakfast. Focus on fruits and veggies for snacks. Walk with your child to school or go for walk after work/school. An hour before bed, start winding down. No screens. Read a book or listen to calming music. Prepare for a good night's sleep.

Thursday May 7 – Emotional Calming

Just breathe. Start the day with a few deep, calm breaths at breakfast. Take three deep breaths every time you walk through a doorway.

Friday May 8 – Resilient Thinking

Have each family member name one positive thing about themselves and one positive thing about each other.

At the end of the week, think about the things that made you or your child feel more positive, more resilient and continue to use them 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



## PLAYGROUND

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 UGLF 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 at [www.uppergrandlearningfoundation.ca](http://www.uppergrandlearningfoundation.ca)

## RESILIENCY

What is RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie Bernard

According to The Canadian Mental Health Association (CMHA) RESILIENCE is,

Being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affects each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy. Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)

However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop resilience. This means they need to practice coping skills, and therefore need some challenges to practice these skills with. After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.

- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment

- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare

- Teach your child the difference between needs and wants

- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc.) even if “everyone else has it.”

- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.

- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

## SCHOOL CASH ONLINE

Parents - please register for School Cash Online!

ONLINE PAYMENTS NOW AVAILABLE!

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

purchase. Please take a few minutes to register so you can enjoy the convenience of online shopping.

### Here’s how to register:

Step 1: Go to this website: [ugdsb.schoolcashionline.com](http://ugdsb.schoolcashionline.com)

Step 2: Register by selecting “Get Started Now” and following the steps.

Step 3: Respond to the confirmation email, select the ‘click here’ option, sign in and add each of your children to your household account.



### SCHOOL CASH ONLINE

#### Benefits:

*Convenient: Make payments 24/7*

*Easy to Use: Fill a shopping cart and checkout*

*Safe: No need to send Cash or Cheques*

*Secure: Website is protected and encrypted*

*Save Time: It takes less than 5 minutes to register*

## From the Library

### **Spread-the-Net Chore-a-thon a huge success!**

Our students scrubbed floors, vacuumed, folded laundry, cleaned litter boxes, washed dishes and so much more. Each of these actions has made a difference. As a school we raised over \$1400! That means at least 140 nets can be purchased to save lives from Malaria. We are so proud of our student's hard work and compassion for others! Thanks you to a few of our Grade 6 students who organized this action (Andrew, Owen and Graeme), the many students who helped make posters and write announcements and all the kids that did chores! Look at the great things that happen when someone takes initiative and the school community supports them! Bravo tout le monde!

### **Book Drive coming soon!**

Please save your books that would make good donations for Schools in Haiti, St. Lucia and Grenada. We hope to have students who will take charge of this initiative in May and June.

### **Forest of Reading Voting April 26 and 27th**

Wow! So many incredible readers again this year! Our Paisley students have really taken to the challenge! We have lots of students reading in Silver Birch Clubs and/or Le Prix Tamarac clubs. Those students in Grade 3-6 that have read a minimum of 5 books in one club will be able to vote for their favourite books this April 27th and attend our Celebration May 27th at the Boathouse Restaurant and Royal City Park. Students who miss the voting day can still see Mrs. Richer for a ballot on the 29th. It has been a pleasure to conference with students about the books they have read, read their blog posts, e-mail and written paragraphs. Our students really seem to enjoy the books this year! Thank you to Parent Council for their ongoing support of the Forest of Reading.

Our first Tree of Fame Readers are: Sandesh 13, Lily B 10, Owen P 10, Isabella 10

We have lots of students who have already read at least 5 books from the clubs and keep reading more. Keep up the great reading Paisley! Continuer à lire!

### **Primary Blue Spruce and Le Prix Peuplier Clubs**

Our Kindergarten and Primary Paisley Panthers have also been participating in our Forest of Reading Clubs in their classrooms and during Library times. Students will be voting for their favourite books on April 26th during our voting events in the front Foyer. The winning books will be announced and celebrated during special Library events in May.

### **Lost and damaged books**

Thank you to the families who have paid or provided quality replacements for lost and damaged books. Accidents happen. When they do we appreciate your support of our library. Please let your child's teacher or Ms. Richer know of any issues of lost or damaged books so we can help you resolve it and make sure your child continues to enjoy exchanging books.

### **Thanks to our Library Volunteers**

Thank you to our wonderful team of volunteers in the library. Having parents and community members working in our Library is such a gift. I am very grateful and so are the staff and students. You are amazing!

### **Silver Birch Author Visit - April 8th 2:00-3:00 pm**

This April we welcome Jennifer Mook-Sang, the author of *Speechless*, to Paisley! She will be presenting to our students in Grade 4-6. The kids have LOVED this book and we are very lucky she will be coming to talk with our students about the writing process and some of the themes in her novel (Food Banks, Bullying...) She has agreed to do autographs after the presentation. We look forward to this special opportunity!

