

École Arbour Vista

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Newsletter for March 2019

From the Principal's Desk

It was wonderful that so many parents and students attend School Council's fifth annual Spaghetti Dinner on Wednesday, February 27th. School Council's Fundraising Committee is commended for their outstanding job of organizing this event that was attended by 205 people! We are very fortunate to have such an engaged School Council that works tirelessly to help our students...thank you for all you do!

In only a few weeks the winter season will be in the rear view mirror and spring (hopefully!) will be upon us. In advance of spring of course is the March Break, from March 11th to March 15th. Whether traveling during the holidays or enjoying a "staycation", the Arbour Vista staff wishes our school community a safe, happy and healthy March Break. We look forward to seeing everyone on Monday, March 18th.

Eco Resolution Winners!

Earlier this year the Upper Grand District School Board participated in an ECO Resolution Contest, lead by Environmental Lead Karen Acton. The ECO Resolution Contest was designed to learn about what environmental issues that are of concern to students and staff. Participants submitted a declaration to take action and make a positive impact on the planet. Congratulations to Freshta, a Grade 7 student at Arbour Vista, who finished in a tie for first place. Freshta's ECO Resolution is to plant a fruit and vegetable garden in her backyard. Freshta said, "It doesn't seem like much, but when you think about it, this would help with numerous things. It would reduce my use of plastic bags from grocery stores and it would give me food to eat while also giving a food source to pollinators."

Arbour Vista's Eco Team was the runner-up in the Collaborative Team Effort Eco Resolution Contest. The Eco Team, led by Madame Dodds and Madame Savage, pledge to focus on the elimination of single-use plastics at our school. The Eco Team would like to provide each classroom with a set of reusable cutlery and a school set of reusable plates, bowls and cups for celebrations, instead of using paper or plastic plates and cups. The ECO Team is hoping that this initiative will make the students more aware of their usage of single-use plastics and give them a sense of ownership with waste management.

Vision Health

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams, is available free of charge, for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are a number of accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies. You can also discuss with the classroom teacher or SERT the possibility of making a referral to one of the Vision Itinerant Teachers who provide support to your school.

School Council

February has been a very tough month for some parents as a result of a number of snow days and bus cancellations. We would like to thank the school staff for providing pizza to those students who ordered Lunch Lady on February 13th, a day when buses were cancelled. Parents, please note that *the Lunch Lady does not deliver to the school on days when the busses are canceled*.

School Council received a \$350 grant from the Ecoleague to create a pollinator garden and add signage to the area, indicating a “No Mow Zone”. This grant will also be used to install bee houses. We are encouraging parents to attend our next School Council meeting as we will be discussing changes to our bylaws and your input is required. Below are the proposed by-law changes we will be discussing:

1. Voting – The proposal includes a majority of the executive, plus two School Council members. The executive will take into consideration the opinions of those attending meetings when making decisions. Since we have very few attendees at meetings, in the event of a tie vote, the executive will make an informed decision.
2. The Chair position to consist of the chair and past chair only. The current third chair position is not necessary. The chair is to be in the role for two years. During the third year this individual will move to the position of past chair.
3. Treasurer – This job description needs to be updated, specifically the responsibility of preparing cheques and depositing money. The school’s Office Co-ordinator completes this task.
4. Parent Outreach Lead – The responsibilities associated with this role should include engaging parents at events, specifically Open House. Other responsibilities associated with this position include monitoring School Council’s email, greeting families who are new to the school and assisting with fundraising initiatives through organizing volunteers for School Council events.
5. Discuss the potential for bi-monthly meetings with the executive to meet between each meeting date. A minimum of four School Council meetings are required each school year.

Next Meeting: March 21st at 6:30 p.m. We hope to have many of you join us!

Diversity Data Survey

This winter, the UGDSB is conducting a system-wide survey, to help the board understand the demographic makeup, diversity and ongoing needs of our student population.

The sole purpose of this survey is to gain a better understanding of the students and families in our communities, so that the board can program effectively and provide the right supports for every student to achieve their full potential

- The online survey is voluntary and anonymous
- The survey is open to all UGDSB staff, parents/guardians of students under Grade 4, and students in Grades 4-12+
- The survey will be live from February 25th to March 29th, 2019
- The survey participants can access the survey at www.ugdsb.ca/diversity-data

Your Child’s Hearing is Important!

Seventy-five percent of a child’s day is spent listening; listening to complex language, directions and instructions which need to be comprehended. Being able to hear peers is important for developing social skills and friendships. That is why it is important that any hearing difficulty be discovered as soon as possible because even mild hearing loss can put a child at risk for academic and communication difficulties. **Audiologists** are experts who assess hearing sensitivity and functioning that provides a window into the language/listening parts of the brain. Since listening is a critical learning skill, test results can be helpful in planning a program of intervention. Students who wear hearing aids, cochlear implants, or use personal FM systems should routinely visit an Audiologist to have their equipment checked. If you suspect your child has difficulty with hearing or attention it is recommended that you have your child tested by an **Audiologist**. To find an Audiologist in your community, visit the website of the College of Audiologists and Speech Language Pathologists of Ontario

(www.CASLPO.com) and click on “Find an Audiologist” and search for Private Practice. At UGDSB you can call 519-941-6191 ext. 231 for information.

Summer Camps

Summer is fast approaching and many people are starting to think about how to keep their kids busy. There are many camp opportunities offered in Guelph and the surrounding area. Here is a list of options and registration dates: (there are too many to include all of them)

Brick Works Academy: ages 6 to 13, registration now open <http://brickworksacademy.com/guelph-summer-camps/>

City of Guelph: ages 4 to 17, <https://guelph.ca/living/recreation/recreation-programs/camps/camps-offered/>

Guelph YMCA: ages 6 to 12, registration open <https://www.guelphy.org/en/kids-and-families/summer-day-camps--ages-6-to-12.aspx>

University of Guelph: ages 3 to 16 (some of the sports programs go to 18) <https://fitandrec.gryphons.ca/camps-kids/activity-camps>

Rainbow Day Camp: ages 4 to 16, <http://www.rainbowdaycamp.com/> (this is a very popular camp and fills up very quickly)

Others to check out:

<http://onsideathletics.ca/guelph/>

<https://guelphgrotto.com/youth/kids-that-rock/>

<http://www.cuttenfields.com/Summer-Camps.aspx>

<http://guelphbulldog.com/>

Days of Significance March 2019

March 2-20	19 Day Fast	Daha'l
March 4	Maha Shivaratiri	Hindu
March 5	Shrove Tuesday	Christian
March 6	Ash Wednesday	Christian
March 8	International Women's Day	UN
March 17	St. Patrick's Day	Christian
March 20 - 21	Holi	Hindu
March 20	Equinox Journee Internationale de la francophone	

March 21	Purim Norooz New Year Naw-Ruz New Year Lord's Evening Meal World Down Syndrome Day Hola Mohalla Magha Puja Day International Day for the Elimination of Racial Discrimination	Jewish Zoroastrian/Persian Baha'i Jehovah's Witness, Christian Sikh Buddist UN
March 22	World Water Day	
March 26	Epilepsy Day (wear purple)	
March 28	Khordad Sal	Zoroastrian

Talking About Mental Health: Random Acts of Kindness

Did you know that there are scientifically proven benefits of being kind! That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of "calm"
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

The weather may not be "playing nice" with us here in Southern Ontario these last weeks but we can still give our brain and our mental health a winter "boost"! So go out and notice kindness, receive kindness and give kindness this month.

Jenny Marino, Mental Health Lead

Follow me on Instagram @ugdsb_mental_health

THE NEW FOOD GUIDE - Brought to you by Lunchbox Orders

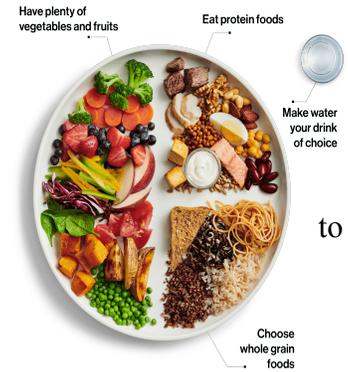
Amy Skeoch MHS, RD

Canada has a new food guide! This version is certainly a lot different than the 1940's original "*Food Rules*" that suggested Canadians consume specific portions of the six food groups. Although some things have changed, one thing that has stayed the same is the role of the food guide – to act as a *basic tool that allows Canadians to follow a healthy diet*. The guide is meant to provide variety and flexibility, as it translates complex science into practical patterns of food choices.

The main difference with this version of the food guide compared to previous versions seems to be less emphasis on the "what" and "how much" we are eating, and more focus on a general pattern of eating, and thinking more around "why" and "how" we eat.

WHAT'S CHANGED?

- The four food groups and rainbow have been replaced with a plate showing real food items
- There are no serving sizes provided, only behavioral statements
- There is also an inventory of tips, and recipes provided on the [website](#) support the key messages



Variety Is Still Key

The variety message is still alive and well with this version of the guide. Canadians are encouraged to "eat a variety of healthy foods each day by":

- Eating plenty of vegetables and fruit
- Eating protein foods
- Choosing whole grain foods
- Making water your beverage of choice

Being Mindful

Canadians are also reminded that, "Healthy eating is more than the foods you eat". So, emphasis is put on:

- Being mindful of your eating habits
- Cooking more often
- Eating meals with others
- Enjoy your food

Where's the beef?

This guide definitely emphasizes more plant-based foods. Although lean beef is still seen in the plate visual, the emphasis is definitely put on the ½ of the plate that is loaded with vegetables and fruit. Instead of a Meats and Alternatives food group, meat is part of the "protein" area of the plate, and is grouped with other protein foods like yogurt, beans, lentils and eggs. So even though it doesn't have its own food group, it's still part of a healthful diet.

What about kids?

The current guide gives little direction on any nutrient differences for children, or any other life-stages. Health Canada has said there will be another supplement released in the spring of 2019 that will provide some direction about these important life-stages, so stay tuned!

As nutrition is an ever-evolving science, it's great to explore this new version of our food guide – and I really look forward to seeing the next release of information on specific life stages this spring. To check out the new guide and get more information and tools visit: <https://food-guide.canada.ca/en/>



Monthly environmental activities to help celebrate our planet March 30th is Earth Hour!

*This Earth Hour, help shine a light on climate change
Switch off your light and switch on your social power!*

Join the global Movement! Celebrate Earth Hour on March 30th at 8:30pm.

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.



Ideas for your family to do for Earth Hour!

A simple event can be just turning off all non-essential lights on March 30th from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- prepare a candle lit dinner
- talk to your neighbours, or invite people over
- stargaze, or go camping in your backyard
- play board games, or charades
- host a concert, or a sing-a-long
- create or join your own community event
- have an Earth Hour every month!

The possibilities are endless!

(Select information taken from: www.earthhour.org)