

École Arbour Vista

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Newsletter for May 2019

From the Principal's Desk

During the course of the school year our staff volunteer countless hours of their time to offer extra curricular activities to our students, during their personal breaks or after school. It is during this time that our students are able to enjoy many opportunities to experience sports and clubs and spend time with their peers doing things that will bring them great memories for many years to come. The list of extra-curricular opportunities offered at Arbour Vista this year includes choir, band, the school musical, volleyball, dodgeball, floor hockey, football, soccer, ultimate frisbee, chess, CN Tower climb, Sign Language Club, Skills Canada, Forest of Reading, basketball, ECO Club, cross country running etc. It's a lengthy list indeed! As we approach the end of the school year, please take a moment to thank the staff member who kindly offered their personal time to provide an additional opportunity to your child during the course of school year.

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 21st to May 23rd. The Grade 6 students will be writing their assessment from May 28th to May 30th.

Happy Bottoms Diaper Drive

Our school is having it's first ever diaper drive! We are very proud to say that we will be donating to Guelph-Wellington Women in Crisis Foundation. Every day, we will be collecting baby diapers, baby wipes, and baby lotions. There will be a table set up in the front hallway where you or your child can drop off donations. At the end of the drive, a volunteer will be driving our donations to Guelph-Wellington Women in Crisis Foundation. Dates: May 13th to May 24th

Where: Front hallway at École Arbour Vista Public School

We hope to see lots of donations! Thank you for helping Guelph-Wellington Women in Crisis Foundation!

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.

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 needs to be replenished!

School Council Update

We are getting close to the end of another school year. School Council is working hard preparing for our annual year end event, Kermesse, which will be held on Thursday, June 13th. More information will follow shortly. We are looking forward to seeing everyone at this event to celebrate the 2018/2019 school year. At the beginning of the school year, one of School Council's goals was to purchase a chromebook cart and a class set of chromebooks for our students. As a Council we still feel these are necessary purchases and plan to investigate them further during the next school year. At our meeting on April 24th, Council members agreed to put money toward watering the newly planted trees. To this end, Council committed to spending a maximum of \$3000 between the months of June and August. It was also agreed that for the next three years, School Council will support the watering of the trees and review quotes annually.

This year Council has financially supported the greening of the school yard, teacher and divisional spending on classroom resources, catering for a holiday treat for our wonderful school staff, the parents' Unlearn workshop, Rocks and Rings, a drama presentation from the students at John F. Ross and an author visit. If you have suggestions on School Council spending, please join us at our meetings, everyone is welcome.

With summer coming, many of us will be putting our kids into day camps. Mabel's Labels is a great resource for parents to purchase so their children's clothing is identified and can be easily distinguished if misplaced. To purchase Mabel's Labels for your family, go to <http://www.mabelslabels.ca>, select support a fundraiser and search for the school name. A portion of sales will be returned to the school.

The Upper Grand District School Board has an app! Through this app parents can access the school calendar, bus delays and cancellations, School Cash Online etc. Go to the app store and download UG Connect. School Council's next meeting we will involve planning for the 2019/2020 school year. We have our treasurer position to fill for September 2019. If you are interested in this position and want to learn more about it, please email me at erica_mitchell245@hotmail.com. Also during the May meeting, we will be discussing our School Council vision and mission statement. Come on out and learn what council is all about. We hope to see everyone on May 23rd at 6:30 p.m. in the school library.

Erica Eugenio
School Council Chair

EQUITY & INCLUSION

Days of Significance - May 2019

May 1	Beltane Samhain Yom HaShoah	Wicca/Pagan Jewish
May 2	Last Day of Ridvan	Baha'i
May 3	Vaisakhi Puja (Buddha's Birthday) Dress Loud for Deaf and Hard of Hearing Children	Buddhism
May 5	Cinco de Mayo Ramadan begins	Islam
May 5 th - May 9 th	Children's Mental Health Week	
May 10	Ascension Day	Christianity Eastern Orthodox and Western
May 5 th - 10 th	Education Week	
May 15	International Day of Families	United Nations
May 17	International Day Against Homophobia and Transphobia	Grassroots LGBTQ
May 18	Visakha Puja Buddha Day	Buddhist
May 20	Queen Victoria Day	Public Holiday
May 21	World Day of Cultural Diversity	United Nations
May 24	Declaration of the Bab	Baha'i
May 25	African Liberation Day	Rastafarian
May 26 th - June 1 st	National Accessibility Week	
May 27	Pentecost (J)	Christianity

May 27	The Ascension of Baha'u'llah	Baha'i
May 30	World No Tobacco Day	World Health Organization

Talking about Mental Health - May 6th – 10th is Child and Youth Mental Health and Well-being Week!

Child and Youth Mental Health and Well-being Week is about promoting mental wellness, increasing awareness of child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

- Social Connections
- Understanding Emotions
- Personal Health
- Empathy
- Resilience

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

- **Monday May 6th - Social Connection** - "Don't be shy. Just say hi!"
 - Say Hi to 3 people that you do not know. Perform a random act of kindness.
- **Tuesday May 7th – Understanding Emotions** – “Sad, glad, happy, mad – just be you”
 - Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?
<http://youth.anxietybc.com/how-do-it>
- **Wednesday May 8th – Personal Health** - “Healthy Self. Heal-thy self”.
 - Wear green today to support Mental Health Awareness.
 - Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!
- **Thursday May 9th – Empathy** - “Be somebody who makes everybody feel like a somebody”.
 - When in doubt – be kind. Try seeing something from another person's perspective today.
- **Friday May 10th – Resilience** - “If Plan A doesn't work, the alphabet has 25 more letters!”.
 - Mental Health and Well-being means coping with the ups and downs of day-to-day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!

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

How Do Educators Teach Oral Communication In A Second Language To A Diverse Group of Students That Are At Different Stages In Their Oral Language Development?

"To listen well is as powerful a means of communication and influence as to talk well." — John Marshall

In education we strive to teach our students how to become effective communicators so that they are successful in their future endeavours whether in English, French or any other language. Oral communication skills in French including listening, speaking, and interacting, are not unlike oral communication skills in your first language, however, oral communication in French does require attention to a different sound system, new vocabulary and at times an understanding of contexts or cultures that may differ from those of your first language.

Teachers know that the acquisition of oral language typically follows a developmental sequence. They understand that students need to hear the language repeatedly before they will begin to speak it. When students enter immersion or core programs they typically do not have an oral foundation in French. This foundation is created through an emphasis on listening and speaking in authentic contexts to build vocabulary and learn various forms of the language so that students can understand and convey meaning. Hearing and using high frequency words and expressions, learning vocabulary in context, building phonemic awareness, creating environments rich in talk, as well as engaging students in listening activities are all strategies used by teachers to support students in becoming confident oral communicators.

Teachers also support students by modelling effective oral communication, guiding students through oral communication activities, and providing many opportunities for students to practice oral language. As students enter immersion and core French programs they are beginners in the language and diverse in the skills they bring to school. Teachers provide high structure and meet students at their developmental stage to best support and move students forward in their language learning.

How can parents support student oral communication at home when they don't speak French?

One way to do this is to speak with and listen to your child in their first language. In the Ontario Ministry of Education document "Supporting your Child's Success in French Immersion and Extended French - A Parent Guide" it states "Helping your child develop a broad vocabulary in English, or the language you speak at home, has added benefits. It helps develop thinking skills, teaches your child to communicate with precision and provides more opportunities to make connections with French."

Research also shows that oral communication skills are transferable across languages. For example, understanding how to vary volume, pace and vocabulary to suit a purpose and an audience is a skill that is transferable to French.

Another way to support and motivate your child is to help them see that French exists outside of the classroom. Watching French television, listening to French radio, borrowing French DVDs and materials from the library and travelling to French speaking regions are all ways to experience French outside of the educational context.

What happens when students are not moving forward in their oral language development or parents have concerns about student progress?

Discussing your concerns as soon as they arise by speaking with your child's teacher and then examining appropriate courses of action and supports as a team are important first steps.

It is important to remember that a student who struggles to communicate orally in French can achieve a level of proficiency **and that supports should be explored before considering more drastic measures.** French as a

second language programs are for all students. Promoting this belief helps to create a supportive environment where students feel more confident and can be successful.

Further Reading:

1. Capacity Building Series. “Teaching and learning in the Core French Classroom”. The Ontario Ministry of Education.

http://www.edu.gov.on.ca/eng/literacynumeracy/inspire/research/CBS_Core_French.pdf

2. Capacity Building Series. “Let’s Talk about Listening”. The Ontario Ministry of Education.

http://www.edu.gov.on.ca/eng/literacynumeracy/inspire/research/Talk_about_listening.pdf

3. What Works? Research into Practice. “Supporting Early Language and Literacy. Dr. Janette Pelletier OISE, University of Toronto. The Literacy and Numeracy Secretariat.

http://www.edu.gov.on.ca/eng/literacynumeracy/inspire/research/WW_Early_Language.pdf

Monthly Environmental Activities to help celebrate our planet



May 22nd is International Biodiversity Day!

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

Celebrate Biological Diversity Day on May 22nd!

The United Nations has proclaimed May 22nd The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues.

Biodiversity simply means: ‘A wide range of life’” Some of the things we do are harmful, so we need to learn more about how to protect all the different types of life on our planet.

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, biodiversity can bring a great new experience to your table.
- View photos of endangered species on the Internet with your child 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.
- Get out into the world and enjoy all the different types of life your local area offers. Even your street or a local park can have an amazing variety of life you’ve never noticed, from insects, birds, chipmunks, to trees and flowers.
- Consider planting a pollinator garden in your yard (or in a flowerpot) to help save the bees and butterflies from declining.

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

Celebrate the diversity of our natural world every day!

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The NEW Protein Alternative?

Amy Skeoch MHS, RD

Move over Greek yogurt, there's a new protein powerhouse in town...who knew it would be an insect! Yes, you read that correctly – insects, and more specifically crickets. As we move towards more sustainable food sources, one option to look to are these little critters. In fact, mainstream grocery stores have started carrying cricket based protein products, so now you can bump up the protein in everything from smoothies to baked goods.

Why Crickets?

Crickets provide a host of nutrients (complete protein, vitamin B12), they are relatively easy to farm, and are considered as a food source that's easy on our environment (less water and feed for production). While the idea of eating insects (entomophagy) might seem odd, people have been consuming crickets and other insects around the world for centuries.

Where to get it?

One of the easiest ways to consume crickets as part of your diet is in a powder form. *Presidents Choice* provides a cricket powder (made in Canada) that can be added to your favorite meal or beverage.

2.5 tbsp (19g) of the powder provides 13 grams of protein (similar to 2 eggs).

There are also many online companies that sell crickets and cricket powder or flour.

Allergy Alert!

Crickets, like shellfish, shrimp and lobster are *arthropods* (grow their skeleton outside their body) so they may cause a similar allergic reaction. If you have a shellfish allergy, stay clear of cricket products.

Sources:

Cricketstart.ca

http://www.presidentschoice.ca/en_CA/products/productlisting/pc-100-cricket-powder.html

<https://en.wikipedia.org/wiki/Entomophagy>