

École Arbour Vista

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Newsletter for June 2017

From the Principal's Desk

It's hard to believe that we have come to the final weeks of classes for the 2016/2017 school year. I would like to extend my appreciation to all of our volunteers, lunch hour supervisors, School Council and our dedicated staff for the support, encouragement, cooperation and assistance given to benefit all of our students at Arbour Vista this year. I would also like to thank our students for their hard work, cooperation and respectful behavior all year. I want to congratulate and thank our Grade 8 graduates, each of whom has been an exemplary ambassador of Arbour Vista for the past three years! I wish each of you the best of luck in your future endeavors. In closing, I hope our entire school community has a safe, healthy and happy summer and I look forward to seeing everyone on the first day of school on Tuesday, September 5th.

K. Runciman
Principal

From the Vice-Principal's Desk

As I venture into retirement, I would like to take this opportunity to thank everyone and Arbour Vista for the experience of being a part of this unique and special school community. I will very much miss my interactions with students, parents, and staff. It has been an honour to work with such a dedicated and caring School Council, and to have so much positive parental support for the Health Club and Yard Committee. I wish to thank our Student Leadership Group, Character Education Committee, and Equity Team for your enthusiasm and your eager contributions. Best of luck to our graduating Grade 8s as you move toward new adventures, and to all students as you enter your new classes next fall. Have a safe and happy summer everyone. I will remember you all fondly.

Sincerely,
C. McNinch

Change In Vice-Principal

Effective June 30th, Madame McNinch will be retiring from the Upper Grand District School Board. We wish Madame McNinch all the best in her retirement years and thank her for her two years of service to the staff, students and parents of Arbour Vista. Beginning in September, Arbour Vista's new vice-principal will be Madame Labelle. Madame Labelle joins the Arbour Vista staff from Victory Public School where she currently teaches.

Sunscreen and Hats

Just a brief reminder that all children should be wearing sunscreen and hats on high UV days. Please be sure to check the morning weather reports regarding the UV levels for the day to help ensure your child is appropriately protected from the sun's harmful rays.

Report Cards

Second term report cards will be going home to parents on Tuesday, June 27th. Parents are reminded to sign page three of their child's report card and return it to the school by Thursday, June 29th.

POPCORN! POPCORN! POPCORN!

Grade 7 students will be selling Kernels popcorn as a fundraiser for their end-of-year day trip to Niagara Falls. Bags of Buttersalt, Dill, White Cheddar and Salt & Vinegar are \$2.00, while Caramel is \$2.50. Popcorn will be sold on Wednesdays at 2nd nutrition break on May 31st, June 7th, June 14th and June 21st. Thank you for supporting our Grade 7 students.

BAKE SALE!

As a final fundraising effort, the Grade 7 students will be hosting a bake sale on Thursday June 8th. Please consider buying a little treat to help support us and our trip to Niagara Falls! Thank you very much.

Ecole Arbour Vista's Junior Track and Field

Junior Track and Field will be held on Wednesday, June 7th (rain date on Thursday, June 8th). This year, students will be competing in age-categories instead of grade-categories. This means that students are competing with peers of the same age, even if they may be in a different grade. The age-categories are as follows: Age 9 as of June 15th; Age 10 as of June 15th; Age 11 and over as of June 15th. Students will be participating in Standing Long Jump, Ball Throw, 100m (9 year olds compete in 70m instead), and 200m. The 400m race is an open event to all students. The top two competitors in each event will be invited to attend the City Track and Field event which is being held on Thursday, June 15th (rain date June 16th) at the University of Guelph. Thank you to all the parent volunteers who will be helping on our Track and Field Day! Good luck to all competitors!

What Is Ramadan?

The Islamic calendar has 12 months and one of them is the month of Ramadan. The Islamic Calendar is lunar which means it is based on the moon. During this month Muslims all over the world fast from sunrise to sunset, which means that we can not eat or drink anything from dawn to sunset. We wake up early before dawn and eat and drink a big breakfast, because it will be a long day before we can eat again. Only those people who are healthy are allowed to fast.

When the sun sets, we break our fast with dates and water. Then we say our prayers and eat a nice dinner with the whole family. Muslims pray five times a day, but in Ramadan there is a special prayer called the "night prayer". It is fun to go to the mosque for these special prayers because lots of people come and I see my friends.

At our home we celebrate by sharing food and inviting family and friends over. It is also a month of prayers and the reading of the Holy Quran, as it was during Ramadan that the Quran was revealed.

When we fast in Ramadan, it teaches us patience, respect and to be thankful to God for what we have. It is also a time when Muslims give charity to the people in need. Ramadan is a good time to practice doing good deeds too. But we shouldn't just wait for Ramadan, we should do them all the time.

The end of Ramadan is celebrated with a day of Eid. Eid is a time of joy, exchanging of gifts and being with family, much like Christmas. On Eid day we wish each other by saying EID MUBARAK!

By Fiza Ahmed (Westminister Woods Grade 3) and Ayyan Sayyed (Meezan School, Grade 4)

Summer Reading - Parent/Guardian Newsletter

Summer is quickly approaching and while your school library might not be open during summer break, your student can access our digital collection 24/7! Help your child keep their reading skills strong this summer with eBooks and audiobooks from Overdrive accessible through UG2GO.

Students can login to Overdrive using their Windows network login. Digital books can be enjoyed on a computer, tablet, smart phone or E-reader device. Read right in the internet browser or download using the free Over Drive app. At the end of the lending period, titles automatically expire so there are never any late fees. Our digital collection can be accessed anywhere in the world, as long as there is an internet connection. Visit our digital collection at <https://www.ugdsb.on.ca/ug2go> and make sure your student starts summer vacation off right! Look for the Overdrive button under the Read section of UG2GO.

Reading over the Summer

As a parent, you are your child's first, and most important, teacher. Here are eight ways you can help your child become a better reader:

1. Read yourself. Your actions really do speak louder than your words. When your kids see you reading the newspaper or curling up with a book, they will want to follow your example.
2. Make sure your children read every day. Reading, like shooting baskets and playing the piano, is a skill. Like other skills, it gets better with practice. Researchers have found that children who spend at least 30 minutes a day reading for fun – whether they read books, newspapers, or magazines – develop the skills to be better readers at school.
3. Get in the library habit. Make sure everyone in your family has a library card. Schedule regular trips to the library. While you are there, check out a book yourself!
4. Read aloud to your children. Research shows that this is the most important thing parents can do to help their children become better readers. Here are some tips:
 - Start reading to your children when they are young. It is never too early to begin reading to your children.
 - Don't stop reading to your children as they grow older. You will both enjoy the chance to do something together.
 - Set aside some time each day for reading aloud. Even 10 minutes a day can have a big impact. Bed time is a natural reading aloud time. Other busy families read aloud at breakfast or just after dinner.
 - Read books you enjoy. Your kids will know if you are faking it.
5. Here is a way to use your newspaper to encourage reading: a scavenger hunt. Give your child a list of things to find in today's newspaper. Here are some ideas:
 - A map of Canada.
 - A picture of your child's favourite athlete.
 - Three words that begin with "w".
 - A movie that is playing at a nearby theatre.
6. Give books as gifts. Find a special place for your children to keep their own library.
7. Make reading a privilege. Say, "You can stay up 15 minutes later tonight if you read in bed." Or you might say, "Because you helped with the dishes, I have time to read you an extra story."
8. If you are not a good reader, you can still encourage your children. As your children learn to read, ask them to read to you. Talk about the books your children have read. Ask a friend or relative to read aloud to your children.

Summer Safety

Summer is a care free time for children and with school nearly out and warm weather now upon us, we need to reinforce the need for safety. Construction is increased and there are more heavy vehicles on the roads, which can pose a danger for our children. At the school we are reminding our students about keeping safety in mind when they're playing outside during their break from school and classes. Parents can do their part too, by reinforcing the road safety rules so our children are aware when they're out and about, riding their bikes and having fun with their friends.

Lost & Found

If your child is missing any clothing items, please remind him/her to check the lost and found boxes in the front foyer of the school. Items will be on display in the front foyer of the school during the Family Fun Night on June 8th. Following the Family Fun Night, all clothing will be returned to the lost and found boxes, where it will be available until the end of June. At the end of June, anything unclaimed will be donated to the Salvation Army.

Pick Up Medication

This is a reminder for any parents who have medication for their children currently stored at the school. **Please drop by the school before the end of June to pick up your child's medication.** We cannot leave it in the school over the summer. Medication can be brought back to Arbour Vista if needed, in September.

Summer Moves

If you will be moving out of our school area over the summer, please let the school know. This will help in determining our new classes in September. Please send this information to Mme Bonnar as soon as possible. Similarly, if you have new neighbours moving in, please direct them to the school before the end of June, to register for September.

Heat, Humidity & Smog

Every year at this time schools receive calls from parents about Board policy regarding student activities, school closures and bus cancellations due to extreme heat, high humidex readings and smog alerts. The Board does not close schools or cancel busses due to these weather conditions. We have asked the Health Unit if there are any specific directions in this regard, and there are none, other than good common sense.

Principals will continue to monitor weather conditions and exercise caution with the amount of physical activity students may be engaged in (recess, physical education classes, sports, etc.) especially in the afternoon hours. Schools may consider rescheduling outdoor activities, and keep a close watch on students with respiratory problems, and any other children in consultation with parents.

Here are a few tips on dealing with high heat and humidity for everyone:

- Avoid excess activity during periods of hot temperatures and high humidity
- Monitor children with respiratory concerns
- Take frequent breaks when working or playing outside
- Drink plenty of fluids cool (not cold) water is best, and drink slowly, also avoid caffeinated drinks
- Avoid the direct sun (the skin can't lose heat effectively when burned)
- Remember your sunscreen and hat
- Wear loose fitting clothing, wrap a wet scarf around your forehead
- Eat fruits and vegetables; avoid proteins which increase body heat
- Seek areas with cooler temperatures, shade and air movement
- Watch for signs of dizziness and rest immediately if present (this is a precursor to heat exhaustion the first stage in heat stroke)
- Chew or suck on ice - this can help!

Last Day of School

The last day of school for the 2016/2017 school year is Thursday, June 29, 2017. Students will be dismissed at the regular time. The first Day of school in September is Tuesday, September 5th.

Talking About Mental Health June 2017 – Successfully Shifting from School to Summer

It is an exciting time of the year. The weather is getting warmer, days are getting longer and summer is just around the corner. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation. The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions. A good transition to summer is important and can lead to a more positive, fun summer experience.

Here are some practical tips to make a smooth transition from school to summer:

Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of unscheduled time as well.

Make a list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Revamp – but don't eliminate – your child's daily routine. A daily routine gives most kids a sense of structure and security.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park elevates our mood and makes us feel less anxious.

Looking for Activities To Do:

<http://www.orangeville.ca/parks-and-recreation>

<http://guelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

<http://wellington-north.com/government/departments/recreation>

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, and Dufferin are excellent resources.

Canadian Mental Health Association WWD (CMHAWWD):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247
(1 844 437 3247)

<http://here247.ca/>

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

Family Counselling and Support Services:

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E,
519 824-2431.

<http://familyserviceguelph.on.ca/>

KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>

Dr. Lynn Woodford is the Mental Health and Addiction Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford

Transition Plans for Students with Special Needs

Spring has sprung and it's a great time to be reviewing your child's transition plans. Students who have an Individual Education Plan (IEP) must have a transition plan, whether or not they have been identified as an exceptional student. A transition plan includes goals for ensuring successful transitions, and the actions for meeting those goals. It is required if a student may need support making any transition, which may include entering, during, or leaving school. A plan to support the student must be developed as part of the student's IEP.

Some transition goals may help with changes throughout the day, such as moving from recess to the classroom, while other goals may assist with larger transitions, such as moving from one school to another or changing grades/teachers within the same school setting.

For many students, the supports provided to the whole class are all they need to have a successful transition, which means they may not need an individualized transition plan on their IEP at this time.

When planning for any transition, the student's strengths and needs are considered, as well as their physical, emotional, and learning needs.

Please communicate with your child's teacher if you feel additional transition supports are required on his/her IEP.

Monthly Environmental Activities to help celebrate our planet



June 5th is World Environment Day!

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

Celebrate World Environment Day on June 5th!

A Platform for Action- *World Environment Day is the Nations' most important day for encouraging worldwide awareness and action for the protection of our environment widely celebrated in over 100 countries.*



*United
and is*

This year's theme - *Reconnecting you to nature!*

On 5 June, go outside and show us that you're #WithNature. Breathe in the beauty and remember that by keeping our planet healthy, we keep ourselves healthy too.

<http://worldenvironmentday.global/en>

This year Canada is the host country! *Every World Environment Day has a different global host country, where the official celebrations take place. This year's slogan is: "I'm with Nature". Canada is issuing passes giving everyone free entry to all its National Parks for the whole of 2017 as part of its 150th Anniversary celebrations. Be sure to visit a park this year!*

<http://worldenvironmentday.global/en/about/what-is-it>

Ideas for your family to celebrate World Environment Day!

- **Create an event for family, friends and neighbours** - *There is no end of ideas that you could take forward for World Environment Day. Surprise yourself! Think about ideas that we can do to help the planet like fixing a problem in your community.*
- **Get out into nature** - *World Environment Day is all about appreciating the beautiful planet we inhabit. Why not spend a day in a park, hiking a trail or appreciating a forest on the weekend before World Environment Day.*
- **Inspire others** – *A great idea will naturally attract others who can take a small idea and make it extraordinary. So, with your powers of persuasion, bring on board the people you think can make your idea awesome. Or ask everyone to make their own personal pledge to change one wasteful or harmful habit for the better. Share what you're doing using the hashtag: #WorldEnvironmentDay*
- **Have fun:** *Make your event for World Environment Day fun, inspiring and interesting. For example, Google events happening locally that you can attend, or check out Pinterest for fun, recycled crafts ideas.*

<http://worldenvironmentday.global/en/toolkits#event-kits>