



## **Arthur Public School**

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Principal: Marni Barrow Vice Principal: Barb Tomkins

### **Principal's Message,**

Thank you to all our staff, students and parents for embracing the transition back to school from our recent remote learning time. It has been nice to see our students back with excitement to see, play and learn with their friends. We do want to recognize our students for all their hard work with following our COVID and school routines to ensure the safety of everyone.

Now that Term one has come to an end, and term one report cards were sent home on February 18th, 2021, we would suggest that you take time to celebrate the areas of success and discuss a plan to support your child with working toward their next steps for improvement. Please use page four of the report card to record what your child has improved upon, and how you will help your child to continuously improve. In addition, if you would like to discuss your child's report card with the teacher, please check the appropriate box on page four.

At Arthur PS, we value a strong partnership between school and home to support our students through the learning process. With this being said, we encourage all our parents/guardians to spend time with their child each night to discuss the learning focus in each subject being taught. Parents can help us at school by ensuring their child is reading each night and summarizing what they read. As well, regular nightly practice of math facts can help to improve your child's overall math skills.

With the recent cold, snowy and windy temperatures, we remind parents to ensure that your child(ren) is dressed warmly for our outdoor breaks and are equipped with extra masks, as they tend to get wet from time to time. It is necessary that students come to school with warm clothes such as a hat, mitts, coat, snow pants, and boots. Most students are excited to get outside to play and build in the snow; however, they must be dressed appropriately to remain warm and safe. For safety, students are reminded to stay off any ice, stay off the big snow hills and to engage in safe play.

**Stay well,**

**Ms. Barrow**

**Principal**

**Ms. Tomkins**

**Vice Principal**



**Valentine's celebrations in Mrs. McCabe's grade 1 class.**



**Mrs. McLean's class was busy creating a Google Slideshow with messages to help the world. These messages were inspired by the book, Say Something by Pete Ryenolds. Click on the link below to see what our grade 2/3 students had to say.**

**<https://docs.google.com/presentation/d/1-Hgg8ks2O-TLdfcevlWnY5eIjT0sIE02dPh1MOUalyo/edit?usp=sharing>**

**Mrs. Singh's class researches and writes about...**

In the month of February, Black Heritage Month, Ms. Singh's Grade 7/8s have been working very hard on researching about African Canadians/Americans and shining a light on their significant contributions to society and the world around us! The grade 7/8s have spent time learning about the importance of anti-racism, anti-oppression and thriving to be a contributor to the positive changes our world needs!



## Ms. Potter creates an interactive Equity Bulletin Board.....



**Black Heritage.  
Black Brilliance.  
Black Futures.**

Students and teachers were encouraged to think about what this means to them. Through meaningful discussions with teachers and peers, ideas were introduced, insight was gained, and wonderings were created. Using our interactive bulletin board students were encouraged to share their voice with the school community. Students are encouraged to share their thoughts and ask questions no matter how difficult or uncomfortable that may feel - this is where the learning can unfold and the unlearning takes place.

## Arthur Community Easter Egg Hunt....

The Arthur Chamber is excited to partner with Arthur P.S for our Community Easter Egg Hunt scheduled from April 2<sup>nd</sup> - 4<sup>th</sup>.

Our students will be decorating (colouring) giant Easter egg posters. We hope that many of you will make it to this special event to look for your child's class decorated Easter egg!



We have hidden 15 colorful Easter Eggs around our community!  
Find 4 and take your picture with them. Then post them [here](#).  
Tag the business(s) that sponsored the eggs you found.

Once you have posted your photos and tagged the businesses you have found,  
email [achamberewightman.ca](mailto:achamberewightman.ca) to claim your surprise bag.

\*Limited surprise bags available to claim\*

For full contest rules click [here](#)





**Monthly Environmental Activities to help Celebrate our Planet**  
**March 27<sup>th</sup> is Earth Hour!**

*It is vital to teach our children to respect and take care of the environment.*

**Join the global Movement! Celebrate Earth Hour on March 27<sup>th</sup> at 8:30pm.**

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

*"Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide."*

*Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd."*

**Click [here](#) to see a short video clip of Earth Hour's story around the world.**

**Ideas for your family to do for Earth Hour!** Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 27<sup>th</sup> from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*

The possibilities are endless!

Quotes and information taken from: <https://www.earthhour.org/>

## Talking About Mental Health

This month with the Umbrella Project we are focusing on mindfulness. So what is it? Mindfulness is simply being aware of what is happening in the moment. It is about noticing our own thoughts, feelings, sensations and the environment around us. Too often this information is missed as we rush through our days. When we can find the time, even a few minutes, to practice mindfulness we are able to tune into the present instead of looking back in the past or trying to imagine the future.

When we become more aware of our thoughts and feelings we are much better able to manage them. We have to know they are there to bring our focus to them! Also, practising mindfulness can boost attention and concentration. Some studies have even shown that starting a mindfulness practice can increase brain activity in the area associated with positive emotions.

Mindfulness can be practised by children, youth, young adults and adults. There are many different ways that you can bring some mindfulness into your everyday practice with your family.

**Mindful Listening:** Go into your backyard, onto your balcony or porch or go for a short outdoor walk. Focus on sounds. Listen to everything you hear. If you notice your thoughts wandering, simply bring your mind back to the task of listening. You will be amazed at how many sounds are there that you would otherwise not have noticed! When you

**Mindful Eating:** Have family members take their first bites of food and really concentrate on the taste, textures, temperature and feeling of the food in your mouth. If your mind wanders, bring yourself back. Then share around the table what you each noticed. This can be playful and funny too! And always remember to be grateful for your ability to even have food as there are many families who do not always have easy access to foods.

**Mindful Body Scan:** Get comfortable and close your eyes. Notice your body. What do you feel? Travel from toes to tip of your head. Notice how your body feels on the surface it is on. Try to just notice without judgement or explanation. Gently bring yourself back to the scan if you wander. If possible, share what you discovered. Did anything surprise you?

**Mindful Silence:** This can be really fun but, surprisingly, not always that easy to accomplish! Try and get the whole family to agree to 1, 2, 3, 5 minutes (whatever works for you! Make it realistic). During that time no one is to speak, communicate, sing or make sounds. Simply go about your day to day without speaking. This can be very powerful and interesting. When you are finished your assigned time, share back what it was like.

**Mindful Focus:** Ring a bell or use an online sound for a bell, close your eyes and listen only to the sound. Focus on the sound until it is completely gone. You will be surprised how long it can last if we really focus our attention onto it!

**Last thoughts:**

Sitting in front of screens is the opposite for mindfulness in most cases, but sometimes the right app or use of technology can enhance and support our mindfulness activities.

You can try:

- Listening to calming music and noticing your body
- Anxiety Canada website has great activities and resources
- Stop, Think and Breathe app is a mindfulness app specifically to support kids
- GoZen on YouTube has some fun, free videos
- Headspace.com
- <https://www.connectedbreath.co> (.co not .com)

Jenny Marino, Mental Health Lead for Upper Grand District School Board

**Arthur Food Bank**

The Arthur Food Bank is available for families in the Arthur area to access for food once a month. They are located at 146 George St in Arthur 519-848-3272 and are open on Tuesdays 10-noon for families to pick up food supplies. Please email [arthurfoodbank@gmail.com](mailto:arthurfoodbank@gmail.com) to register/book your appointment. Food boxes are pre-packed for families so appointments are necessary.

## **Student Absences**

Please remember to contact the school office at 519-848-3793, if your child is going to arrive late or is not attending school on a particular day. You can leave a message on our attendance line 24/7, please remember to include your child's full name, teacher's name and the reason for the absence.

**March Break has been moved from March 15-19 to April 12-16.**