



Victoria Terrace P.S. News

500 Victoria Terrace · Fergus, ON · N1M 2G5

Phone: 519-843-2720

FAX: 519-843-1558

Principal: Mrs. W. Shannon

Office Co-ordinator: Mrs. D. Wilson



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From the Principal's Desk

I hope you all had a wonderful March Break. Soon we will be enjoying a nice long Easter weekend. We are looking forward to sharing in the many exciting learning experiences that are being planned for the last three months of the school year.

This is a reminder that Grade 3 and 6 students will once again be writing the Primary and Junior annual EQAO Provincial Assessment of Reading, Writing and Mathematics. The test will be administered by the classroom teachers between Tuesday, May 23rd and Friday, June 2nd. We ask parents of Grade 3 and 6 students to make every effort to avoid having their child(ren) miss school during this time, and please avoid scheduling any appointments on these days if at all possible. Grade 6 students will write May 23-26 and Grade 3 students will write May 29-June 2. If you have any questions, please contact your child's teacher or the office.

Mrs. W. Shannon

Dress for the Weather!

As the weather improves and spring blossoms, we are sure to experience rainy days and more variable weather. Please ensure your child is properly prepared for school with appropriate clothing and footwear. An extra pair of socks is always handy to have, and just a reminder that even in the nicer weather, we still require students to have indoor shoes and outdoor footwear. Any students exploring in the mud and water must have splash pants and rubber boots. Thanks so much for your help in keeping our classrooms and learning areas clean!

Spring Drills

We are required each year to conduct fire, tornado and secure and hold (lockdown drills) on a variety of occasions, to keep students mindful of the emergency procedures that are in place at Victoria Terrace P.S. This year we will be adding another drill to help keep students safe and prepared for any emergency. It will be a bomb threat drill. In the next three months, we will continue to practice these drills, to ensure that students remain calm and composed during any emergency situation.

If you do not have a tornado or fire plan for your home, you might consider creating one to ensure that your family knows what to do in case of an emergency.

Your Help, Please - Daycare Needed

We have some Victoria Terrace P.S. families who are looking for daycare, both for the next three months and for the next school year. If you are currently providing daycare or plan on it in September, either before and

after school and/or during the day, please feel free to place an ad with your information on the bulletin board in the Community Use foyer.

Creative Playground Use

Our playground is designated for users ages 5-12 and we do not provide supervision, maintenance and inspections outside of school hours.

As soon as we are able to access the area, the Board grounds department will provide a pea gravel till and top-up, allowing the ground to breathe and release the frost. When the ground is thawed, the weather is warmer, and it is safe to do so, we will announce the playground open for use. Please remind your child to listen for announcements telling them when they can return to play in this area.

Safety rules to be observed are:

- No fighting
- No touching – keep hands, feet and body to yourself
- No eating on the playground equipment
- No throwing sticks, stones or other objects
- No tag, chase games or running in the area of the playground structure
- No outdoor play equipment to be used within the playground structure e.g., balls, skipping ropes, string, etc.
- No scarves or loose drawstrings (e.g., from a hoodie) are permitted on playground equipment

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 with first aid training must be notified immediately.

We know how much our students enjoy the play structures. We make safety during play our primary concern and will be reminding students and staff on a regular basis about the playground rules. We hope you will reinforce them at home with your child.

Autism Awareness Day

On April 3rd, Victoria Terrace invites students and families to wear blue to support World Autism Awareness Day (WAAD). This day spreads awareness and understanding of autism, celebrates and honours the unique talents and skills of people with autism and brings attention to the needs of all people on the autism spectrum. Let's wear blue for WAAD!

Online Auction Fundraiser

Our School Council is hosting another Facebook Online Auction to help raise funds for phase three of our playground update. Last year's auction was very successful, and we are hopeful this year will be the same. If you have anything to donate for the auction, whether it is a product or service, it would be greatly appreciated. These donations can be dropped off at the school office between 8 a.m. and 4 p.m. and please know that if you can't make it between those hours just call the office and arrangements will be made. Stay tuned for further information on when the auction will go live. Thank you in advance from School Council for your support.

Let's Move...

Keeping fit and taking care of your health is every bit as important as taking care of your education. Walking to school is great exercise and a great way to keep your body, as well as your mind, active. Have your child walk to school, and please help us reduce traffic congestion near the school!

Late for School...

Parents are reminded that entry to the school in the morning is 8:45 a.m. and in the afternoon it is 1:35 p.m. This gives students plenty of time to prepare themselves for class. Please help us stress how important it is to be on time. The vast majority of late arrivals are avoidable. Together we can help our students understand the value of being on time and prepared. Also, please remind them that they must come to the office for a late pass. The pass will let the teacher know that the office is aware of the student's arrival and that will save a call home. Thank you for your cooperation.



Eight Keys of Excellence

The staff and students at Victoria Terrace P.S. work very hard every day to be mindful of the “Eight Keys of Excellence”, and they are posted in all classrooms as a constant reminder of the importance of these life skills from childhood right through to adulthood. Please continue to support your child with these values, and consider using the same wording to model and reinforce these concepts at home.

Ownership: It's always a much easier thing to look at a situation and think how it could have been if someone or something was different. Instead, guide your child to take responsibility and be accountable for his/her actions, and the part that he/she played in creating the problem.

Speak with Good Purpose: Your words need to be as kind as your actions. Teach tolerance and understanding by remembering not to say hurtful things to others. Remind your child to pause and to think about the words he/she says and to imagine how he/she would feel if someone called him/her those names. Encourage your child to go a step further and stand up to classmates who speaks that way. (“I feel sad that you said... Please don't say that.” Walk away.)

Flexibility: Change isn't easy for anyone, but it is a fact of life. We can't always control the situations we are in, based on circumstances that have nothing to do with us. Encourage your child to be open to change or a new approach, and recognizing that there might just be a more positive outcome on the other side. Just go with the flow!

Integrity: Having integrity is knowing in your heart what is right, and knowing how to treat others well. Examples: we value honesty, so we tell the truth. We value kindness, so we treat each other kindly. When your values and behaviour match, you have integrity. Integrity means we do the right thing, even when nobody is watching. You know the right thing to do – just do it!

Failure Leads to the Sweet Smell of Success: Failure, although disappointing, can also be viewed as an opportunity to simply provide you with the information you need to learn from your mistakes, and succeed in the future. Encourage your child not to be afraid of making a mistake, but to recognize that there is always a lesson to be learned from doing so, and in taking steps to improve the next time. This will also help to build resilience in your child and a problem solving spirit! FAIL = First Attempt In Learning.

Commitment: With busy lives, sometimes juggling too many things can become overwhelming. Instead, try to help your child to be mindful of “less is more” – not trying to do too many things, but doing whatever you do

well. Help your child to follow through on promises and obligations, and doing whatever it takes to get a job done to the best of his/her ability.

Balance: Keep your mind, body and spirit in alignment.

This Is It: If your child decides to be unkind, it is hard to take something back. This is why it is necessary to always have integrity. Should a difficulty arise, your child can always take ownership for his/her actions. It is important to teach your child to focus his/her attention on the present moment, making the most of whatever life has to offer here and now. Life is not a dress rehearsal... have fun and enjoy it!

Child Abuse Prevention Policy and Program

The Upper Grand District School Board places a high priority on the safety of our students. The Child Abuse Prevention Policy is evidence of our commitment to this priority. The following is a quote from this policy:

“Every citizen in the community shares a responsibility for our children. School officials and teachers share this collective community responsibility for creating safe and nurturing environments for children. Under the Child and Family Services Act, this responsibility includes the legal requirement to report to the local Children’s Aid Society any suspected child abuse or other situations where a child may be in need of protection. Teachers and other Board employees have a special opportunity to know and understand children during their most influential years of development. They are in a unique position to be able to see early signs of maltreatment, and to know or hear about the abuse and neglect that is often suffered by children.”

As required in the Policy, we teach age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

During the school year, students in grades one, three and five are taught either the **C.A.R.E.** kit put out by the Red Cross society or the new “Kids in the Know” Personal Safety program by their classroom teachers with the support of the Child and Youth Counsellor. There is no formal program in grades 2, 4 and 6, although the safety concepts are reviewed by classroom teachers informally.

We encourage you to discuss with your child at home, the concepts taught in the Child Abuse Prevention Curriculum.

For more information regarding the Child Abuse Prevention Policy and/or Programs please contact Wilma Shannon, Principal, or Rob Marshall, Child and Youth Counsellor.

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 practise 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>

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 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 - **Social 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 – **Understanding 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 – **Personal 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 – **Empowerment** - "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 – **Resilience** - "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

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 the country to connect with nature and build resilient communities as foster an intrinsically motivated, enduring commitment to stewardship and conservation.” <https://earthday.ca/about/>



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as well

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.

Education Week: May 1st – May 5th, 2017



The theme for Education Week this year is “Open Doors to Learning/ Ouvrons les portes a l’apprentissage.” The official opening will be combined with the opening of Ecole Guelph Lake P.S. The official opening ceremony will be held at 6:30 p.m. on Monday May 1, 2017 at Ecole Guelph Lake P.S., 595 Parkway N., Guelph. You are welcome to attend the opening and see this new school.