



SIR ISAAC BROCK PUBLIC SCHOOL

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Principal: Natasha Skerritt

Vice Principal: Kathy Soule

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APRIL 2016

A MESSAGE FROM THE OFFICE!

With the rain this week it surely feels like spring is just around the corner. The students are anxious to get outside and enjoy some spring weather. With spring comes a yard that is certain to be muddy. In order to avoid calls home from the office it is a great idea to keep an extra set of clothes in younger students' backpacks.

We would like to take this opportunity to appreciate all SIB staff for their ongoing dedication and professionalism to providing a safe and inclusive learning environment. As well, many staff extend their commitment to education by volunteering their time to offer the many extra-curricular activities, teams and clubs that are in place for our SIB Knights. The extra time and commitment is very appreciated.

We are sure the next few months are going to fly by with all the exciting events occurring around SIB!

Natasha Skerritt & Kathy Soule

Some of the many exciting events happening in April at SIB!

April 1st

- SIB Production at 2:30pm in the Gym

April 4th

- Wear Blue in support of Autism

April 12th

- "Paint the Town Red" – Students to dress in red in support of Special Olympics

April 13th

- International Day of Pink – Students to dress in pink in support of Anti Bullying

April 22nd

- Earth Day – Assembly 9:10am and Litterless Lunch Day

April 25th

- PA Day

April 29th

- Jump Rope Kick Off Assembly – 1:45pm

SCHOOL COUNCIL

Thanks to all who purchased and sold chicken. We are pleased to report that chicken sales were up this year, raising even more funds for our school.

Preparations are underway for this year's BBQ. The BBQ will take place on June 23rd. Donations are now being accepted for the silent auction. If you are able to make a donation please feel free to drop it off at the school.

Please join us for our next meeting on Tuesday April 26th at 6:45 pm in the Library. Childcare is provided.



OFFICE CHECK-IN



PLEASE remember to check in at the school office when visiting the school, picking up your child, dropping off something, or volunteering in a classroom. Upon arriving at the school you need to sign in with your name, date and time. You also need to pick up a visitors' badge before heading off to the classroom. Thank you for helping us follow this very necessary safety precaution.

Class Requests

Each year we receive class placement requests for the coming school year. If you have a request please put it in writing addressed to Ms. Skerritt so that she may take this into consideration when discussing class placements for the fall with staff. Please know that when placing your child in a class, we consider their academic strengths and needs, personality, friendships, learning styles and behaviour. Class building is a lengthy process that is given a great deal of thought and time by the staff. Thank you for recognizing that we do our very best for each and every student here at SIB. Please have requests in to Ms. Skerritt by May 1st.



SIB 2016-2017 School Day

8:40 – Start of School Day
10:20 – 11:00 Nutrition Break #1
12:40 - 1:20 Nutrition Break #2
3:00 – End of School Day

Moving In - Moving Out?

If you are planning a move to another school this summer, or know of someone moving into our school area for the 2016-2017 school year, please notify the office as soon as possible.

Lunch Supervisors Needed

We are looking for parents interested in becoming nutrition break supervisors to add to our on-call list. (This is a paid position.) If you are interested in the role, please call the school office at the school and speak to Mrs. Soule.

Do you know an Everyday Hero?

Please nominate someone in your school community – an individual or a group - whose actions and efforts foster the development of a positive learning and working environment. Deadline for nominations is Thursday April 14, 2016. For more information, visit the board website:

<http://www.ugdsb.on.ca/community/article.aspx?id=3546>

Concussion Information

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 20th 7-8:30 pm
Westside SS, Library, 300 Alder St, Orangeville

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

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

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. 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.

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 affect 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>

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!



<https://www.autismspeaks.org/liub>

[Autism Ontario](#)

[Kerry's Place Autism Services](#)

**WEAR BLUE ON MONDAY APRIL 4th
IN SUPPORT OF AUTISM!**

Monthly Environmental Newsletter Inserts



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!