

Arthur Public School

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April 2017

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 \$1385.00. This will pay for lots of groceries! A huge thank you goes to Bryan Hostrawser from the Egg Farmers of Ontario for their donation. 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 ninth annual World Autism Awareness Day is April 2, 2017. 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 Sunday April 2nd 2017. 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](#)

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 8th. This will be our BBQ Night.



Grade 8 Grad Date

Grade 8 graduation will take place on Wednesday June 28th. More information will be provided closer to the date.



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

Waste Audit

A big thank you to Mrs. Ruffolo, Mrs. Gauld and our Environmental Team!
On January 25, 2017 they conducted our Waste Audit for us.



As a result of our audit we found out:

Each student at Arthur P.S. produces 10kg of garbage a year and increase of 1.2kg over last year.

Each student at Arthur P.S. produces 5.1kg of recycling a year an increase of 1kg over last year.

And most exciting of all, we found out:

This year by better recycling our paper products we saved 30 trees!

Welcome Back!

Thank you to Mr. Stiles for your work with our Grade 6 class. Welcome back Mrs. Scott.

Student Government Spirit Days for April

Leading up to Easter Student Council has arranged a number of events:

Candy grams will be sold for 25c each or 5 for a dollar the week of April 3rd -7th.

Door decorating will happen April 10th.

Easter/ Pastel colour Dress up Day is on April 11th.

Easter Character day on April 12th.

Dance day, April 13th, Primary at 11:00, Junior at 1:05, entrance costs \$1.00. The Intermediate dance will run from 2:00-3:25 at a cost of \$2.00. All proceeds from the dances will go to the World Wildlife Fund.

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.

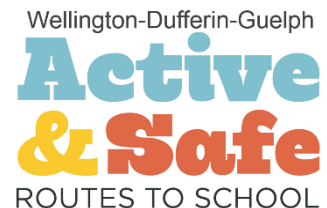
Follow & retweet @WDGASRTS in April & you could win a grocery gift card!

April 22nd is Earth Day! *Are you looking for an easy way to celebrate Earth Day every day? Walk, bike or wheel to and from school!* In addition to reducing air pollution around school, kids will benefit from more exercise, social time, independence and concentration at school.

Wellington-Dufferin-Guelph Active & Safe Routes to School (WDG ASRTS) encourages families to walk, bike or wheel to and from school safely every day. @WDGASRTS posts **useful tips, news and information** on Twitter to help your family's feet hit the pavement on your school commute.

Follow & you could win!! If you begin to follow @WDGASRTS in the month of April and retweet one of our tweets, your name will be entered to win a grocery gift card!

@WDGASRTS #wdgwalkstoschool



4-H Information Night 4-H is for anyone born in 2006 or earlier Come out to ask questions or join a club Friday April 7, 2017 Arthur Area Curling Club - 7pm – 9pm Address – 160 Domville, Arthur, ON

For more information contact: Charlie – 519-848-3998 or Danielle – 519-993-3236 **Beef** Learn about feeding and caring for beef cattle Training and showing a calf at the Arthur Fall Fair

This year will include farm tours, cattle handling, how to choose a beef animal , judging, showmanship and fitting.

Field Crops Learn about growing crops, preventing pests and weeds. This year we'll tour an equipment dealership, grain elevator, test plots and a fertilizer plant. Members will grow a sample crop and exhibit it at Arthur Fall Fair

Vet

A dynamic club that will highlight veterinary care of many species of animals through guest speakers, tours and hands on participation in veterinary procedures.

Dairy

Learn about different dairy industry related topics.
Tours of farms and industry businesses
Training and showing a calf at the Arthur Fall Fair

Sheep & Goat

Learn about feeding and caring for sheep & goats
Tours of farms and industry businesses Training and showing a sheep or goat for the Arthur Fall Fair

The Bat Club The West Luther 4-H Bat Club is a new and exciting opportunity for youth to learn all about bats. The bat club is the third edition of the Find Your 4H Wings Campaign. The purpose of this club is to learn all about bats, explore the importance of bats and how they play a role in the ecosystem, build a Bat house, and to share our knowledge with the community and promote bat conservation.

Monthly Environmental Activities to help celebrate our planet



April 22nd is Earth Day!

"Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation." <https://earthday.ca/about/>



Ideas for your family to celebrate Earth Day:

Get involved with Earth Day's EarthPlay <https://earthday.ca/ed2017/schools/waystogogreenblog.com/> an activity tool kit and enjoy the many suggestions to promote outdoor activities and learning for kids.

Spend a day outside. In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life,

Make commitments to cut down on your energy usage as well as waste. Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.

Learn more about the environment and the effects of global warming. Encourage awareness and promote the Reduce, Reuse and Recycle way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

**Talking about Mental Health - May 1-5
is Child and Youth Mental Health and Well-being Week!**

Child and Youth Mental Health and Well-being Week is in the first week of May. It is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections

Understanding Emotions

Personal Health

Empowerment

Resilience

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

Monday May 1 -**Social Connection** - "Be the Reason Someone Smiles Today".

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 2 – **Understanding Emotions** – "Understanding Emotions Creates Positive Actions"

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 3 – **Personal Health** - "Move, Sleep, Eat, Repeat. Keep yourself healthy every day".

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 4 – **Empowerment** - "Change Your Thoughts, Change Your World".

You are encouraged to look for ways to make a difference in your school and community. Start small, you never know where it will lead too.

Easter Egg Hunt

The Legion is having an Easter Egg Hunt, Saturday April 15th at 10:30 AM for children 10 and under.

If your children will be attending please register with Linda Tremble by at 519-848-2622 by April 3rd.

