

École Arbour Vista

Kirk Runciman, Principal
Catherine McNinch, Vice Principal

Anne Bonnar, Office Co-ordinator

200 McCann St, Guelph, ON H1G 0C5
School Website: www.ugdsb.on.ca/arbournvista

Tel: 519-766-4555
Fax: 519-766-0705

Newsletter for April 2017

From the Principal's Desk

It is hard to believe that March Break is just a memory. The weather is improving and baseball season is here! Let's Go Blue Jays! The last few months of the school year are always busy, and this year is no exception. We hope you join your child in some of the many activities and learning opportunities between now and the end of the year. Included in this list of activities and learning opportunities taking place at Arbour Vista is the Grade 6 trip to the Mansfield Outdoor Education Centre, School Council's PRO Grant event, Grade 3 and 6 EQAO testing, Junior and Intermediate track and field, the Grade 8 trip to Quebec, School Council's Family Fun Night, EmpoWERment Day at the Sleeman Centre, the inter-school Chess Tournament, the Volunteer Tea, the Intermediate Ultimate Frisbee Tournament and Grade 8 graduation. This is not an exhaustive list but it indicates what a busy place Arbour Vista has been and will continue to be until the end of the school year. I wish to extend a very special thank you to our School Council for organizing Movie Night on March 30th. The event was very well attended and everyone had a wonderful time watching *The Lego Movie*.

From the Vice-Principal's Desk

As April marks Diversity Month, in addition to a focus on Autism awareness, it is fitting that we had a head start in this initiative, while we hosted our special guest Kara Shaw, as part of a special assembly focused on inclusion and recognizing individual differences, on March 24. Kara is blind and has Autism. She spoke of the importance of pursuing and developing one's own unique talents and skills, despite apparent obstacles. Kara's unique talent is music, and she has a repertoire of over 1000 songs, all committed to memory. She played many of these songs for us on her keyboard, and took numerous student requests! Kara is an inspiration, and a tribute to personal triumph.

We will continue to focus on Equity and Diversity throughout April. April 12th marks the International Day of Pink, with a commitment to equity, inclusion, and respect for all.

Many thanks to our Health Club who organized and ran Smoothie Day for our school on March 30 to promote nutrition. We are extremely appreciative of the support of our amazing parent volunteer team who helped coordinate our efforts. The Health Club will soon again be involved in purchasing a wide range of balls to promote fitness during outdoor play.

Peacekeeper teams are set to assist our younger students on the yard with problem solving throughout the month.

Finally, whether your April celebrations include Ram Navani (April 5), Baisakhi (April 14), Easter (April 15), Ridvan (April 21-May 2), or Lailat-al -Miraj (April 22-23), we wish you all the best.

École Arbour Vista School Council

Guest Speaker: Money Activities to teach for Kids:

Gail Cook, author of *The Lemonade Stand Millionaire*, will speak about financial literacy for students.

School Council Succession Planning:

Would you like to take on any of the School Council roles noted below during the 2017/2018 school year? Responsibilities for these positions will begin in September, 2017.

- Chair / Co-chair (Coordinate monthly meeting agendas with the principal and chair meetings)
- Secretary (Record minutes of Council meetings and disseminate to Council members in a timely manner)
- Treasurer (Track, monitor, document, and record funds collected and spent throughout the school year)
- Community Representative (optional for elementary)

To find the School Council meeting minutes please visit <http://www.ugdsb.ca/arbourvista/category/school-council>.

The 2016-2017 School Council Representatives are:

Co-Chair: Tina Mcleod: paultina14@rogers.com

Co-Chair: Satinder Chane: satinder.chane@gmail.com

Treasurer: Emmie Hull: ehull@bdo.ca

Secretary: Rena Khawly: rkhawly@gmail.com

Fundraising Lead: Natalie Leeming: leeming.n@gmail.com

Parent Outreach Lead: Debbie Bush: deborahambush@gmail.com

School Yard Greening Co-Leaders: Amy Ross: amysharpross@gmail.com & Emmie Hull

Interested in making a difference?

We encourage parents to come out to a School Council meeting to learn more about what goes on “behind the scenes”. School Council typically meets on the third Thursday of every month at 6:45 p.m. in the school library.

We even have some volunteer intermediate students to provide babysitting during the meeting. Everyone is welcome, stop by! We would love to meet you! Please feel free to contact Tina or Satinder for more

information. Parents can also assist by making a donation, to donate please visit

<http://www.uppergrandlearningfoundation.com/contribute/>

UPCOMING MEETINGS: 6:45 pm @ EAV in the Library

April 27

May 18

June 15

Follow & retweet @WDGASRTS in April & you could win a grocery gift card!

April 22nd is Earth Day! *Are you looking for an easy way to celebrate Earth Day every day?* Walk, bike or wheel to and from school! In addition to reducing air pollution around school, kids will benefit from more exercise, social time, independence and concentration at school.

Wellington-Dufferin-Guelph Active & Safe Routes to School (WDG ASRTS) encourages families to walk, bike or wheel to and from school safely every day. @WDGASRTS posts **useful tips, news and information** on Twitter to help your family’s feet hit the pavement on your school commute.

Follow & you could win!! If you begin to follow @WDGASRTS in the month of April and retweet one of our tweets, your name will be entered to win a grocery gift card!

@WDGASRTS #wdgwalkstoschool



Raising Resilient Children - PRO Grant Event

Be sure to note Thursday, April 6th on your family calendars! From 6:30 p.m. to 8:00 p.m. 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 6th in the school library. More information regarding this event is included as an attachment to this newsletter. A Parents Reaching Out (PRO) Grant, courtesy of the Ministry of Education, is funding this event.

National Film Day 150

To help celebrate **National Film Day 150 on April 19th**, Junior and Intermediate students will be watching the French Canadian film "Louis Cyr", from 12:20 p.m. to 2:30 p.m.

Building Self-Esteem

High self-esteem helps children cope with challenges in school and beyond. You can't bestow self-esteem on your child, but you can nurture its three key elements:

- 1. Acceptance.** Tell your child you love him/her all the time, not just when he/she is good or successful. Compliment your child more and criticize less. Help your child develop friendships and social skills.
- 2. Confidence.** Emphasize his/her strengths. Accept, don't dwell on weaknesses. Point out the progress made and make him/her see that their actions do make a difference.
- 3. A sense of purpose.** Help your child set attainable goals. Be positive about his/her ability to succeed. Help your child see that he/she can overcome difficulties. Provide incentives and rewards.

Grade 3 and Grade 6 EQAO

The Grade 3 and Grade 6 EQAO assessment window will be between May 23rd and June 5th. Our Grade 3 students will be writing their assessment from May 23rd to May 25th. Our Grade 6 students will write their assessment from May 30th until June 1st. Below are some important points to keep in mind when helping your child(ren) prepare for these assessments.

SMART START FOR EQAO:

- * avoid absences to the greatest extent possible
- * reschedule appointments
- * ensure your child gets lots of sleep
- * provide healthy food and snacks
- * eat a good breakfast
- * give hugs and pats on the back
- * be positive!

Problem Solving In Math

A problem solving environment provides students with increased opportunities to explain and justify their reasoning. At the end of such lessons, students are asked to do more than simply recount their procedures. They are also asked to engage in the following higher order thinking skills:

1. Explain their thinking and show their thinking. Rephrase what another student has said.
2. Agree with another student and describe their reason for agreeing or provide an alternate explanation.
3. Disagree with another student and explain or show how your thinking/solution differs.
4. Build on the thinking of another student through explanation, example, or demonstration.
5. Extend the ideas of other students by generalizing or linking the idea to another concept.

In this model, the math classroom functions as a community where thinking, talking, agreeing, and disagreeing are encouraged. The primary goal is to extend one's own thinking, as well as that of others (Literacy and Numeracy Secretariat, 2007).

World Autism Day – April 3, 2017

Aside from wearing blue, what can you do to support World Autism Awareness Day?

Educate yourself about Autism;

Read books, magazine articles and blog posts about autism.

Talk to parents of children with autism to find out what their life is really like. Attend an information session or seminar on autism.

Visit the websites of local or national autism organizations.

- Autism Ontario – Wellington Chapter

<http://www.autismontario.com/Client/ASO/AO.nsf/Wellington/WellingtonHome>

- Geneva Centre for Autism www.autism.net/

- Kerry's Place Autism Services <http://www.kerrysplace.org/Public/Central-West-Region>

“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.

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 -**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?

<http://youth.anxietybc.com/how-do-it>

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



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Why is it so important to connect kids with nature?

Kids who don't get outside, who aren't stimulated by their environment, 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.”

waystogogreenblog.com won't

<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.



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>

SCHOOL COUNCIL—PARENT OUTREACH COMMITTEE

For every child's success at Arbour Vista Public School