

# Priory Park Public School Newsletter

275 Scottsdale Drive, Guelph, On N1G 3A1

Phone (519) 836-7710

Principal: Kim Kowch

Office Coordinator: Dianne Bott



## JUNE 2017

### Principal's Message

As we are already into the last month of the school year, the Priory Park P.S. calendar is filled with lots of exciting learning opportunities and events. Students participated in City Track & Field and Play Day, some of our students will visit other schools for a transition visit, we will have our 40<sup>th</sup> Birthday Celebration, school-wide trip to Mountsberg, the Grade 6 Graduation, talent show and finally, our last day of school send-off! These many activities generate the positive, inclusive climate we enjoy at Priory Park, and are fun extensions of the curriculum.

We have been very fortunate this year to have so many volunteers, including parents, university and high school students, as well as community members who help support our students at Priory Park P.S. We want to thank all of them for sharing their time and talent with the staff and students. We are also very proud and thankful for our School Council parents who play such an active role in supporting our school community. Many thanks to all of our families for your dedication at home with your children and for your assistance here at school ensuring the success for all of our students. The Priory Park community is bursting with Panda Pride!

In addition, my thanks go out to all the hard working staff of Priory Park who work each day to support the caring, sharing, learning and growing of all of our students. The EAs continue to support our students' learning with their endless energy, caring spirit and commitment. Our ECEs who work predominantly with our JK/SK students, nurture a positive learning environment and help to ensure a strong start for our younger Pandas. The custodial staff does an amazing job in keeping our school clean and safe for students and staff to work in each day. Ms. Bott does an incredible job in our office with registration, attendance, purchase orders, newsletters, banking, pizza orders, putting up with me....and the list goes on!

Sadly, at this time of year, we say goodbye to some staff members. We will truly miss Ms. Arnold whose last day is this Friday, as Ms. LeRoy returns from her maternity leave. At the end of June, Ms. Gallen-Carrier, Ms. McCallum and Ms. Billings will be moving on to other educational opportunities, Mr. Martin has accepted a teaching position at Jean Little P.S., Ms. Sexton will be taking a leave for the 2017-18 school year, and Ms. Webb and Mrs. Forbes will be moving on to new adventures as they begin their retirement after many years of dedicated service in our Board and our school. We wish all these staff members the very best and we hope our paths cross again soon.

We are excited to welcome Mr. Sol, Mrs. Arnold (a different one!), Ms. Moreau and Ms. Allen to the Priory Park Staff for September - stay tuned for other staffing updates in the coming months! Although it will be another year of changes in staff, we'll also be excited to welcome a new, fresh look to our Priory Park building. You will likely see lots of work crews here over the summer months to upgrade some tired spaces and create a much more eco-friendly and inclusive learning environment.

Just a reminder that **Friday, June 9th** is a Professional Activity Day - there will be no school for students, and teachers will be involved in gathering final assessments to begin report card writing.

Happy last month of school!  
K. Kowch

### **Grade 6 Graduation**

Our graduating class of Grade 6 students will walk across the stage on Tuesday, June 27th. We will begin at 6:30 p.m. with light refreshments, followed by graduation ceremonies commencing promptly at 7:00pm.

### **Thank You Sifton Properties!!**

We continue to be thankful for our neighbouring Sifton Properties for always supporting our school. In addition to the playground, the large trees in the yard, the outdoor classroom, and the birthday books, we are so fortunate this year to have a dedicated team of Sifton employees coming into the school each morning to prepare snack bins for our students, and another who has joined our School Council as a community member. Every day, we are reminded of Sifton's generosity and the benefits you have brought to our school and community!

### **Parking Lot Closed for Student Drop-off and Pick-ups**

This is just another reminder that our parking lot is closed (8:30 - 8:45 am) for dropping students off and (3:10 - 3:30) when picking students up. Patrols and staff set up cones as a barrier to keep cars out of our parking lot during these times to keep everyone safe during these high traffic times. On behalf of Sifton Properties, please do not park in their parking lot as it is very busy with their own tenants and staff. If you need to drop your child off at school, please park on Wilsonview Ave. and cross at the crosswalk lights in front of the school, with our patrols.

### **Safe Footwear**

With the warm weather, many of our students are wearing flip flops and other footwear that is not suitable for running, skipping and playing safely. Students **MUST** continue to have running shoes for gym and we encourage sturdy footwear to be worn on the yard and in school at all times. Little toes and ankles are injured easily!

## **Junior Kindergarten Visit**

This Friday, June 9<sup>th</sup>, from 9:30 - 10:30am, we will welcome children who will be attending Junior Kindergarten or Senior Kindergarten for the first time in September, along with their parents for an orientation visit. Please call the office to confirm whether or not you will be attending (519-836-7710).

## **Moving or Changing Schools**

If your family will be moving out of our school area over the summer, PLEASE notify Ms. Bott, the Office Coordinator, as soon as possible so that we can contact the new school where your child will be attending. This will help us when we are setting up our classes for September, and it will also help the new school with their enrolment.

## **Lost & Found**

Many school items find their way home over the course of the year. If you come across any items such as books or Phys. Ed. equipment, please return them to the school. With everyone's help we can reduce loss of school resources. Also, we have many clothing items in our lost and found box. If your child is missing something, please come and take a look. All items not claimed by the end of the year will be donated to a local charity.

## **Special Olympics**

Congratulations on a job well done to athletes and coaches who participated in the Special Olympics at St. James High School on Wed., May 17<sup>th</sup>! All athletes and coaches showed such dedication and enthusiasm in preparing for the Special Olympics, and the actual day was no different! Students from Room 5 showed excellent sportsmanship and returned to Priory Park with ribbons to celebrate their successes!

Thank you to all peer coaches who gave their very best to support their athletes. The encouragement and time you so generously gave is very much appreciated! Thank you to all of the parents who also came to cheer us on!

## **New Student Registration**

Registration for any student new to Priory Park P.S. will take place on Wednesday, August 30<sup>th</sup> from 9:00 -11:30 a.m. and 1:00 - 3:00 p.m. To register your child(ren), you will need to provide proof of address, date of birth and immunization. If your child was born outside of Canada, please contact the Board Office (519-822-4420 - Donna Frey) for further instruction.

## **Classes for September**

Our classes for the 2017-18 school year are based on the very best information we have in the spring when staffing is allocated. In June, staff meets to discuss each student and tentatively make the best class decisions possible. Although we will begin the new school year with the class organization we are given from the Board's staffing committee in the spring, final numbers depend on students moving in and out over the summer. At the end of

the first week of school in September, we submit our numbers again and the Board staffing committee may make changes, based on our new numbers. We are hopeful that our first week of school-wide activities will help to make all students feel welcome and included so that any changes that need to be made will be with the least disruption possible.

## **Library Books**

June is inventory time in the library. All books must be returned to the library by Thursday, June 8th. If your child has misplaced a book, we ask for a replacement donation of \$10 for soft cover books and \$20 for hardcover books. Ms. Brown-Rogers will be sending overdue notices home with those students.

## **School Council Updates**

It is hard to believe that the school year is almost finished and the summer vacation is just around the corner! Our School Council has had a very productive year, and has raised lots of funds to support our new Library/Learning Commons.

Our "Canada, Eh?!" Dessert Party, Basket Raffle and Lollipop Pull in May made \$755.61. Thank you to everyone who sent in desserts, basket items and/or volunteered their time. We would like to extend our sincere thanks to everyone who helped make all of our fundraising initiatives go so well!

Our first School Council meeting of the 2017-18 year will be on Wednesday, September 13<sup>th</sup> at 6:30 p.m. in our brand-new Library/Learning Commons. School Council is a great way to show your support for our school community and a great way to be involved in your daughter/son's school experience. Please consider joining us and planning some great community events and fundraisers for the school year!

## **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.

## **Ramadan Celebrations**

The Islamic calendar has 12 months and one of them is the month of Ramadan. The Islamic Calendar is lunar which means it is based on the moon.

During this month Muslims all over the world fast from sunrise to sunset, which means that we cannot eat or drink anything from dawn to sunset. We wake up early before dawn and eat and drink a big breakfast, because it will be a long day before we can eat again. Only those people who are healthy are allowed to fast. When the sun sets, we break our fast with dates and water. Then we say our prayers and eat a nice dinner with the whole family.

Muslims pray 5 times a day, but in Ramadan there is a special prayer called the "night prayer". It is fun to go to the mosque for these special prayers because lots of people come and I see my friends.

At our home we celebrate by sharing food and inviting family and friends over. It is also a month of prayers and the reading of the Holy Quran, as it was during Ramadan that the Quran was revealed.

When we fast in Ramadan, it teaches us patience, respect and to be thankful to God for what we have. It is also a time when Muslims give charity to the people in need. Ramadan is a good time to practice doing good deeds too. But we shouldn't just wait for Ramadan, we should do them all the time

The end of Ramadan is celebrated with a day of Eid. Eid is a time of joy, exchanging of gifts and being with family, much like Christmas. On Eid day we wish each other by saying EID MUBARAK!

By Fiza Ahmed (Westminister Woods Gr 3) and Ayyan Sayyed (Meezan School, Gr4)

## **Food and Friends**

Thank you to all who contributed to the Food & Friends student nutrition program this school year. Our students received daily snack bins for each class, offering them access to healthy food throughout the day. We are always looking for new volunteers for the program. Please contact the school if you are interested in helping with the snack program and ensuring kids at Priory Park PS hunger for knowledge, not for food.

<http://www.childrensfoundation.org/downloads/positioning-statement.jpg>

**Anita Macfarlane**

*Community Program Director*

*Food & Friends*

The Children's Foundation of Guelph and Wellington

87 Waterloo Ave, Guelph, ON. N1H 3H6

519-826-9551 Ext.22

[www.childrensfoundation.org](http://www.childrensfoundation.org)

*The Children's Foundation is proud to have been listed in Financial Post Magazine as one of the "Top Children's Charities That Are Worth Your Money".*



FOOD & FRIENDS PROGRAM  
DUFFERIN - WELLINGTON - GUELPH

BRINGING HEALTHY FOOD TO HUNGRY MINDS



**Foster parents are urgently needed!**

Family and Children's Services of Guelph and Wellington County (F&CS) has a shortage of foster homes. There are over 160 children and youth in the care of F&CS with over 65 living in a foster home. With only 73 approved foster homes, most parenting younger children and siblings, F&CS is now having to place our community's children outside Guelph and Wellington County into privately run foster care organizations. Having children move away from their community creates barriers for families to see and plan for their children, disconnects children from their home communities, networks and supports and decreases the community's ability to engage with our vulnerable young people. Our foster parents receive a daily financial per diem and various supports are available as a foster parent with F&CS.

To learn more about fostering at FCS-GW or to attend an information session please connect with Melanie Williamson at 519-824-2410, ext 2315 or visit us at [www.fcsgw.org](http://www.fcsgw.org).

## **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):**

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*

**HEART AND STROKE FOUNDATION | FONDATION DES MALADIES DU COEUR ET DE L'AVC**

**Jump Rope for Heart**

**THANK YOU** for helping to make our Heart & Stroke Jump Rope for Heart event a success!

This year, the students at Priory Park Public School participated in Heart & Stroke Jump Rope for Heart. Together, we raised **\$1752.85** for the Heart and Stroke Foundation - thanks to your support!

Supporting kids' health for more than 35 years, the Heart and Stroke Foundation encourages kids to get active while they collect pledges for heart disease and stroke research, education and advocacy initiatives. Jump Rope for Heart is meant to be a fun and inclusive way to promote healthy choices and getting active.

By participating in Jump Rope for Heart, students at Priory Park PS learn about heart health and the benefits of living a healthy lifestyle. They also learn about social responsibility by helping raise vital funds for life-giving heart disease and stroke research. Every dollar raised

helps families like yours live longer, healthier lives. Our event on May 10, 2017 was great fun for all and we will be looking forward to continuing with our healthy journey throughout the school year.

Plus, thanks to your generous efforts in fundraising, our school also earned valuable resources through the Heart and Stroke Foundation's HeartSmart™ Points Program. Points earned for each participating student and each dollar raised will allow us to purchase new equipment for our school to further promote healthy choices and physical activity.

We hope that your child's experience with the JUMP program will help them on their way to embracing a lifetime of healthy living as well as the importance of helping others. We thank you again for your generosity for those that were able to fundraise and to everyone for helping to foster these values of health in your own homes, within your own families.

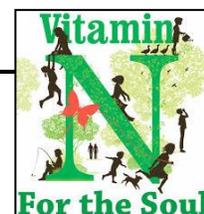
**Together, we can help protect hearts and keep all kids healthy.**

Yours Very Truly,  
Kim Kowch, Principal

**Special note:**

- Prizes will come to the school and be distributed through homeroom teachers. If your child received a bonus online fundraising gift card, you should have received an email notification (please check your SPAM or Junk Mail if you have not received it).
- Missed fundraising pledge envelopes can still be submitted to the school or directly to the Guelph office of the Heart and Stroke Foundation.
- For more information on the difference your donations are making, please go to: <http://www.heartandstroke.ca/what-we-do/our-impact>

**12 Ways to Make Sure Your Kids (and You) Get your Dose of VITAMIN 'N' this Summer!**



**The benefits are clear. Now, more than ever, we can feel good about getting kids and ourselves outdoors and into Nature. Sometimes we need a boost or a new idea, so here's a list of ways to get a dose of Vitamin N:**

1. **Put nature on the calendar.** If you plan the family's sports commitments and vacations in advance, do the same for time spent in nature.
2. **Don't tear down the tree, build up the kid.** International play expert Joe Frost says the number one reason kids get hurt climbing trees is because they don't have the upper body strength to hold onto the branch. Think of manageable risk as an opportunity to build strength and resilience in your kids.

3. **Take a city hike.** In urban neighbourhoods, take your day packs, water and digital cameras and go look for nature.
4. **Moon walk.** Walk by balmy summer moons with katydids singing and lightning bugs flashing - there is much magic in the natural world and most of it is free!
5. **Go backyard camping.** Buy the kids a tent or help them make a canvas tepee, and leave it up all summer.
6. **Plant a backyard, community or high-rise vegetable garden.** If your children are little, choose seeds large enough for them to handle and that mature quickly, including vegetables.
7. **Go Native.** Replace part of your lawn with native plants. Create a backyard butterfly pollinator garden.
8. **Go Wildsnapping.** Landscape photography is a great way to experience nature.
9. **Enroll your child in a nature preschool or other nature-based school.**
10. **Start or Join a Family Nature Club.**
11. **Purchase a family park pass.** 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!
12. **Be a force for balance.** For every dollar invested in the virtual, invest at least another dollar in the natural. Limit access to texting, computers, and TV part of the day or week. Schedule Saturday as a "Smartphone and iPad-Free Outdoor Play Day" for kids and parents.

Also, check out the  
**Children's Outdoor Charter:**  
[www.childrensoutdoorcharter.ca/](http://www.childrensoutdoorcharter.ca/)

**In Ontario, every child should have the opportunity to:**

- Follow a trail
- Explore a park
- Harvest something to eat
- Swim in a lake
- Paddle a canoe
- Play in the snow
- Build an outdoor fort
- Visit a farm
- Camp under the stars
- Go fishing
- Observe plants and wildlife
- ...Or create an outdoor adventure

Adapted from: <http://www.childrenandnature.org/>

## Monthly Environmental Activities to help celebrate our planet



**June 5<sup>th</sup> 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.



<http://worldenvironmentday.global/en>

**This year's theme** - Reconnecting you to nature!

On June 5th, 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.
- **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
- **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>