



CMES NEWS

January 2017

FROM THE OFFICE...

Welcome back to everyone! Hopefully, you had a chance to rest and visit with family and friends over the holidays. We are looking forward to a fantastic 2017 school year!

December was a whirlwind of activity at Credit Meadows. A big thank you goes out to our wonderful School Council for a great "Christmas in the Meadows" event. In addition to the performances by our Kindergarten choirs, band, we had a Christmas store, craft rooms, pictures with Santa, and hot chocolate and cookies. Thank you to everyone who made this evening event a success. Thank you to Mrs. Stevanov and Mr. Barron for leading our carolling assemblies as well.

We also had great musical performances from a number of Primary and Junior classes during the last three days before the holidays. Thank you to the many families who came to watch the performances and our staff who worked hard to organize and prepare students.

Many more special events took place during our last week of school before the break. Mrs. Horan's gr. 8 students took time to share picture books, that they had written/created, with some of our younger students. This was a successful day that coincided nicely with "pyjama day". All of our Junior and Intermediate students had an opportunity to attend the Theatre Orangeville Christmas production. Several classes participated in a variety of special "Pot Luck" lunches and we were able to end 2016 with some fun spirit days (i.e., Sparkle & Shine Day, PJ Day, Favourite Holiday Hat Day, Holiday Sweater Day) and assemblies.

Thank you to our CMES Community for your donations to our mitten/hat tree and your generous donations of food to the Orangeville Food Bank. CMES donated many pounds of food to families in need.

Looking ahead, staff will be focusing on assessment and evaluation in the coming weeks and preparing Term 1 report cards.

As always, a reminder for Parents/Guardians to please check the Upper Grand District School Board website and our Credit Meadows website for the latest information and news happening in our Board and school.

We look forward to January being a productive and busy month, as well as, a wonderful beginning to a New Year! Sincerely,

Ms. Lagundzija-deFreitas (P) & Mrs. Papavasiliou (VP)

CALENDAR OF EVENTS:



***Cookie days continue on Fridays. \$1.00 per cookie. Profits support grade 8 grad.

- January 9th First day back at school
- January 12th Grade 8 Information Night at ODSS
- January 12th Pizza Day
- January 17th Smoothie Day
- January 19th JK/ New SK vision screenings
*** More information to come
- January 19th Pita Pit Day
- January 26th Character Ed Assembly:
Compassion 11am
- January 26th Pasta Day
- January 27th PD Day– no school for students
- January 31st Pasta Day

REMEMBER:

FRIDAY, JANUARY 27, 2017 IS A PROFESSIONAL DEVELOPMENT DAY.



Teachers will be focusing on assessment and evaluation.

THERE WILL BE NO CLASSES FOR STUDENTS.

Parking Lot Concerns:

Similar to many other schools, our Credit Meadows' parking lots can become congested during drop-off and pick-up times. This can be a safety concern for our students, as well as a concern for staff and school buses that need to access parking and bus lanes.

In order to improve this situation and encourage healthy active living for our students, we would like to suggest that parents support their children in walking to and from school each day; or at the very least, consider parking on a side street or other nearby parking lots that would still allow for a short walk to the school. By doing this our students will benefit from the physical activity, and our parking lots will be less congested.

During extreme/inclement weather, please be patient and considerate as the safety of our children is our highest priority. Thank you.

GRADE 8 PARENTS' NIGHT
at
**Orangeville District Secondary
School:**

Thursday, January 12th @ 7PM
in the ODSS Cafeteria.
Administration and staff will present information on the
Grade 9 program.
They look forward to
seeing you then.

Inclement Weather Days
(no bus days and school closures)

Remember that should the buses be cancelled in Dufferin County, or the school closed, the transportation icon on the UGDSB website (yellow school bus) will have notices posted.

CMES students are within walking distance to school and do not ride a school bus, however if you decide not to send your child due to the weather conditions, it is very important that you call and report the absence. PLEASE DO NOT EMAIL. This cuts down on the number of calls that have to be made to parents regarding the safety of their children, and in turn allows us to get through other safety calls more quickly.



KINDERGARTEN
REGISTRATION



PLEASE NOTE: The Junior Kindergarten registration process for the upcoming 2017-18 school year has changed, including changes to the French Immersion registration and selection process.

For more information, please visit www.ugdsb.on.ca/jkfi.

Registration begins January 9th/ 17 and concludes the January 26th/17.



Cold Weather and Seasonal Safety

Winter can be a wonderful time to play. Many children enjoy the crisp air, the freshly fallen snow and participating in a whole host of exciting winter sports and activities. Although we feel it is important for students to spend some time outside each day exercising and socializing with their peers, there are times when bitterly cold temperatures and other inclement weather conditions require that we keep children inside.

The decision whether or not to hold recess outdoors is made by the individual school principal. When making this decision, the principal will check the temperature outside, along with the wind chill factor, as well as, consulting with neighbouring schools. If the decision to send children outside is made, we will equip yard duty staff with walkie-talkies so that they can communicate with the office to sound the bells to bring students in earlier if needed.

The health and well-being of our students is our top priority at Credit Meadows Elementary School and if it is determined that the weather conditions pose a risk to their safety, students will be kept indoors. Extreme cold weather alerts are often good indicators that students will stay inside.

Even when temperatures are not low enough to necessitate an indoor recess, it still may be quite cold outside. Here are a few tips to help ensure that your child stays warm during the cold winter months.

- Send children to school with plenty of layers, such as long underwear, snow pants, sweatshirts, sweaters and pullovers. Layering their clothing will allow them to add or remove items depending on the weather.
- Students should have a warm winter coat that repels the snow, sleet and rain, while blocking the wind.
- Warm socks and boots are a must to keep their feet warm and dry in the snow.
- Hats are one of the most important parts of dressing warmly in the winter. A thick winter hat will keep students from losing too much of that essential body heat.
- Put on a good pair of gloves or mittens that are water-resistant as well. Gloves will keep kids' hands toasty warm and protect their skin from becoming damaged by the wind and chill.

Children are reminded when walking home to be careful by trying to be visible if traffic is nearby, to stay away from snow banks close to driveways, roadways, banks around ponds, lakes, streams and rivers during any thaw.

Avoid School Suspension By Keeping Immunization Records Up-to-Date!

Student's immunization records must be provided to Public Health in order to attend school. In the next few weeks, Public Health will be sending notices to students with incomplete immunization records. Anyone who gets a notice should contact their family doctor so they can update their vaccines, and then report their new vaccines to Public Health.



Report every vaccine to Public Health using one of the following methods:

- Online: Fill in the form at www.immunizewdg.ca
- Email: Send a photo of the immunization record to vaccine.records@wdgpublichealth.ca
- Call: 1-800-265-7293 ext. 4396

If a student is not getting vaccinated for medical reasons, reasons of conscience or religious beliefs, an exemption form must be submitted to Public Health. The forms are available at www.wdgpublichealth.ca.

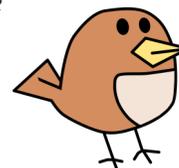
Monthly Environmental Activities to help celebrate our planet
January 5th is National Bird Day!
It is vital to teach our children to respect and take care of the environment.

Celebrate the 15th Annual National Bird Day on January 5th!

“Nearly 12 percent of the world's 9,800 bird species may face extinction within the next century, including nearly one-third of the world's 330 parrot species. The survival and well-being of the world's birds depends upon public education and support for conservation”.

“National Bird Day is on January 5 each year, as it's scheduled to coincide with the end of the annual Christmas Bird Count. This count lasts three weeks and is the longest running citizen science survey in the world that helps to monitor the health of our nation's birds.”

<http://www.nationalbirdday.com/index.php>



Activities to get your kids involved on National Bird Day!

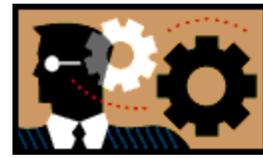
Sharpen your senses and take a bird call quiz! *“Fun for fledgling birders and experts alike.”* http://www.nationalbirdday.com/g_birdquiz.php

Design a poster for National Bird day that you can put up on the fridge at home.

Spend the day learning about endangered bird species and find out what you can do to help to keep all birds safe, like Audubon's “10 Things You Can Do For Birds”. <http://www.audubon.org/magazine/march-april-2013/10-things-you-can-do-birds>

Go out and count how many birds you can spot and learn to identify the common birds in your neighbourhood. You can use a bird identification guide such as the National Geographic online backyard bird identifier tool. <http://animals.nationalgeographic.com/animals/birding/backyard-bird-identifier/>

Design and make bird feeders that you can put up to help feed the birds in your area. <http://frogsandsnailsandpuppydogtail.com/10-bird-feeders-kids-love-to-make/>



Creative Thinking

The Ministry of Education recently released a document entitled *21st Century Competencies* that outlines four key competencies. They include critical thinking, communication, collaboration, and **creativity and innovation**. The document outlines how these key competencies impact learning in the classroom, in the world, and later in life in careers.

Looking for some ideas to inspire creativity at home? Consider these invitations to create and innovate:

Read picture books that promote creative thinking with everyday materials such as *Not a Box* or *Not a Stick* by Antoinette Portis. Then collect some sticks or a few boxes and let your child's imagination run wild!

Explore the idea of provocations at home. A provocation is simply putting materials or items together that provoke thinking and curiosity. It could be as simple as a basket of unusual household items (old vinyl records, a variety of nuts and bolts, open-ended building materials, some paper and writing materials, etc.) and asking your child what they might be able to do with these items. Offering similar materials over a period of time allows children to challenge themselves to come up with even more creative ideas using the same things.

Offer your child a variety of open-ended art materials (markers, watercolours, plasticine, buttons and loose parts, etc.) to allow them to do the creative thinking and planning instead of pre-planned crafts.

Together create a dance routine to a current song, or even better, use an oldie but a goodie. Inspire your child to create dance moves for the verses, and then change up the moves in the chorus. Engaged in the fun of being innovative; your child will be creating *dance phrases* and exploring *musical form* by doing this!

Re-purpose containers, or small boxes and create a scavenger hunt outside in the snow. Place found objects in the containers/boxes as clues that your child needs to piece together. By placing the containers/boxes ahead of time as a scavenger hunt, you will have created a large scale "provocation" that can lead to imaginative play afterwards. Use the idea of discovering artifacts in the outside environment as an invitation to create a map of your backyard, or a forested area near your house. Build on this idea...and make new scavenger hunts and maps as an inquisitive way to learn about your home and local environment together.

"Awareness of one's inner feelings and thoughts is a prerequisite to making art. Inspiration and innovative thinking spring from this awareness and provide us with new answers and solutions, and new questions to pursue" (The Ontario Curriculum, Grades 1-8: The Arts, p.19).

What is the Special Education Advisory Committee?

Every school district is required to have a Special Education Advisory Committee (SEAC). SEAC is a broad-based, educationally focused committee that meets monthly to engage in a variety of discussions all related to the educational programs for students with special needs. These meetings are open to the public and are held on the second Wednesday of each month throughout the school year. Meetings begin at 7:00 p.m. at the Upper Grand District School Board office in Guelph.

At SEAC meetings, the representative members from different organizations (ABC - Association for Bright Children, Autism Ontario Wellington Chapter, FASD-Fetal Alcohol Spectrum Disorders, Integration Action for Inclusion in Education and Community (Ontario), Learning Disabilities Association of Wellington County, Parents for Children's Mental Health, VOICE for Hearing Impaired Children) share knowledge about their agency programs with the committee. These community members then take back points of information about the Board's educational programs to the agencies that they represent. In addition, SEAC makes recommendations to the board with respect to any matters affecting the establishment, development, and delivery of Special Education programs and services for exceptional students within the board. The SEAC committee also participates in the board's annual review of the Special Education Plan and participates in the board's annual budget process as it relates to Special Education.



Talking About Mental Health January 2017 – Nature and Mental Health

Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. It is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then GO OUTSIDE! Take your kids outside! Enjoy and be part of nature.

One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

Go for a walk or a ski or a skate or a run. Head for the woods. Go bird watching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

Have a mentally healthy 2017!

Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.

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