

École Arbour Vista

Kirk Runciman, Principal
Christine Labelle, 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 June 2018

From the Principal's Desk

It's hard to believe that we have come to the final weeks of classes for the 2017/2018 school year. I would like to extend my appreciation to all of our volunteers, lunch hour supervisors, School Council members 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 four 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 4th.

K. Runciman
Principal

Family Fun Is Coming!

Hello all École Arbour Vista Families! It's almost that time of year to celebrate all the hard work and fun the students, staff and parents have had during school year.

Please come out on **Thursday June 14th from 5:30 p.m. until 8:00 p.m. for our annual Family Fun Kermesse (Fair)**. There will be carnival games, a raffle for the different themed class baskets, snacks, pizza, class art, a silent auction, music by the students, and of course fill out a raffle ticket to put a pie in the face of your favorite teacher or M. Runciman :) We are also hoping to have some artistic intermediate students volunteer some time to do some face painting. If you know of any :) Please have them track me down or send me an email.

Pizza orders will go home shortly. You will also be able to pre-purchase raffle, popcorn and freezie tickets on the form. Please bring your water bottle to refill, chairs and a picnic blanket.

Again we are looking for volunteers to supervise a game or a snack table. If we all help out for 20min then we can all visit and play the rest of the evening!! The sign-up-genius link will be emailed to you shortly. Thank-you! It takes alot of volunteers to run this event.

Here are the themes for each class raffle baskets:

Mme. Wise - Movie Night	Mme. Laurin - Canada Day
Mme. Dupuis - Arts & Crafts	Mlle. Anderson - Chocolate Lovers
M. Haddad - Guelph Women's Shelter <i>*To donate</i>	
Mme. Burke - Birthday Party in a Basket	Mme. Sylvestre - Family Fun Night
Mme. Kasulke - Movie Night	Mme. Post - Beach Day
Mme. Lauriault - Arts & Crafts	Mme. Hunse - Coffee & Tea Time

Mme. Carter - Guelph Humane Society **To donate*
 Mme. VanOpstal & Mme. Zuk - Back to School Fun
 Mme. Girard & Mme. Brown - Games Night
 Mme. Savage - Baking Night M. Uger - Chocolate Lovers
 M. Ferguson - Family Night M. Gerges - BBQing
 Mme. McDonald – Gardening Mme. Pigeon - Family Camping
 Mme. Beesley - Wyndham House **To donate*

We hope to see your family at the Kermesse! If you have any questions please let me know. (Tina Mcleod, paultina14@rogers.com)

Cheers from School Council!

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 26th. Parents are reminded to sign page three of their child’s report card and return it to the school by Thursday, June 28th.

Feedback Welcome On Draft Board Policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the following draft policy:

104 – Access to School Premises

This policy is important for students, staff, school councils, parents and community members because everyone plays a role in maintaining a safe learning and working environment in and around our schools.

You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy. **The deadline for public input is June 21, 2018** at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.



Days of Significance June 2018

June 3	All Saints Day (J)	Christianity
June 5	World Environment Day (Wed)	United Nations
June 8	Jumatual Widha	Islam
June 8 or 10	Lailat-ul-Qadr	Islam
June 9	Poson	Buddhism
June 12	World Day Against Child Labour	United Nations

June 15	Eid ul Fitr*	Islam
June 16	Martydom of Guru Arjan Dev Ji	Sikhism
June 17	World Day to Combat Desertification & Drought	United Nations
June 18-22	National Aboriginal Week	Aboriginal Spirituality
June 20	World Refugee Day	United Nations
June 21	National Aboriginal Day (Canada)	First Nations, Metis, Inuit
June 21	Litha/Summer Solstice	Wicca/Pagan
June 21	World Humanist Day	International Humanist and Ethical Union
June 22	Litha/Summer Solstice	Neopaganism
June 26	International Day Against Drug Abuse and Illicit Trafficking	United Nations
June 26	International Day in Support of Victims of Torture	United Nations

Summer Reading - Parent/Guardian Newsletter

Summer is quickly approaching and while your school library might not be open during summer break, your child 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 14th. 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 2017/2018 school year is Thursday, June 28, 2018. Students will be dismissed at the regular time. The first Day of school in September is Tuesday, September 4th.

Talking About Mental Health June 2018 – 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/>

Jenny Marino is the Mental Health and Addiction Lead for Upper Grand District School Board

Follow me on Instagram @UGDSB_Mental_Health

Math on the Go!

Card Games to Develop Math Skills For All Ages

Are you looking to help your child to develop his or her math skills at home in a meaningful and engaging way, while spending quality family time together? Why not try some card games! Playing a card game can take as little as 5-10 minutes. Next time you find yourself trying to entertain your child while waiting at the dentist office or at a sports practice, why not bring along a deck of cards and play a couple of card games with your child. This is a great way to connect socially with your child, while practicing math skills. As author Marilyn Burns says in her book, *Win-Win Math Games*: "Games help to lift math off the textbook pages, and they support students' learning about numbers and operations."

(Retrieved on May 1, 2018 "Acing Math One Deck At A Time, The Positive Engagement Project"

http://www.pepnonprofit.org/uploads/2/7/7/2/2772238/acing_math.pdf)

Card Sort (Grades K - 3)

Players: Individual or groups of two

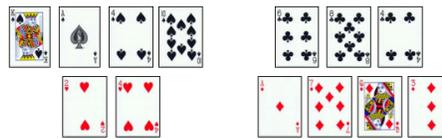
Materials: Deck of cards

Skill: Number recognition and group, sort, or categorize by attribute

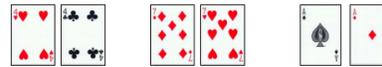
How to Play: As a group, or individually, have students use the full deck of cards to sort and create groups by attribute. Some sorting possibilities are by color, suit, or number.



Students can sort by color.



Students can sort by suit.



Students can sort by number.

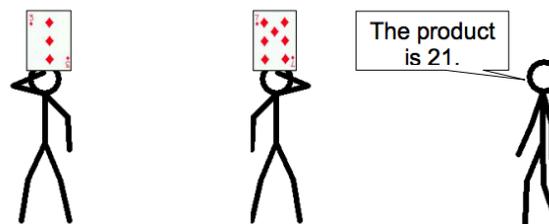
Reading Multiplication Minds (Grades 3 - 6)

Players: Groups of three (groups of four or five for more advanced)

Materials: Deck of cards

Skill: Multiplication, product

How to Play: In this game for three players, one student is the leader and the other two are the “mind readers”.



The two players each draw a card and, without looking at it, hold it up to their foreheads so that everyone else can see it, but themselves. The leader announces the products of the two cards. Each “mind reader” must figure out which card is on his or her own forehead and say it aloud. When both “mind readers” have figured out their cards, a new leader is chosen and the game continues. With Reading Multiplication Minds, all players get practice with products and factors in every round.

Integer Addition Number Battle (Grades 5 - 8)

Players: Groups of two

Materials: Deck of cards, Ace worth 11, Jack worth 12, Queen worth 13, King worth 14, scratch paper

Skill: Number recognition, positive integers, negative integers, and addition

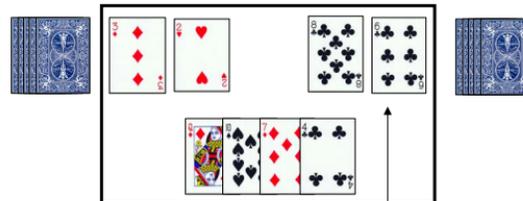
How to Play: Black cards are positive numbers; red cards are negative numbers. Players split a deck of cards and simultaneously flip over their top two cards. Remember -2 is greater than -7.



Player 1: sum is 7

Player 2: sum is -5

The highest sum wins all four cards.



Player 1: sum is -5

Player 2: sum is 14

If the cards sums have the same value, the cards are placed in a center pile. The next hand is played normally and the winner of the next addition number battle takes the center pile as well.

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 2018!

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



This year's theme - Take action to #BeatPlasticPollution

On June 5th, spread the message: "If you can't reuse it, refuse it!" Download the informative poster: ["9 Tips for Living with Less Plastic"](#) Make sure you are up-to-date on what can be recycled your local community's blue bin. Better yet, don't use single-use plastics!

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>

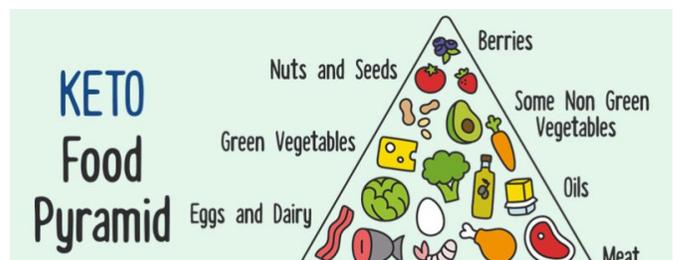
The Ketogenic Diet | What's the hype?

Amy Skeoch MHSc, RD

Lately I've been seeing a lot of information floating around about eating "Keto".....which is short form for Ketogenic. While many people think of this as a fad diet, the Ketogenic diet is actually a medically therapeutic diet used predominantly in children to reduce epileptic seizures. In such instances this diet should be closely monitored by a medical team.

For the general population, this type of diet has gained popularity as a "kick start" to weight loss. Let's have a look at what the diet is all about, and why it seems to be a new popular go to for weight loss.

When we eat carbohydrates (breads, fruit, vegetables) they get broken down into glucose. Our brains rely on



the glucose for energy to be able to think, walk, talk and function. If carbohydrates are not available, our bodies start to breakdown protein and fat for energy. When fat is broken down, something called “ketones” are produced and used by our brains as a source of energy. Long term this diet is not ideal. It's very restrictive in nature removing many nutrient rich food sources that contribute to our health (fruits, whole grains).

Basically, the ketogenic diet is a high fat, very-low carbohydrate diet, similar to the Atkins diet that was popular in the early 2000's, but a more extreme version. Most low carbohydrate diets involve reducing one's overall caloric intake, which would naturally result in weight loss.

Basic Macronutrients	Balanced Diet (% of energy)	Ketogenic diet (% of energy)
Fat	20-35	70-80
Protein	10-35	20-25
Carbohydrate	45-65	5-10

Although it appears that short term weight loss may occur, studies that look at sustained weight loss do not look as favorable.

Like any type of diet that strays from a balanced energy distribution, once you stop the diet most of the weight that was lost will return. This is why making small lifestyle changes to your diet is much more sustainable long term rather following short-term fad diets like the “keto” diet.

Sources:

<http://www.unlockfood.ca/en/Articles/Weight-Loss/Get-the-Facts-on-Fad-Diets.aspx>

<https://andytherd.com/2017/04/11/thoughts-keto-diet-craze-crazy/>

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/verylowcarbohydrate-ketogenic-diet-v-lowfat-diet-for-longterm-weight-loss-a-metaanalysis-of-randomised-controlled-trials/6FD9F975BAFF1D46F84C8BA9CE860783/core-reader>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945587/>

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