

# École Arbour Vista

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## Newsletter for May 2017

### From the Principal's Desk

We are very fortunate to have an informed and involved School Council at Arbour Vista that puts the needs of our students and parent community at the forefront of their decision making process. On April 6<sup>th</sup>, Arbour Vista's Parent Outreach Committee, a sub-committee of our School Council, hosted *Raising and Educating Resilient Children – It's Okay Not To Be Perfect*. During our April School Council meeting, Gail Cook, author of *The Lemonade Stand Millionaire*, presented to School Council on the subject of financial literacy and how parents can teach their children about the value of money and how to teach children how to manage their money responsibly. These two guest speakers are the latest parental engagement endeavours presented by Arbour Vista's School Council. Be sure to join us at our next School Council meeting on May 18<sup>th</sup> when constable Kyle Grant from the Guelph Police Service joins us to speak about the VIP Program (Values, Influences and Peers) as well as other resources available to schools to support students.

### 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.

### Grade 3 and Grade 6 EQAO

In only a few short weeks, our Grade 3 and 6 students will be writing their EQAO assessments. The Grade 3 students will be writing their assessment from May 23<sup>rd</sup> to May 25<sup>th</sup>. The Grade 6 students will be writing their assessment from May 30<sup>th</sup> to June 1<sup>st</sup>.

### Litterless Lunch Challenge

The EcoTeam is running a Litterless Lunch Challenge from April 24<sup>th</sup> - June 16<sup>th</sup>. Students are encouraged to bring a litterless lunch, each week, to win stars for their class. A tracking sheet is posted in the front foyer for classes to see their progress. The class with the most stars at the end of the eight weeks will win an ice cream party! Good luck!

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

Participate! Have Fun! Increase Awareness! Increase Well-being!



The UGDSB is participating in Mental Health and Well-being Week and so are our community partners. Here are some of the events in the community for you and your family to participate in:

CMHAWW is presenting the following:

(<http://mailchi.mp/2d253253c223/mental-health-week-events-2017?platform=hootsuite> for details)

**May 1<sup>st</sup>** - Canadian Comedian and Mental Health Advocate **Mike MacDonald** - \$20 - CIGI - Waterloo - 7:00 p.m.

**May 1<sup>st</sup>** - Free film viewing of '**Resilience**' - Recital Hall at the Guelph Youth Music Centre - 7:30 p.m.

**May 2<sup>nd</sup>** - **Free SafeTALK training in Guelph** - provided by our Education and Promotion - 6:00 p.m.- 9:30 p.m.

**May 3<sup>rd</sup>** - A BBQ and Art Show at Edelbrock Centre. The BBQ is from 11:30 to 1--hamburger, chips and drink for \$5. Art show is from 11:00 to 4:00 p.m.

**May 3<sup>rd</sup>** – **Sheldon Kennedy** - former NHL Player and author of Why I Didn't Say Anything will be speaking at the Caledon Ski Club. \$100, all funds raised to support Dufferin Children's Fund.

CMHA Dufferin Peel is hosting: (see <https://cmhapeeldufferin.ca/events/bbqart-show/> for more details)

**May 4<sup>th</sup>** - Free '**Room to Breathe**' Mindfulness film viewing and panel discussion - 7:00 p.m. Kitchener Public Library

**May 4<sup>th</sup>** - Free - **Clint Malarchuk** - Former NHL Goalie and Mental Health Advocate will also be speaking at the Arthur Arena Hall – 7:00 p.m. - Admission by donation.

DCAFS is presenting : (see <https://dcafs.on.ca/building-better-tomorrows-2/> for more details)

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*

## School Council

Guest Speaker: Money Activities to teach for Kids:

We would like to thank Gail Cook, author of *The Lemonade Stand Millionaire*, for speaking to our parents about various different ways we can educate our kids regarding financial literacy.

If you are interested in knowing more about financial literacy, a complimentary workshop is scheduled on Wednesday May 17, 2017. For more information, please contact [gail@lsmillionaire.com](mailto:gail@lsmillionaire.com).

The School Council has started to plan the annual Family Fun Night, scheduled for Thursday, June 8<sup>th</sup>! Council is looking for ideas, volunteers and sponsors.

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/arbournvasta/category/school-council>.

The 2016-2017 School Council Representatives are:

Co-Chair: Tina Mcleod: [paultina14@rogers.com](mailto:paultina14@rogers.com)

Co-Chair: Satinder Chane: [satinder.chane@gmail.com](mailto:satinder.chane@gmail.com)

Treasurer: Emmie Hull: [ehull@bdo.ca](mailto:ehull@bdo.ca)

Secretary: Rena Khawly: [rkhawly@gmail.com](mailto:rkhawly@gmail.com)

Fundraising Lead: Natalie Leeming: [leeming.n@gmail.com](mailto:leeming.n@gmail.com)

Parent Outreach Lead: Debbie Bush: [deborahambush@gmail.com](mailto:deborahambush@gmail.com)

School Yard Greening Co-Leaders: Amy Ross: [amysharpross@gmail.com](mailto:amysharpross@gmail.com) & Emmie Hull

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

Thursday, May 18th

Thursday, June 15th

## **Special Olympics**

600 students from the Upper Grand District School Board and Wellington Catholic District School Board will be joining together to celebrate sport at the Special Olympics on May 17<sup>th</sup>. The event will be held at St. James sports fields, and includes track and field events as well as adaptive events. Athletes flock to the sports fields for the opening ceremonies at 10:00 a.m., and compete in three events each throughout the day. Family and friends are welcome to join in the fun and cheer on the athletes. Parking is available at the Grange plaza.

## **Parenting Tip of the Month**

When children identify role models they look up to, they are often action heroes, including cartoon heroes, who have powers that are superhuman. Children need assistance to recognize true role models living amongst them; individuals a child can and should emulate as they mature. Good role models have clear values, willingly look to assist others with any need, are passionate about what they do and accept each person for who they are. Help your children identify role models in their lives and to discover the positive qualities these people possess and watch them thrive as they become inspired to develop similar qualities.

## **Sunny Days!**

Now that the spring is in full swing and summer is just around the corner, students are reminded of the importance of wearing a hat, sunscreen and stay hydrated when outside for lengthy periods of time. The school yard does not have any shaded areas during peak sun time, so it's extremely important that students dress accordingly.

## **Kiwanis Success!**

Congratulations to our Kindergarten, Primary and Junior choirs for achieving silver medals at the Kiwanis Festival on April 22<sup>nd</sup>. Great work, Vipers!

## **Arbour Vista At Skills Canada**

A group of Arbour Vista students participated in the Skills Canada competition at the Fergus Sportsplex on Friday, April 7<sup>th</sup>. Our students finished in second place in the Junior Lego Mechanics competition and second in the Junior Character Animation contest. Way to go, Vipers!

## Chess Tournament Results

Arbour Vista's Chess Team finished in first place during the Board's city Chess Tournament. The school's Grade 7 team also finished in first place. Congratulations to all of our participants!

## Balls to Donate?

With the spring cleaning season upon us, do you have sports balls in your garage, basement or shed that you would like to donate to the school? We are looking for basketballs, soccer balls, footballs or other bouncy balls that can be used safely on the school yard during recess. Our outdoor ball inventory, initiated in the fall, needs to be replenished.

### Monthly Environmental Activities to help celebrate our planet



May 22<sup>nd</sup> is International Biodiversity Day!

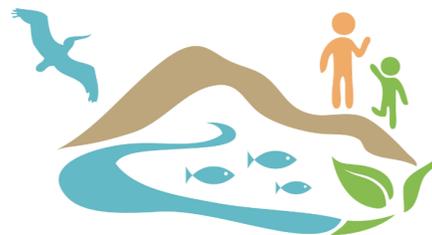
*It is vital to teach our children to respect and take care of the environment.*

## Celebrate International Day For Biological Diversity on May 22nd!

*The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues. Biodiversity, a simple word with some very broad implications quite simply means: 'A wide range of life' need to learn more about it in order to protect it.*

*"Biodiversity, at the level of species and ecosystems, provides an important foundation for many aspects of sustainability." António Guterres, Secretary-General of the United Nations*

<https://www.cbd.int/idb/2017/>



22 MAY 2017

INTERNATIONAL DAY  
FOR BIOLOGICAL DIVERSITY  
Biodiversity and Sustainable Tourism

reaching  
We

<https://www.cbd.int/>

## Ideas for your family to celebrate Biodiversity Day!

- Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots out there that aren't orange, biodiversity can bring a great new experience to your table.
- View photos of endangered species on the Internet and discuss the reasons why these animals are threatened and why they should be protected.
- Join a community group and help to remove invasive plants from your local environment. These teams of volunteers will gather to remove plants that are impacting the local fauna's biodiversity by taking over natural grow areas.
- Get out into the world and enjoy all the different types of life your local area offers. Even a local park can have an amazing variety of life you've never noticed, from the insects crawling through the grass, to the flowers we so clumsily lump together as 'wildflowers'.

Adapted from: <https://www.daysoftheyear.com/days/international-day-for-biological-diversity/>

*Celebrate the diversity of our natural world every day!*

