

# Arthur Public School

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School Website: [www.ugdsb.on.ca/ArthurPS/index.htm](http://www.ugdsb.on.ca/ArthurPS/index.htm)



## February, 2017



### Character Counts At APS!

***“No act of Kindness, no matter how small, is ever wasted!” - Aesop***

“Kindness” is our character trait for February. During the month, “Atta” and “Tude” will continue to reinforce the message of Kindness and remind students to demonstrate kindness in their actions, thoughts and words. Teachers will also reinforce this message in their classrooms.

At Arthur Public School we are committed to creating a safe, caring school environment as well as preparing our students to be citizens who think critically, care deeply and act wisely.

### Kindergarten 2017-2018

Kindergarten registration occurred during the month of January for children who were born in 2012 for Senior Kindergarten or in 2013 for Junior Kindergarten. If you have a child, or know of someone who has a child who is eligible and did not register please have them call the school as soon as possible!



### Student Government News and Events

#### **Candy Grams**

Student Government will be selling Candy Grams for Valentine's Day. Students can purchase candy grams for their friends in the school from February 6<sup>th</sup>-10<sup>th</sup>. Candy grams will be sold at 1st recess on these days. Candy grams can be purchased for 25 cents each or 5 for \$1.00. Thanks to everyone for supporting our fundraising initiatives!

#### **Red, White & Pink Day!**

February 14<sup>th</sup> will be red white and pink day. Make sure to dress in Valentine colours!

#### **Movie Character Day**

February 24<sup>th</sup> dress like your favourite character from a movie. Who will you be?



## Snack Program Fundraiser-Live Free Day!!

**Friday, March 3rd** is Live Free Day. You can contribute by taking the challenge to Live Free of something you take for granted every day. Maybe it's a regular treat that you give yourself or it's something that you love to do each day. Can you give that up for one day to show support for those who live without each and every day? **Back by popular demand, we will be having Smoothie Day again!** Smoothies will be on sale for \$2. Donation Forms will be coming home the last week of February. All donations will be going directly to Arthur's Food & Friends Snack program. "*Bringing Healthy Food to Hungry Minds*" We are also accepting donations on line. Please go to <http://www.livefreewdg.ca/donate> to donate on line. We are also looking for food donations to help make the smoothies. Items in need are frozen strawberries, orange juice, 2% milk and vanilla yogurt. Please bring your donations to the office.

## Looking for something to do this Summer?

### Come "PLAY BALL"

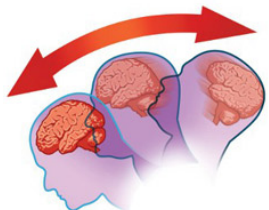


Arthur Minor Ball will be having registration on:

Saturday March 4<sup>th</sup>, 9:00AM-1:00PM

Upstairs at the Arthur Area Community Centre

## Concussion Outside School Hours



A concussion is a type of brain injury that changes the way the brain normally works. It can affect a student's performance in both school work and physical activities. Rest is very important after a concussion because it helps the brain heal. While a child has a suspected or diagnosed concussion, full participation in school academic and physical activities can worsen symptoms and make for a longer recovery period.

In the best interest of your child, parents and guardians are requested to contact the principal when a suspected or diagnosed concussion occurs outside of school hours (i.e. during outdoor play, sports, or a car accident). The principal will work with you to develop a plan for an individualized, gradual return to full participation in school activities. For more information, visit [www.ugdsb.on.ca/concussions](http://www.ugdsb.on.ca/concussions).

## 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

## School Council Fundraiser



Once again School Council will be selling Elmira Poultry and Harriston Meats products as a fundraiser. Order forms will come home on Monday, February 13<sup>th</sup> and be due back on Monday February 27<sup>th</sup>. Please consider supporting our school by ordering these quality products.

## Winter Safety

Please be sure to review safety guidelines with your children about walking to and from school in the winter. Remind children that walking on snowbanks beside the road can be unsafe as they may fall onto the road. Also remind children not to come out from between the snowbanks to cross the road as they are not easily seen. They should cross at a clear corner where they are visible.



## Sibling & Grade 8 Grad Photo Day



On February 2<sup>nd</sup> Life Touch will be at our school first thing in the morning to take Grade 8 Grad pictures as well as Sibling Pictures for those families that wish to participate.

Order forms have been sent home if you are interested and did not receive a form additional forms are available at the school office.



## CASL



Changes to Canada's Anti-Spam Legislation (CASL) require you to register online to receive email notices, newsletters etc. from the school. **If you are currently receiving these notices you are still required to register, again, to continue to receive them.**

Please go to [www.ugdsb.on.ca/CASL](http://www.ugdsb.on.ca/CASL) or our school's website at [www.ugdsb.on.ca/arthur](http://www.ugdsb.on.ca/arthur)

## **Talking About Mental Health – February 2017 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.

### **Laugh!**







- ✓ Laughter is a great release and allows our brains to recharge and reset.

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.  
Follow me on Twitter @drlynnwoodford.*



# February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Day 2</i>	2 <i>Day 3</i>	3 <i>Day 4</i>	4
5	6 <i>Day 5</i>	7 <i>Day 1</i>	8 <i>Day 2</i>	9 <i>Day 3</i>	10 <i>Day 4</i>	11
						
12	13 <i>Day 5</i> <b>Meat &amp; Chicken Orders come home</b>	14 <i>Day 1</i> <b>Red, White &amp; Pink Day</b> 	15 <i>Day 2</i>	16 <i>Day 3</i> Report Cards Come Home Junior Floor Hockey 	17 <i>Day 4</i>	18
19	20 <b>Family Day</b> 	21 <i>Day 5</i>	22 <i>Day 1</i>	23 <i>Day 2</i>	24 <i>Day 3</i> <b>Character Day</b> 	25
26	27 <i>Day 4</i> <b>Meat &amp; Chicken Orders due back</b> 	28 <i>Day 5</i>				