

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 February 2020

From the Principal's Desk

Arbour Vista's School Council continues to do a tremendous amount of work to support our students. School Council will be hosting their sixth annual Dîner de Famille Fundraising Event in our school gymnasium on Wednesday, February 26th. Tickets will be available for purchase through School Cash Online. Information in this regard will be going home with students shortly. We look forward to seeing you there! As a reminder, our next School Council meeting is set for Thursday, February 20th at 6:30 p.m. in the school library.

K. Runciman
Principal

Reading in English

As you know, students in the French Immersion Program receive 100 percent of their instruction in French from Junior Kindergarten until Grade 3. Beginning in Grade 3, and every year thereafter, a portion of each day is spent learning in English. To this end, students in the Primary grades should be reading **AND WRITING** in English at home on a regular basis. Students in upper grades should also be reading in English on a regular basis. Thanks for supporting your child with reading and writing at home!

Wellington-Dufferin-Guelph Public Health programs

Sexual and Reproductive Health Week (Feb. 10 th – 14 th)	DYK? Feb 10-14 is Sexual and Reproductive Health Awareness Week #SRH2020. Public Health offers Sexually Transmitted Infection (STI) testing and free treatment. To learn more about this visit our website at https://www.wdgpUBLICHEALTH.ca/your-health/sexually-transmitted-infection-sti-testing
Sexual and Reproductive Health Week (Feb. 10 th - 14 th)	Do you have questions about human development, sexuality and/or healthy relationships? You can contact Public Health and discuss your questions with one of our Sexual Health Nurses at 1-800-265-7293 x4744 or email us at clinical.service@wdgpUBLICHEALTH.ca #SRH2020
Sexual and Reproductive Health Week (Feb. 10 th – 14 th)	Did you know there are a variety of birth control options? To learn more about which method may best suit your lifestyle visit our website at: https://www.wdgpUBLICHEALTH.ca/your-health/birth-control #SRH2020

Sexual and Reproductive Health Week (Feb. 10 th – 14 th)	When it comes to consent, never assume. Without a clear “yes”, the answer is always “no”. Check out this ‘cycling through consent’ video at: https://www.youtube.com/watch?v=B16bQTqe4jc #SRH2020
Vaping	Are you looking for tips on having a conversation about vaping with your child? The Canadian Lung Association has great resources for parents and school staff: https://www.lung.ca/lung-health/vaping-what-you-need-know/vaping-resources
Vaping	The aerosol from vaping products is not just harmless water vapour. It contains: <ul style="list-style-type: none"> - nicotine - heavy metals like lead from heating coils - flavourings that were never meant to be inhaled Learn more at: www.unfilteredfacts.ca/vaping

Fun Facts About Vaccines!

- You are 4 times more likely to get hit by a meteorite than to have a serious reaction to a vaccine.
- You have a 0.00013 percent chance of having a serious reaction to a vaccine!
- Vaccination is among the **most successful** and cost-effective health initiatives; routine immunization is the foundation of the health care system and universal health coverage.
- Vaccines save millions of lives each year.
- Vaccines are for people of all ages; vaccinations are for a lifetime.
- We all have a part to play as advocates, individuals, parents, health care workers and innovators; individuals must drive the vaccine process.
- Health Care Workers have a critical role to play to counteract vaccine hesitancy.

Information from Public Health

Sexual and Reproductive Health Awareness week is February 10th – 14th.

Learning about sexual and reproductive health can play a key role in shaping a child’s views about life, relationships, and healthy development. The Ontario Health and Physical Education curriculum supports healthy growth and development for all children through age-appropriate up-to-date, and accurate education. Dialogue about these important topics is encouraged between parents and children to support a healthy understanding and build the skills necessary to adapt to the physical and emotional changes that occur during puberty. This knowledge helps children develop a positive self-concept and improve their mental health and well-being.

The goal is for children to be able to develop healthy relationships and make informed decisions as they transition into adulthood.

For questions about human development, healthy relationships or sexual health services, visit www.wdgpulichealth.ca/clinical

Immunization Information

In Ontario, the *Immunization of School Pupils Act* requires that all students attending school be fully immunized or have a valid exemption on file. Wellington-Dufferin-Guelph Public Health (WDGPH) has recently mailed

immunization notices to elementary students with incomplete vaccine records. To avoid suspension, please update your child's immunization record by **March 6, 2020**.

If the student has already received the immunization(s), report them using one of these methods:

- Online: View and report immunizations at www.immunizewdg.ca. Sign-in using your Ontario Health Card Number or the Ontario Immunization ID (provided on your Immunization Notice if received by mail from WDGPH).
- Email: Send a copy of the record to vaccine.records@wdgpublichealth.ca
- Call: 1-800-265-7293 ext. 4396

If the student needs the immunization(s) do one of the following:

- Make an appointment with student's health care provider, bring the notice from WDGPH with you, and follow up by reporting the immunization(s) to WDGPH.
- Call 1-800-265-7293 ext. 4134 to make an immunization appointment at WDGPH.

If the student is not being immunized for medical or conscience/religious reasons:

- Access the appropriate exemption form at www.wdgpublichealth.ca/your-kids/vaccination
- For the Statement of Conscience or Religious Belief Exemptions a parent/guardian must also complete an immunization education session at WDGPH. For an appointment call 1-800-265-7293 ext. 4134.

How Mathematics Helps Children Learn About Language

Mathematics offers opportunities to develop cognitive language as well as subject-specific vocabulary, which sometimes carries a different meaning to that of every day language (e.g. table, point, difference, etc.)

- Children learn a range of ways to talk about calculations (what is the sum of ...?, what is the total...? etc);
- Problem solving provides opportunities for children to use modal verbs such as might, could, couldn't and must to reason and predict;
- Learning about shape and space offers opportunities to use the language of comparison (longer, longest, wider than, etc); and positional language (next to, between, in the middle of, below, etc);
- Data handling and interpretation provides opportunities for children to formulate questions as well as interpret and explain findings;
- To explain strategies and reasoning used, children will need to use logical connectives (e.g. if...then, therefore, because, consequently, etc) and time connectives (e.g. first, then, next, afterwards, finally, etc) to sequence their explanation;
- Oral and mental work in mathematics provides opportunities for modelling, rehearsing and using the language of mathematics;

Teaching Inferencing At Home

Talking with your child about everyday life is the cornerstone for his future success in inferential thinking. Share the thinking behind your decisions. Be willing to admit you are not sure about something, but explain what your thinking is so far. A conversation like "Look at those dark clouds. I'm guessing we're going to get some rain this afternoon" or "I'm going to stop reading for a minute so we can think together about what this all means" will help you child develop his ability to think and infer.

Checking In At the Office!

Parents are reminded to stop in at the office upon entry to the school, either to sign in and receive an identification badge or to drop off an item for your son/daughter. If you are dropping off something for your child, please leave it in the office and fill out the accompanying paper work to ensure it is delivered to your child in a timely fashion. Parents are not to be visiting classrooms at any point during the day, unless an appointment has been made in advance with your child's teacher. Thank you for helping us maintain an uninterrupted and safe learning environment.

Talking About Mental Health - Tests and Stress

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

- ✓ Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

- ✓ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

- ✓ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

- ✓ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

- ✓ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

- ✓ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle.
<http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

- ✓ Talk to your friends.
- ✓ Talk to your parent or a caring adult about how you are feeling.
- ✓ At school, you can talk to your teacher, principal or CYC for support.

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

Report Bullying



We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. **Report Bullying** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find

the Report Bullying button on our school's website.

Engaging Your Child in Science at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.

6 Tips to foster Scientific Thinking at Home

See science everywhere. Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

Lead family discussions on science-related topics. Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

Encourage girls and boys equally. Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

Do science together. Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

Connect science with a family vacation. Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

Show excitement for Science!

Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science"
<http://www.nsta.org/sciencematters/tips.aspx>.

Engaging Your Child in Science at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.

Days of Significance In February, 2020

February 4, 2020	World Cancer Day	WHO
February 8, 2020	Nirvana Day	Buddhism
February 9, 2020	Magha Puja Day	Buddhist
February 10, 2020	Tu BiShavat	Jewish
February 14, 2020	St. Valentine Day	Christian
February 15, 2020	Nirvana Day	Buddhism
February 15, 2020	National Flag of Canada Day	
February 17, 2020	Random Acts of Kindness Day	
February 17, 2020	Family Day	Ontario
February 21, 2020	International Mother Language Day	UN

February 22, 2020	Maha Shivaratri	Hindu
February 24, 2020	Losar	Tibetan Buddhism
February 25, 2020	Shrove Tuesday	Christian
February 26, 2020	Wear Pink for Anti-Bullying	
February 26, 2020	Ash Wednesday	Christian
February 26-March 1, 2020	Intercalary Days	Baha'i

Monthly environmental activities to help celebrate our planet



February 6th is National Sweater Day!

Make the Earth better by wearing a sweater

Celebrate International Sweater Day on February 6th!

National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that’s equivalent to taking nearly 700,000 cars off the road!

http://www.wwf.ca/events/sweater_day/

National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.

Ideas for your family to celebrate Sweater Day!

- Turn down your thermostat and wear a sweater!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.
- Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).
- Read a children’s book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- Valentine’s Day is just around the corner - use recycled materials to create your cards this year!