

May 2018

Welcome to May . . . .

As I am writing this, our FDK – Grade 6 students are busy rehearsing for our Grandparents’ Day Assembly and for our CPPS families’ evening performance that take place this Thursday, May 3. All of our students are looking forward to having their families and friends join us for these performances as we all celebrate that “Spring Has Sprung”! Mrs. Playford, with the support of our Library Helpers and Centre Peel staff, is busy setting up the Scholastic Book Fair in our Learning Commons. Thanks to our Centre Peel school community for supporting our Book Fair as all proceeds support the purchase of new books for our library collection that is enjoyed by all of our students.

In April, many of our Grade 6, 7 and 8 students had the opportunity to participate in the Upper Grand Skills Competition at College Heights Secondary School in Guelph. Students worked in small teams and competed in a variety of skills competitions that included: “Lego Mechanics”,” Lego Robotics”, “Tech Challenge”, “TV/Video Productions”, “Health and Safety”, “Construction Challenge”, and “Green Energy”. This was the first year that we had a large number of students participate in a variety of challenges and students returned to our school excited and already anticipating and strategizing for next year’s Skills Competition. Congratulations to each of our students who represented our Centre Peel Public School community … **WELL DONE**!!

As we venture into May and look to June, there is much for our students and families to look forward to: sports events, end-of –the school year field trips, our annual Centre Peel Picnic and many special classroom and school activities. An updated listing of dates and events are included in this newsletter for your information.

As always, if you have questions, comments or require further discussion, please contact me here at the school.

Sincerely

Rhonda Gingrich

Principal

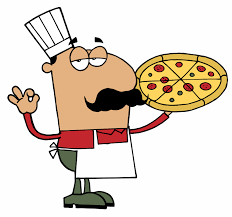
Please join us

For Grandparents Day

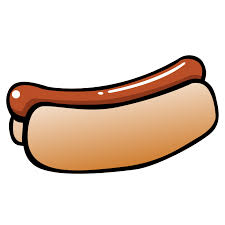
On Thursday May 3rd, 2018 at 9:30 a.m.

There will be a production put on by the primary and junior classes, refreshments and an opportunity to see your children and grandchildren in their classrooms.

Family may also attend for our evening performance at 7:00 and enjoy our Book Fair taking place in the Learning Commons.

**Pizza/Milk Days**

Our pizza and chocolate milk days for May will be on May 2nd, May 16th and May 30th.

****

**Hot Dog Days**

There will be no further hot dog days for this school year. Thank you all for your support of this fundraising campaign.

**Salad Day**

Many thanks to our wonderful parent volunteers for our monthly salad days, our staff and students truly appreciate all of the work you do in order for us to enjoy a refreshing lunch. Please note: There is no cost to students for salad day. This month’s salad day will be on Thursday May 31st. This will be our last Salad Day this year.

Students are reminded to bring their own plates and cutlery - these are no longer available at the school.

**Centre Peel Needs Volunteers**

Track and field days are fast approaching, and we are in need of some volunteers! The rain dates are only needed if the original date is rained out.

This year our Centre Peel Track and Field will be held on Tuesday May 15th, 2018. The rain date is Thursday May 17th. Parents and former students are welcome to help at our track and field event. Please contact the school at 519-638-2668 if you are able to help. We are grateful for your time and support.

**End of Year Field Trips**

We are currently planning for our year end trips and are in need of volunteers who are willing to attend and assist students. If you are available to help with any of our trips please let the school know.

The Scholastic Book Fair will be coming to Centre Peel from May 1st to 8th. Students will have the opportunity to visit the fair during the week with their classes and also during the nutrition breaks. We would like to invite all parents and grandparents to visit the Learning Commons with your children after the Grandparent’s Day performances and evening performance for family and friends to help support the school through your purchases. A book fair flyer will be coming home which highlights just a few of the books and products that will be available during the book fair. The flyer also contains a special Family Event Draw ballot that parents can deposit during our Family Event. You could win $50 in books – $25 for your family PLUS $25 for your child’s classroom!

We would like to purchase many new books and replace some of our “tired” books in the Learning Commons. Centre Peel’s Learning Commons is always a busy place and we are thrilled with the number of readers at our school. The Scholastic Book Fair is a great opportunity for us as we receive a generous percentage of our sales to purchase new books for the Learning Commons.

Thank you for your support of this event and I look forward to seeing many of you on May 3rd. If there are any parents who would like to help at the book fair, I would welcome some extra hands to count money and assist students. Please feel free to call me at school if this is something you would enjoy doing.

Rachel Playford

**Primary Years and Junior Years EQAO Testing**

The Ministry of Education directs the EQAO to administer annual assessment in all Grade 3 and 6 classrooms in the province.

This year our Centre Peel PS Grade 3 and Grade 6 tests will take place on May 24th, 25th, 28th and 29th ,30th and 31st. It is extremely difficult to catch students up on testing. There is frequently a lengthy introduction prior to the assessment day. The activities build on each other so it is important that your child is at school each day of the testing and well rested. Please mark these dates on your calendar to avoid conflicts in activities and appointments.

**Newsletters and Calendars**

Just a reminder that all of our newsletters and the monthly calendar can be found on the Centre Peel PS website. Our website has some great and useful information for all of our Centre Peel families.

**Moving**

If you are planning on moving this summer, or know of someone moving into our school area, please notify the school office as soon as possible. Planning is already underway for organization of teachers and classrooms for September.

**Lost and Found**

Have you noticed some missing articles of clothing or footwear? During your next visit to the school, please browse through the Lost and Found box in the junior/ intermediate hall. We would like to see these belongings find their way back to their rightful owners.

***Please clearly mark your child’s name on the tag for every personal possession.*** Many children have the same shoes, boots, backpacks, mittens and hats and it is easier to identify the owner if they are marked. We will do our best to return the missing items to the rightful owner.

**School Cash Online** Thank you to our families that are now using School Cash online for their school orders. For those who are unaware,we now offer online payment for your child(s) field trips, pizza and milk orders, hot dog days and many other events. All you have to do is register online at **ugdsb.schoolcashonline.com and** **select “get started today”**. Once you have registered your son/daughter you will be able to use a credit card, e-cheque or load up your online wallet and use this to pay for future purchases.

**Centre Peel Appreciates Our Many Volunteers!**

The staff and students at Centre Peel would like to say thank you to all of our volunteers for the month of April. Our Pizza Day Committee, classroom helpers and our amazing Salad Day moms were very much appreciated this month. As you all know we couldn’t run these wonderful programs without you!

To all of our wonderful volunteers:

You’re invited!

Please join us for an appreciation luncheon in your honor on Friday May 18th at 1:00 pm. We would love to thank you for all of your assistance this year! Please R.S.V.P. to Mrs. Moore at 519-638-2668 by Friday May 11th if you can join us. We look forward to seeing you all there.

**Student Absences**

Thank you to our parents who continue to phone us or send a note to let us know when their child(ren) will be absent from school. As part of our Safe Arrival Program, we ***must*** have contact with a parent or guardian when a child is absent. Our answering machine is available 24 hours a day for your convenience.

**Important Upcoming Dates to Remember:**

May 1st- Book Fair begins

May 2nd- Pizza/Milk

May 3rd- Grandparents Day, evening performance at 7

May 4th- Rockwood Conservation Area trip: gr 4/5, 5/6, 6.

May 7th-11th –Education Week

May 15th- CPPS Track and Field Day

May 16th- Special Olympics/Pizza Day

May 17th- Volunteer Luncheon

May 21st- Victoria Day Holiday-no school

May 22- FDK Scientist in the School

May 24th- Tree Planting gr 7/8

May 24th- 29th- EQAO for Grade 3 and 6

May 30th- Pizza Day

June 4th- Intermediate Track and Field

June 6th- Junior Track and Field

June 8th- PD Day

June 12th- Vaccination Clinic for Gr. 7

June 14th- School Picnic



**Talking about Mental Health - May 7-11 is Child and Youth Mental Health and Well-being Week!**

Child and Youth Mental Health and Well-being Week is about promoting mental wellness, increasing awareness of 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!

**S**ocial Connections

**U**nderstanding Emotions

**P**ersonal Health

**E**mpathy

**R**esilience

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 7 -Social Connection** - ``Don`t be shy. Just say hi!``
  + Say Hi to 3 people that you do not know. Perform a random act of kindness.
* **Tuesday May 8 – Understanding Emotions** – “Sad, glad, happy, mad – just be you”
  + 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?

* **Wednesday May 9 – Personal Health** - “Healthy Self. Heal-thy self”.
  + **Wear green today to support Mental Health Awareness.**
  + 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 10 – Empathy** - “Be somebody who makes everybody feel like a somebody”.
  + When in doubt – be kind. Try seeing something from another person`s perspective today.
* **Friday May 11 – Resilience** - “If Plan A doesn`t work, the alphabet has 25 more letters!”.
  + 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](http://www.mindyourmind.ca/Interactives)

Fun, interactive options for de-stressing for youth.

***Smiling Mind*** *(Free App)* [smilingmind.com.au/](http://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!

*Jenny Marino is the Mental Health and Addiction Lead for Upper Grand District School Board*

**Monthly Environmental Activities to help celebrate our planet**

** May 22nd is International Biodiversity Day!**

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

# Celebrate Biological Diversity Day on May 22nd!

*The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues.*

*Biodiversity simply means: ‘A wide range of life’” Some of the things we do are harmful, so we need to learn more about how to protect all the different types of life on our planet.*

<https://www.cbd.int/>

# Ideas for your family to celebrate Biodiversity Day!

* *Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots, biodiversity can bring a great new experience to your table.*
* *View photos of endangered species on the Internet with your child and discuss the reasons why these animals are threatened and why they should be protected.*
* *Join a community group and help to remove invasive plants from your local environment.*
* *Get out into the world and enjoy all the different types of life your local area offers. Even your street or a local park can have an amazing variety of life you’ve never noticed, from insects, birds, chipmunks, to trees and flowers.*
* *Consider planting a pollinator garden in your yard (or in a flowerpot) to help save the bees and butterflies from declining.*

Adapted from: <https://www.daysoftheyear.com/days/international-day-for-biological-diversity/>

***Celebrate the diversity of our natural world every day!***

**School Council 2017-2018**

Mark Brubacher (Chair) Dennis Diefenbacher Wayne Frey

Brian Gingrich Gerald Martin Ken Martin

Melvin Martin Paul Weber Jacob Zacharias

Dennis Frey

Don’t forget to complete your Newsletter Draw Form and return it to the office for a chance to win a gift certificate for the Scholastic Book Fair. The winner of the draw last month received a gift certificate worth $10.00 to use at our book fair!

**NEWSLETTER DRAW**

Thank you for your feedback and suggestions. Please feel free to call Mrs. Gingrich at 519-638-2668 at any time.

**Comments, Concerns, Suggestions, and Compliments:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please complete, detach and return this form for the October Newsletter Draw. Thank you!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Name Grade Parent’s Signature