

# Priory Park Public School Newsletter

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[www.ugdsb.on.ca/priorypark](http://www.ugdsb.on.ca/priorypark)

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*Panda Pride Panda Proud*

## APRIL 2016

### DEAR PARENTS/GUARDIANS:

It's finally spring and we're all looking forward to warmer temperatures and more time outside! We have great expectations for our second term of the year, and lots of good news to share.

We have many partnerships that support our students. These include volunteers from the University of Guelph, reading buddies within our school, classroom tutors, co-op education student placements from our local secondary schools, parents and community volunteers and student teachers.

Remember to check the website for important information. Visit [www.ugdsb.on.ca/priorypark](http://www.ugdsb.on.ca/priorypark).

**School begins at 8:45 am.** This means that students should arrive at the school **before** the 8:45 bell, so they are ready to enter the school with their class. Some mornings we have students who are late. When students are late they miss important information and the beginning of lessons, not to mention the disruption they cause to the class and their teacher when they enter after the bell. Please have your students arrive **at the back** of the school before the 8:45 bell.

Both at the start of the day and at the end of the day, hallways are very busy as students are preparing to enter/exit classrooms. If your child is late, we respectfully request that parents sign students in at the office and allow them to walk to class independently. **Adults should not be in the hallways unless they have signed in at the office.** Also, at the end of the day, guardians should remain outside until students are brought to meet them, rather than adding to the congestion in the hallways caused by extra people and strollers. Thank you, in advance, for your consideration and cooperation in this matter.

**MESSAGES** - Please remember to organize after school arrangements with your children **in the morning** before they come to school. **If your child is to leave school early or there is a change in their regular after school routine please write it in the agenda.** For the safety of your child, we hesitate to relay messages received by phone, as we cannot guarantee the identity of the caller. If an emergency occurs and you find that you need to get a message to your child, we will do our best, but we may not be able to answer the phone or get a message to your child. Please do not leave an important message on the answering machine as messages are checked only as time allows.

## EQAO INFORMATION

Priory Park students in Grade 3 and 6 will take part in EQAO testing sometime between May 25<sup>th</sup> and June 8<sup>th</sup>. It is important that those students taking part complete all sections of the test. Please try to schedule appointments at other times.

## AFTER SCHOOL DISMISSAL

For the continued safety of your children, please remind them to walk home directly after school or **be sure to pick them up promptly at 3:15**. Our yard is supervised for 10 minutes before and after school daily. Children should not be arriving before 8:30 a.m. in the morning. It is also very important to let the school know if your child is going to be late or away. This helps us with our safe arrival program. It is wise for children to go straight home after school and to walk with a buddy or two. The safety of your child is important to everyone and safety rules should be reinforced with them so they understand the procedures to follow.

## SCHOOL SAFETY PATROLS

With warmer spring weather parents and students alike are reminded of the tendency of drivers to increase their speed. Please remind your children of the traffic safety rules when coming to and from school and while "out and about" in the neighbourhood.

Students are reminded to use the sidewalks to enter the school and not cut through our busy school parking lot.

**8:30 a.m. - 8:45 a.m.**

**3:15 p.m. - 3:30 p.m.**

The following is a list of safety patrol locations:

CROSS LIGHTS AT SCOTTSDALE DRIVE (in front of school)

PRIORY PARK DRIVEWAYS (for use of busses, taxis and staff only)



## KINDERGARTEN REGISTRATION

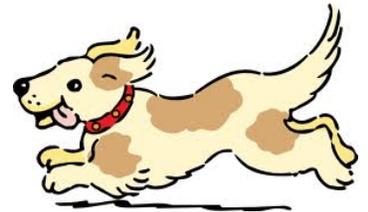
We are completing our Junior Kindergarten registration for September 2016. Please contact the school as soon as possible if you or your neighbour has a child who was born in 2012 and they have not yet registered at the school. If your child is currently in Junior Kindergarten you do **NOT** need to register them for Senior Kindergarten.

## PRIORY PARK PASSPORT OF FUN

As part of our Education Week celebrations, Priory Park will be having a Passport of Fun/Open House and Book Fair. Our annual community event will be held on Thursday, May 5<sup>th</sup> from 5:30-7:00pm. Mark your calendar now to save the evening. More information will follow closer to the date. Each class will be responsible for picking a country and filling a gift basket with items that relate to that country. We are asking for donated items or gift certificates to help fill the baskets. Please consider any items that you might donate, or ask your boss or place where you do business to donate a gift. Donations should be brought in no later than Thursday, April 28<sup>th</sup> so that we have time to put the baskets together.

## DOGS ON THE PLAYGROUND

With the warmer weather we have noticed more dogs making the walk to school with parents. Our playground is a busy, crowded place and we have some children who are not comfortable around dogs. If you are walking to school with your dog, please say goodbye or meet your child at the front of the school on the sidewalk or on the back portion of our field. We ask that dogs not be on our schoolyard when our students are here.



## SCHOOL COUNCIL

Thank you so much to the entire Priory Community for helping to sell chocolate bars. We had one of our best fundraisers ever, and earned about \$4000 for the school which will go toward a buddy bench and more technology! Please join us on **Wednesday, April 13<sup>th</sup> at 6:30** in the school library for our next school council meeting. There will be a **free gift** for all in attendance. Jenny Prevost is our Council Chair and she is looking forward to meeting you. Please take the opportunity to discuss Priory Park, have questions answered and help us prepare for the annual community event, 'Priory Passport of Fun' which will be held on Thursday, May 5<sup>th</sup>.

## SAFETY ON THE PLAYGROUND

Our play structure opens in April, after inspection. With the warm weather approaching it is a good time to remind everyone - students, parents, staff and yard supervisors of the rules that help make these structures fun and safe places to play. Our playground is designed for users aged 5-12 and we do not provide supervision, maintenance and inspections outside of school hours.

### Rules for students:

1. no pushing
2. no running around play structures
3. no fighting
4. no eating while on the playground equipment
5. no throwing sticks, stones or other objects

The following are not allowed on the equipment:

- skipping ropes, scarves or loose drawstrings on children's clothing

We have also been advised by our insurance company that children should not wear bicycle helmets on the play structures. You should also know that in the event of an injury, students and staff are reminded that the injured person should not be moved, and a supervisor must be notified immediately.

We know how much the children enjoy our play structure and are looking forward to the spring weather so they can use it again. We make safety at play our major concern, and will be reminding our students and staff on a regular basis about the playground rules. We hope that you will reinforce them at home with your child.

## **SPRING PROGRAMS & SUMMER CAMPS**

Don't forget to start thinking about Spring and Summer programs for your child(ren). If you require fee assistance for recreation programs in the City of Guelph, please come by the office to obtain a form. Continuing Education also offers summer camps on topics such as drama and sewing and Spring Programs for dance, art, games, yoga etc. For more information, visit the website at [www.ugdsb.on.ca](http://www.ugdsb.on.ca) or call 519-836-7280.

## **ALLERGY REMINDER**

Please be reminded that many students have allergies in the school and we should be respectful of their needs. Peanuts and other nut products seem to be the items of most concern. Many students have been bringing **nutella** in their lunches and unfortunately, this qualifies as a nut product. Please choose an alternative so that we can keep kids safe.

## **Feedback welcome on draft policies**

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are:

- Accommodation Review #305
- School Boundary Review #319
- Community Planning and Partnerships #320
- Equity and Inclusive Education #504
- Alcohol and Drugs #513
- Smoke-Free Environment #208
- Asthma Friendly Schools #516

You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy). The deadline for public input for policies 504 and 513 is April 13, 2016. Input on policies 208, 305, 319, 320 and 516 will be accepted until May 11, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.

## CONCUSSIONS

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

Wednesday April 20<sup>th</sup> 7-8:30 pm Westside SS, Library, 300 Alder St, Orangeville

Tuesday May 10<sup>th</sup> 7- 8:30pm Norwell DSS, Library, corner of Main and Cumberland St, Palmerston

Wednesday May 11<sup>th</sup> 7-8:30 pm Centennial CVI, Lecture Room, 289 College Ave W, Guelph

### April Environmental Theme: ECOSYSTEMS



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!***

## 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)**, in terms of RESILIENCE, 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.**

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>April 2016</h1> 						◀ ▶
					1	2
3	4	5	6	7  PIZZA	8	9
10	11 LUNCH LADY	12 SPECIAL OLYMPICS PEP-RALLY Rm.5	13 PARENT COUNCIL 6:30PM	14  PIZZA	15 EMPOWERMENT-Gr.5/6	16
17	18 LUNCH LADY	19	20 RIVERRUN CENTRE-Rm5, Mrs. Melnyk & Mrs. Leibovitz	21  PIZZA	22	23
24	25 PD DAY-NO SCHOOL	26	27	28  PIZZA	29	30