



Brisbane Public School

March 2022 Newsletter

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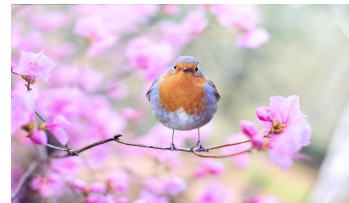
www.ugdsb.on.ca/brisbane @Brisbane_PS

It's hard to believe it is already March! Let's hope for some nicer weather soon so we can bring on Spring. A reminder to label items so it can be returned as the nicer weather comes and students tend to lose their clothing.. Students have been doing a great job remembering to wear their masks, wash their hands and distance. We hope to have a return to less restrictions after the March break based on Public Health directions with a plan to have extra curricular clubs return. Pizza days begin Friday, Mar 25 and continue for 7 weeks. Please make sure you order by Mar 9 on schoolcashonline.com.

We look forward to welcoming back some teachers due to staffing changes at Brisbane. Bienvenue Mme Schefter who is returning to Resource after the March break and Ms. Chan who will be returning to Kindergarten. Thanks to Mme Baribault for supporting our students in resource and Mr. Bradey who enjoyed teaching our Kindergarten students. We wish them all the best!

In this newsletter, there is some key information on how to support your child with literacy skills at home and our upcoming READATHON fundraiser as well as Mental Health supports. **March Break begins Friday March 11 until the 18th** this year. We hope you enjoy this special week and take time to enjoy the outdoors and spend extra time together as a family! Je vous souhaite un merveilleux congé de mars. Félicitations à tous nos élèves pour leurs efforts pendant ce semestre!

R. Anand



Upcoming Events:

<u>Date</u>	<u>Event</u>
Feb 28-Mar 4	Live Free campaign
Mar 10	PJ Day
Mar 11-18	March break
March 12-24	Readathon begins
March 20	First Day of Spring
Mar 25	Pizza Days start (7 weeks each Friday)
March 26	Earth Hour
Apr 15	Good Friday
Apr 18	Easter Monday

Reminders ...

Stay Informed!

- Use the UGDSB Messenger app to stay up to date with all the activities and events at Brisbane. Please go to the app store and search Upper Grand District School Board. [SchoolMessenger App](#)
- Follow us on Twitter @Brisbane_PS



Readathon Mar 12-24

Brisbane Public School will be having their very first Read-A-Thon! Students will be reading to raise money for our Forest of Reading Programs. During the week of March 7th, students will be getting their pledge forms from the school to bring home. The Read-A-Thon will run from March 12th (through March break) to March 24th, 2022. Students are expected to set a goal of how many books they'd like to read and get pledges from family, friends and neighbours to support their goal. Sponsors can pledge a flat amount or an amount per book read. Please have your child use the Tally Sheet provided to track their reading progress. All pledge sheets and online donations are due on March 25th, 2022. Have the pledge sheets returned to the school with your child and parents will be responsible for submitting a lump sum payment on School Cash Online at <https://ugdsb.schoolcashonline.com> for the full amount of the pledges received. **You will only be able to make one lump sum to the readathon through this link. It will not work multiple times for additional payments. Please ensure you are registered for schoolcashonline.com to participate in fundraising programs.**

Prizes will be awarded to the top readers in Primary (K-3) and Junior (4-6) and the class that raises the most money will receive a pizza party. Happy Reading!

Supporting Early Literacy at home

Being a proficient reader is an important skill. It impacts everyday experiences and can also affect self-confidence and motivation at school. Contrary to oral language skills, reading skills must be taught, as they are not a natural part of human development. Many early literacy skills can be transferred from English to French (or vice versa) whereas some of the skills are important to learn through direct teaching. In early literacy, staff are working on developing phonological awareness and helping students to learn to decode words.

What can you do to help at home?

We understand how busy families are and so it is important to note that a lot of these activities can be done on-the-go or with different materials (not just books). Think about your child's interests and have fun with the process of learning how to read. If you are looking for ideas, please see below for some tips and activities.

- Play oral games about how many syllables are in words (driving in the car, in the grocery store, with themes - farm animals, vehicles, etc.) **Syllables = breaking the word into parts (e.g. "SPI/DER" - 2 syllables)*
- Play with rhymes, read books (e.g., Dr Seuss) or sing songs (e.g., Down by the bay) with rhyme and find the rhyming words **Rhyming= words that have the same ending sound*
- Play "Squish": You break a word into each of its sounds, saying each sound out loud. Your child then "squishes" the sounds back together and tells you the word (e.g. "What word am I saying? b-l-ue?" They say "blue")
- Online activities and apps to learn the sounds of the alphabet. Focus on learning the different vowel sounds (e.g. "a" in apple vs in cake). *This is when direct instruction becomes more important because some letter sounds are different in English than French.
- www.starfall.com is a good website for helping to support letter sounds, letter blends e.g., "sh, ch, th, wh" and other rules like "Bossy E" and "Bossy R"
- Encourage your child to read daily, find a regular time for your child to read. Primary Students have access to virtual reading programs through their classrooms.
- Have a variety of print/text materials at varying degrees of difficulty. Ensure you have some beginner books with small, simple, repetitive sentences, so they can feel successful. Graphic texts are a great choice because they are engaging but are not too text-heavy!
- Appreciate their beginning attempts at reading and remark on their progress.
- All of the same reading strategies apply that he/she has been learning in French language, except that some of the sounds of the letters are different in English and French. (e.g., *Stretchy Snake-sounds out the word*)
- Don't discourage them by being critical of mistakes, but rather make them comfortable with taking risks and model how to sound out words by breaking them down into sounds. Model errors!
- It's also very important to continue to read *to* your child each day, and to discuss and enjoy these stories together. Point to the words as you read them, so that they can follow with their eyes and begin to recognize some words.
- Flashcards and Memory or matching games are great to help them master sight words/high- frequency words, which are words that children should eventually be able to read quickly (e.g. the, this, where, my, she, because, said, etc.). This will help them learn to read more fluently (quickly), which helps with comprehension.
- As they begin to express an interest in tackling reading, try reading aloud in unison. Sit side by side with a book of their choosing. Match your reading speed and the volume of your voice with theirs as you read along together (it'll take a little practice:). Have a prearranged signal for them to let you know when they want to try a passage on their own, then have you join in with them again. As they develop confidence with simple books, use this technique with more challenging materials. The idea being that as they build confidence, they will be comfortable reading to you on their own.
- Your child should also be encouraged to write grocery lists, notes, cards, emails, to-do lists, short stories, etc. When he/she is trying to spell, have him/her stretch out the word to hear each sound and think of which letter(s) make those sounds.

Thanks for your help in continuing to develop literacy skills in both English and French, and please let your child's teacher know if you have any questions. See the attached graphic for more information.

BUILDING a Reader At HOME

Explore Books!

Give your child an opportunity to explore books. **Visiting a library or bookstore** gives your child a chance to find topics and books that interest them.

Read, Read, Read!

Make sure to read for at least **30 minutes per day!** Students can read independently, aloud to an adult, or back and forth with a partner.

Ask Questions!

- Predictions
- Characters
- Main Idea
- Problem
- Solution
- Retell Story
- Genre
- Moral

Make it Fun!

Reading shouldn't be a chore. Intentionally read with your child/discuss books but also research topics and do book activities together.

Be an example!

Children learn by example, so **let your child see you read** whether it be a book, newspaper, cookbook, etc.

Pick Good Fit Books!

A book that is a **good match for your child** should meet the following requirements:

- Purpose for reading
- Interest
- Can they understand what they are reading? Can they retell the story?
- Do they know most of the words?

For Beginning Readers:

- Point out and read words in natural settings – stores, streets, etc.
 - Memorize sight words
 - Visualize the story in your head
 - Ask questions before, during, and after
- Don't immediately tell an unknown word to your student.** Instead, ask them to:
- Sound out the word
 - Break the word into parts
 - Try a different vowel sound (long/short)
 - Use illustrations for clues
 - Skip the word, re-read sentence, and go back – what word would make sense?

For Advanced Readers:

- Notice interesting, new vocabulary words, and make it a challenge to use them in conversation
- Read with expression
- Explore non-fiction books and their text features (diagrams, table of content, etc.) along with other genres as well
- Compare and contrast books
- Discuss connections to literature
- Think of new titles for books
- Explore multiple books from the same author

© PRIMAET JUNCTION

Pick Up times:

As we start to return to regular procedures after the March break, student pick up times will be as follows:

Kindergarten 3:15

Gr1-6 3:20

Supervision for pick up ends at 3:30 so please ensure you park and pick up your child(ren) by 3.30. Merci!

Mental Health Website

The UGDSB Parent Website for student mental health and well-being is active!! The URL for the new website is:

www.ugdsb.ca/mhugparents

We are very excited about this website as it will provide valuable information and resources for parents as we collaborate in supporting the mental health and well-being of students at Upper Grand.

Wellness Works! @ UGDSB March theme is Self Compassion

This month we collectively focus on reminding ourselves that we, too, deserve the same kindness, compassion and care that we give to so many others. This is especially true as we all work individually, and collectively, to make our way through the pandemic.

Here are some ways to help yourself with your own self compassion:

1. Remember it's okay to say "this is really difficult right now". What do you need to take care of yourself? What does your self-care look like? Is it a walk outside? A few minutes of deep breathing in a quiet space? A conversation with a friend or family member? Writing down your thoughts? There are so many different things we do to take care of ourselves. Find your "thing" and give yourself permission to do it. You deserve it.

2. Are you judging yourself? Your situation? Your decisions? Try and notice when you are self-judging and hit the pause button. Can you try being gentle with yourself? Give yourself a moment of compassion and kindness. Words can be very powerful. What you say to yourself has an impact. Speak and think kindly of yourself.

Here are some family activities that you can explore this month alongside your child/ren.

1. Have everyone write a letter to themselves. You can choose to share it with the rest of the family if you want or just spend the time writing together and keep your letter in a special spot

2. Have everyone go around the table and do "rose, bud, thorn". What is one thing you really like/appreciate about yourself (rose), What is one thing that you are working on for yourself (bud) and what is something that you are finding difficult (thorn).

3. Have everyone brainstorm ways to be kind to yourself. You can make a big chart or picture and put it up on the fridge. When someone is needing some self-care they can always go to this and choose something that works for them in that moment

There is no doubt that these are difficult times. It is so important that we are kind to ourselves. Remember to reach out to someone if you are feeling alone and look out for others as well. Remind your kids that they can talk to you when they are feeling sad or down or confused.

If you are in crisis and live in Wellington you can call Here247 at 1-844-437-3247 (HERE247) or COMPASS distress line at 1-888-821-3760

If you are in Dufferin and are in crisis you can call Dufferin Child & Family Services at 519-941-1530

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868 2SLGTQA+ Text or Call 226-669-3760

Join the global Movement! Celebrate Earth Hour on March 26th at 8:30pm

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

"Earth Hour 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.

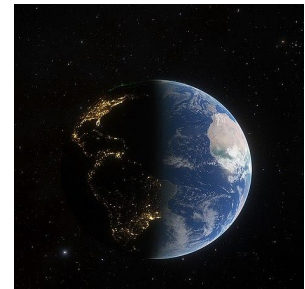
Ideas for your family to do for Earth Hour!

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 27th 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/>

Live Free Day is Mar 4th

Brisbane and The Children's Foundation of Guelph and Wellington are working hard to meet the growing need in our community, and that includes fighting food insecurity through our Help Kids Live Free From Hunger "30 in 30" campaign. 100% of the funds raised between February 28th - March 4th will go towards providing healthy snacks to students through our snack program.

This year, the need is greater than ever. Due to the COVID-19 pandemic, 1 in 3 children may experience food insecurity, and with rising food costs a healthy Food & Friends meal can cost an average of \$3.40 compared to \$1.85 a year ago.

The Children's Foundation of Guelph and Wellington is challenging community supporters - businesses, organizations, and individuals - to make an impact on the lives of local children and youth by helping us meet our region goal of 30,000 meals. We hope you'll join us in this challenge and help support those in need within our School/Agency community. Students will be encouraged to think about something they can live without such as video games, sugar, television and donate to this cause.

Campaigns like Live Free help us continue to meet the growing need within our community and ensure those most in need feel supported. **Please Click here to donate to Live Free** <https://ugdsb.schoolcashionline.com> Your donation will support the student nutrition program at Brisbane.

Thank you for helping us continue to support our community in times of need!

