

Arthur Public School

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April 2016

Character Counts at APS!

April is Positive Attitude Month!

This month, as we continue to encourage the development of positive character traits in our students, we will focus on Positive Attitude.

A Positive Attitude means focusing on good and not dwelling on the negative. It is important to develop a positive attitude in children to help them to face the challenges involved in growing up and in life.

Some ideas to help your child at home include:

- Helping your child to be aware of, and control, internal dialogue (the things we say to ourselves in our head).
- Encourage your child to try new things, skills or hobbies to increase their self esteem and confidence.
- Discourage the use of "I can't" and turn negatives into positives.
- Be a positive role model for your child, find reasons to smile and laugh- tell jokes, watch funny movies as a family.
- Remind your child that everything is a new learning opportunity and being positive is a choice.

People naturally gravitate towards positive people. Developing a more positive attitude will help your child to have a successful, independent and fulfilling life.

Snack Program/Live Free Update

Smoothie Day was a huge success. Our Smoothie sales raised \$230.00. This will pay for lots of groceries! Thank you to everyone who helped out with the day.

Healthy Smoothie Recipe: 1 cup frozen berries, 1 banana, 1 cup milk, ¼ cup orange juice, 1 TBSP of vanilla yoghurt (makes 3 servings)



JK/SK Registration

Registration for our Early Learning Program which involves a full day, every day program for students ages 4 and 5, will continue throughout the Spring months. Parents who currently have children in our school will be aware, but if you know someone outside our school who has school-aged children, please pass along this information.

Bikes at School

The weather is finally starting to look like Spring, although Mother Nature is giving us one last look at Winter. Many students are excited to bring their bikes to school. This is a great way to get some exercise and have fun.

Please remember that **bikes should be walked on and off property**. With so many students walking around before and after school, we want to avoid any possible accidents, so please make sure you are walking your bike off school property, before getting on to ride.

Also, please make sure you are not on the roads. Many car drivers are not used to looking for bikes yet. **Always wear a helmet!**



Light it up BLUE!- World Autism Awareness Day

The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!



<https://www.autismspeaks.org/liub>

[Autism Ontario](#)

Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are:

- Accommodation Review #305
- School Boundary Review #319
- Community Planning and Partnerships #320
- Equity and Inclusive Education #504
- Alcohol and Drugs #513
- Smoke-Free Environment #208
- Asthma Friendly Schools #516

You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input for policies 504 and 513 is April 13, 2016. Input on policies 208, 305, 319, 320 and 516 will be accepted until May 11, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.



April Environmental Theme: ECOSYSTEMS

In April we celebrate Earth week and Earth Day from April 18th - 22nd so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

Slogan of the month: *Go outside and explore an Ecosystem today!*

June Dates to mark in your calendar!

It seems early but we want to make sure that everyone has saved the date of Thursday June 2nd. This will be our BBQ, Manufacturing Fair and Silent Auction Night. Remember if you have donations for our Silent Auction please contact the School at 519-848-3793 or Mary Mitchell at – emarye@hotmail.ca.



Grade 8 Grad Date

We are planning for our Grade 8 Grad in June. An information meeting for parents will be held the first week of May. Watch for the date in your child's agenda.





Talking Mental Health What is RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie Bernard



According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience**. **This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

Parents - please register for School Cash Online!

ONLINE PAYMENTS NOW AVAILABLE!

For safety and efficiency reasons, we want to reduce the amount of cash and cheques coming into our school. School related expenses such as pizza days, field trips, spirit wear, yearbooks, etc. will be available for online purchase. Please take a few minutes to register so you can enjoy the convenience of online shopping.

Here's how to register:

- Step 1:** Go to this website: ugdsb.schoolcashionline.com
- Step 2:** Register by selecting "Get Started Now" and following the steps.
- Step 3:** Respond to the confirmation email, select the 'click here' option, sign in and add each of your children to your household account.



School Cash Online

Benefits:

- Convenient:** Make payments 24/7
- Easy to Use:** Fill a shopping cart and checkout
- Safe:** No need to send Cash or Cheques
- Secure:** Website is protected and encrypted
- Save Time:** It takes less than 5 minutes to register

ugdsb.schoolcashionline.com

Arthur Viper Minor Hockey

REGISTER EARLY AND TAKE ADVANTAGE OF

NEW EARLY BIRD REGISTRATION 2016/17

2 Dates: April 3rd at 12pm or June 7th 7pm – 9pm

Year End Awards Ceremony: Sunday, April 3rd
 Location: Arthur Community Centre – Lower Hall
 Time: 12pm – 1pm Registration and Food
 1pm – Awards Ceremony Starts

Fees for 2016/17	Early Bird Fees Before June 8th, 2016	Fees After June 8th, 2016
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Initiation	2011, 2012, 2013	\$230	\$230
Tyke	2010, 2011	\$260	\$260
Novice	2008, 2009	\$550	\$600
Atom	2006, 2007	\$570	\$620
Peewee	2004, 2005	\$590	\$640
Bantam	2003, 2002	\$620	\$670
Midget	2001, 2000, 1999	\$620	\$670
Juvenile	1998, 1997	\$490	\$490

Special Family Price:

-Register 2 players in the same household at regular fee, and get the third [or more] at half the price of the lowest registration fee.

-\$100 Fee for player if first time registering in a Minor Hockey program

Payment Plans:

-Full payment must be made before September 1, 2016 -Two postdated cheques for 50% of the total fees may be made on July 1, 2016 and September 1, 2016

All fees and deposits must be received in full before players are able to participate in any AMHA tryout, practice or game.

-\$50 per Family Fundraising Fee will be collected in Fall 2016

-New Players require copy of birth cert. and Completion of RIS – see AMHA website

Registration Info. Contact Tamara Elliott-Dobie
 tamaraelliottdobie@gmail.com



Waste Audit

A big thank you to Mrs. Ruffolo and our Environmental Team! On March 30th they conducted our Waste Audit for us.

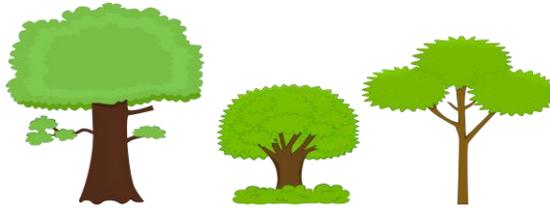


As a result of our audit we found out:

Each student at Arthur P.S. produces 8.8kg of garbage a year
Each student at Arthur P.S. produces 4.1kg of recycling a year

And most exciting of all, we found out:

This year by better recycling our paper products we saved 21 trees!



Congratulations and Welcome!

Congratulations to Mrs. Scott on the arrival of Xavier Benjamin on Easter Monday!
Welcome to the Patriot family Xavier!

We would also like to welcome Mr. Christopher Scott to the Arthur P.S. community as he replaces Mrs. Scott as our grade 6 teacher while Mrs. Scott is on maternity leave.

Me to We

April 18th is "Day of Silence". Bring a dollar donation to support those around the World who have no voice. Take a vow of silence for the day!



Student Government Spirit Days for April

Our student government has several spirit days planned for April, be sure to remember these special dates.

Wear Pink on April 13th



April 13, 2016 marks the International Day of Pink. It is a day where communities across the country, and across the world, can unite to celebrate diversity and raise awareness about all forms of bullying.

Chew Gum on April 22nd

Buy a gum chewing pass for \$1.00 and chew gum all day long!



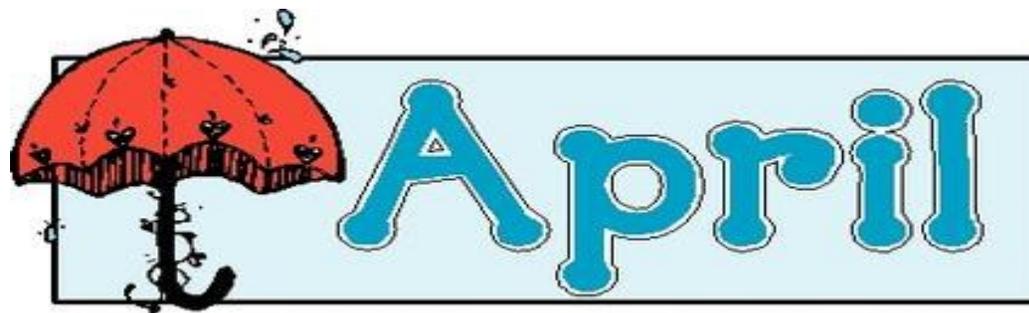
Wear your Team Jerseys and Hats on April 29th

Show your team spirit! Wear your favourite Team hat, jersey or both.



Help Wanted!

We need somebody to work as an occasional lunch supervisor. This would involve coming in once in a while from 10:40-11:25 and 1:05-1:50. If you would be interested in this opportunity please contact Mrs. Cozzarin at: 519-848-3793 X224.



April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Day 2</i>	2
3	4 <i>Day 3</i>	5 <i>Day 4</i>	6 <i>Day 5</i>	7 <i>Day 1</i>	8 <i>Day 2</i> <u>Pizza Orders due</u>	9
10	11 <i>Day 3</i> 6:30 School Council Meeting-Staffroom 	12 <i>Day 4</i>	13 <i>Day 5</i> <u>Anti Bullying</u> <u>Wear Pink Day</u>  Pizza Day 	14 <i>Day 1</i> Junior Basketball Tournament 	15 <i>Day 2</i> 	16
17	18 <i>Day 3</i> Day of Silence 	19 <i>Day 4</i>	20 <i>Day 5</i> 	21 <i>Day 1</i>	22 <i>Day 2</i> Forest of Reading Voting Day  Gum day  	23
24	25 PA Day	26 <i>Day 3</i>	27 <i>Day 4</i> 	28 <i>Day 5</i> Intermediate Basketball Tournament 	29 <i>Day 1</i> 1:50 PM End of Month Assembly Jersey & Hat Day  	30