



PARKINSON
PANTHERS



Grace Gratitude Grit

Newsletter

Administrator's Message:

Where has the year gone? It's June and activities, events and trips continue to run non-stop at Parkinson in addition to the regular academic classroom programs.

May was a very busy month. First week began with our high ropes course and a focus on Mental Health with a culminating Play Day activity. Special thanks to Mrs. Firth and Ms. Johnston, for our awesome talent show the following week, with our school favourites performing at Artsplosion. Primary classes went to Duntroon, Mrs. Firth and Mrs. Guy organized our Bike Rodeo, and Mr. Gammage, Mr. Panagiotou and Mrs. Firth organized our Track and Field Day. Moving into our final week, Mrs. Hunter organized our very popular Artsplosion Night on May 25th. I would like to thank all the parents, parent council, and staff who supported this wonderful evening. Finishing the month, we had trips to the Outdoor Ed Center, JK Orientation evening, and EQAO testing for the grade 3's and 6's. And if that wasn't busy enough, on May 31st our 8's left for Camp Olympia and grade 4-6 students and parents travelled to Toronto for a Blue Jay game.

We have a number of year end class trips and events coming up this month including: Grade 3 and 7 Swimming, Scientists in the School, and a HUGE shout out to our Compass Run on Saturday June 10th at Compass Church in Orangeville. On June 20th at 1:30 Mr. Buchan and Boston's class are hosting a celebration with their Grandpals. Parents are welcome to attend. Fire Awareness presentations are also on the schedule, and our annual Book Fair from June 14 to 16. Our county track and field will occur on June 22nd with a rain date set for the 23rd. Our grade 8 graduation is also set for June 23rd as well; more information will follow.

We are also very proud of those who find their way into the hearts of our kids at Parkinson. Of note is our power duo of Dorothy Flemming and Barb McNaughton who have spent decades volunteering their time at Parkinson Centennial. On the evening of May 30th these two awesome ladies were one of a few recipients of the UGDSB Everyday Hero Award. Huge congrats and thanks for all of the great work you two have done over the years.

I would like to thank our small, but mighty parent council who have done so much to enrich the quality of your children's school lives. They organize fundraisers, school lunch programmes, Christmas with Santa, just to name a few of the events. With your generous support, parent council has helped the school pay for Scientists in the School programmes for each class K-8; they also looked after the BBQ at our 2nd annual Artsplosion.

As always, this time of year is bitter sweet. Parkinson Centennial will be saying goodbye to a few staff members who will be leaving. Kim Smith and Irene Rogers are retiring after long and fulfilling careers in teaching. Amanda Hunter will be on maternity leave and Ms. Johnston will be taking a leave of absence. As we are still early in our transfer process, we are unsure as to some of the other staff who may be transferring but we do know that Mrs. Huber and Mr. Panagiotou will be transferring to other schools in September. We will miss them both as they are a huge part of our school team. Our final year end assembly on June 29th will allow us to celebrate everyone who is retiring, leaving, and those new teachers arriving.

With my first year as a VP at Parkinson nearing to an end, I am very honoured to work with staff that genuinely care for kids. As I noted in the September newsletter, this continues to be a great caring and compassionate school and I look forward to seeing everyone again in the fall. On behalf of Mrs. Argentino and myself, have a safe and happy summer, and we look forward to seeing you again in September.

P. Argentino, Principal

W. Peeters, Vice-Principal

Upcoming Dates

May 31 – June 2	Grade 3 EQAO
May 31 – June 2	Grade 8 Camp Olympia
June 1	Mrs. Huber and Mrs. Sowter's class Library visit
June 2, 16, 23	Grade 7 – Swim to Survive
June 8	Volunteer Social
June 9	PA Day
June 13, 20, 27	Grade 3 Swim to Survive
June 14 – 16	Book Fair
June 16	HFFA presentation for Grade 3 – How to Eat Local and Healthy
June 16	Hotdog Day
June 19	Student Volunteer Lunch
June 22	Track and Field (rain date June 23)
June 23	Grade 8 Graduation
June 26	Senior Kindergarten Graduation
June 29	Last day of school

June Library News



Here are the results from the all-Ontario votes. About 250,000 students voted. The winning books and authors of the following awards are:

Blue Spruce(K-2) - The Night Gardener by The Fan Brothers
Silver Birch Express(gr.3-4) - The Biggest Poutine in the World by Andree Poulin

Another successful year for the grade 4-6 team. They made it to the Semi-Final Battle and finished in 4th place overall. They showed great teamwork and enthusiasm! Congratulations to Alisha H., Griffin W., Natasha S., Clare B., Brianna C., Christina L. and Elayne C.



Year End

It's that time already!! Time to return all of the library books. Look high, look low, look in closets, under dressers, behind bed headboards, between magazines, on book shelves etc. You'll be amazed where those books hide. **All books are due into the library by Thursday June 8!!!** First class in each division to have all of their books returned wins a prize. If any books are lost or ruined please let Mrs. Rea know and a letter will be sent home for book replacement options.
*****Primary students need to return the book bags too. They cost \$4 to replace if you have lost them.**



There will be a Scholastic Book Fair starting on **Wed. June 14** and ending on **Friday June 16**. There will lots of great summer reads to purchase. Each class will have a visit during the first few days. Items can be bought at this time or at recesses or after school. When buying items at the book fair, you help support the Parkinson library so new books can be purchased. See hours below:

Wednesday, June 14	8:40am - 4:00pm
Thursday, June 15	8:40am - 4:00pm
Friday, June 16	8:40am - 2:00pm

Parkinson Centennial hosts play day for mental health week

May 12, 2017



By Jasen Obermeyer

To celebrate Mental Health Week, Parkinson Centennial Public School hosted a health and wellness play day, educating students on mental health and giving them positive reinforcement.

Since the Canadian Mental Health Association introduced Mental Health Week (the first week of May) in 1951, the country has taken various campaigns and events to educate the problems and solutions on mental health, illness, and addiction.

Parkinson Centennial applied for, and was given, a \$500

grant from the Upper Grand District School Board (UGDSB) to spend on various activities for their special play day. Throughout the entire school day on Friday (May 5), students participated in various activities that focused on strategies for them having a bad day.

"It's a good balance of focus, little bit of activities," explained Wayne Peeters, the school's vice-principal.

Some of the activities included yoga, stress ball making, mandala art coloring, board games, and Lego communication (modified version of broken telephone line).

Mr. Peeters described the play day as a culmination of the whole week, during which they played positive songs over the announcements, gave students advice and strategies for positive feeling, and activities in individual classes. Students were "doing other activities that support being mindful of oneself and focusing, deep breathing and good positive self-talk." Asked what he wants the students to gain out of the play day, Mr. Peeters said they could learn the techniques and leave with a good feeling.

"Hopefully they can come away with that stress ball and at night they're going to keep it by their bed, and if they're feeling angry they'll just squeeze the stress ball."



I would like to thank all of the staff, students, parents, Tabitha Irwin, and Lindsay at Discover Your Yoga for creating an awesome Mental Health Play Day. With the weather not cooperating, we had a great day inside with our students participating in various events such as: Yoga, Zumba, Mandala Coloring, Dance, Stress Ball Making, team building and other indoor activities. Special thanks as well to the Orangeville Citizen for the great coverage as well. At our last assembly, we took some time to celebrate with a great picture and video slide show. We look forward to continuing this play day tradition at Parkinson Centennial next year.



Parent Volunteer Social

This event is held as a thank-you to the adults who have volunteered in our school this year. It will be held on **Thursday, June 8 from 12:30-1:30pm** in the Learning Commons. Please RSVP so that we know how many adults to expect. There will be snacks and beverages along with some student entertainment. Come and let us show you our appreciation!



Monthly Environmental Activities to help celebrate our planet

June 5th is World Environment Day!

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

Celebrate World Environment Day on June 5th!

A Platform for Action- *World Environment Day is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment and is widely celebrated in over 100 countries.*



This year's theme - Reconnecting you to nature!

On 5 June, go outside and show us that you're #WithNature. Breathe in the beauty and remember that by keeping our planet healthy, we keep ourselves healthy too.

This year Canada is the host country! Every World Environment Day has a different global host country, where the official celebrations take place. This year's slogan is: "I'm with Nature". Canada is issuing passes giving everyone free entry to all its National Parks for the whole of 2017 as part of its 150th Anniversary celebrations. Be sure to visit a park this year!

<http://worldenvironmentday.global/en/about/what-is-it>

Ideas for your family to celebrate World Environment Day!

- **Create an event for family, friends and neighbours** - There is no end of ideas that you could take forward for World Environment Day. Surprise yourself! Think about ideas that we can do to help the planet like fixing a problem in your community.
- **Get out into nature** - World Environment Day is all about appreciating the beautiful planet we inhabit. Why not spend a day in a park, hiking a trail or appreciating a forest on the weekend before World Environment Day.
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- **Inspire others** – A great idea will naturally attract others who can take a small idea and make it extraordinary. So, with your powers of persuasion, bring on board the people you think can make your idea awesome. Or ask everyone to make their own personal pledge to change one wasteful or harmful habit for the better. Share what you're doing using the hashtag: #WorldEnvironmentDay
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- **Have fun:** Make your event for World Environment Day fun, inspiring and interesting. For example, Google events happening locally that you can attend, or check out Pinterest for fun, recycled crafts ideas.

<http://worldenvironmentday.global/en/toolkits#event-kits>



Important:

If you will be moving over the summer, please inform the office as soon as possible as our school organization is dependent on accurate student enrolment. Thank-you.

Talking About Mental Health June 2017 – 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.

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.

Make a 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.

Looking for Activities To Do:

<http://www.orangeville.ca/parks-and-recreation>

<http://guelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

<http://wellington-north.com/government/departments/recreation>

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, and Dufferin are excellent resources.

Canadian Mental Health Association WWD (CMHAWWD):

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

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Transition Plans for Students with Special Needs

Spring has sprung and it's a great time to be reviewing your child's transition plans. Students who have an Individual Education Plan (IEP) must have a transition plan, whether or not they have been identified as an exceptional student. A transition plan includes goals for ensuring successful transitions, and the actions for meeting those goals. It is required if a student may need support making any transition, which may include entering, during, or leaving school. A plan to support the student must be developed as part of the student's IEP.

Some transition goals may help with changes throughout the day, such as moving from recess to the classroom, while other goals may assist with larger transitions, such as moving from one school to another or changing grades/teachers within the same school setting.

For many students, the supports provided to the whole class are all they need to have a successful transition, which means they may not need an individualized transition plan on their IEP at this time.

When planning for any transition, the student's strengths and needs are considered, as well as their physical, emotional, and learning needs.

Please communicate with your child's teacher if you feel additional transition supports are required on his/her IEP.

Great Big Cheer and Thank You to our Orangerville Zehrs

for their generous donation to our nutrition program. This will help provide a healthy breakfast or lunch to many students within our school.



Have a great
Summer
Vacation!