



CENTRAL PUBLIC SCHOOL

Phone: 519 821-7990 Fax: 519 821-8270

April 2017 Newsletter

website: <http://website.ugdsb.on.ca/central>



Principal: R.MurrayCako

Office Coordinator: K. Epps

PRINCIPAL'S MESSAGE

At this time of year we have much going on at the school. With upcoming trips, club opportunities, intramurals and sports teams.

The next weeks can bring changing weather from cold to warm to rain. Please continue to send your children with appropriate clothing and outdoor/indoor foot wear.

April is a very exciting month with many special events. Please take note and mark your calendars.

Rochelle MurrayCako
Principal

SAFE ARRIVAL

Continuing with best practices, late students must check in at the office in order to get a late slip before entering class. It is also important to call if your child will be arriving late. Thank you for your support!

FROM THE LIBRARY LEARNING COMMONS



In April, Central will host four fabulous guest authors and illustrators. On April 10, Kira Vermond and Clayton Hamner will be visiting with our grade 3 and 4 students to talk about their new book Half-Truths and Brazen Lies: An Honest Look at Lying. This book is part of the Silver Birch reading program this year so our students in that club will have some questions prepared for the author and illustrator in advance. On April 25 Chris Sanagan and Jason Lapidus will be visiting with our grade 5 and 6 students to discuss their upcoming graphic novel Group of 7. This book has lots of connections to Canadian history and our students will do a few pre-visit activities to prepare them for some of the content of the book. Both Chris Sanagan and Kira Vermond are Central parents and we are very pleased that they are coming into the school to share their books with us!

Our grade 1/2, 2/3 and 3/4 classes will vote on their favourite Blue Spruce books at the end of the month with the much-anticipated Blue Party. A notice about dates will come home later in the month. The Silver Birch Reading Club will have a voting day and celebration at the end of April.



MARK YOUR CALENDARS

- ✓ April 3 – Lockdown Drill
- ✓ April 3 – Planet Bean Fundraiser Kickoff
- ✓ April 4 – JK/SK Grad Photos and Sibling Photos
- ✓ April 14 & 17 – Holiday – No School
- ✓ April 27 – School Council Meeting – 6:30
- ✓ April 28 - PA Day – No School for students



LOCKDOWN DRILL

We will be having our second lockdown practice on Tuesday, April 3rd at 11:30am.

SPRING DRILLS

During the spring we will also be conducting the following drills:

- 3 Fire Drills
- Severe Weather Drill
- Bomb Threat Drill

SPRING PORTRAITS

Spring Portraits will be coming to Central P.S. on Tuesday, April 4th/17. JK/SK Graduation Photos and Sibling Photos will be taken.

S.H.A.R.K.S. PROGRAM

Grade 3 & 5 students will participate in the YMCA-YWCA 'SHARKS' program. The goal of the program is to have every student who graduates Grade 8 in 2019 to pass the **Swim to Survive** Standard.



SCHOOL COUNCIL

Happy April everyone! We are looking forward to the spring weather and a number of upcoming events.

First up is our annual Planet Bean fundraising campaign. This is our last official school-wide fundraiser of the year, with the opportunity to purchase coffee, tea and chocolate. Planet Bean has a variety of excellent products sourced from local suppliers.

We are also currently planning a plant sale in May. The funds raised from this sale will be used to support the efforts of the Greening Committee. The Green Team works to keep our outdoor play spaces fresh with new plantings and maintains the landscaping and playground areas. If you are starting to think about your garden, plan to purchase a number of perennials from this sale to support our students' outdoor spaces.

We only have two School Council meetings remaining. Childcare will be available, please consider joining us:

Next School Council Meetings
Thursday, April 27 in the library
6:30pm – 7:30pm

For previous meeting minutes, visit:
<http://centralpublicschoolguelph.weebly.com/>

EQAO GRADE 3 AND 6 ASSESSMENT OF READING, WRITING AND MATHEMATICS

The EQAO (Education Quality Accountability Office) testing for both Grade 3 & 6 students this school year will take place during the week of May

25th to June 8th. Families are encouraged to arrange appointments and outside school activities before or after these dates.

SAFETY ON THE PLAYGROUND

With the warm weather approaching our students have been anxiously waiting for our playground structure to reopen. Board policy determines that the equipment is off limits from November 1 to April 1 and at other times as determined by the school administration. This includes periods of freezing temperatures, rain, if the ground cover is frozen, or if there is a build-up of snow and ice. The structure will be opening once we have stable weather and can inspect the playground and ensure that is safe for use.



It is important to note that the creative playground is designed for users aged 5-12. We do not provide supervision, maintenance and inspections outside of school hours.

Students please remember:

- Keep hands to self
- Move slowly around play structures
- No eating when on playground equipment
- And sticks, stones or other objects stay on the ground
- Ropes, scarves or loose drawstrings on clothing should not be on the play structure.

BIKES AND SCOOTERS

Promoting the safety of students riding to and from school is a shared responsibility. Every student riding to school must wear a properly fitted, approved cycling helmet while cycling. Bicycles and scooters left on school property during the school day must be equipped with a lock and secured properly. We are not responsible for loss or damage to your bicycle or scooter. It is recommended that primary students ride to and from school only when accompanied by an adult.



The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the **First Nation, Métis, and Inuit Self-Identification Policy 500**. You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. **The deadline for public input is April 13, 2017** at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

ECO TEAM NEWS

Last year we were excited to announce that Central took place in the Ontario EcoSchool program and was awarded bronze certification. This year we are working towards silver certification!

"Ontario EcoSchools is an environmental education and certification program for grades K-12 that helps school communities develop both ecological literacy and environmental practices. From six categories, school EcoTeams can pick and choose environmental activities they would like to implement throughout the school year. All six sections promote student engagement, and each item/activity is worth certification points".

Some of our environmentally enthusiastic students have continued to take part in the "Eco Team" club, which meets to brainstorm ways of making our school and community eco-friendly and implements projects within the school.

Earth Day is April 22, 2017. The Eco Team is planning a week of Earth Day activities including another clothing swap, so please stay tuned for more news on these eco-friendly activities!

Mrs. Gibson, Mrs. Gorr and Miss Benham

April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Planet Bean Fundraiser Kick Off Lockdown Drill	4 Sibling and Kindergarten Graduation Photos	5 SUB Day Gr 1/2 River Run Centre Junior Floor Hockey Tournament	6 Pizza Day 	7 Skills Canada Competition	8
9	10 Grades 3 and 4 Author Visit	11	12 SUB Day	13 Pizza Day  Planet Bean Fundraiser Wraps Up	14 Holiday – No school	15
16	17 Holiday – No school	18	19 SUB Day	20 Pizza Day  Gr 2's Guelph Museum	21 Grade 6 VIP Celebration	22
23	24 Gr 2/3 Scientists in the School	25 Gr 5 Author Visit Gr 3 and 5 Shark Swim	26 SUB Day Gr 3 and 5 Shark Swim	27 Pizza Day  Gr 5/6's River Run	28 PD Day – No school	29
30						

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 - **S**ocial 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 – **U**nderstanding 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 – **P**ersonal 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 – **E**mpowerment - "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.

Friday May 5 – **R**esilience - "Every Challenge is a Learning Experience".

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient

thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!

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

“Today a reader, tomorrow a leader” - Margaret Fuller.

In education, we strive to teach our students how to be critical readers so that they can flourish in their future endeavours whether in English or in French. Reading skills in French are not unlike reading skills in your first language, however, reading in French does require attention to a different sound system, different vocabulary and at times an understanding of contexts or cultures that may be different than those in another language.

How can parents support student reading at home when they don't speak French?

One way to do this is to read with your child in their first language. Research shows that reading behaviours and skills are transferable across languages. For example, understanding how to retell a story in English using the beginning, middle, and end structure is a skill that is transferable to French.

Opportunities for shared reading will support motivation and skills in reading no matter the language. Asking your child to predict what the text will be about or what will happen next, to visualise what is happening as you read and to use picture clues to better understand the text are all activities that will positively impact reading.

Another way to support and motivate your child is to encourage them to read to you in French and then ask them to summarize or retell what they have read. This shows them that you are interested in and value their reading experience in French and may even teach you some new French vocabulary along the way. Simply having a conversation with your child about what they are reading in French and asking questions is an additional way to show your interest and support.

What happens when students are not moving forward in their reading or parents have concerns about student progress?

Research shows that interventions can be effectively delivered in the student's first language as well as in French at a time when the gap between strong and weak readers is still relatively small. Early intervention is key. Discussing your concerns as soon as they arise by speaking with your child's teacher and then examining appropriate courses of action and supports as a team are important first steps.

It is important to remember that a student struggling in reading does not mean that the student is not a good fit for learning French. French as a second language programs are for all students. Promoting this belief helps to create a supportive environment where students feel more confident and can be successful.

Further Reading:

1. What Works? Research into Practice. "Supporting Early Language and Literacy. Dr. Janette Pelletier OISE, University of Toronto. The Literacy and Numeracy Secretariat.

2. What Works? Research into Practice. "Early Identification and Intervention for At-Risk Readers in French Immersion. Nancy Wise and Dr. Xi Chen. OISE, University of Toronto. The Literacy and Numeracy Secretariat.

Monthly Environmental Activities to help celebrate our planet



April 22nd is Earth Day!

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

Celebrate Earth Day on April 22nd!

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



the
foster

Why is it so important to connect kids with nature?

Kids who don't get outside, who aren't stimulated by their environment, won't grow up with the motivation to protect our planet. Kids who don't connect to their inner nature through creative play won't be as resilient as generations before them." <https://earthday.ca/ed2017/everyone/>

waystogogreenblog.com

Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day's EarthPlay** <https://earthday.ca/ed2017/schools/>. You can download 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.

Continuing Education is pleased to inform you that the following program will be held at

Victory Public School
3rd Floor Pod Area
BABYSITTING – AGES 11+
Friday, April 28
9am–4:30 pm PD DAY

The Red Cross course targets youth 11 years of age and up who are planning to start babysitting. Learn basic first aid and how to respond to emergency situations, basic baby and childcare and advice on becoming a responsible babysitter. Develop confidence, create a safe environment and find out tips for getting babysitting jobs. Upon completion of the course, students are given a **Red Cross Babysitter's certificate**. Must be 11 years old within 2 months of course date.

Please bring writing materials and a doll/teddy bear with small blanket and lunch, snacks and indoor shoes.
Please sign-in your child by entering the Clark Street Parking entrance and following steps to the 3rd floor pod area. Your child will be at the Clark Street parking lot door at 4:30 for pick up.

Fee: \$60

To register call: 519-836-7280