

# École Arbour Vista

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## Newsletter for February 2017

### From the Principal's Desk

Our mild and damp weather to this point of the winter season has not tempered the enthusiasm and activities going on at Arbour Vista. During the month of January the school hosted the Junior boys' and Junior girls' volleyball tournaments while the Chess Club and the Intermediate basketball teams have been preparing for their upcoming competition against other Guelph schools. A number of our Intermediate students will soon be competing in the Cardboard Boat Races at the Centennial Pool and the Primary Choir will start preparing for its annual visit to the Sleeman Centre to sing the national anthem at the Guelph Storm game on Family Day, February 20<sup>th</sup>.

Our School Council continues to do a tremendous amount of work to support our students. Council will be hosting their third annual Spaghetti Dinner in our school gymnasium on Thursday, February 9<sup>th</sup>. The first two Spaghetti Dinner fundraisers were a great success and this year's event will also be exceptional. Arbour Vista's School Council's Parent Outreach Committee will be hosting a follow-up meeting to its November, 2016 event that focused on Raising Resilient Children. This follow-up meeting will be held on Thursday, April 6<sup>th</sup> in the school library. More information regarding this event is included as an attachment to this month's newsletter. School Council's regular monthly meeting will be held on Thursday, February 16<sup>th</sup> at 6:45 p.m. in the school library. During the February meeting we will be joined by Dr. Lynn Woodford, the Upper Grand District School Board's Mental Health Lead, who will be presenting information regarding the mental health services offered by the Board. We hope to see you there!

### From the Vice-Principal's Desk

As we enter the cold days of February with one term of the year behind us, we will prepare to take the academic pulse of our school. Reports will arrive for your review on February 16<sup>th</sup>.

Our Intermediate students are currently selecting courses and sharpening their focus on all they aim to achieve in the Secondary years, and on who and what they hope to become.

Our Primary and Junior students will reflect upon the learning they've accomplished, and consider the skills which they will each individually be required to refine. Our Kindergarten students will receive their first ever Communication of Learning, indicating each student's progress with the process of Belonging and Contributing, Self Regulation and Well Being, Demonstrating Literacy and Numeracy Behaviours, and Problem Solving and Innovating.

Our School Direction Team will lead all teachers through a rigorous identification and evaluation of the best practices to be utilized in order to meet the objectives established in our School Improvement Plan.

These are exciting times for our school, yet they are challenging times as well. At every juncture it is imperative that we recognize and accurately reflect the unique learning, emotional, and social needs of every student, while assisting each one in assuming active responsibility in this process, through which they are able to experience a sense of ownership and pride.

We are all bound in this venture, and so appreciate every contribution you make as parents in supporting your children here at Arbour Vista.

As we begin Term 2, my hope is that we take time to consider where we have been, and look confidently toward all that is yet possible to achieve before the summer is upon us.

Stay warm through these winter days and Happy Valentine's Day!

## **Reading in English**

As you know, students in the French Immersion Program receive 100 percent of their instruction in French up until Grade 3. Beginning in Grade 3, and every year thereafter, a portion of each day is spent learning in English. To this end, students in the Primary grades should be reading **AND WRITING** in English at home on a regular basis. This may take the form of RAZkids (an on-line reading program), independent reading in English, or reading to or with a parent. If you do not know how to access your child's online RAZkids account, please contact your child's teacher for more information. Students in upper grades should also be reading in English on a regular basis. Thanks for supporting your child with reading and writing at home!

## **How Mathematics Helps Children Learn About Language**

Mathematics offers opportunities to develop cognitive language as well as subject-specific vocabulary, which sometimes carries a different meaning to that of every day language (e.g. table, point, difference, etc.)

- Children learn a range of ways to talk about calculations (what is the sum of ...?, what is the total...? etc);
- Problem solving provides opportunities for children to use modal verbs such as might, could, couldn't and must to reason and predict;
- Learning about shape and space offers opportunities to use the language of comparison (longer, longest, wider than, etc); and positional language (next to, between, in the middle of, below, etc);
- Data handling and interpretation provides opportunities for children to formulate questions as well as interpret and explain findings;
- To explain strategies and reasoning used, children will need to use logical connectives (e.g. if...then, therefore, because, consequently, etc) and time connectives (e.g. first, then, next, afterwards, finally, etc) to sequence their explanation;
- Oral and mental work in mathematics provides opportunities for modelling, rehearsing and using the language of mathematics;

## **Teaching Inferencing At Home**

Talking with your child about everyday life is the cornerstone for his future success in inferential thinking. Share the thinking behind your decisions. Be willing to admit you are not sure about something, but explain what your thinking is so far. A conversation like "Look at those dark clouds. I'm guessing we're going to get some rain this afternoon" or "I'm going to stop reading for a minute so we can think together about what this all means" will help you child develop his ability to think and infer.

## **Checking In At the Office!**

Parents are reminded to stop in at the office upon entry to the school, either to sign in and receive an identification badge or to drop off an item for your son/daughter. If you are dropping off something for your child, please leave it in the office and fill out the accompanying paper work to ensure it is delivered to your child in a timely fashion. Parents are not to be visiting classrooms at any point during the day, unless an appointment has been made in advance with your child's teacher. Thank you for helping us maintain an undisrupted and safe learning environment.

## Report Cards

Term 1 report cards go home on Thursday, February 16<sup>th</sup>. Please sign and return page three by Friday, February 17<sup>th</sup>. Parents wishing an interview can check off the appropriate box on page three. Your son's/daughter's teacher will contact you to set up a time suitable for both parties.

## 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.*

## 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.

## 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

## 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>.

## 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 a your cards this year!



# RAISING & EDUCATING *Resilient Children*

ÉCOLE ARBOUR VISTA PUBLIC SCHOOL

200 McCann Street, Guelph Ontario N1G 0C5

Feb 2017

## *It's okay not to be Perfect!*

ACTIVITIES TO TEACH YOUR CHILDREN  
HOW TO DEAL WITH *FAILURE & FLAWS*

*Do you ever hear your children say "I can't do that" or "I suck at ..."*

In today's environment, children need to develop their strengths, learn skills, cope and recover from hardships, and be prepared to [handle challenges](#) through life.

If we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment and frustration, we need to help our children develop resilience.

Here are some recommended weekly activities for the month to support some conscious efforts in building [resiliency](#) as a family.



### ***Week 1: POSITIVE OUTLOOK***

*Helps us deal with challenges and be optimistic about our future.*

Activities:

- Share a story where someone's positive outlook left you feeling better about the situation.
- The 'Magic 5:1 Ratio': for every negative interaction, try and have five positive interactions.

You are all welcome to attend our next presentation on  
***RAISING & EDUCATING  
RESILIENT CHILDREN***



with  
**Jessica Flynn**  
(Child care sector in Wellington County)  
and



**Liz Mineo**  
(Canadian Mental Health Association – Waterloo-Wellington-Dufferin)

sharing [Reach In Reach Out](#) research

On **Thursday – April 6th, 2017**  
from **6.30pm to 8.00pm**  
in the **Library** at **École Arbour Vista PS** (200 McCann St, Guelph ON N1G 0C5)

*Light refreshments will be served and child care will be provided.*

For more information, see

[https://  
www.psychologytoday.com/  
blog/your-wise-brain/201205/  
see-the-good-in-others](https://www.psychologytoday.com/blog/your-wise-brain/201205/see-the-good-in-others)

SCHOOL COUNCIL—PARENT OUTREACH COMMITTEE

*For every child's success at Arbour Vista Public School*