

École Arbour Vista

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Newsletter for April 2019

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, our school musical, *Mary Poppins Jr.*, Grade 3 and 6 EQAO testing, Junior and Intermediate track and field, the Grade 8 trip to Quebec, School Council's Family Fun Night (Kermesse), EmpoWERment Day at the Sleeman Centre, 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 École Arbour Vista has been and will continue to be until the end of the school year.

Mary Poppins Jr.

École Arbour Vista is presenting its fourth annual School Musical! Actors, dancers and set designers have been working hard to present a fabulous show. Don't miss it!

Performance dates/times:

Friday April 12th, 2019 from 7:00 pm - 8:30 pm - show begins at 7:00 pm

Saturday April 13th, 2019 from 11:00 am -12:30 pm - show begins at 11:00 am

Saturday April 13th, 2019 from 4:00 pm - 5:30 pm - show begins at 4:00 pm

Tickets can be purchased online at <https://www.schoolcashionline.com>

Children's tickets: \$5 each

Adult's Tickets: \$10 each

Eco-Club News

Congratulations to Freshta, an EcoTeam member, who won First Place in the Eco-Resolutions contest. Freshta pledged to 'take action' on an environmental issue close to her heart! Way to go! The EcoTeam Group received Runner-Up in their category - great job, EcoTeam members! As a school-wide initiative, the EcoTeam has purchased reusable cutlery for all classrooms, as well as reusable dishware and cutlery for classes to borrow if they have a party! What a great way to do our part in helping the environment! Coming Events: Community Cleanup (April 16th), Waste Free Lunch (April 24th), Earth Week (April 23rd – April 26th).

AVPS Yearbooks!!

Get your École Arbour Vista 2018-2019 Yearbook! This year's yearbook will be available for sale as of April 1st! All orders will be placed and processed through LifeTouch online. Yearbooks will be \$22 each, with the possibility of adding extra options such as personalization and a current event page. Ordering will be open for the entire month of April, with a strict deadline of April 30th! Don't miss out on getting your very own copy of this year's yearbook!

School Council

School Council has made some changes over the past couple of months. We have been working on editing our School Council By-laws and changing the voting process. Two weeks prior to a voting meeting, information detailing the vote will be sent via email and posted under the School Council heading on the school's website. A phone blast will also be sent out, reminding everyone of the meeting date and time. During our April School Council meeting, we will be voting on the amount of money to spend on tree maintenance. The recently planted trees require consistent watering for the next few years. We also have two executive positions coming available in September, Parent Involvement Committee lead and Treasurer. If you have any questions about either of these positions please contact either Emily or Erica. Their email addresses are noted below. Also, June 13 will be our year end celebration,

the Kermesse. If you are interested in helping out please let Emily know edelisle@theregistrarco.com. If you have any questions about School Council, or have any suggestions please feel free to reach out to me erica_mitchell245@hotmail.com. We hope to see everyone at the next School Council meeting on April 24th at 6:30 p.m. in the school library.

Erica Eugenio
School Council Chair

World Autism Day – April 2, 2019

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>

Professional Activity Day Reminder

Parents are reminded that Friday, April 5th is a Professional Development day for school staff and the school will not be open to students on this day.

Staff Parking Lot – Kiss and Ride Area

As you are aware, the staff parking lot has a kiss and ride lane that runs adjacent to the Kindergarten and tarmac play areas. This area of the school continues to be very busy at the start and the end of each school day, with parents parking when dropping off or waiting for their child(ren). This area is not intended to be used for parking, **but rather as a location to drop off your child(ren) only**. As our school population grows, as it will continue to do for the foreseeable future, this area needs to be kept free of traffic for safety reasons. Please respect the intended purpose of our kiss and ride lane and do not park there. A great idea is to park on Sweeney Drive and walk your child(ren) to/from the school, through Jubilee Park. Thank you for helping to ensure the safety of our students, your children.

Talking About Mental Health: April, 2019

Jumpstart your Brain this Spring

Did you know that you can actually boost your brain power and increase your focus, ability to concentrate and your overall sense of wellbeing? So how do you do this?

Feed Your Brain: Did you know your brain uses up to 20% of the calories that you take into your body? A well-balanced diet can provide your brain with much needed energy and increase your ability to focus and concentrate. Some high-quality brain foods are blueberries, salmon, nuts, avocados and whole grains. As a family you can journal what you are eating and then engage in a conversation and reflect on what you are feeding your brain.

Get Quality Sleep: It is estimated that approximately a third of school aged children in Canada are not getting the required amount of sleep. Sleep actually restores the brain and supports memory, thinking and creativity! Try stopping screen time at least an hour before bed. Don't drink sugary or caffeinated drinks. Is your brain getting enough recharge time?

Get Outside and Move: Even just 20 minutes of walking can increase your brain power. Try and charge your brain with fun, family friendly exercise. Walk around the neighbourhood and try and find all the spring buds and other signs of spring. Try and count your steps for one minute – it's not that easy!! Fresh air, exercise and movement are all fuel for your brain!

Take a Mental Vacation:

Take 3 minutes and close your eyes imagining a place that you love or wish you could see. Focus on the smells, the sounds and sensations. When we visualize something, our brains respond the same way as if we were actually there. Just 3 minutes of a mental vacation can put your brain into "relax" mode.

Be Creative! Creativity can increase focus and sense of calm. Pick a craft or project to do as a family. Make a springtime collage of all things spring: images from magazines, words, drawings, items you find outside, etc. Taking the time to engage your brain creatively will give your brain a boost!

Exercise Your Brain: Exercising your brain is as important as exercising your body! So how do you do this? Do a crossword puzzle or a word search. Anything that gets your brain thinking and being strategic will do! Play a game of chess, make some origami art or even playing hide and seek! These activities may not feel like work, but they are doing great things for your brain!!

And, as always, remember that there are many people who are struggling. Stay kind, be a good listener and talk to someone if you are needing support!

Jenny Marino, Mental Health Lead
Follow me on Instagram @ugdsb_mental_health



Monthly environmental activities to help celebrate our planet

April 22nd is Earth Day!

“Look deep into nature, and then you will understand everything better.” - Albert Einstein

Celebrate Earth Day on April 22nd!

Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation. <https://earthday.ca/about/>



Earth Day 2019 Theme: Protect our Species

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species. Go to <https://earthday.org> for some quick facts on the current wave of extinction and additional information about this problem.

Ideas for your family to celebrate Earth Day:

- **Review last year’s Earth Day Theme on ending plastic pollution**, as this important work continues. Make a pledge to always carry a reusable shopping bag, use alternatives to Ziploc bags, buy in bulk, refuse to buy over packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem help **End Plastic Pollution!** <https://www.earthday.org/yourjourney2018/>
- **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.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the **Reduce** (buy less), **Reuse** (repurpose it) and **Recycle** (sort it right!) 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.