CENTRAL PUBLIC SCHOOL

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

March 2018 Newsletter

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

Principal: R.MurrayCako

Office Coordinator: K. Epps

PRINCIPALS MESSAGE

Central Public Schools Winter Games were a big success. The students enjoyed two weeks of indoor and outdoor activities and team building in their colour house teams.

CLIMATE SURVEY FOR PARENTS

- This is an anonymous survey that is completed every two years
- Allows the School and Board the opportunity to assess the perceptions of safety from students, staff, and parents
- The data is then used to make informed planning decisions and to determine the effectiveness of programs

Below is a link to the Parent Climate Survey. Your input is greatly appreciated! Survey closes March 9th.
Parent survey link: https://uoguelph.eu.qualtrics.com/jfe/form/SV_9NxSF6jZm5I11Hv

Wishing everyone a safe and fun filled March Break!

Rochelle MurrayCako
Principal

MARK YOUR CALENDARS

March 2nd – Silent Auction 6:30pm - 8:30pm
March 7th – Pizza, milk and SUB orders due
March 11th - clocks turned forward
March 12th- 16th - March Break
March 30th & April 2nd – Holiday – no school

SCHOOL COUNCIL

Get ready! Our biggest fundraiser of the year is Friday March 2nd starting at 6:30pm downstairs in the Arts Room - enter from the back of the school.

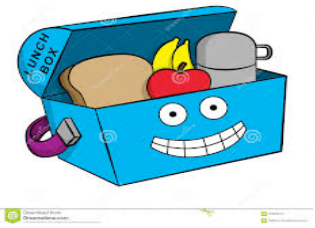
Check out a few of the items that will be available for bidding:
Camp Wanapitei 1 Week of Junior Camp Various Dates Available - Value $915
SoftShell Ice Cream Ball and Scooper - make ice cream anywhere! - Value $40
Monster Headphones N-Tune Branded Bayer - Value $100
One and Done Head Shot Photography Package by Noelle O'Brien Value $190
Home Made Lasagna by Michelle Ingram - Value $20
3 Month Membership Plus or 1 Month Family Membership to Guelph Y - Value $300
Captain Underpants Book Set - Value $25
Eco Lunch Kit - water bottle, reusable bags and bamboo cutlery set donated by the Central Eco-Club - Value $50

A wide variety of gift cards from local downtown businesses and restaurants

Make sure you bring cash for our $2-10 balloon board - pop a balloon and win a prize. We will also have a cafe with yummy snacks for sale and games set-up for the kids - families are welcome. Note that only cash or cheque will be accepted for payment - we hope you join us for this chance to gather as a school community, have a little fun and support Central Public School.

Next School Council Meeting
Thursday March 22nd
6:30pm – 7:30pm childcare provided

CLASS DISRUPTIONS



It is a goal not to disrupt learning that takes place in classrooms. If you need an item delivered to your child(ren), please bring these items to the office with their name and grade on it. We would be happy to deliver them at the recess breaks. It would also be appreciated, if picking up students, to come to the office and we will support by having them meet you there.

FROM THE LIBRARY

If you plan to travel over the March Break, you may want to check out Overdrive. Students can login to Overdrive using their Windows network login. Digital books can be enjoyed on a computer, tablet, smartphone or eReader device. Read right in the internet browser or download using the free OverDrive app. At the end of the lending period, titles automatically expire so there are never any late fees. Our digital collection can be accessed anywhere in the world, as long as there is an internet connection.

Visit our digital collection at https://www.ugdsb.on.ca/ug2go and look for the Overdrive button under the Read section of UG2GO.

Forest of Reading clubs for grades 3-6 (Silver Birch) began in February. This club meets once a week on Day 1 with Ms. Brennagh and Mrs. Gorr. We have a cool craft activity planned for later this month. The Blue Spruce program for Kindergarten and Primary students also began last month. Our voting parties for both programs will take place in April. Thank you to School Council for funding the purchase of the books for these programs!

Forest of Reading®
by the Ontario Library Association

Information from Public Health

March is Nutrition Month! Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. A great way to teach kids about food is to let them shop and cook with you. Kids are also much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters.

Here are four tips to get your kids involved in cooking:

1. **Pick a recipe together:** Children need to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!
2. **Keep it fun!** Imaginative play helps kids get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show.

3. **Be a role model:** If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to do the same. Get other members of the family involved.

4. **Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

For more information and fun healthy recipes, visit www.nutritionmonth2018.ca.

Monthly environmental activities to help celebrate our planet

March 24th is Earth Hour!

This Earth Hour, help shine a light on climate change
Switch off your light and switch on your social power!

Join the global Movement! Celebrate Earth Hour on March 24th 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 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.

Ideas for your family to do for Earth Hour!

A simple event can be just turning off all non-essential lights on March 24th 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!

(Select information taken from: www.earthhour.org

Feedback Welcome on Draft Board Policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is **Policy 517 – Service Dogs for Students**.

This policy is important to students, parents, staff, school councils, community partners and members of the local community because the use of a service dog by a student with a disability in the school requires the cooperation of the entire school community.

You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy. **The deadline for public input is March 29, 2018** 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

SCHOOL HEALTH eBulletin

Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

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Events

Live Free Campaign

March 2 take the challenge to live free of something you take for granted every day (e.g. a cup of coffee). Celebrate with your class or school, and raise funds to support student nutrition programs by the Children's Foundation Food & Friends.

Grant Opportunities*

Breakfast for Learning

2 grant opportunities for schools from President's Choice.

1. **School Nutrition Grants** – to purchase food and consumable supplies. Application period runs from April 1 to 30.
2. **School Equipment Grants** – to purchase equipment to prepare foods. Application period begins March 1.

*Wellington-Dufferin-Guelph Public Health does not endorse any specific listed funders.

Health Resources & Services

Distracted Driving Video Contest!

Safe Communities Wellington County is inviting youth (19 years and under) to create a 60 second video outlining their views on the hazards of distracted driving.

Teenagers and young adults make up 12% of the licensed drivers on Wellington County roads, but account for approximately one fifth of all road-related injuries and fatalities.

This unique contest can be a great H&PE or media class assignment. Students can enter as part of a class project or for volunteer hours.

For details about the contest rules and entry form visit their website. Contest closes April 18.

March is Nutrition Month!

Below are some ideas to celebrate nutrition with your students this March.

Create your own class or school Campaign

Have students design their own campaign to celebrate Nutrition Month. BrightBites has lots of tips to get you started and is full of class and school activity ideas. A campaign is a great activity for "Healthy Schools" too.

Ask a dietitian a question about nutrition

Ask your students to think of a question they have about healthy eating, then call or email Eat Right Ontario to ask a dietitian directly! (1-877-510-5102) Service available until March 31.

Reward students with non-junk food prizes

It's quite common to reward students with sweets and treats for academic accomplishments, good behaviour and other activities. Although well-intentioned, there are lots of ways to reward students without using food. Below are a few ideas. Read the full list here.

- Dress up (or down) days (PJs, costumes, fancy clothes)
- Class put in charge of school PA system for the day
- Stickers or temporary tattoos
- Sit wherever you want for a period (teacher's chair, floor, under desk)
- Scrabble/boggle/other sort of educational game competition/hour

SCHOOL HEALTH eBulletin

Contact us

For information and support with H&PE curriculum topics, resources and school health initiatives contact our:

School Health
Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us

@WDGPublicHealth

@WDGPublicHealth

Let's Talk Parenting

@LetsTalkParents

@LetsTalkParenting

School Health Resource Collection

Our **How Sweet Is This?** kit is an interactive display board that demonstrates the sugar content in common snacks. Have students guess how much sugar is in their favourite treats. Borrow one from a local library:

- Guelph Public Library
- Wellington County Library
- Orangeville Public Library
- Shelburne Public Library
- Terry James Resource Centre

Healthy Schools

Develop your Action Plan (Step 4)

Now that you've selected your school's health topic you can start planning your activities. Below are some great resources with lots of classroom and school-wide activity suggestions:

- Ophea's Ideas for Action: Healthy Eating
- Ophea's Ideas for Action: Mental Health
- Ophea's Ideas for Action: Physical Activity
- Action Canada for Sexual Health and Rights
- Foundations for a Healthy School framework – organized by health topic, it includes sample strategies and activities broken down into the 5 Foundations to ensure schools are taking a "whole school approach".

Don't forget to also think about how you'll evaluate your activities and celebrate your success at the end of the year! Ophea reporting for steps 4-6 is due April 27.

Need some help? Contact Public Health for support with these next steps.

Have comments or suggestions for the School Health e-Bulletin? Let us know what you think by emailing schoolhealth@wdgpublichealth.ca.

For more information about Public Health's school services, visit our For Schools webpage.

WDG Public Health, 160 Chancellors Way, Guelph, ON, N1G 0E1, Canada
1-800-265-7293 | wdgpublichealth.ca

March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Pizza Day	2 6:30 – 8:30 Silent Auction	3
4	5	6	7 **SUB Day** Pizza, Milk, SUB Orders Due	8 Pizza Day	9	10
11 Clocks turned forward	12 **MARCH**	13 **BREAK**	14 **VACATION**	15 **NO**	16 **SCHOOL**	17
18	19	20 Grade 6 VIP	21 **SUB Day**	22 Pizza Day 6:30 School Council Meeting	23	24
25	26	27	28 **SUB Day**	29 Pizza Day	30 Holiday – No School	31