



Aberfoyle Public School

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APRIL 2016 *** FOLLOW US ON TWITTER!!! @AberfoylePS ***

Dear A.C.E. Families,

The buddy bench has arrived and we couldn't be more excited! We obtained the bench through a combination of hard work by our own Community Builders and the #Get In Touch For Hutch foundation. The message behind this awesome looking bench was shared with all students by our Community Builders and the Foundation at a special Colour Day assembly.

Students and staff learned about how this bench can be used as a place to make connections between old and new friends. If someone is looking for people to play with, want a place to cool off when frustrated or hoping to talk to someone about a problem, sitting on the bench is a sign to others to help out.

I am really impressed with the students' excitement and understanding of the need for something like this simple bench. Students make connections everyday in their interactions with others, the important learning that happens is for students to identify what went well or what didn't go well so they can make sure the next interaction with someone is a positive one as well. The bench is a tool to help some of these connections happen and we are glad to have it in our school. The bench currently sits in the front hall for everyone to get a trial sit but soon it will be outside for students to use at recess and play time.

We also received from positive feedback from one of the #Get In Touch For Hutch committee members which I wanted to share with the whole school community because it really made me proud when I read it. "What a wonderful little school community you have there in Aberfoyle. We were so impressed with your entire assembly and yes, the kids and their song absolutely melted my heart. ... Thanks so much for opening your doors to us. These connections, that are made in such a supportive way, mean the world to us!" - Myrna

Thanks again to everyone who helped and have a great April!

- C. Guyitt



UP-COMING EVENTS

APRIL	EVENT
1st	INT Dodgeball Tournament LICENSE FOR A LOONIE DAY!
5th	School Council Meeting @ 6:30pm in the library
7th	Pyjama Day Interschool Chess Tournament
25th	PA DAY - No School
26th	Colour Day
28th	Music Night

NEW PA DAY: We would like to make all parents and guardians aware of an additional PA Day that has been added to the school calendar. Following central collective agreements reached in the fall, an additional Professional Activity Day has been added to this school year. In the Upper Grand District School Board, this PA Day will be on **April 25, 2016**. You can read more about this at http://www.ugdsb.on.ca/news_article.aspx?id=63168&blogid=32405

There will be three more Professional Activity days this year. There are NO half days this year. Please note for babysitting purposes that there is no school for students on the following days: **April 25th, June 3rd and June 30th.**



DO YOU KNOW A CHILD WHO NEEDS TO REGISTER FOR KINDERGARTEN NEXT YEAR?

If you have a child or know of someone in our community who has a child that will be starting kindergarten in the fall, please have them come to the school for registration. Please bring birth certificate, immunization record and proof of living in our school's area (ie. Driver's Licence). If you have any questions please contact us at the school 519-763-7040.



**IMPORTANT DATE
CHANGE FOR SCHOOL
COUNCIL THIS MONTH
- TUESDAY APRIL 5th
@ 6:30pm**

ATTENTION ALL EMAIL USERS!!!!!!!

Get up-to-date important information about everything that is going on at Aberfoyle sent straight to your email. Go to the homepage of our website <http://www.ugdsb.on.ca/Aberfoyle/> and click on the button that looks like the one below to sign up for great email updates. It only takes a minute to sign up and you will never again miss out on important reminders and our monthly newsletters.



Upper Grand District School Board: Request for Consent

Dear Parents and Guardians,

Canada's Anti-Spam Legislation (CASL) came into force on July 1, 2014. As a result, the Upper Grand District School Board, would like to ensure that we have your consent to receive newsletters, school and Board updates, announcements, event invitations, and other electronic messages which may contain advertising or promotions regarding school fundraisers, field trips, the sale of yearbooks, student pictures, uniforms, books, prom or dance tickets, or similar events and offers.

If you wish to receive the above communications from us, please visit our CASL registration website at:

www.ugdsb.on.ca/CASL

By registering your email on this webpage you will receive electronic communication from the school which may or may not contain commercial electronic messages as described above. If consent is not provided, you will not receive electronic messages containing commercial content and may find it more difficult to be aware of the activities that take place in school, and which your child may have an interest in participating.

If you have any questions or if you wish to withdraw your consent at any time, please click the link at the bottom of email messages you receive from the school, or visit the same site and click on "Unsubscribe" to remove your name from our contact list.

For additional information on Canada's Anti-Spam Legislation you may visit our board's website at www.ugdsb.on.ca.

Volunteers: WE NEED YOU!

Do you have a half hour or even a full hour once a week to listen to and encourage students while they read? If yes then we need you! We are looking for volunteers who can dedicate some time once a week to help students practice their reading skills. Please email Margaret Hauwert at margaret.hauwert@ugdsb.on.ca to sign up and get more information. Thanks!

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 7-830 pm
Westside SS, Library, 300 Alder St,
Orangeville

Tuesday May 10th 7- 830pm
Norwell DSS, Library, corner of Main and
Cumberland St, Palmerston

Wednesday May 11th 7-80 pm
Centennial CVI, Lecture Room, 289 College
Ave W, Guelph

Wellington County Library – Puslinch Branch, April Programmes

Mix it Up! (Grades 1 - 3)
*Inspired by bestselling author and artist
Hervé Tullet, this beautifully messy
workshop will be active, collaborative, and
entertaining, no matter your skill level.
Space is limited. Please register.*
Wednesday, April 13, 3:30 pm - 4:15 pm

Safe Departure

Please send authorization in writing if someone other than the legal guardian is going to pick your child up from school. The authorized adult may also be asked for photo identification.

If it is necessary for a child to leave early, or to leave for a period during the day for an appointment, a note must be sent to the teacher. For the safety of your child, we request that you come into the school to **sign him/her out at the office**. We cannot send students out to waiting cars. *****Please also remember to sign your child off the bus using the bus lists located in the foyer if they are not taking the bus home.** We appreciate your efforts to keep all students safe.

REID'S HERITAGE HOMES
is proud to present...

Take a
RIDE
for MacKids

We've got fun for the entire family!

- Trucks, Construction Equipment...and MORE!!!
- Food trucks • Carnival Midway Rides • Face painting • Silent Auction
- Magic Show with Magician Bob Cates

June 18th, 2016 10:00 am - 3:00 pm
6783 Wellington Road 34, Cambridge, Ontario

Admission is \$20 - Kids under 5 FREE

ALL PROCEEDS IN SUPPORT OF
Caring for Little Kidneys Campaign for MacKids
McMaster Children's Hospital Foundation

Donations can be made at the "Caring for Little Kidney's Fund" page at <https://secure.e2rm.com/registrant/donate.aspx?eventid=160834>

CALL 519-658-6656 to get your tickets early!

Strong scents such as perfumes and certain deodorants can cause an allergic reaction in some of our students and staff who experience a sensitivity to these products. Please be considerate of others in the building and try to use scent free products, our noses thank you!



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](#)

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>

Talking about Mental Health - May 1-7 is Child and Youth Mental Health Week!

Child and Youth Mental Health Week is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available.

The theme for Child and Youth Mental Health Week at the Upper Grand District School Board is:

Have a SUPER Week! Let’s increase everyone’s mental health and well being!

Social Connections

Uplifting Emotions

Personal Health

Emotional Calming

Resilient Thinking

Each day of the week will focus on a different aspect of

mental health and the schools will be provided with resources and activities related to each day's theme. Some schools will also have their own Mental Health and Well Being Week activities that are specific to their school.

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

Monday May 2 - Social Connection

Perform Random Acts of Kindness for someone in your family or neighbourhood.

Tuesday May 3 – Uplifting Emotions

Say 3 things each day that you are grateful for.

Wednesday May 4 – Personal Health – Eating Well, Sleeping Well and Being Active

Eat a good nutritious breakfast. Focus on fruits and veggies for snacks. Walk with your child to school or go for walk after work/school. An hour before bed, start winding down. No screens. Read a book or listen to calming music. Prepare for a good night's sleep.

Thursday May 7 – Emotional Calming

Just breathe. Start the day with a few deep, calm breaths at breakfast. Take three deep breaths every time you walk through a doorway.

Friday May 8 – Resilient Thinking

Have each family member name one positive thing about themselves and one positive thing about each other.

At the end of the week, think about the things that made you or your child feel more positive, more resilient and continue to use them 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



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!

