

École Arbour Vista

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Newsletter for June 2019

From the Principal's Desk

It's hard to believe that we have come to the final weeks of classes for the 2018/2019 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 a wonderful ambassador of Arbour Vista for the past five 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 3rd.

K. Runciman
Principal

École Arbour Vista Is Raising the Pride Flag

To support inclusion of the LGBTQ+ community, École Arbour Vista will be raising the Pride Flag on June 3rd, for the entire month of June. École Arbour Vista has recently founded a GSA (Gay-Straight Alliance) called Beyond Labels. This alliance was created to help raise awareness of the LGBTQ+ community and support inclusion and acceptance of other marginalized groups. Flying the Pride flag not only signals that our school is a safe space for everyone, it also aligns with the Board's Vision Statement and Guiding Principles of inclusion and student and staff well-being, as well as its new Equity Plan. We hope that everyone can be inclusive of the LGBTQ+ community and they use the raising of the Pride Flag as a learning opportunity.

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 25th. Parents are reminded to sign page three of their child's report card and return it to the school by Thursday, June 28th.

Board Policies

At the May 28th Board meeting, updates to the following policies were approved and the new documents are now posted on the board website (www.ugdsb.ca/board/policy).

502 – Child Abuse and Protection
606 – Assessment and Evaluation

The following protocol was also updated:

P.12 Suicide Prevention, Intervention and Postvention Protocol

POLICY FEEDBACK OPPORTUNITY

The following board policy is currently under review and feedback is welcome on the draft documents:

203 – Video Surveillance

This policy is important to staff, students, school councils, parents, community members and community users of schools because video surveillance at UGDSB schools is used to promote a safe and secure environment while upholding the right of privacy of individuals.

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 28, 2019** 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 2019

June 1 st	Laylat al Kadr	Islam
*Starts June 4 th or 5 th *	Eid ul Fitr	Islam
June 8 th – June 10 th	Shavuot	Jewish
June 20 th	World Refugee Day	
June 21 st	Summer Solstice, Yule National Indigenous Peoples Day Canada	Wicca/pagan
June 23 rd	All Saints Day National Day of Remembrance for Victims of Terrorism	Orthodox Christian

Days may vary a few days before or after the indicated date due to moon sightings and timezones for some Days of Significance.
These dates were taken from UGDSB Equity and Inclusion Calendar 2018-2019

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

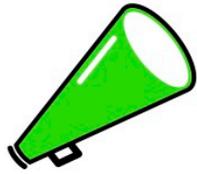
If your child is missing any clothing items, please remind him/her to check the lost and found boxes in the front foyer of the school. Items will be on display in the front foyer of the school during the Family Fun Night on June 13th. Following the Family Fun Night, all clothing will be returned to the lost and found boxes, where it will be available until the end of June.

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.



5TH ANNUAL
ÉCOLE ARBOUR VISTA KERMESSE

Raffle Table

**Basket
Draws**

Treats &

**Food Trucks
available!**

**Beavertail & Ice
Cream Truck**

FAMILY FUN NIGHT

Games

**Class Art
Silent Auction**

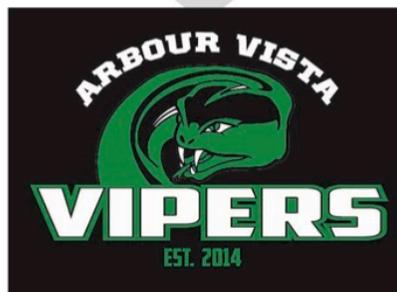
**Pie in
the
Face**

JUNE 13, 2019

5PM - 8:30PM

**PURCHASE PIZZA AND TICKETS,
ON SCHOOL CASH ONLINE**

USDSB.SCHOOLCASHONLINE.COM



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 2018/2019 school year is Thursday, June 27th, 2019. Students will be dismissed at the regular time. The first Day of school in September is Tuesday, September 3rd.

Talking About Mental Health June, 2019 – 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

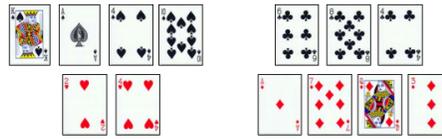
Materials: Deck of cards

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

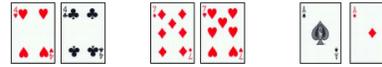
How to Play: As a group, or individually, have students use the full deck of cards to sort and create groups by attribute. Some sorting possibilities are by color, suit, or number.



Students can sort by color.



Students can sort by suit.



Students can sort by number.

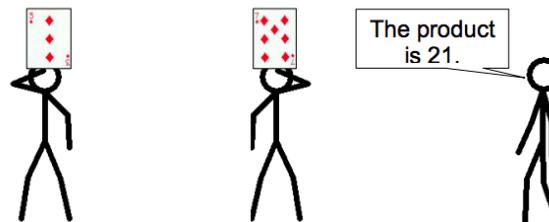
Reading Multiplication Minds (Grades 3 - 6)

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

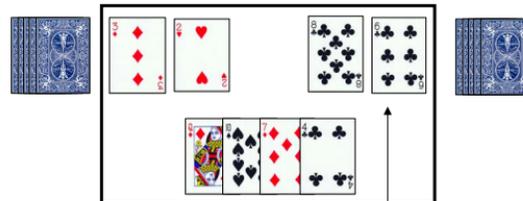
How to Play: Black cards are positive numbers; red cards are negative numbers. Players split a deck of cards and simultaneously flip over their top two cards. Remember -2 is greater than -7.



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 2019!

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>