



SIR ISAAC BROCK PUBLIC SCHOOL

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Vice Principal: Kathy Soule

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APRIL 2017

A Message from the Office

Spring has arrived at SIB. Already the students are enjoying every chance they get to be outside enjoying the weather. With spring comes a yard that is very muddy. Although at times we will have a “hard top recess”, meaning the students will play on the tarmac, there are times when students will venture out onto the grassy areas and end up getting muddy. Therefore, it is always a great idea to keep an extra set of clothes in younger students’ backpacks.



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

Over the next three months there will be many exciting events happening at SIB. Please take a moment to have a look at the school calendar on our website for more information.

Happy Spring,

Natasha Skerritt and Kathy Soule

SCHOOL COUNCIL



Preparations are underway for this year’s Family Fun Night. Family Fun Night will take place on June 8th. 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 18th at 6:45 pm in the Library. Childcare is provided.

During the month of April school council is presenting a parent talk about internet safety. Please watch for the flyer to come home soon about this upcoming event happening on April 11th.

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 visitor's badge before heading off to the classroom. Thank you for helping us follow this very necessary safety precaution.

WORLD AUTISM DAY

The ninth annual World Autism Awareness Day is April 2, 2017. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events. Please join Sir Isaac Brock Public School in our effort to inspire compassion, empowerment and hope by wearing BLUE on Monday April 3rd.



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 2017- 2018 school year, please notify the office as soon as possible.

Class Requests

Each year we receive class placement requests for the coming school year. If your child has some exceptional circumstances, please contact Ms. Skerritt directly in writing so that she may take this into consideration when working with staff to create classes. Please know that when placing your child in a class, we consider their academic strengths and needs, personality, friendships, learning style and behaviour. Class building is a lengthy process that is given a great deal of thought by the staff. Thank you for recognizing that we do our very best for each and every student. Requests do need to be in to Ms Skerritt by May 1st.

Monthly Environmental Activities to help celebrate our planet



April 22nd is Earth Day!

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

Celebrate Earth Day on April 22nd!

“Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation.”

<https://earthday.ca/about/>



waystogogreenblog.com

Why is it so important to connect kids with nature?

Kids who don't get outside, who aren't stimulated by their environment, won't grow up with the motivation to protect our planet. Kids who don't connect to their inner nature through creative play won't be as resilient as generations before them.”

<https://earthday.ca/ed2017/everyone/>

Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day's EarthPlay** <https://earthday.ca/ed2017/schools/> . You can download an activity tool kit and enjoy the many suggestions to promote outdoor activities and learning for kids.
- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life,
- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

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“Today a reader, tomorrow a leader” - Margaret Fuller.

In education, we strive to teach our students how to be critical readers so that they can flourish in their future endeavours whether in English or in French. Reading skills in French are not unlike reading skills in your first language, however, reading in French does require attention to a different sound system, different vocabulary and at times an understanding of contexts or cultures that may be different than those in another language.

### **How can parents support student reading at home when they don't speak French?**

One way to do this is to read with your child in their first language. Research shows that reading behaviours and skills are transferable across languages. For example, understanding how to retell a story in English using the beginning, middle, and end structure is a skill that is transferable to French.

Opportunities for shared reading will support motivation and skills in reading no matter the language. Asking your child to predict what the text will be about or what will happen next, to visualise what is happening as you read and to use picture clues to better understand the text are all activities that will positively impact reading.

Another way to support and motivate your child is to encourage them to read to you in French and then ask them to summarize or retell what they have read. This shows them that you are interested in and value their reading experience in French and may even teach you some new French vocabulary along the way. Simply having a conversation with your child about what they are reading in French and asking questions is an additional way to show your interest and support.

### **What happens when students are not moving forward in their reading or parents have concerns about student progress?**

Research shows that interventions can be effectively delivered in the student's first language as well as in French at a time when the gap between strong and weak readers is still relatively small. Early intervention is key. Discussing your concerns as soon as they arise by speaking with your child's teacher and then examining appropriate courses of action and supports as a team are important first steps.

It is important to remember that a student struggling in reading does not mean that the student is not a good fit for learning French. French as a second language programs are for all students. Promoting this belief helps to create a supportive environment where students feel more confident and can be successful.

#### Further Reading:

1. What Works? Research into Practice. “Supporting Early Language and Literacy. Dr. Janette Pelletier OISE, University of Toronto. The Literacy and Numeracy Secretariat.
2. What Works? Research into Practice. “ Early Identification and Intervention for At-Risk Readers in French Immersion. Nancy Wise and Dr. Xi Chen. OISE, University of Toronto. The Literacy and Numeracy Secretariat.

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Talking about Mental Health - May 1-5 is Child and Youth Mental Health and Well-being Week!

Child and Youth Mental Health and Well-being Week is in the first week of May. It is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections

Understanding Emotions

Personal Health

Empowerment

Resilience

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

Monday May 1 - **S**ocial Connection - "Be the Reason Someone Smiles Today".

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 2 – **U**nderstanding Emotions – "Understanding Emotions Creates Positive Actions"

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 3 – **P**ersonal Health - "Move, Sleep, Eat, Repeat. Keep yourself healthy every day".

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 4 – **E**mpowerment - "Change Your Thoughts, Change Your World".

You are encouraged to look for ways to make a difference in your school and community. Start small, you never know where it will lead too.

Friday May 5 – **R**esilience - "Every Challenge is a Learning Experience".

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!

Dr. Lynn Woodford is the Mental Health and Addiction Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford