



# SIR ISAAC BROCK PUBLIC SCHOOL

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February 2017

## *A Message from the Office:*

2017 is off to a great start at SIB. During January a number of exciting events took place at school. We have had a number of very exciting assemblies. We had Earth Rangers come in with a number of animals to talk about conservation of animals. A highlight of the assembly was the Bald Eagle. We had an informative presentation by Guelph Hydro about staying safe in and around hydro. Mad Science was in and put on a presentation for our Grade 1-6 including some intriguing science experiments. As well, during January the Guelph Police have been in the school doing a number of safety talks with our students. Along with these exciting assemblies there have been many more amazing things happening at SIB. It truly is a great place to be!

During the month of January all our staff were trained in the “Tools for Life” program. This program focuses on improving social skills. Key goals in the program are to develop inclusive, cooperative learning environments, build positive relationships with and amongst the children through fun, experiential learning.

I would like to thank Mr. Thompson who has moved to Mitchell Woods and welcome Ms. Craigmile who is joining us here at SIB. We also welcome new Educational Assistant Ms. Thatcher.

I hope you all have a wonderful February.

*Natasha Skerritt & Kathy Soule*

“Making Sense of Anxiety”  
with Susan Dafoe-Abbey  
Parent Event  
February 7<sup>th</sup> – 6:00 to 8:00  
School Library

**Raise the Dough!!**

**Domino's Pizza**

**February 22nd**

**Did you know that  
upcoming dates and  
events are posted on  
our school calendar?  
Check our website  
for more information.**

## SCHOOL COUNCIL

February is an exciting month for School Council as we have some big events happening. One of these events is our parent event "Making Sense of Anxiety". Elmira Poultry fundraising will also begin in February, please watch for forms coming home. Our next School Council meeting is Tuesday February 21<sup>st</sup> at 6:45pm in the library. As always, you are more than welcome to join us.

Thanks to everyone for all your fundraising efforts!  
Because of you we now have 33 more Chrome Books in  
our students' hands!



### Pink Shirt Day—Wednesday, February 22<sup>nd</sup>

The key message of Pink Shirt Day is about getting students to not accept bullying under any circumstances and to not stand by when they witness acts of bullying. We would like to ask all students and staff to wear pink shirts on February 22nd to support Pink Shirt, Anti-Bullying Day.

#### Grade 8 Fundraising

Please support our grade 8 Quebec trip by purchasing  
Cookie Dough and Popcorn.

## TERM 1 REPORT CARDS

Report cards will be sent home on Thursday February 16<sup>th</sup>, 2017. How you interpret and respond to your child's report card is important. Listed below are some suggestions to help you read, understand and celebrate your child's report card.

1. Read the learning skills on the first page of the document first. Celebrate and acknowledge your child's efforts, improvements and strengths and who they are as a person. Pay particular attention to the comments regarding Strengths, Areas of Need and Next Steps.
2. Pay attention to the section that deals with "days absent" and "times late". Sometimes this is an area that surprises parents and offers insights into why your child may be struggling.
3. Talk about the report card together and seek your child's opinion about their accomplishments.
4. Look at the grades that your child is getting in areas that he/she is interested in; this could suggest some new areas of interests and talents of your child.
5. Set some goals with your child in areas that you both agree would benefit from improvement. Look for key phrases like "organizational skills", "focusing", "non-completion of work", and "lack of preparation" to track down what is going wrong in a particular subject area.
6. Make a plan on how to meet these goals and share in the responsibility of helping support your child achieve these next steps.
7. Request a meeting with your child's teacher if you need clarification, want more information or need ideas and resources to support your child's learning goals.
8. Remember that the term one report card is a checkpoint. There are five more months of work ahead and a lot can change during that time. Hard work and effort do pay off.

## Report Bullying



We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. **Report Bullying** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school's website

### Engaging Your Child in Science at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills...and it's FUN! Here are some ideas for fostering Scientific skills in your children.

#### 6 Tips to foster Scientific Thinking at Home

**1-See science everywhere.** Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

**2-Lead family discussions on science-related topics.** Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

**3-Encourage girls and boys equally.** Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

**4-Do science together.** Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

**5-Connect science with a family vacation.** Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

**6-Show excitement for Science!**

Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science ...."  
<http://www.nsta.org/sciencematters/tips.aspx>.

## Talking About Mental Health – February 2017 Tests and Stress

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

### **Anticipate stress and be ready for it.**

- ✓ Practice relaxing activities every day so during stressful times you already know how to cope.

### **Eat well**

- ✓ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

### **Sleep**

- ✓ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

### **Drink lots of water**

- ✓ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

### **Move**

- ✓ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

### **Pause and relax**

- ✓ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle. <http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

### **Connect**

- ✓ Talk to your friends.
- ✓ Talk to your parent or a caring adult about how you are feeling.
- ✓ At school, you can talk to your teacher, principal or CYC for support.

### **Laugh!**

- ✓ Laughter is a great release and allows our brains to recharge and reset.

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.  
Follow me on Twitter @drlynnwoodford.*

## Monthly Environmental Activities to help celebrate our planet



February 2<sup>nd</sup> is National Sweater Day!

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

### Celebrate International Sweater Day on February 2nd!

*“National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada and is a significant source of emissions. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that’s equivalent to shutting down a 600 mega watt coal-fired power station or taking nearly 700,000 cars off the road!”*

[http://www.wwf.ca/events/sweater\\_day/](http://www.wwf.ca/events/sweater_day/)

*“National Sweater Day is about valuing energy. It’s a chance to think differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely, not wastefully. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.” -- World Wildlife Fund Canada*

### Ideas for your family to celebrate Sweater Day!

- **Turn down your thermostat and wear a sweater!**
- **Ask your children to brainstorm with you about ways to save energy at home.** Make a pledge to implement as many as you can.
- **Research the differences between climate and weather.** Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).
- **Read a children’s book on conservation** such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- **Valentine’s Day is just around the corner** - use recycled materials to create your cards this year!