

May 2023

Important Dates



April 26	Office Coordinator Appreciation Day (Mme Schletz & Mme Barry)
April 26	Intermediate Dodgeball Tournament
April 28	Co-Ed Junior Floor Hockey Tournament
May 1	Principal Appreciation Day
May 1-5	Mental Health and Education Week
May 9	Toonie Tuesday- for the UGDSB Learning Foundation
May 11-16	Grade 3 EQAO
May 18-24	Grade 6 EQAO
May 22	Victoria Day- NO SCHOOL
May 24	Executive Superintendent Brent McDonald visits Arbour Vista
May 29	Bike to School Week

Hello everyone,

It is hard to believe that June is around the corner. With the nice weather approaching, please be mindful of the weather and ensure students have appropriate sun protection (hats and sunscreen).



Scent Free UGDSB

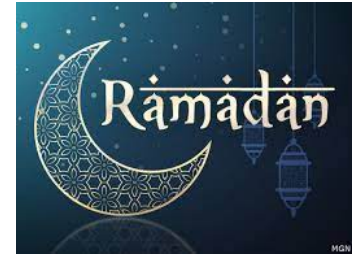
We would like to inform our school community that our school is a fragrance/scent aware environment. There are staff members and/or students who could suffer serious adverse reactions and health effects when exposed to even a small amount of fragrance or scents. We are requesting that the community support us in our efforts to promote a scent-aware environment by refraining from wearing fragrances or scented products to school when visiting the school, even if your visit will be short. Thank you in advance for your cooperation and

for becoming part of our solution to providing a scent-free and safe environment for all.

Ramadan

We wish all our families celebrating the Holy Month of Ramadan a Happy Ramadan Mubarak.

Our school has a dedicated supervised space where students can go if they wish during the Nutrition breaks. We also have prayer mats and a quiet private space in the Library for those wishing to use it.



Grade 8 Year End Celebration

I know many of our grade 8 students are getting excited about their big event at the end of June. Mark your calendar for **June 27th at 6 pm**. Only 4 guests [not counting the student] per family please in order that we comply with maximum capacity regulations from the Fire Department. An information letter will be sent home shortly with more details.



Earth Day April 22

We will be doing a variety of activities at school, including picking up litter in the school yard (gloves on!), a litterless lunch week, lights off, tech-less time and maybe even a meatless lunch. Of course, participation is optional, but we hope as many of our students can participate as possible.



EQAO 2023

EQAO is a provincial test that assesses students' literacy (reading and writing) and math skills at key points in their kindergarten to Grade 12 education. The dates for our assessment are below:

Grade 3- EQAO May 11-16

Grade 6- EQAO May 18-24



Information for Parents and Guardians about the EQAO Primary- and Junior Assessments can be found in a webinar [here](#)

If you would like more information, please visit [EQAO.com](https://www.eqao.com)

Attendance

Is your child struggling with attending school? We are here to help! UGDSB has tips and strategies to share with parents/guardians to help encourage regular school attendance.



Below are some tips to help focus on strategies around attitudes and beliefs - try some of these tips at home!

- Keep in mind that attendance issues can quickly escalate. Parents/guardians need to intervene and reach out for support as early as possible before it becomes the norm.
- Keep the expectation in your home of attending school and staying all day. Don't give up. Even if your child is anxious about school, ensure the expectation of regular attendance doesn't change. Work with the issue, not around it.
- Talk to your child to find out what is behind them not wanting to go to school. Anxiety can show up in a lot of ways and one of them can be not wanting to go to school. Encourage your child to talk back to their anxiety! Tell themselves they can do it!
- Ask questions about your child's worries about school. Although you know your child well, try not to assume you know the answers. Keep an open mind. Validate your child's concerns.
- If your child is having difficulty with attendance try setting a goal with them such as if they attend for a certain amount of time, they can have a special treat or do a special activity.

Below are some tips you can try that involve the routines and the environment at home:

- Practice consistent bedtime and morning routines with your child.
- Parents can model the same routine at home, as it helps students stick to the routine of coming to school each day.
- Having a set schedule for sleep and nutrition is key to a good morning and feeling good about coming to school.
- Preparing for school at night so that the morning is less hectic can be helpful. Organizing clothing, packing backpacks and including favourite foods can be reassuring.
- Putting out clothes and making lunch the night before can help get your child out the door in the morning.
- If your child does refuse to attend school, try having no screens/devices during the time when they are at home. Make staying home as boring as possible! Shutting down the home Internet can be helpful if this is a draw for your child to stay at home.
- Creating an environment conducive for improved sleep hygiene (e.g. dark room, quiet, sound machine, light in morning, consistent bed and wake times).
- Ensuring at least 30 minutes of screen-free time before bed and removing all electronics from bedrooms before bed can be helpful.
- Limiting screen time before bed is key to winding-down and getting a great night's sleep!

The tips below focus on ways to involve the school. See below for some strategies you could try.

- Know that there are supports in your child's school. Connect with them as soon as an issue starts. Connecting earlier is better than when your child has missed a lot of school.
- If your child wants to leave school, try to have them connect with a caring adult in the school first to see if things can be worked out before your child goes home.
- Reach out to your school Principal and/or Guidance department for help if your child is not coming to school. Let's talk! There is no judgment!
- A welcoming school approach has proven to be quite effective. Ensure your child is familiar with their school Principal, Vice-Principal and other caring adults in the building.
- Talk to the school team about anything you are hearing might be difficult for your child at school. School staff are always ready to help problem-solve.
- Have a mental health plan created with your child and school staff and ensure there is a safe

- place to go in the school when your child may need some quiet time.
- If going into the classroom is hard - remember coming into the school building and meeting with a caring adult in a safe space is an important step in getting back to school.

For more information, please visit the UGDSB website:

<https://www.ugdsb.ca/parents/student-attendance-at-school-tips-and-strategies-for-families/>



Mark your calendars for **June 15th!** The Parent Council is busy planning a Family Fun Fair, with lots of exciting activities and delicious food. More information to come!

Get Involved

Reminders:

- **Food at school**

Please be reminded that we need to be very careful with food being sent to school and please, if you need to send in something for Birthday celebrations, try to make it a non-food item, such as pencils, stickers, etc. If you do send food, it must be peanut-free and be individually wrapped. We prefer not to serve food to students, but send it home with you for parents to make that decision. Often food is sent and parents have not given their permission for their child to partake.

Similarly, some Intermediate students request their parents buy food or send it in through UberEats and the like. If such is the case, we are happy to give your child the food you send for them, but will send the rest of it home at the end of the day; again, because we do not have parental permission and also because of the potential allergens. We apologize if this is causing inconvenience, but we are working hard to keep everyone safe and sound.

Thank you in advance for your cooperation and understanding.

- **Calling ahead**

We are no longer asking parents to call ahead if they are picking up their child(ren) early. Please arrive a few minutes earlier and we will call your child once you arrive.

- **Update email and phone numbers**

This is also a friendly reminder that if your phone number or email change, please remember to update the information with the school.

- **Volunteering**

As a result of a recent board policy update, ALL volunteers, no matter how minimal or infrequent, must obtain a vulnerable sector Police Check. This can now be done online and is free of charge.